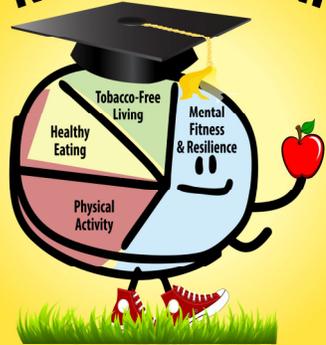


# Comprehensive School Health



## Mentally Fit... Ready to Learn



### Positive Mental Health Initiative for Schools in ASD-W

Recent student wellness data has prompted the District Health Advisory Committee (DHAC) to take a closer look at the mental health and fitness of students. Research indicates that high levels of mental fitness are linked with better academic outcomes, more prosocial behaviour and reduced risk taking behaviours among youth. District and School Improvement plans demonstrate a commitment to improving the mental health of students. Numerous programs and services have been implemented in an effort to promote environments and relationships necessary to foster the positive mental health of students.

The DHAC in collaboration with Dr. Bill Morrison of the Health and Education Research Group (HERG) at UNB is working to implement a campaign aimed at increasing the awareness of mental fitness concepts among school staff and equipping educators with curriculum linked resources for use in the classroom. The content and promotional materials developed will be reflective of the Positive Mental Health Framework from the Joint Consortium of School Health. The “Mentally Fit; Ready to Learn” Campaign will be launched in March and will include opportunities for staff in-service on mental fitness concepts and how they relate to the positive mental health of students. In addition, volunteer schools from across the district will have an opportunity to be part of a Positive Mental Health Toolkit Project beginning in September 2015.

### Inside this issue:

Health Eating Group–CNBA	2
Eating Well 9-5!	2
Blueberry Banana Oats Recipe	2
Physical Activity Charges Minds	3
Being Active at Home	3
Connecting with Nature	4
Frostbite	4
Tobacco Grant	4



**Pan-Canadian Joint Consortium for School Health**  
Governments Working Across the Health and Education Sectors

<http://www.jcsh-cces.ca/index.php/areas-of-focus/positive-mental-health>

<http://www.jcshpositivementalhealthtoolkit.com/>

"Mind is not a container to be filled but rather a fire to be kindled."

Dorothea Brande

## Healthy Eating Group-Central New Brunswick Academy

On December 16th, students in the Healthy Eating Group at Central New Brunswick Academy made a unique, beautiful and delicious treat for students and teachers to enjoy during their lunch break. This festive creation was made from a variety of fresh vegetables and included some very “cheesy” gifts below!

Everyone enjoyed creating and snacking on the tree... especially the red ornaments (grape tomatoes) that hung on the broccoli branches. Many students commented that they ate a vegetable that they had not tried before and some even enjoyed vegetables that they did not think they liked!

Great job students in the Healthy Eating group!



### Eating Well 9 to 5!

March is Nutrition Month. The goal of the 2015 national Nutrition Month campaign is to inspire Canadians to eat better at work. Rushed mornings and having no time for a lunch break are just a couple of workday challenges that make it difficult to eat well. Try to be mindful of what and when you and your family eat during your day.

**1). Start your day the right way** - Breakfast is the most important meal of the day. Here are some ideas for quick and simple breakfasts:

- Prep breakfast the night before: wash and chop fruit, get out the dishes and set up the coffee maker.
- Make barley, quinoa, or oat porridge and refrigerate in portions. Reheat in the morning with mix-ins, such as fruit and seeds.
- Stock up on ready-to-eat items such as fruit and containers of yogurt or pack single portions of trail mix to grab ‘n’ go.
- Make hard-boiled eggs for breakfast on the run. Chill in the fridge for up to one week.

**2). Snacks** – Snacking is a key part of healthy eating when you are on the go. Pack these dietitian approved snacks in your lunch bag:

- Whole grain crackers with a hard-boiled egg
- Grapes with a chunk of cheese
- Veggie sticks with hummus
- Apple slices with almond butter
- Fresh fruit added to yogurt
- Nuts (if allowed) with dried fruit
- Veggies with black bean dip
- Banana with peanut butter

**For more tips and information about nutrition month, visit <http://www.nutritionmonth.ca/> .**

### Blueberry-Banana Overnight Oats Recipe

Overnight oats are a great way to fuel your day without having to get up at the crack of dawn. Mix up the ingredients before bed and allow them to soak overnight in the fridge. By morning, all you have to do is dig in!

#### **Ingredients**

- 1/2 cup (125 mL) oats
- 1/4 cup (65 mL) milk or water
- 1/2 banana mashed
- 1/2 cup (125 mL) blueberries
- 1 tablespoon (15 mL) chia seeds or flaxseeds (or both)
- 2 tablespoons (30 mL) cashews or almonds

#### **Preparation:**

In a bowl, mix the oats, milk (or water), mashed banana, blueberries, and chia (and/or flax) seeds together.

Pour the oat mixture in a jar or container. Leave in the fridge overnight. Just prior to eating, top with cashews or almonds and enjoy!

**Submitted by: Dietitians, Public Health, Horizon Health Network, Area 3**



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## Physical Activity Charges Young Minds

It is a well known fact that regular physical activity has the potential to mitigate childhood obesity and related health risks. Recent research has also demonstrated a correlation between fitness and optimal brain functioning. “Learning, memory, concentration, and mood all have a significant bearing on a student’s academic performance, and there is increasing evidence that physical activity enhances each.” (*Jacob Sattelmair and John J. Ratey American Journal of Play • Winter 2009*)



Whereas students spend a large percentage of their time in schools, educators have an opportunity to promote physical activity and charge young minds by:

- Rethinking the traditionally low value ascribed to Physical Education within the overall school curriculum, enhancing its prominence and visibility by using Physical Education as a tool that enhances both learning and teaching.
- Exchange the “Sports” focus in Physical Education for a “Physical Fitness” focus based on science.
- Allow students to take a leadership role in Physical Education class, shifting toward meaningful student autonomy and self-determination.
- Acknowledge, promote, and act upon the correlation between exercise and cognition and optimal brain structure development.
- Allow students to incorporate non-disruptive physical movement during and throughout regular academic classes, implementing appropriate classroom environments and clear governing rules.
- View exercise as a potentially powerful modulator of negative student conditions that inhibit academic and social success (i.e., ADHD, anxiety, stress, depression, and low self-esteem).

