

Healthy Schools Newsletter

Spring 2013

“Learning to be Healthy...Being Healthy To Learn”



Shaping the Future 2013

By Lorna Scarlett Muise

At the end of January I had the opportunity to attend the Shaping the Future Conference in Kananaskis – the conference featured a variety of speakers and experts in the area of school and student health. It is good to know that many of the schools and districts in Central Alberta are already developing meaningful strategies to improve school and student health.

Conference keynote – Stefan Olafson, a grade 5 teacher in Stettler – shared his personal journey to wellness then entertained us with a number of ideas he has embedded into his own classroom. One simple thing he has done is turned the desks so that the opening faces away from the child. When they need something, they have to walk around their desk to retrieve it. When small group discussions are on the schedule, students head into the halls to "walk & talk" instead of staying at their desks.



During break-out sessions at the conference we heard that stress and anxiety is raising in children while at the same time, children are not active enough for proper bone development and growth. Researchers tell us that the answer is pretty simple... our children need to spend more time out-doors playing!

Outdoor play has almost become a "thing of the past". And yet, our communities are safer than they have ever been! Instead, we sign our children up for sports, music, and other programs. This winter, my family eliminated one structured activity – we now spend more time outside being active with neighbors. They love it and so do I!

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March & April 12

May & June 13

Help Us Help You!

What do you think about our Healthy Schools Newsletter? Is it as helpful and as relevant as it could be? Click [here](#) to take a short survey and tell us your ideas! Thank you for your support in creating healthy schools communities.

Please share your healthy school success story with us! To become a success story, contact [Rebecca Krauss](#)

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Students in Sundre schools thrive on NFL

By Rebecca Krauss

Students in Sundre are happier, healthier, and better able to learn thanks to the ongoing efforts of The Nutrition for Learning Society. This free meal and snack program addresses the nutritional needs of students to support them in their learning activities and social interactions throughout the school day.

About Nutrition for Learning

The Nutrition for Learning Society is a universal program available at no cost to all Sundre and district students. Approximately 600 students at River Valley Elementary School receive a healthy snack 3-4 days a week, and breakfast is served to approximately 100 students at Sundre High School and Sundre Learning Centre every school day.



History of Nutrition For Learning

In 2001, The Nutrition For Learning Society was started by six dedicated and caring Sundre ladies, in response to a recognition that 30% of the children attending school were doing so without adequate nutrition. They raised funds and borrowed government approved kitchens to prepare the food and drove through all sorts of weather to make the snacks and deliver them to the school.

Growth of Nutrition For Learning

In 2005, NFL was given non-profit designation which allowed the group to apply for grants and funding and soon local businesses, individuals and groups began donating much needed dollars to the program.



When construction began on a new Elementary school, NFL asked to be involved in planning a commercial kitchen which is where the River Valley School snacks are now prepared. Veggies and dip, smoothies and fruit are some of the items served regularly—along with a glass of milk.

In 2007, the Sundre High School breakfast program began under the Nutrition for Learning umbrella. Breakfast is prepared in the home economics room and served from the Growly.

A hot breakfast is provided 3 days a week and includes things like sausage and scrambled eggs, ham and cheese pockets and pancakes. A cold breakfast of cereals and muffins is provided on Mondays and Fridays. Fruit, yogurt, milk, juice and water are served with every breakfast.



Sustainability of Nutrition For Learning

Over the last 12 years, this program has really taken root in the school community. Approximately 75 volunteers, 3 employees and a board of directors commit their time and energy to this organization. NFL is led by two very caring and competent coordinators who plan the menus, organize the volunteers, shop for the groceries and are always looking for different and nutritious recipes as well as ways to cut their costs.

The cost of running the program is approximately \$135,000 per year and all of the funding comes from grants, fundraising efforts and the generosity of the community.

Impacts of Nutrition For Learning

Since the inception of the breakfast program, teachers have reported better student attention and behavior – most notably first period attendance has increased. In addition, graduation rates have increased at the high school.

The response has been overwhelming. Teachers reported 82% of the children were less irritable, 73 % of the children experienced an increased attention span and there was a 41% decrease in discipline problems.

Students truly appreciate and look forward to the healthy meals and snacks.

