

Comprehensive School Health



Positive Mental Health



Harvey Elementary School Planting, Growing and Harvesting Fresh Veggies in Winter

Students at Harvey Elementary School are enjoying fresh veggies this winter from their Tower Garden and gaining knowledge about how to eat healthy nutritious food. Harvey Elementary is a Health Promoting School and has chosen Healthy Eating as one of their health priorities. Growing fresh vegetables in their tower garden is an initiative that will help students and staff add more healthy foods to their daily diet and learn more about planting and harvesting locally grown food. The tower garden is lush and bright in the school. Staff are noticing the great smell when they walk in the room and students are picking fresh veggies to add to their lunch or snack. Vegetables grown include spinach, lettuce, collards, bok choy, basil, cilantro, tomatoes and kale. The presence of the garden adds to the positive learning environment of the school and contributes to the mental fitness of all who learn and work at the school. One special event that was held was a "Salad Day" for grades 2 and 3 during which the students picked items from the garden to create their salads. Students say that "It's nature inside!" and "It's yummy".



Teaching Responsibility and Time Management

Less than 30% of children and adolescents do daily chores. The percentage of youth doing chores and household tasks has declined over the past 3 decades. Chores are an important part of every day functioning and teach youth many valuable lessons including; cooperation and self-reliance. Managing chores, along with their other responsibilities, helps youth develop time management, planning and scheduling skills. How do you as a parent get your child to embrace the idea of household chores?

-Positive Family Communication: Discuss chores as a normal part of family life. Acknowledge everyone's busy schedules and allow for some variation when chores are done. When assigning chores talk about gender roles and the importance of boys and girls sharing the same tasks to avoid your children segregating their skills into gender.

-Family Boundaries: Explain the expectations and set standards for each chore. The first couple of times do the chore together to help show your child how to do it and the expected standard. To keep people on track, create a reminder sheet for everyone so they will know the weekly assignment in case they forget.

-Responsibility: Chores are a great way to teach youth responsibility. Learning to help keep the house running smoothly will be very helpful when they move out and live with roommates or on their own. Model responsibility by making an effort to get your own chores done as well.

-Family Support: Save large tasks to do as a family so youth do not get overwhelmed. Example, cleaning the garage. Encourage everyone's attention to small daily tasks. Example emptying garbage when full, replacing toilet paper, if they use the last of the roll.

-Empowerment: Doing chores will help youth to feel that have a useful role within the family.

Don't forget to thank them for a job well done!! Remember they may be reluctant to do chores now but they will be grateful for the skills you have taught them once they are living on their own and trying to manage a home.

Adapted from "When Parents Ask for Help: Everyday Issues through an Asset-Building Lens", Renie Howard, 2003, Search Institute

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Upcoming Events:

March 2017:

Nutrition Month

April 2017:

**-National Immunization Awareness Week
April 24th-28th, 2017,
Immunize.ca**

**-Earth Day
April 22nd, 2017**



March is Nutrition Month!

This year's theme, **Take the Fight out of Food! Spot the Problem. Get the Facts. Seek Support.**, is dedicated to help guide Canadians through their "fight" with food, no matter what the struggle.

- Are you having trouble knowing what to eat while managing a specific condition like diabetes, celiac disease, or heart disease?
- Have you got picky eaters you just can't please?
- Does stress have you turning to your favorite comfort foods?

This three-step approach can guide you through it all!

- **Spot the problem:** Start by figuring out what is causing you to struggle with food. Need some inspiration?

Visit www.dietitians.ca/nmfactsheets for examples.

- **Get the Facts:** Do your homework when looking for nutrition advice you can trust. When looking at the information, ask yourself these questions:

- Who is this information coming from?
- Are they trying to sell me something?
- Does the information have evidence to back it up?

Asking these questions can make it easier to know if the information is true, or if it is false.

- **Seek Support:** Take action by seeking support from a dietitian, family, and friends. Registered Dietitians are the most trusted source for food and nutrition information. With knowledge in nutrition, research and counselling, dietitians can coach you through the most difficult of struggles and answer your questions about food, nutrition and health.

To find a dietitian near you, visit www.dietitians.ca/find.

Upper and Lower Valley Horizon Public Health Registered Dietitians

A Fresh Fundraiser!

George Street Middle School

Last fall, the students of George Street Middle School started a campaign to help raise money for the installation of new water fountains and the provision of a customized GSMS water bottle to every student. Their purpose was to raise awareness on the importance of water consumption. Students asked a public health nurse and a dietician to do a presentation on water consumption and the unseen dangers of sugary drinks. During the fundraiser students sold approximately 2300 bags of apples in partnership with Riverview Orchards helping to create a bond between the students, their community and local businesses.

By: *Marin Streeter,*



Student Wellness Committee
George Street Middle School



Carrot and Apple Salad

This is perfect for a healthy snack but this salad would also make a great side dish for lunch or dinner.

