

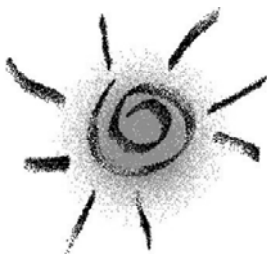
Manitoba Healthy Schools

Bringing you all the latest news about Healthy Schools and related topics!

Healthy Schools Website

For all the latest info...

The Healthy Schools website offers information and resources about Manitoba Healthy Schools for school staff and education partners, parents, youth, and kids. Visit us at:



manitoba.ca/healthyschools

Healthy Schools eNews

Keep up-to-date with the NEW **Healthy Schools eNews**. This electronic subscription service informs you about funding opportunities, resources and tools for:

- ✓ Healthy Schools
- ✓ Healthy Food in Schools
- ✓ Healthy Schools *in motion*

Sign up **TODAY!** Visit our website at:

manitoba.ca/healthyschools/subscribe

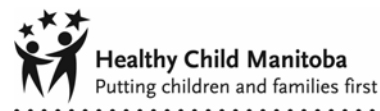
Healthy Schools Directory

Your One-Stop-Shop for Services and Supports in Manitoba

Healthy Schools worked with CONTACT Community Information (a program of Volunteer Manitoba) to develop a customized online searchable listing of services, programs, organizations, and agencies throughout Manitoba related to child health and education, as well as a variety of other useful topics.

Presenting... Healthy Schools

It has never been so easy to spread the word about Manitoba Healthy Schools. As recommended at our Healthy Schools consultation forum, a PowerPoint presentation has been developed for stakeholders. The presentation can be downloaded from the Healthy Schools website to provide a ready-made, easy to follow presentation about Healthy Schools. Our hope is that you will use the presentation (or pieces of it) to inform others about the initiative.



Survey Says...

In the spring of 2005, schools in Manitoba received a Healthy Schools baseline survey . 366 surveys were returned (45%). Each school that submitted a survey received a summary of its own results compared to the Manitoba results.



The information from the baseline survey contributes to an understanding of the overall strengths and challenges for Manitoba

schools as they support the health and well-being of their students.

**Watch for the
follow -up survey
in spring 2007**

The survey included questions relating to:

- ✓ Policies and Guidelines (e.g. health, physical safety, supervision)
- ✓ Code of Conduct (e.g. bullying, crisis, substance use, discipline)
- ✓ Data Collection (e.g. unintentional injuries and violence, personal health info)
- ✓ Staff Programs/Professional Development
- ✓ Counselling/Referrals/Multi-Agency Support
- ✓ Physical Education/Health Education Curriculum
- ✓ Student, Staff, and Community Involvement
- ✓ Nutrition
- ✓ Communication to staff, parents, students, and community

Sneak peak...

82% of schools have established or started to establish policies and guidelines for the health and wellness of children and youth.

88% of schools have an established or have started to establish a school health committee/council.

60% of schools use a cross-curricular approach to integrate health education.

54% have communication with home through educational materials and school sponsored activities related to health and safety.

If you would like to view the entire report visit the Healthy Schools website!

Calling all Grade 3 and 4 Teachers

**REMEMBER TO COMPLETE THE
HEALTHY LIVING CHALLENGE
2007 EVALUATION FORM**



Now that you have received **THE HEALTHY LIVING CHALLENGE 2007**, we would like your feedback. We would like to hear from you if you played **THE HEALTHY LIVING CHALLENGE 2007** game in your classroom, as well as if you did not. If you did not receive your copy of the evaluation by mail or can't locate it, please visit the Healthy Schools website to print a copy.

Curriculum Learning Strategy

General Learning Outcome 4:
Personal and Social Management

Colour-Coded Characteristics
Have students form small groups and provide each student with a set of coloured cards containing the following statements:



YELLOW	Identify a positive quality in yourself.
BLUE	State an accomplishment you are proud of.
ORANGE	State a reason why people respect you.
GREEN	Identify a quality you admire in a friend.
RED	Compliment a group member.