“Your program helps me to learn more because my brain works better after eating food.”



“I can’t even imagine school without a snack. It gives me that extra boost of energy when I need it most!”

NFL has made their vision a reality by providing healthy food choices, nutritional education and an opportunity for positive interactions between youth, parents and community.

For more information, visit the NFL web site @ <http://www.sundrenutrition.com/>

Iditarod at Centennial Elementary School

By Brianna Berthiaume

Last March, the Iditarod Sled Dog Race was introduced to Centennial Elementary School. The Iditarod Race, also known as the “Last Great Race on Earth”, consists of on average 65 teams. These teams race from Anchorage to Nome in a display of determination and companionship. The race originated in 1973 to preserve the history of Alaska.

The first day of the Iditarod race, Centennial took on the Iditarod Nature Challenge. This is an initiative that started in Alaska in 2010 and has spread across Canada. The students have a chance to learn about the Iditarod Race while being challenged to play outside for 1,569 minutes from March 3 to March 17, 2012. The 1,569 minutes represent the amount of kilometers the dog sled teams travel. Centennial School took on this challenge with ease. Grade 4 students rose above expectations, many spending more than 1800 minutes in nature. To reward Centennial students, they participated in a Winter Activity Day.



Teachers also integrated the race into the curriculum. Wonderful art projects were one result. Students created sled dog teams out of clay and sticks. Journal writing was another great opportunity. Students were able to explore their commonalities with the racers through expressive writing.

“It fits so well into the grade 2’s curriculum, students are able to see the bigger meaning of the activity”, Ms. Wiebe the grade 2 teacher describes the opportunity as “real life learning’s”. The student’s interest peaked making learning easy. Her class integrated the race into many areas of their curriculum, learning about temperature and insulation are two highlights.

The experience is viewed as a tremendous success by Centennial School’s staff and students. The Iditarod helps teach youth about teamwork and dedication while increasing their outdoor activity levels. With the opportunity to integrate into the curriculum and influence activity levels, Centennial feels they have the resources to make the Iditarod Sled Dog Race a genuinely anticipated annual event.

More information is available at: www.iditarodblogs.com.

Planned, Purposeful Student Leadership

By Ted Jardine, Principal at Satinwood School

Each year at Satinwood School we continue to find ways to allow our Grade 5/6 leadership team to use their skills to make our school an inviting, safe and fun place to be. Leadership does not just happen - it must be properly planned by staff and student leaders.

Recently, the student leaders teamed up with 1 or 2 younger students for 90 minutes of skating, x-cross country skiing and/or snow shoeing. Each leader had to make sure their young kids were well looked after by tying skates, finding the right helmet and then helping them skate on our outdoor rink. The leaders then removed the skates and assisted with finding the right size of x-cross country skis and boots before heading out to our vast playground to enjoy 45 minutes of skiing in their small group.



The leaders encountered a few problems either on the ice or skiing but they used their “people” skills to talk the young ones into taking small risks and convincing them that yes they could do it! It was really amazing how the leaders took right over with this activity.

Our job is to equip them with the skills, provide them with the opportunity and stay out of their way as they demonstrate their leadership. They know very well that we adults are there in the background but they know the success of each leadership activity falls on their shoulders. By allowing the leaders to take full control, deal with any small problems, stay positive throughout the whole time and share in the joy of others this activity was once again a huge success.

Some student leader comments after the activity were:

Dakota: I helped the younger kids with tying their skates and boots and their attitude was terrific.

Macey: It was a challenge at first but once she got more confident we had a lot of fun.

Morgan: My young kids and I had a lot of fun and the day went great.

Kale: My partner fell a few times skiing and skating, but I helped him back up and we had a blast.

Contact Principal, [Ted Jardine](#), for more information.

Students Create Online Posters for Park

Reprinted with permission from the Drayton Valley Western Review

By Votham Anastasiadis

Take a hike.

On June 21, 2012 a unique, modern and interactive project was unveiled.

The Grade 4 students at Evergreen Elementary School partnered with Eagle Point-Blue Rapids (EPBR) Parks Council to personalize one of Brazeau County's walking trails like no other.

