



Healthy Schools

NEWSLETTER

ideas and information for a healthier school community

Spring 2011

York Region Community and Health Services is pleased to present the spring edition of our Healthy Schools newsletter. This newsletter contains updates on exciting local Healthy Schools activities. You will also find valuable information and tips on improving the health of your school community. We wish you a healthy and happy spring season!

What's your story?

Fun in the snow and cold at Queensville Public School!

Queensville Public School Healthy School Committee helped students stay active and have fun this winter! The Healthy School Student Club requested funding from School Council to purchase snow blocks, fort makers and shovels. Ms. Dionne, child and youth worker, assisted the student leaders to keep students busy and active building snow forts. Some forts were large enough to fit five adults comfortably! At lunch and recess, hill sliding in the yard was another great winter activity led by the students.

~ Submitted by Queensville P.S. Healthy School Committee



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What's your story? (cont'd)



***You're the Chef* program at Sharon Public School**

Sharon Public School started a Healthy School Committee in the fall of 2010. One of their first initiatives was to run the *You're the Chef* program. In this afterschool program students had the opportunity to be the chef and practice what they have learned in the school curriculum. The program gave a grade eight student, Carlos Baphaloukos, a leadership opportunity while exploring his interest of one day becoming a chef. Joined by local chef, Devake Hurry, a graduate of Sharon PS, they led 15 grade six students and had a lot of fun preparing healthy and tasty recipes.

~ Submitted by Sharon P.S. Healthy School Committee

Healthy School logo contest at Pleasantville Public School

Running a Healthy School logo contest is a wonderful way to promote a new identity, engage students, raise awareness and inspire adoption of healthy behaviours and attitudes. This is what Pleasantville P.S. students enjoyed as they eagerly conceptualized their meaning of "Healthy Schools". Grade six student Victoria Drobot said her winning logo conveys the importance of healthy living through good nutrition and active play at school.

The inspirational effect of having created their own unique logo has already started behaviour and attitude change. For starters, the Pleasantville Healthy School Student Club has coined themselves the H.A.P.P.Y. team. The acronym stands for **H**appy, **A**ctive, **P**leasantville, **P**anthers, **Y**eah! and was added to Victoria's winning design. Speak with your public health nurse for tips to run a logo contest in your school.



Create healthier workplaces at school

Memory boosters: Test your knowledge

1. A diet high in fruits and vegetables, whole grains and healthy fats can help improve memory. True False
2. Getting enough sleep and managing stress are two healthy habits to boost concentration. True False
3. Trying something new, like using chopsticks or getting dressed with your eyes closed, can improve your concentration and memory. True False
4. Older workers have a more difficult time learning new skills. True False
5. Regular physical activity has no influence on memory. True False

1. **True.** A diet high in fruits, vegetables, whole grains and healthy fats has been shown to enhance memory by nurturing and stimulating brain function.
2. **True.** Good sleep habits allow memory consolidation and improve concentration.
3. **True.** Trying something new is stimulation to the brain and can improve concentration and memory.
4. **False.** Older adults can learn new skills and they bring their accumulated knowledge and experience to the task.
5. **False.** Regular exercise increases oxygen to the brain and reduces risk for disorders that lead to memory loss such as diabetes and cardiovascular disease.

For further questions on healthy aging please visit:

www.culture.gov.on.ca/seniors
www.mssstate.edu.org/gerenology

Spring into Spring



Register and participate in **Spring into Spring**
April 18 (Earth Week) to June 8, 2011
(Clean Air Day)

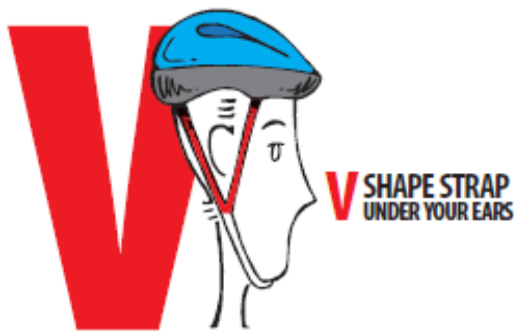
Register at: www.saferoutestoschool.ca

But don't stop there! The *iCANwalk to school...can you?* campaign is a school year-long event. We encourage your school community to make a pledge to walk regularly - see www.saferoutestoschool.ca and click on the *iCANwalk to school...can you?* pledge icon.

Don't forget to complete your evaluation form to be eligible for prizes!

Helmet safety

Make sure it fits!



2V1...Shake...Shake...Shake

This spring, more children will be riding their bikes to school and this is the ideal time for teachers and parents to talk about helmet safety.

