

School Wellness Programs

Be active
Be well



February 2011

Update from the Department of Wellness, Culture and Sport



As Minister of Wellness, Culture and Sport, I would like to thank you for all that you do to encourage our New Brunswick children to lead healthy

lives. Our provincial school system plays an important role in improving the wellness of New Brunswick's youth. By placing emphasis on our children's health and well-being, we make it clear that incorporating physical activity into our daily routines is vitally important. Healthy eating and doing all we can to encourage activities that ensure mental fitness in our youth, as well as discouraging tobacco use, are important components to overall wellness. The part you play in guiding them and leading by example is greatly appreciated. It is encouraging to see our students, teachers and parents actively engaged in physical activities and celebrating our New Brunswick culture and heritage. Thank you for celebrating who we are and for encouraging our children to reach their potential. Again, I thank you for the role you play in encouraging healthy living and overall wellness in our youth.

Trevor A. Holder
Minister

Success Stories

McAdam High School (District 18)

Mr. Coburn's Outdoor Pursuits class held a basic level canoeing certification during the launch of Wellness Week (October 1-7), and the Boom Boom Clap Campaign. This class, which had not been offered for several years, proved to be a success. Congratulations to all the students who received their certification. *(Thank you to John McGillicuddy for submitting this success story).*



Students from McAdam High School

Le Centre Scolaire Communautaire La Fontaine de Néguaç

participated in a walk that was held during Wellness Week (October 1-7). Students from grade Kindergarten to 12 as well as staff and many individuals from the community participated. In total they walked 1419.9 km. After the walk, a healthy snack was provided to the participants using their School Wellness Grant funding. Furthermore, various booths promoting an active and healthy lifestyle were set up in the school. *(Thanks to Nada Rousselle for submitting this success story)*

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Students from Le Centre Scolaire Communautaire La Fontaine de Néguaç

Summerhill School in District 17 in Oromocto Celebrates Fitness with Style:

students ran in style proudly supporting hand-made beaded bracelets as part of the school's new Fit Kids Program. Every noon hour, students were given the opportunity to walk or run around a designated area. Each time the students ran and finished the course they earned a plastic bead. After they had acquired 5 beads, students were given additional opportunities to earn special beads and a bracelet. After 10 beads they would receive the grand prize of a Summerhill Star Bead. Over 100 students participated. Many students were pleasantly surprised how much fun running was. *(Thanks to Cindy Keizer for submitting this success story)*



Students from Summerhill School

School District 1 (Moncton) launches in motion in seven schools! *In motion* is a health promotion strategy with a focus on physical activity. An *in motion* school is one that values the benefits of physical activity with the commitment to work towards the goal of 30 minutes of physical activity every day for every student. On October 1 at Centennial Park, students from grades 3-5 coming from seven different elementary schools participated in activities such as Zumba, Omnikin and a walk in the park. A healthy snack was also provided to the students. (Thanks to Marilynne Lavallée for submitting this success story)



Students at District 1, *In motion* launch

If you have a wellness success story or a photo from your school that you would like us to publish in our spring Newsletter, please submit them no later than **March 16, 2011** to joanne.lamarche@qnb.ca.

School Wellness Programs

The 2011-2012 School Wellness Grant Applications along with the 2010-2011 final report will be sent to schools in early April 2011. Unfortunately the application will not be available on line as discussed at previous district meetings. The format will remain the same.

The School Pedometer Challenge (K-12): One hundred thirty-eight schools in the province are currently participating in the program. The delivery of the 2011-2012 program may change. Watch for details in the Spring School Wellness Newsletter.

Focusing on the After School Hours in NB: children need something positive to do after school. They need health enhancing environments with opportunities for pro-social, fun activities. The after school time period has the potential to reach a large portion of the population. We want to increase the accessibility of high quality, affordable after school opportunities for all children and youth in NB. We all can and should be involved: families, community recreation professionals, public health nurses working in the Healthy Learners in School program, youth clubs, daycares, schools, non-profit organizations. Start talking about it and stay tuned for more information and ideas.

Resources

New Canadian Resource to Support Positive Mental Health in Schools:

Educators know that positive mental health is fundamental to achieving academic success and reducing risky behaviour. Until now, information on how schools can support positive mental health has been limited. The Joint Consortium for School Health's new document, [Schools as a Setting for Promoting Positive Mental Health: Better Practices and Perspectives](#), addresses this gap. The document provides insight and guidance based on research and practice-based evidence from interviews with 25 school practitioners from across Canada. It reflects a comprehensive school health approach and serves as a planning resource for teachers, school administrators, school health professionals, government and community stakeholders who develop or implement positive mental health approaches. For more information visit the Joint Consortium for School Health Website. www.jcsh-cces.ca

Eat Well and Be Active Educational Toolkit has been launched by Health Canada and the Public Health Agency of Canada. It is designed to teach children and adults about healthy lifestyle choices using Canada's Food Guide and the Physical Activity Guide. The toolkit includes; educational poster, downloadable activity plans, and much more.

Canadian Sport for Life: The ability to run, jump, throw, catch, change direction, balance, be flexible, be fast and strong are all key elements of physical literacy. In the past, sport organizations have largely relied on schools to teach these skills, while they focused on sport skills from an early age. The Canadian Sport for Life Model has been adopted by all sports and is changing programs for elementary school aged children. The new approach sets out to use sport programs to compliment the efforts of physical education teachers by focusing on developing fundamental movement skills through a variety of programs. Visit the website for more details. www.canadiansportforlife.ca

Student Wellness Survey

The Health and Education Research Group (in partnership with the Department of Wellness Culture and Sport and the Department of Education) have completed the second cycle of the NB Student Wellness Survey for students in grades 6-12. The results are available at: www.unbf.ca/education/herg

Wellness, Culture and Sport

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Remember!
March is National Nutrition Month