"The inquiry based study was called, 'If you're not from Drayton Valley'. This study is part of the Grade 4 social studies curriculum, which requires students to understand the various regions of Alberta. They need to be able to see that different regions contribute differently to our province as a whole. So we looked specifically at bodies of water, vegetation, wildlife, landforms, climate and natural resources of boreal forest [the region Drayton Valley falls under]," says Judy Gaudet, at Evergreen Elementary School. "We brought in experts from the Eagle Point Provincial Park to do lessons on these topics, an employee from Pembina Pipeline to discuss the oil and gas industry and an employee from Weyerhaeuser to talk about the lumber industry. We compared what we have here to other regions in our province."

So far the two developed trails are the Hilltop Trail and the Hillside Trail, which are located in the Eagle Point Provincial Park close to the Willey West Campground. The Riverwalk Trail is an additional trail and a work in progress - currently being developed along the North Saskatchewan River.

The students created their own interpretive poster displays, each on separate topics that are relevant to the area for interactive QR coded posts, where an individual on the Hilltop or Hillside Trail can scan the code with their smartphone and the traditional information seen on a trail post will be displayed on their device.



"The Grade 4 class showed a lot of creativity and shared a lot of interesting information through their posters," says JeanAnne Prysliak, the education and outreach coordinator for EPBR. "It was awesome to see how excited they were and how their faces brightened up when they saw their poster come up on the smartphones."

She says the teachers and parents were proud as well.

"They seemed really proud to see their child's/student's hard work become part of a provincial park. I am excited to partner with Evergreen Elementary on future projects in the park," says Prysliak.



Cheryl Cherkowski, a parent who was present for the hike, said it was very exciting to see the project and that it is a great thing for the community and families to enjoy together. Her child did a report on pussy willows for the project - she said the reports were done very well.

Jaron Robb, a Grade 4 student that took part in the collaboration says it was really cool how everyone had their own report. He says he is grateful not only to be a part of it but he says he is also grateful because his teachers gave them the opportunity to be part of the project and toward his parents for the help on the assignment.



"Students knew from the beginning that they would have an authentic audience, which enabled them to produce quality pieces of information. We are thrilled with the work students produced for this task. It was wonderful to see the pride they had when they scanned the codes on our field trip and they could see their work right there," says Gaudet. She says that she and the school are happy to have worked with the council.

"Working with the parks council was a fabulous experience. We are able to establish great learning opportunities for our students. They are always accessible and more than willing to support our students in any way that they can. We are already looking forward to what we can work on with them next year," says Gaudet.

The parks council say they are equally as pleased to have been able to collaborate with the students for this project and look forward to future projects.

To learn more about the trail system or to view the student's work, visit <http://www.epbrparkscouncil.org/hiking> or contact judy.gaudet@wrsd.ca or Kim.desmarais@wrsd.ca.

Winfield School - Be Active Be Healthy Be Positive

By Terri Cocke

Staff and students at Winfield School participated in their first ever *Health Action Day* on November 29th, 2012. It was great to see all students from Grade One to Grade Six excited to promote health and wellness in their school.

The day began as all the students were called down to the gym and were introduced to a fun-filled day focusing on three themes: Be Active, Be Healthy, Be Positive.

The first activity was group fitness using the Just Dance Kids songs. It was awesome to watch over 60 students dancing to "Who Let the Dogs Out".



The students were then divided into four multi-grade groups that were being assisted by our grade six student leaders. Each group had to decide on a group name, design a group poster and write and sing a group chant. At the end of the activity we had the Winfield Mighty Ducks, Gummy Bears, Cherry Bombs and Angry Birds all sharing their posters and chants and building on their positive team spirit. These teams then rotated through centers based on the three health action themes.

Theme One: Be Active

In this center, the students were engaged in fitness activities from Just Dance Kids, Yoga for Kids and Ever Active group activities. As an added bonus, the students were taught a choreographed flash mob dance to the song "Party Rock Anthem".

Theme Two: Be Healthy

The students were sent to the kitchen where they had the opportunity to prepare and eat healthy snacks. They enjoyed fruits, veggies and mini pizzas. This was a great way to introduce, discuss and then of course EAT all the food groups at once!