**Adapted from Sparking Life; Power Your Brain Through Exercise**

<http://sparkinglife.org/page/guidelines-for-educators>

### Being Active at Home: Physical Activity “Homework” Part 1

Being active at home is a must for all individuals. Be it recreational activities or tasks/chores, the human body needs to move. Researchers say **sitting (inactivity) is the new smoking**, meaning that inactivity is just as likely to have the same impact on your health as smoking... So what can we do to help ourselves become more active? Over the series of the next few newsletters I will share ideas from all over the world on how to engage in Physical Activity Homework....

1. Engage in 60 minutes of physical labor...Helping a neighbor, volunteering at a school or community center or just at home. Activities like snow removal, cleaning, painting, putting in wood or doing yard work can serve as a great physical workout.
2. As a family select an activity or sport that your parents participated in when they were in school and have some family fun.
3. Find four family members or friends and each select a physical activity to do. It could be a sport activity, chore etc... Then spend 15 minutes doing each activity for a total of 60 minutes of activity!
4. With a friend or a family member research the amount of steps a world landmark would have e.g. Eiffel Tower has 1665 steps top to bottom. Once you have your total researched, find a set of stairs at home, the mall or outside in a park and try to reach the total. You can start small or combine totals to start but eventually try to reach the heights of all the tallest landmarks in the world!
5. Take a walk for an hour....Go for a walk with a family member/friend in the evening. This walk however has to be on a different surface or with different footwear each night of the week. E.g. On grass, uphill, in the snow, in water, on the beach or sneakers, snow shoes, boots, barefoot etc... Record how many different surfaces or types of foot wear you walked in or on for the week trying not to duplicate it!

Adapted from [www.heart.org](http://www.heart.org)

## Connecting with Nature

Being in nature helps increase our sense of vitality, happiness and energy.

(Journal of Environmental Psychology 2010). Winter can be a difficult time for birds to find food so why not make the birds their own edible healthy ornament and spend some time outdoors.



Involve the children in this fun activity. You can make these simple edible decorations with ingredients you likely have in your cupboard. (From the National Wildlife Federation, guest author Elizabeth Scholl).

### What you need:

1 ½ cups (375 mL) of oatmeal (instant is fine)

1 cup (250 mL) vegetable shortening or suet

½ cup (125 mL) peanut butter

1 ½ cups (375 mL) cream of wheat cereal,  
uncooked

1 ½ cups (375 mL) corn meal

A large bowl, mixing spoon, measuring cups, cookie cutter, plate or shallow pan for birdseed, any kind or ribbon, yarn or string cut into 12 inch lengths, cookie sheet, sunflower or other bird seed, chopstick or pencil.

### Instructions:

1. Preheat oven to 350 degrees.
2. Cook oatmeal according to package directions. Add other ingredients in bowl, stirring first with spoon. You can use your hands when mixture gets too stiff.
3. Sprinkle some flour on your working surface and on your hands. Take a tennis-ball sized handful of dough and place it on the floured surface. Flatten the dough to about ½-inch thick. Cut out as many shapes as you can. You can dip the shapes into a dish of birdseed to coat them or press seeds into the shape to create a design.
4. Using a chopstick or pencil, make a hole through each shape (for where the string will go).
5. Place shapes on an ungreased cookie sheet. Bake 15-20 minutes, until lightly brown. Cool on pan.
6. When shapes are completely cool, tie strings through the holes. Hang outdoors from trees or shrubs.
7. See who comes to eat them!

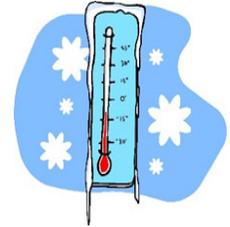
## Frostbite

Frostbite happens when exposed skin begins to freeze and there is less blood flow to a body part. Usually, it occurs in the hands, feet, nose, and ears. Mild frostbite, or frost nip, may make skin look yellow or white but the skin stays soft and returns to its normal color when warmed.

More severe frostbite stops the skin from returning to normal and can cause permanent nerve damage. Severe frostbite requires medical attention.

So what can you do if you suspect frostbite?

- Move to warm shelter.
- Gently remove clothing from the frostbite area.
- Use blankets or skin-to-skin contact to reheat the body.
- Place the frostbitten skin in warm water – never hot.
- Do not massage the area of skin affected by frostbite because it may cause damage to the skin.



Adapted from: *It's Your Health: Extreme Cold*, Health Canada. For more information please go to:

<http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/environ/cold-extreme-froid-eng.php#share>

## Take Action on Tobacco Use Grant

The province's youth smoking rate of seven per cent is the highest in Canada, and the government is looking to youth to promote tobacco-free living.



Fredericton High School was the site chosen by Healthy and Inclusive Communities Minister Cathy Rogers and Public Safety Minister and Solicitor General Stephen Horsman to make the announcement of a new grant program. FHS student Grace Moreno-Dimayacyac and Principal Shane pictured above were also in attendance.

For information visit <http://atlantic.ctvnews.ca/video?&binId=1.1145729>

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