Ingredients

- 2 carrots, peeled and grated
- 1 large apple, grated
- ¼ cup soybeans (shelled edamame) or walnuts
- 1 tbsp. lemon juice
- 1 tsp cinnamon
- 1 tsp of liquid honey



Instructions:

- Add soybeans to a small saucepan of boiling water. Cover and simmer for 2 minutes. Drain and place in a large bowl
- Combine carrots, apple, soybeans, lemon juice, honey and cinnamon. Stir to coat well.

This recipe was adapted from the Dietitians of Canada's Nutrition Month campaign materials. Find more information about Nutrition Month at www.NutritionMonth2017.ca and more recipes on the free downloadable app Cookspiration.

<http://www.cookspiration.com/recipe.aspx?perma=FBF802783DE&d=21&i=6&s=4>



Physical Activity



Physically Active Wellness Fairs

There are plenty of school based wellness fairs happening this time of year. These focus on nutrition, mental fitness, and risk reduction, but it is important to not forget the **Physical Activity** portion of the show!

Having a whole class or whole school physical activity event associated with your fair not only gets the students and staff up and moving, it leads by example of embedding it into your everyday life. Be it dance, exercise, yoga or sport based activities....the importance of **Physical Activity** should be emphasized throughout your events.

For ideas and resources please contact the ASD-W Healthy Learners team!



Physical Education teachers Robin Buchanan and Ross Campbell lead 600 Bliss Carmen Middle schools students in flash mobs to kick off their wellness week!



Benefits of Being Active

Study after study has shown the benefits of being physically active for people of all ages. Regular exercise helps to improve your physical health and also your mental and emotional health.

For pre-schoolers, physical activity is essential for growth and development. Children in this age group should be active many times per day for a total of 180 minutes per day. Encouraging young children to be active will help them learn health habits for a life time.

For school age children and teens, regular physical activity helps to decrease the chances of heart disease and diabetes. An hour a day of physical activity is suggested for children 5-17 years old.

Even adults and seniors need regular physical activity to stay healthy and fit. This can decrease health risks including: heart disease, stroke, high blood pressure, diabetes and some cancers. It is suggested that adults and seniors be active for at least 150 minutes per week.

The benefits of regular physical activity for all age groups include:

- Healthy body weight
- Improved fitness
- Improved ability to learn
- Reduced health risks; heart disease, type 2 diabetes
- Having fun and learning new skills
- Developing or improving self-confidence

Challenge yourself today to get out and become active!



Adapted from *Getting Active is good for you* <http://www.participaction.com/get-moving/benefits-of-physical-activity/>



"Roar! Smoking is a Bore !"

This slogan from Ridgeview Middle School's TATU group says it all. Ridgeview Tigers are one of the newest Teens Against Tobacco Use groups in Oromocto and is serious about getting their message out to young people in the community and their families. As one of the recent recipients of the TAKE ACTION ON TOBACCO grant the Ridgeview group has been meeting weekly, gathering educational resources and preparing their "stay smoke free" messages. The TATU students are being trained as peer leaders and have plans to do classroom presentations and lunch time displays to promote the facts about tobacco within their schools population. Their recent TATU Christmas card contest was a success with dozens of entries being submitted by students within their school, and the winning classroom earned tasty treats of frozen yogurt and fruit. The main goals of the TATU group is to teach their peers and younger students about the harmful effects of tobacco, encourage them to make healthy choices, and stay smoke free.

For more information: <http://nbatc.ca/en/index.php?page=tobacco-free-schools>



Ms. Wendy Carlisle with members of the Ridgeview Middle School Teens Against Tobacco Use group.



Prevention of Alcohol and Risk Related Trauma in Youth program available to NB schools and communities

The leading cause of death and disability for teenagers in Canada is injury. This popular national program, which has been approved by ASD-W, is designed to educate high school students about the consequences of risk and injury. Through a partnership with NB Trauma program, this evidence based injury prevention program is available to youth in our district.

The P.A.R.T.Y. program resource was developed in 1986 by staff from Toronto's Sunnybrook Health Sciences Centre and has been utilized in schools and communities across Canada. One version of the PARTY program uses a DVD, interactive exercises and two trained facilitators to deliver a 2.5 hour message on injury prevention right in the classroom. Facilitators who have been trained include: paramedics, nurses, teachers, social workers, physiotherapists, RCMP, municipal police and fire fighters.

The DVD portion of PARTY provides teens with a realistic journey from the scene of a mock car crash, through the emergency department, intensive care unit and into rehabilitation. The DVD ends with a series of moving testimonials from injury survivors and people affected by injury in the Atlantic provinces. This presentation has been well received by teens and their classroom teachers, and has encouraged serious discussion in the classroom about injury prevention.

For more information go to www.partynb.com or contact the Healthy Learners Nurses in your district for upcoming training opportunities .



National Immunization Awareness Week

April 24th-28th, 2017

<http://immunize.ca>



Earth Day

April 22nd, 2017

<https://earthday.ca>

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