Theme Three: Be Positive

The students in this center were involved in working collaboratively on making crafts. One craft was making snowmen from precut and repainted wood. Another craft was building picture frames using colored popsicle sticks. These frames were then hung on the bulletin board in front of the office where pictures of all Winfield students are proudly displayed. The last craft was constructing a chain of gingerbread men to be used as decoration at our Christmas Concert.



Throughout the day, staff observed and made notes on which team stood out as the team that was actively engaged and modeling the skills discussed in being ACTIVE, HEALTHY, and POSITIVE. This team would then be chosen to receive a prize at the end of the day.

To end the day, the teams were all called back to the gym to perform the "Party Rock Anthem" flash mob dance. Then it came to time to announce the winner of our Health Action Day. It was very close, but the team that won the most votes for their participation was "Winfield Mighty Ducks". Members of this group each received a \$5.00 gift certificate graciously donated from Rimbeys Subway.

The day concluded with the students filling out evaluations of the day. After reading the evaluations it can be stated that the students had an AWESOME day and would like to participate in more Health Action activities throughout the year.

Winfield School would like to thank all the staff who helped to make the day a success with a special thank you to the two people who helped plan the day, our Health Champion, Mrs. Cocke as well as our FSLW Teri Boyce. In addition, we would like to thank our students. Their positive efforts and attitudes always make activities like this worthwhile and rewarding.

Staff and students at Winfield School are ACTIVE, HEALTHY and POSITIVE!

For more information about this event, contact Terri Cocke @ CockeT@wrps.ab.ca

Clean up and Green up your fundraising this spring!

by Rebecca Krauss

Fundraisers should support – not sabotage—your efforts to a create a healthy school environment. Fundraisers can provide creative opportunities to promote healthy lifestyle choices and school and community spirit.

Spring is just around the corner! It's a great time get outside, get active, and reconnect with your community! Freshen up your fundraising and spruce up your school and community with one these unique ideas:

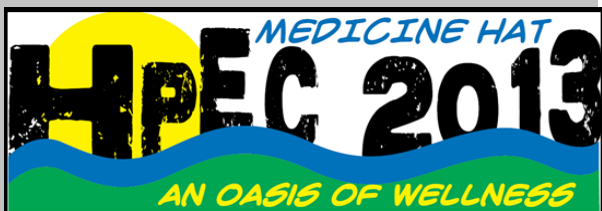


- ♦ **Adopt a Neighborhood:** Look after the surrounding streets and parks in the immediate neighborhood. Send out different classes of students every week to do a clean up and ask residents to support the initiative.
- ♦ **Rent-a-Helper:** Hold an auction for services that students could provide. Possible jobs could include raking leaves, watering gardens, walking dogs, shoveling snow etc.
- ♦ **Bottle Drop:** Keep it simple by having parents drop off their recyclables right at the school directly into a borrowed horse trailer or large truck.
- ♦ **Cow Patty Bingo:** If you live in a rural community, this activity can be a lot fun! All you need is a large, fenced area and a farm animal. Mark off a grid inside the fenced area (the more squares, the better). Participants will predict where they think the animal will 'do its business' and purchase the corresponding square. Then, simply turn the animal loose and wait for it to mark its territory! The winner receives 50% of the profits.
- ♦ **School—Community Yard Sale:** Collect gently used toys, books, exercise equipment, clothes, furniture and other items from friends and family to sell at school or in the community.
- ♦ **Farm Fresh Coupon Book:** Support your local farmers and save money on fresh food and starter plants. For more information check out the [2013 Coupon Book](#).
- ♦ **Green Student Fundraising:** Raise environmental awareness at your school by promoting products that reduce waste and support a healthy lifestyle. For more information, visit <http://www.greenstudentsfundraising.com/>.
- ♦ **Plant a Tree:** Ask a nursery for seedling donations and then get people to sponsor a tree.
- ♦ **Flower/Plant/Bulb Sales:** Work with a local florist or greenhouse to preorder flowers/plants/bulbs. (Christmas: Poinsettias, Valentines Day: Roses/carnations, Mother's Day: Potted Flower).
- ♦ **Sell Cases of Fruits and Veggies:** Work with local farmers or B.C. farmers to sell cases of fresh fruit/veggies.. Sunsweet fundraising provides citrus fruits: <http://www.sunsweetfundraising.com/>.
- ♦ **Family/Community Barbecue:** Host a family barbecue, with games and activities.
- ♦ **A-thons:** Walk, run, skip, spin, swim rollerblade, dance, yoga... you get the idea! Use your favorite sport or activity to collect donations and pledges.

