



Healthy Schools

NEWSLETTER

ideas and information for a healthier school community

Winter 2011

York Region Community and Health Services is pleased to present the winter 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 winter season!

What's your story?

Milk, milk, milk - Read all about it at St. Margaret Mary Catholic School!

Yes, we have finally launched the Milk Program and it has taken off with a **bang!** Over 400 students participate in this healthy initiative. Mrs. Alonzi and Mrs. Salustri champion this committee with great enthusiasm and pride.

Milk is served before first recess to help kick start students' days successfully and nutritiously. There are at least 15 healthy nutrients in every glass of milk, and drinking milk promotes healthy muscle growth. For more information, please log on to www.milkschool.ca.

~ Submitted by St. Margaret Mary C.S. Healthy School Committee



Ms. Febraro's grade 7 class enjoying their milk!

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What's your story?



Pizza and meetza your teacher

At Ballantrae Public School we wanted to switch to a healthier pizza lunch so we could comply with the new School Food and Beverage Policy (PPM 150). This is the only “food” day in our school and it is a significant fundraiser. However, we had heard from parents that their children would not eat whole wheat crust.

We worked with our local pizzeria, Nonno Crupi's, who developed tasty whole wheat dough. The new pizza was tested at a Friday lunch and as well served at our “meet the teacher” night, now known as “pizza and meetza your teacher”. This gave students and parents the opportunity to try the new pizza flavours before they committed to ordering for a whole term. It was an affordable dinner for families and turned out to be a great success. We served almost 600 slices of pizza!

Our new lunch consists of a choice between cheese or Hawaiian pizza made using part skim mozzarella and whole wheat dough, 100% apple or orange juice and a snack choice of vanilla yogurt, fruit cup or mini oatmeal chocolate chip cookies. The entire meal includes three out of four food groups from Canada's Food Guide, complies with PPM 150 and most kids didn't even notice a difference! We even have more students ordering pizza lunch than last year!

~ Submitted by Jennie Creegan, Ballantrae P.S. School Council Co-chair

Healthy workplaces for school board staff

10 tips to revitalize your body and mind

Small steps can lead to large health benefits. Here are some healthy activities to get you started.

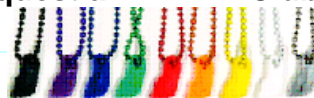
- ★ Go for a brisk walk during your lunch break
- ★ Drink 6 – 8 glasses of water a day
- ★ Boost your fruit and vegetable intake
- ★ Have a good belly laugh every day
- ★ Volunteer in your community
- ★ Reframe your negative thoughts into the positive
- ★ Take up a new hobby – something you've always wanted to try
- ★ Make note of something you're grateful for...every day
- ★ Revisit your values and priorities regularly
- ★ Sign up for a course for personal or professional growth – learning is lifelong

October International Walk to School successes

WALKOLUTION News – read about two wonderful Markham schools' IWALK day events! Donald Cousens PS launched the province's *iCANwalk to school...can you?* campaign. Highgate Public School held an inspiring walk to school day event. Congratulations to these and other wonderful schools and to all the students who walked and had a fun, fantastic day!!

www.saferoutestoschool.ca/downloads/Walkolution_News-Fall_2010-E.pdf

Request an IWALK Club Kit



Schools that are part of the Healthy Schools program can request a kit from their public health nurse, by emailing elementaryhealth@york.ca or by calling York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933. Individual students can track their own walking using the "club cards" from the kit.

NEW THIS YEAR- *iCANwalk to School...can you?* pledge

The *iCANwalk to school...can you?* campaign is a whole school year 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.



Register and participate in **Winter Walk Day** on Wednesday, February 9, 2011 and **Spring into Spring** April 18 (Earth Week) to June 2 (Clean Air Day). But don't stop there - enjoy walking all year round! Plan a special day to kick-off the event: invite local dignitaries, arrange a vigorous outdoor fit break and enjoy a healthy snack. Don't forget to complete your evaluation form to be eligible for prizes!

Register at www.saferoutestoschool.ca

Sun Smart Poster Contest



Who?

Grade one students in York Region

How?