Consider the facts:

- Head injuries are the leading cause of serious injury and death to children on bikes
- A fall from 60cm (two feet) can cause permanent brain damage and a fall at a speed of 20km/hour can result in death
- Wearing a bicycle helmet reduces the risk of head injury by 85 per cent
- Children (under 18) are required by law to wear a helmet when bicycling
- The helmet **must fit and be worn properly** to protect the child's head

Wear a helmet

To provide proper protection, helmets must meet safety standards such as CSA, CPSC Snell or ASTM (look inside for the label). Helmets should be checked regularly for cracks, dents and broken or frayed straps. Baseball caps and big hair clips should not be worn under helmets because they change the way the helmet fits.

Remember the 2V1 Shake, Shake, Shake Rule!

2: The helmet should cover the top of the child's head and sit two finger widths above their eyebrows.

V: Adjust the side straps so they form a V-shape under their ears.

1: Only one finger should fit between their chin and the fastened straps.

Shake, Shake, Shake: Have them shake their head up and down and side to side to make sure the helmet is snug.

You will also find valuable resources on our website:
www.york.ca/injuryprevention

Health = Success in Learning campaign

Thank you for participating!

Healthy habits and routines have a positive impact on classroom learning, test scores and overall student success and well-being. Choices about what a family eat, amount of physical activity, relationships and home environment influence a child's educational experience. Having enough sleep and a healthy breakfast can make a big difference in the classroom.

This campaign included a resource with strategies and an easy-to-use chart to track and monitor healthy habits and routines at home. The chart includes: Healthy Eating, Healthy Activity, Healthy Relationships and Healthy Environment. To access this online resource anytime, please visit: www.york.ca/healthyschools or click the link below.



<http://www.york.ca/NR/rdonlyres/5zu5o3azgnw2e32m53wv3ga5cmpn43i2baxlvglpms7sdnjin4rxsanfzxmlbwq/mzweopx42zeidzmtkxdkawh3d/HealthSuccessInLearning.pdf>

York Region Community and Health Services, Elementary School Services would like to thank all the schools for their participation in the *Health = Success in Learning* campaign this year!

As-Sadiq Islamic School	Greensborough Public School	R.L. Graham Public School
Bakersfield Public School	Highgate Public School	Ramer Wood Public School
Ballantrae Public School	Holy Spirit Catholic School	Ross Doan Public School
Bayview Hill Elementary School	Julliard Public School	Roselawn Public School
Boxwood Public School	Little Rouge Public School	Saint David Catholic School
Buttonville Public School	Maple Creek Public School	St Monica Catholic School
Canadian Martyrs Private School	Maple Crest Private School	St. Catherine of Siena Catholic School
Coledale Public School	Michael Cranny Elementary School	St. Emily Catholic Elementary School
Discovery Public School	Michaëlle Jean Public School	St. Justin Martyr Catholic School
Doncrest Public School	Morning Glory Public School	Stonehaven Elementary School
E. T. Crowle Public School	Nobleton Junior Public School	Teston Village Public School
Father Frederick McGinn Catholic School	Our Lady of Fatima Catholic School	Unionville Meadows Public School
Fossil Hill Public School	Our Lady of Hope Catholic School	Unionville Public School
German Mills Public School	Our Lady of Peace Catholic School	Wilclay Public School
Glen Cedar Public School	Queensville Public School	Wilshire Elementary School

The randomly selected prize winners have been mailed a ten dollar gift certificate that should arrive at their school, to the attention of the person who coordinated the campaign, by mid-March.

Remember, healthy choices will help you to be at your best all year round.

For more information, visit www.york.ca/healthyschools or call *Health Connection*.

Healthy Smiles Ontario

Good oral health is important to kids' overall health. Yet, for some, regular dental care may not be affordable. *Healthy Smiles Ontario* is a new program for kids 17 and under who do not have access to any form of dental coverage. If eligible, kids will get regular dental services at no cost to the family.

Healthy smiles Ontario

Who is eligible?

Kids 17 and under may be eligible if:

- They are residents of Ontario
- They are members of a household with an adjusted family net income of \$20,000 or less
- They do not have access to any form of dental coverage

To qualify, the family must show the following documents:

- Annual Goods and Services Tax Credit Entitlement Notice or Annual Canada Child Tax Benefit and Ontario Child Benefit Notice (most recent year)
- Government issued identification
- Child's valid Ontario Health Card

For more information, contact Service Ontario INFOLine at 1-866-532-3161, TTY (1-800-387-5559) or visit www.ontario.ca/healthysmiles.

pause to PLAY

From texting to video games, internet to television, elementary school-aged children are inactive over eight hours a day and only seven per cent are getting the recommended 60 minutes of heart pumping exercise! Being active for at least **60 minutes a day** can help children: improve their health, do better in school, grow stronger, maintain a healthy body weight and improve their self-confidence!