For further fundraising information, download your copy of "Healthy School Fundraising".
<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-fundraising.pdf>.

Healthy fundraisers contribute to a healthy school environment.

PD Opportunities and Events



May 2-4 Medicine Hat, AB

The Health & Physical Education Council hosts its annual conference in May, which provides an opportunity for participants to build skills & knowledge by networking & attending various professional development sessions which support the implementation of the Physical Education and Health programs of study.

[Conference Information](#)



Positive Youth Development Conference

May 2-3
Beaumont, Alberta

Join conference participants including individuals and teams, both youth and adults, from communities and organizations across the country at the only national Canadian conference dedicated to Positive Youth Development. Gather, share, and learn about what communities - just like yours - are doing in support of Positive Youth Development every day.

[Conference Information](#)

Central East Teacher's Convention March 7 & 8



Check out these sessions promoting a healthy school community @ ceatca.teachers.ab.ca/

- ⇒ Healthy Eating in the Classroom/Curriculum
- ⇒ Positive
- ⇒ Wellness Starts With You
- ⇒ Developing Healthy School Communities

teachingsexualhealth.ca —
comprehensive, accessible, innovative

PUBLIC SCHOOL TEACHERS!

Increase your comfort, knowledge and skills in teaching human sexuality.

This online workshop will take 12 hours to complete over three weeks.

There is NO cost to Alberta teachers.

For more information and to register please visit:
teachers.teachingsexualhealth.ca

Register now for our upcoming workshops:
February 19 - March 12, 2013
April 2 - 23, 2013

Student Speak Out Conference April 12-14, 2013 | Edmonton

Speak Out is an opportunity for Alberta's youth to share their experiences and ideas in order to help the people who make decisions about their schools understand the issues that are important to them. To learn more about this exciting opportunity, click [here](#)!



PD can help you build a healthy school by providing opportunities to:

- ⇒ Exchange information and share ideas, concerns, and solutions
- ⇒ Increase knowledge of current health issues in children and youth and their impact on student learning
- ⇒ Access relevant curriculum information, resources, and supports
- ⇒ Network with colleagues in other schools and health professionals

Health Lesson Plans (3-12)



<http://www.albertahealthservices.ca/2677.asp>

Lessons plans support are curriculum based and focus on practicing positive health habits and cover concepts including: the benefits of healthy choices, the importance of personal goals and role models, healthy alternatives to alcohol, tobacco, other drugs and gambling, the effects of positive and negative peer influence, and the importance of recognizing personal skills and assets.

The high school lesson plans support youth in the development of life skills, and emphasize the importance of healthy choices. Lessons that fulfill outcomes from the Alberta Learning Career and Life Management (CALM) curriculum are practical, valuable and easy to utilize. The activities involve class discussion, group work and experiential components.

Links to the lesson plans:

- ⇒ [Grade 3](#)
- ⇒ [Grade 4](#)
- ⇒ [Grade 5](#)
- ⇒ [Grade 6](#)
- ⇒ [Grade 7](#)
- ⇒ [Grade 8](#)
- ⇒ [Grade 9](#)
- ⇒ [Grade 10](#)
- ⇒ [Grade 11](#)
- ⇒ [Grade 12](#)

Tobacco Resources (K-12)

<http://www.albertahealthservices.ca/1711.asp>

A series tobacco related resources/lesson plans for grades K—12 are available on the AHS website. The resource packages provide reliable age appropriate reference and links to recognized, evidence-based resources for tobacco related information. Resource packages include:

- Age appropriate Key Messages
- Alberta Learning Curriculum links
- Learning Objectives
- Recommended Resources
- Access Information



Mental Health Kit (7-9)

The Junior High School (JHS) Mental Health Kit – *Be Kind to Yourself and Others* is new curriculum-based teaching resource for students in Grades 7-9. There are lesson plans for each grade to support the following topics:

- ⇒ Body Image
- ⇒ Healthy Eating/Active Living
- ⇒ Building Healthy Relationships
- ⇒ Hope
- ⇒ Stress
- ⇒ Preventing Substance Use
- ⇒ Cyber Bullying
- ⇒ Mental Illness and Suicidal Behavior
- ⇒ Transition from Junior High to High School



School Nutrition Resources (K-9)

<http://www.albertahealthservices.ca/2925.asp>

School Nutrition Resources and lesson plans that meet Alberta Education's Health and Life Skills Curriculum Outcomes for Kindergarten to Grade 9 are available on the AHS site. These lessons include background information for teachers and student activities to support healthy eating, physical activity



Teaching Sexual Health? (4-12)

<http://www.teachingsexualhealth.ca>

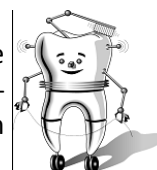
This is a innovative resource for sexual health educators in Alberta. This website provides teachers with evidence-based sexual health education background and delivery methods, current lesson plans and activities, and comprehensive re-



Oral Health Lessons (K-3)

www.albertahealthservices.ca/4751.asp

These lesson plans will help teachers promote dental health in Kindergarten - Grade 3 classrooms. They are grade specific and aligned with the curriculum.





School Newsletter Inserts—Spring 2013

These school newsletter inserts include healthy living information for families about Mental Health, Physical Activity, Nutrition, Sexual Health, Tobacco Reduction, Injury Prevention, and Immunization. Please use these inserts in your school newsletters and web sites!

Resiliency: Why is it important for kids?

Resiliency is how well we cope with challenges and changes. It includes our ability to react positively and adapt well to change when things don't go as expected or hoped.

Kids who adapt in healthy ways to adversity and change tend to have higher self esteem, are more likely to succeed in school, and are less likely to drop out or engage in other high-risk behaviors.

Resilient kids seek out — and use— the support of people who believe in them.

Each time we manage a challenge, we reinforce the belief we have about ourselves that we can "do it."

Kids who have their resiliency nurtured and cultivated are set up to successfully deal with not only school transitions, but also the many other life challenges that will, inevitably, come their way.

15 Elements of Resiliency:

To overcome adversity, kids draw from three sources of resilience:

I have:

- ✓ I have people around me that I trust and who love me, no matter what
- ✓ I have people who set limits for me so I know when to stop before there is danger or trouble
- ✓ I have people who show me how to do things right by the way they do things
- ✓ I have people who want me to learn to do things on my own
- ✓ I have people who help me when I am sick, in danger, or need to learn

I am:

- ✓ I am a person that people can like and love
- ✓ I am glad to do nice things for others and show my concern
- ✓ I am respectful of myself and others
- ✓ I am willing to be responsible for what I do
- ✓ I am sure things will be all right

I can:

- ✓ I can talk to others about things that frighten me or bother me
- ✓ I can find ways to solve problems that I face
- ✓ I can control myself when I feel like doing something irresponsible or dangerous
- ✓ I can figure out when it is a good time to talk to someone or take action
- ✓ I can find someone to help me when I need it

Adapted from AHS Mental Health News, March 2013.

For more information or for available programs and services in your area contact:

Mental Health Help Line:
1-877-303-2642

Addiction Help Line:
1-866-332-2322

HEALTHLINK Alberta:
1-866-408-5465



MEND! Mind, Exercise, Nutrition, Do It!

MEND is a FREE program for families and children ages 2 to 13. MEND empowers children and families to become fitter, healthier and happier!

MEND 2–4 is a healthy lifestyle program for children 2 to 4 years old and their families. The program has 10 sessions spread over 10 weeks. Each session is 90 minutes long.

MEND 5–7 is a healthy lifestyle program for children 5 to 7 years old who are above a healthy weight or at risk of becoming above a healthy weight. The program has 10 sessions spread over 10 weeks. Each session is 1 hour 45 minutes long.

MEND 7–13 is a healthy lifestyle program for children 7 to 13 years old who are above a healthy weight and their families. The program has 20 sessions that are spread over 10 weeks. Each session is 2 hours long.

Programs available near you, register today!

Camrose

Family Resource Centre
780-672-0141

Ponoka

Ponoka Neighbourhood Place
403-704-1146

Red Deer and Penhold

Family Services of Central
Alberta 403-302-7111

For information call:

1-866-408-LINK (5465) or visit
www.albertahealthservices.ca/mend.asp



Best Food Forward: Plan, Shop, Cook, Enjoy!