Students write a response to each card and then take turns sharing their responses.

SOURCE: Manitoba Education, Citizenship and Youth, 2004. *Senior 1 and Senior 2 Physical Education/ Health Education: A Foundation for Implementation*, page 9-102.

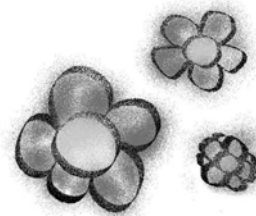
Use Your Head... Wear a Helmet!

As a result of the overwhelming success of last year's Low-Cost Helmet Program, with over 18,000 helmets purchased, all preschool and school-aged children in the province were provided an opportunity to participate in this program again this spring. Students should expect to receive their helmets in May 2007.

What are you Waiting For? Register your school for Healthy Schools *in motion*

The provincial government introduced the "**Manitoba *in motion***" activity

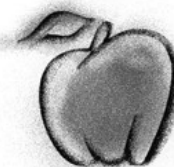
program in the fall of 2005. ***In motion*** is a promotional program intended to inspire Manitobans to get active. To become a **Healthy School *in motion*** all kids must agree to do 30 minutes of physical activity five days a week, which can include walking to school and lunch-time activities.



Currently over 430 (50%) schools have registered with Healthy Schools *in motion*.

Schools that register to become a **Healthy Schools *in motion*** will receive:

- ✓ Resource Manual
- ✓ Activity Bin full of equipment
- ✓ The Weight of the World DVD
- ✓ ***in motion*** Snaktivities (k-8)
- ✓ Energy Blast DVD (k-6)



To register your school for ***in motion*** visit the ***in motion*** website at:

manitobainmotion.ca/schools

Nutrition in Schools

Did you know...

- ✓ Healthy eating helps children grow, develop, and do well in school.
- ✓ Eating breakfast, improves children's memory, concentration, problem-solving abilities, and creative thinking.
- ✓ A healthy diet helps children be more settled, attentive, and ready to learn.
- ✓ Healthy eating helps prevent child health problems such as obesity, diabetes, and dental caries.

Food for Thought...Healthy Eating Campaign Spring 2007

We had a terrific response, with over 55% of schools participating in the *Food for Thought Campaign*. Here are just a few fun and unique examples of school activities:

- ✓ Healthy food cook-off
- ✓ Taste testing event
- ✓ Lunchbox audits
- ✓ Nutrition Spirit Week
- ✓ Planting a school garden

The next Campaign is coming this fall 2007.

Nutrition Guidelines for Schools

In October 2006, the government released the *Manitoba School Nutrition Handbook* to assist schools with policy development and nutrition promotion.

A Food in Schools web-site provides additional tools to support school nutrition:

manitoba.ca/healthyschools/foodinschools

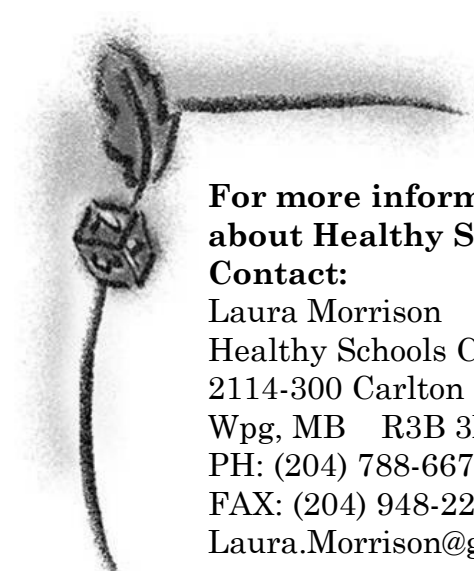
A toll-free school nutrition information and support line has been set up to assist schools with their nutrition promotion efforts.

1-888-547-0535

**Eat well with *Canada's Food Guide!*
Get your copy!!!**



healthcanada.gc.ca/foodguide
1 800 O-Canada (1 800 622-6232)
TTY: 1 800 926-9105



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