Kicking off **May 16 – 20, 2011**, students all over York Region can experience the benefits of being active as you encourage them to turn off their screens and turn their activity levels up! *Pause to Play* promotes healthy eating and safety while encouraging students to try new activities with their families. Students record their activity, healthy foods they eat and time spent with their family on a log sheet.

Register your school at www.york.ca/healthyschools in mid-April to be able to **download great resources** including announcements, tips and ideas for encouraging physical activity at home. The **first 50 schools registered** will receive skipping ropes and be eligible to win one of three \$200 gift certificates for physical activity equipment! Try something new in your community. Check out local parks and recreation departments for activities and programs to help keep you active. Choose to bike, hike, ride, glide, jump, pump or run to have fun at home, at school and with **your** family!

Swap your screen for fun, play and physical activity as you pause to play every day!



Healthy Schools NEWSLETTER

Healthy Schools Toolkit: Celebrate your achievements!

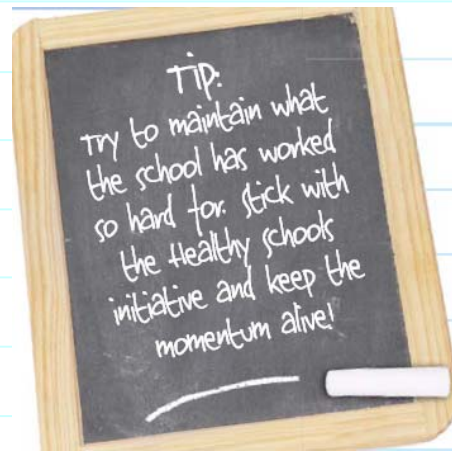
Spring is a great time to celebrate your Healthy School Committee's achievements and acknowledge the whole school community! Celebrating even small changes will strengthen school-wide support and commitment and encourage enthusiasm for next year's activities. The *Healthy Schools Toolkit* has many tips to recognize your committee's steps towards creating an active, healthy community.

- Share successes with students and staff through a newsletter or announcement
- Plan a year-end celebration for the committee and for the whole school
- Provide a certificate to each student to acknowledge their involvement in your Healthy School activities
- Send a thank you letter home to parents in appreciation of their efforts towards becoming a healthier school

Plan for next year's committee

- Identify and reflect on achievements – did the committee meet its goals
- Survey members to determine how the committee could improve activities
- Discuss any changes that may occur and how to address them – committee members may be leaving the school community (graduation, a new job or may be moving away)
- Set a date and plan the agenda for next year's first meeting

For more ideas refer to **Tool # 45, End-of-Year Evaluation** and **Tool #49, Healthy Celebration Ideas** in your *Healthy Schools Toolkit* and contact *Health Connection*.



Check out the *Healthy Schools Toolkit* and other resources available at www.york.ca/healthyschools

Upcoming health promotion events...

May

Spring into Spring

www.saferoutestoschool.ca

Allergy Awareness Month

www.on.lung.ca; www.aaia.ca

Rabies Awareness Month

www.york.ca

National Summer Safety Week

www.safety-council.org (May 1-7)

National Mental Health Week

www.cmha.ca (May 1-7)

World Asthma Day

www.ginasthma.com (May 3)

WHO Move for Health Day (May 10)

Canada Health Day (May 12)

pause to PLAY Campaign (May 16-20)

www.york.ca/healthyschools

York Children's Water Festival

www.ycwf.com (May 16-20)

National Road Safety Week

www.safety-council.org (May 17-23)

Safe Kids Week 2011

www.safekidscanada.ca (May 30-June 5)

World No Tobacco Day

www.who.int (May 31)

June

Recreation and Parks Month

www.recanparksmonth.ca

World Environment Day

www.unep.org/wed (June 5)

Clean Air Day

www.cleanairday.com (June 8)

National Sun Awareness Week

www.cancer.ca (June 6-12)

World Blood Donor Day www.wbdd.org

(June 14)

For more information contact
Health Connection

1-800-361-5653

TTY 1-866-252-9933

or visit www.york.ca/healthyschools

We welcome your comments and suggestions. This newsletter may be reproduced in whole or in part with acknowledgement to York Region Community and Health Services.

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