March is Nutrition Month in Alberta! Making the healthy choice the easy choice is one of the best ways to help your children learn healthy eating habits. Choosing and preparing healthy foods for your family starts at home.

A healthy way to shop is to make a shopping list before you leave. Ask your children to give ideas and encourage them to include a variety of foods. Try to get everyone involved in preparing meals and snacks. Make food fun! Eating healthy foods should be another adventure and fun discovery in your child's life, and as a parent you have an important role to play.

For more information and healthy recipe ideas, visit the Dietitians of Canada web site @ <http://www.dietitians.ca/your-health/nutrition-month.aspx>

Nutrition Month Fun Quiz

Newsletter



- All of the following are seasonal winter vegetables **except**:
 - squash
 - rutabaga
 - asparagus
 - carrots
- Which of the following foods contains the healthiest type of fat (unsaturated)?
 - Fatty fish
 - Fatty meats
 - Fatty dairy products
 - Store bought baking
- Aim to get at least _____ of your grains from whole grain sources.
 - 10%
 - 25%
 - 50%
 - 75%
- When grocery shopping it is best to:
 - Plan out a weekly menu before going to the store
 - Shop around the edges of the store
 - Not go when you are hungry
 - All of the above
- The key to a healthy diet is:
 - Eating *only* vegetables and fruits for snacks
 - Variety, balance and moderation
 - Avoiding all sources of fat
 - Eating only organic foods



Answers:

1-c, 2-a, 3-c, 4-d, 5-b

Making Sense of Youth Smoking Patterns



Patterns of youth smoking vary. Information on youth smoking was collected from 31,396 students in grades 9 to 12 from secondary schools in 9 Canadian provinces during the 2010/2011 Youth Smoking Survey (YSS).

Believe it or not, patterns of use tell us important information about how and where we can provide prevention interventions. Three different patterns of smoking among youth were identified; daily smoking, smoking sporadically (on both weekdays and weekends)- often called 'social smoking' and smoking during weekdays only. Results showed that the majority of youth who smoke are daily smokers (62.0%), followed by sporadic - or 'social smoking' (23.5%) and week day only (13.5%).

Students who are 'social smokers' were more likely than daily smokers to share cigarettes with others; however, they were less likely than daily smokers to have a parent, step-parent or guardian who smokes cigarettes and less likely to have close friends who smoke cigarettes. Conversely, students who smoke week days only were less likely than daily smokers to have a sibling who smokes cigarettes. Up to 37% (weekday and sporadic) of students may be smoking on weekdays, and perhaps at school. Parents may be unaware they are using tobacco.

This information suggests that the school environment continues to play an important role in reducing youth smoking rates in Canada, especially among youth who only smoke week days. The high percentage of week day only and sporadic smokers suggests that current school-level tobacco control initiatives may be insufficient for preventing youth smoking onset and that schools need to take a more active role in tobacco prevention.

What is HPV?



The Human papillomavirus, or HPV, is the most common sexually transmitted infection in the world today. There are up to 100 different strains of the HPV. Chances are you will contract some form of the HPV in your lifetime and not have any signs or symptoms. In fact, chances are you will have no problems at all from the HPV. High risk strains of the HPV cause most cervical cancers and 70% of these cancers are caused by HPV types 16 and 18. For more information, visit <http://www.hpvinfo.ca/adults/prevention-of-hpv/>.

Can you prevent HPV?

Because the HPV is so contagious, total prevention of the virus is not easy. Abstinence of all sexual contact, even skin-to-skin sexual activity without penetration, is the only way to avoid contracting the HPV, the use of condoms may also decrease the chances of transmission. For more information on how to reduce the risk of contracting the HPV Infection, visit: <http://www.hpvinfo.ca/adults/prevention-of-hpv/>

Vaccination against HPV

In Canada, two vaccines have been approved for use in the prevention of HPV infection. These vaccines could dramatically help reduce the incidence of HPV-related complications such as genital and anal warts and cervical cancer. Speak to your health professionals to see if you are the right candidate for vaccination and about the cost and availability or visit <http://www.albertahealthservices.ca/facilities.asp?pid=fgeo&geo=11>

