



School Wellness Programs



October 2011

JOIN THE WELLNESS MOVEMENT!

Wellness, Culture and Sport Update



Harvey Elementary School

We're fans of wellness in New Brunswick schools! Thanks to all schools for your participation in our Boom Boom Clap school

contest! A whopping 64 schools submitted their wellness stories. Entries were judged on their originality, level of student engagement and parent and/or community involvement. Congratulations to our winners: Salem Elementary, Harvey Elementary, École Dr-Marguerite Michaud and École communautaire Saint-Joseph! Check out the details at http://www2.gnb.ca/content/gnb/en/news/news_release.2011.05.0596.html.

And check out this fall's wellness campaign at www.wellnessnb.ca



École Dr-Marguerite Michaud



Salem Elementary School

École communautaire Saint-Joseph

Success Stories

There is a special project going on at **École Arc-en-ciel** – pick your own circus activity! Children in Grades 1 to 8 work together with people from the community on a number of projects such as: gymnastic hoop, flower sticks, diabolo, balance ball, rola-bola, juggling plates, juggling balls, bowling, rings, and scarves. The children are offered many possibilities through the various aspects of the circus, a top notch educational tool which combines a sense of effort, discipline, and teamwork, but also the positive side of failure. The children are invited to train and start over as many times as necessary in order to succeed.

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This circus activity serves to revitalize the remote rural community and encourages the students to persevere and maintain a sense of community pride. *(Thanks to Carole Denis for submitting this success story)*



A.P.P.L.E. Project—Apple Partnership Providing Learning & Enrichment. A group of individuals in Fredericton were brought together and formed a Schools and Local Foods committee whose aim was to create increased student interest in and consumption of NB-grown foods. A committee member expressed a desire to create a sustainable apple program within a small number of local schools. A grant was received from ACAAF (Advancing Canadian Agriculture and Agri-Food Program) which allowed for the expansion of the proposed apple project from an apple delivery program to a more comprehensive project focusing on education of students, families and teachers. As a result, the A.P.P.L.E. project was created with 3 main components: apple delivery to pilot schools, creation of an educational calendar for parents and

the development of a DVD for teachers. The goal of the project was to increase awareness and interest in supporting local apple growers and to ultimately have more students and their families, eating and enjoying fresh NB apples. *(Thanks to Marg Milburn for submitting this success story).*

Move 2 Improve is a fitness initiative at Beaverbrook School in District 2 that incorporates the use of exercise equipment into the school curriculum. The initiative is based on the



research of Dr. John Ratey from Harvard Medical University, author of *Spark*. *Spark* provides support for the benefits exercise has on the brain and thus how academic performance can be positively impacted through physical activity. Ratey states that with exercise, people are more attentive, less impulsive, they can sustain attention longer and it promotes the ability to sort through information and take it in. With the Move 2 Improve program, students work out a minimum of three times a week for 20 minutes in their target heart rate. Behavioural benefits are already visible and students say school is much better now that they have Move 2 Improve. *(Thanks to Tanya Thibeau for submitting this success story)*

The wellness committee at École l'Odysée organized an activity to encourage students to make healthy choices by offering smoothies. The students loved them so much that they asked for larger portions and they were prepared to pay for it. During the past school year, the students on the committee offered smoothies about four times, and each time it was a resounding success. They mixed frozen yogurt, vanilla yogurt, orange juice, bananas, frozen fruit, and strawberries.

Students on the committee plan to purchase equipment to produce a larger quantity to be able to serve 80 to 120 smoothies at lunchtime. They would also like to decorate their space to include information about the ingredients used in the smoothies and their benefits. The next activity is planned for the month of October to celebrate Wellness Week. *(We thank Denise Bourget for this success story.)*



Wellness Committee at École Odysée

If you have a wellness success story or a photo from your school that you would like us to publish in our winter Newsletter, please submit them no later than **December 1, 2011** to Lise Belliveau (lise.belliveau@gnb.ca)

School Wellness Programs

The 70% instalment of the 2011-2012 School Wellness Grant funding has been transferred to the Department of Education in September. Please keep in mind that your district has policies around spending and that the grant is not intended to assist schools with the following expenses:

- Sport teams uniform
- Referee fees for school sports
- Foods that don't fit within the school food policy (Policy 711)
- Funding for staff meetings / staff activities

The School Pedometer Challenge

(k-12): This program is continuing but we have experienced unexpected delays. Resources should be provided by end of November.

Remember!
October is International
Walk to School Month
<http://www.saferoutestoschool.ca>

Answer to feedback received on School Wellness Grant final reports

Why do Elementary Schools get less funding than the Middle & High School? *The funding breakdown is based on the NB Student Wellness Survey Results where the middle and high school students were identified being at a higher risk for unhealthy lifestyles.*

When will the application be online? *We are still working on getting the application and final report online. It is a costly process and we are trying to secure the necessary funding. We are looking at alternatives as we do not want to reduce funding to schools.*

Are there resources/incentives available? *Not at this time, if we were to purchase incentives/resources for the schools we would have to reduce the amount of funding that each school receives. Schools can purchase their own incentives/resources through their funding. Remember to contact your school wellness coordinator for any concerns or questions you may have (see contacts below)*

Snap shot of activities from schools around the province:

Wake up the Brain; morning fitness circuit in the gym during morning recess.

Shake it Up Friday; fruit shakes served to students every Friday.

Lunch'n Learn; Elementary school boys who are in need of a good role model, are paired with high school boys. Various activities such as reading and board games are conducted, relationships are formed and nurtured resulting in more frequent positive behaviours.

Wellness, Culture and Sport To be announced - School Wellness Program Coordinator (Anglophone Sector)
Lise Belliveau - School Wellness Program Coordinator (Francophone Sector) 506-869-6273