Create posters that demonstrate and communicate sun safe behaviour

- The first place winner will receive a tree to plant at his or her school or local park
- Three winning classes will receive wide-brimmed hats
- All participants will receive a prize package
- Winning artwork will be used for a Sun Smart poster and bookmark, as part of a 2011 Sun Awareness Week campaign

When?

Contest deadline: **March 11, 2011**

Why?

Schools play an important role in promoting sun safety because children are at school during the highest risk period of the day, 11 am to 4 pm.

Students spend a significant amount of this time outdoors for recess, lunch, physical education class and extra-curricular activities.

Teaching children to be sun smart and protecting them from exposure to the sun's UV radiation can significantly lessen their lifetime risk of developing skin cancer.

For contest details and entry forms visit www.york.ca/healthyschools



The winning entry of the 2010 Sun Smart Poster Contest was from a grade one student at Richmond Hill Montessori and Elementary Private School. Mayor Dave Barrow, the student and her family celebrate by planting a tree awarded to the school.

Substance Misuse Prevention

Talking to students about drinking and drug use!

Drinking and drug use can be difficult topics to address at any age, but it is important to talk to your students. Having an open conversation about choices and influences will provide them with the information they will need to make informed decisions.

According to the *Ontario Student Drug Use and Health Survey 2009 (OSDUHS)*^{*}, the age of first use is:

Cannabis	14 years
Alcohol	13.5 years
Cigarettes	13 years

Considering the statistics, the ideal time to talk to students about drinking and drug use would be in Grades 4-8, but it is never too early to start the conversation. There are messages about substance misuse prevention in the curriculum from kindergarten through to Grade 8.

Making a choice about substance use can happen to **anyone at anytime**. For school curriculum support or to speak to a public health nurse about creative ideas for substance misuse prevention in your school community, please contact *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933. We are happy to provide consultation to staff and student committees.

**The OSDUHS Survey is conducted with students in Ontario (Grade 7-12) by the Centre for Addiction and Mental Health (CAMH).*



Healthy Schools NEWSLETTER

Healthy Schools Toolkit: Working together and having fun!

Now that you have formed a Healthy School Committee and developed an action plan, it's time to carry out activities in the school! The Healthy Schools Toolkit has many tips that will assist your committee to work effectively as a group to achieve success.

Create the Vision

- Develop a shared vision of Healthy Schools by brainstorming and creating your ideal school

Establish good communication

- Listen to others when they are speaking
- Share information on each other's working styles
- Communicate equally among all members

Identify roles of members

- Respect everyone's opinion and ideas
- Identify individual preference for roles they would like to take on
- Participate regularly

Other important tips

- Involve people in different ways based on the skills they possess
- Make sure everyone on the committee is clear about decisions made in the meetings
- Be creative and have fun!

For more ideas refer to **Tool #18, Working as a Group Effectively Tip Sheet** and **Tool #25, Healthy Schools Visioning Exercise**, in your Healthy Schools Toolkit, or contact your public health nurse or Health Connection.

Upcoming health promotion events...

January

- 17-23 National Non-Smoking Week
19 Weedless Wednesday

February

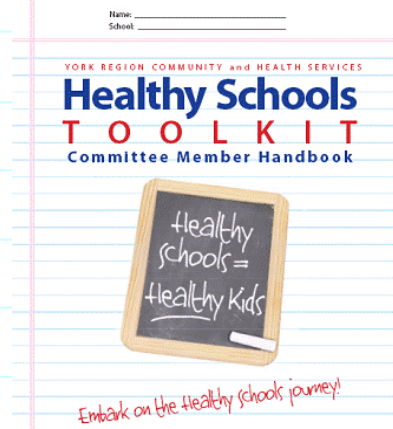
- Heart Month
You're the Chef Registration
3-9 National Eating Disorders Awareness Week
9 Winter Walk Day
12 Sexual and Reproductive Health Awareness Day

March

- National Nutrition Month
14-20 National Farm Safety Week
11 Grade One Sun Smart Poster Contest submission
22 World Water Day

April

- Dental Health Month
National Cancer Month
National Autism Awareness Month
pause to PLAY Campaign
Spring into Spring
7 World Health Day
22 Earth Day



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

For more information contact
Health Connection
1-800-361-5653
TTY 1-866 252-9933
or visit www.york.ca/healthyschools

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To receive a personal copy of this newsletter, contact sharon.hall@york.ca


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