Talking about Growing up



Here are some tips about how to comfortably and effectively talk about growing up and sexuality with your child:

- ✓ Use teachable moments. Take advantage of music, TV shows and the news to discuss and interpret the messages that are being conveyed. These are opportune times to integrate your own family values into the situation.
- ✓ Ask what your child already knows. This allows you to clarify misunderstandings as well as build on previous knowledge.
- ✓ You do not need to cover "everything" at once. Small ongoing conversations build the concept that you are approachable and "askable". However, don't worry if you have covered a lot at once. Children usually sift through the information and keep what is meaningful to them at that time.

For more information, call 403-314-5225 or visit the website teachingsexualhealth.ca. Click on the parent portal for some helpful tips.

Adapted from: Talking to your children about sexuality parent package. Teachingsexualhealth

Healthy Events Calendar - Spring 2013

| Date | Event | Resources |
|--------------|---|---|
| March | | |
| March | National Nutrition Month | Dieticians of Canada |
| March | Red Cross Month | Canadian Red Cross |
| 8 | International Women's Day | Status of Women Canada |
| 13-19 | Canadian Agricultural Safety Week | Canadian Agricultural Safety Association |
| 11-17 | Brain Awareness Week | Brain Canada |
| 20-26 | Poison Prevention Week | Health Canada |
| 22 | World Water Day | International Water and Sanitation Centre |
| April | | |
| April | National Cancer Month | Canadian Cancer Society |
| April | Oral Health Month | The Canadian Dental Hygienists Association |
| 21-28 | National Immunization Awareness Week | Canadian Coalition for Immunization Awareness |
| 30-May 6 | International Turn Off TV Week | Media Awareness Network |
| 2 | World Autism Awareness Day | Autism Speaks |
| 7 | World Health Day | World Health Organization |
| 22 | Earth Day | Earth Day Canada |

Promote..... Educate..... Celebrate..... as a School Community!

Try one of these ideas to promote healthy events in your school community:

- ✓ Include information in school newsletters and on school websites
- ✓ Participate in healthy events to raise awareness and have fun!
- ✓ Plan activities for school assemblies
- ✓ Use classroom lesson plans
- ✓ Integrate health information into other subject areas
- ✓ Include healthy messages during school announcements
- ✓ Play educational video clips that have been developed to promote healthy events
- ✓ Have students research and develop their own educational tools to promote healthy events (agenda messages, presentations, games, videos, displays, challenges etc.)
- ✓ Create bulletin board displays or banners to promote healthy events
- ✓ Host classroom challenges

Healthy Events Calendar - Spring 2013



| Date | Event | Resources |
|-------------|---|---|
| May | | |
| May | Food Allergy Awareness Month | Health Canada - Food and Nutrition |
| May | Speech and Hearing Awareness Month | CASLPA |
| 1-7 | National Summer Safety Week | Health Canada—Safe Summer Fun |
| 6-12 | Emergency Preparedness Week | Government of Canada—Is Your Family Prepared? |
| 7-13 | National Mental Health Week | Canadian Mental Health Association |
| 22-25 | Aboriginal Awareness Week | Treasury Board of Canada Secretariat |
| 1 | World Asthma Day | Global Initiative For Asthma |
| 8 | World Red Cross Day | Canadian Red Cross |
| 12 | Canada Health Day | Canadian Medical Association |
| 31 | World No-Tobacco Day | World Health Organization |
| June | | |
| June | Recreation and Parks Month | Parks and Recreation Ontario |
| 1-8 | Wheel Week | SHAPE |
| 2-8 | Canadian Environment Week | Environment Canada |
| 4-10 | National Sun Awareness Week | Canadian Dermatology Association |
| 3 | National Cancer Survivors Day | Canadian Cancer Society |
| 5 | World Environment Day | United Nations |
| 6 | Clean Air Day | Environment Canada |
| 8 | World Oceans Day | The Ocean Project |
| 21 | National Aboriginal Day | Aboriginal Affairs & Northern Development |
| 27 | Canadian Multiculturalism Day | Canadian Heritage |



AHS School Health Contacts

| School Division | Name | Contact Information |
|---|---|--|
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