

# Manitoba Healthy Schools

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

## Upcoming Healthy Schools Campaigns

Healthy Schools Campaigns target topics affecting the health and wellness of school communities. Over the past five years, Healthy Schools has initiated 10 campaigns with topics such as nutrition, safety, physical activity, and mental health. With each campaign, schools have an opportunity to highlight the importance and increase awareness of various health topics. Guidelines for applying for a Healthy Schools Campaign include:

- The activity must relate to the specified health topic.
- One application per school per campaign (a school may apply for each campaign) will be accepted.
- Any school representative may apply including administrators, teachers, support staff, parent councils, or student councils.
- Participating schools receive \$100.00 plus \$0.35 per student for each campaign.

### *FALL 2008* **ENVIRONMENTAL HEALTH CAMPAIGN**

Example topics may include...

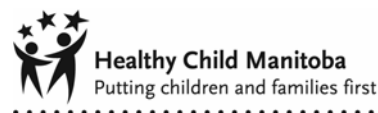
- ✓ Recycling/Reducing/Reusing
- ✓ Food safety
- ✓ Noise Pollution
- ✓ Toxic substances/Chemical exposure
- ✓ Energy Efficiency
- ✓ Active and Safe Routes to School
- ✓ School Ground Greening
- ✓ Maintenance of grounds/facilities/buildings
- ✓ Vehicle idling
- ✓ Second-hand smoke
- ✓ Waste disposal/Composting
- ✓ Hand washing
- ✓ Ventilation/indoor Air Quality
- ✓ Water conservation

### *SPRING 2009* **MENTAL HEALTH AND WELLNESS CAMPAIGN**

Example topics may include...

- ✓ Self-awareness/Self-esteem
- ✓ Goal-setting/decision-making/problem-solving process
- ✓ Social responsibility
- ✓ Relationships
- ✓ Conflict resolution process
- ✓ Stress management
- ✓ Substance use
- ✓ Healthy Sexuality
- ✓ Anxiety
- ✓ Bullying
- ✓ Eating Disorders/Body Image
- ✓ Suicide Prevention
- ✓ Resiliency
- ✓ Intentional Injury/Self-harm

This newsletter is available in full colour, French and English on the Healthy Schools website ([www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools))



**Manitoba** 

# Healthy Schools Around Manitoba

We often hear about all the wonderful things that schools are doing to promote health. Through the Healthy Schools website, we provide an opportunity for schools to share their successes with us!

The story/activity can be community, division, school, or classroom based - It can involve students, parents, teacher, whomever - It can be a game, event, experience, lesson idea, program, committee, anything - If it helps promote a Healthy School environment or curriculum instruction, we want to hear about it!

Visit [www.manitoba.ca/healthyschools/story\\_form](http://www.manitoba.ca/healthyschools/story_form) to share your story with us.

The following stories are examples of some of the great things happening around Manitoba.

## Mini Olympics

**Minto School** (Minto, MB)  
Turtle Mountain School Division  
Student Population (approximate): 260  
Grade Level: K-8

*Health Topics:* Physical activity; Healthy eating; Teamwork

*Target group:* Students

*Individuals involved:* Principal; Teachers; Teacher assistants; Student leaders  
Students; Parents (come out to watch and cheer)

*Factors that contributed to success:*

- The cooperation of the staff and students to organize

*Details:*

- Students were divided into four teams of 10. The teams included a mixture of students from Kindergarten to Grade 8.

- Each team selected a country to represent then researched their country for the flag, foods and general information.
- The teams made a team flag and planned a healthy meal based on the foods of their country.
- Lunch breaks were held each day for a week along with activities such as speed skating, dog sled racing (students pull each other on toboggans), snow obstacle course, downhill toboggan races, hockey and curling.
- The teams were timed/scored and trophies were presented to each team based on the results. Each student also received a medallion for participation.
- The week of Olympics ended with a healthy meal for everyone to try the foods of the various countries. Each team decorated their table, displayed their food and gave their team cheer.
- At the closing ceremonies the teams marched around to their national anthem and the trophies and medallions were handed out.

## Recess Activity Afternoon

**R.H.G. Bonnycastle** (Winnipeg, MB)  
Pembina Trails School Division  
Student Population (approximate): 255  
Grade Level: K-6  
Contact: Kim Gusdal, teacher  
Phone number: 204-261-9400  
Email: [kgusdal@pembinatrails.ca](mailto:kgusdal@pembinatrails.ca)

*Health Topics:* Physical activity; Healthy eating; Fair play and cooperation; Safety

*Target group:* Students

*Individuals involved:* Physical Education and classroom teachers; Principal; all specialist and educational assistants and student teachers

*Factors that contributed to success:*

- Committee who organized the afternoon

- Received low cost apples from local grocery store
- Administrative support

*Details:*

- The school spent an afternoon teaching the entire school a variety of recess games and activities to try to cut down on the number of recess incidents that had been occurring.
- A committee selected 12 different activities to teach students. Students were divided into grades K-2 and grades 3-6 groups.
- The students rotated through the stations where they had 10 minutes to learn the rules and take part in each activity. Some activities were appropriate for all age levels and some were for specific grade levels only. After six rotations, the students and staff had a 15-minute break and everyone enjoyed a healthy snack (an apple).
- Activities included such things as 4 Square, Tag games, circle dodgeball, basketball, flag football, 7 up, skipping, jacks, cup stacking, hop scotch etc.
- The afternoon went very well and now large containers of equipment are available at recess as well as instructions for some of the activities

## ***Food for Thought - Nutrition Matters***

### ***A parent/guardian information handbook on healthy eating***

**Maple Leaf School** (Winnipeg, MB)  
River East Transcona School Division  
Student Population (approximate): 340  
Grade Level: K-6  
Contact: Victor Kuzyk, Principal  
Phone Number: 204-661-9509  
Email: [vkuzyk@retsd.mb.ca](mailto:vkuzyk@retsd.mb.ca)

*Health Topics:* Healthy eating  
*Target group:* Parents

*Individuals involved:* Classroom teachers;  
Principal; Parents; Graphic designer;  
Photographer; Communications coordinator

*Factors that contributed to success:*

- Committee involvement
- Administrative support
- Funding

*Details:*

- Maple Leaf School established a SNAC (School Nutrition Action Committee) of teachers and parents in 2003 to promote healthy eating at school. The SNAC developed and implemented a school nutrition policy with guidelines.
- The SNAC set a goal in school year 2006-2007 of writing and publishing a parent/guardian information handbook on healthy eating. The committee was provided with release time to prepare an initial draft for a handbook. The draft was edited and revised by the principal and the Communications Coordinator of the School Division. A final draft was completed and a volunteer photographer agreed to take photos for the handbook.
- The Principal contacted potential sponsors, many of whom agreed to provide financial support for the printing of the handbook. The school division's graphic artist completed the layout and graphic design.
- The handbook was distributed to all families who have children attending Maple Leaf School.

## ***Healthy Canteen***

**Tanner's Crossing School** (Minnedosa, MB)  
Rolling River School Division  
Student Population (approximate): 395  
Grade Level: K-8  
Contact: Jacki Nysten, Teacher  
Phone Number: 204-867-2591  
Email: [jnylen@rrsd.mb.ca](mailto:jnylen@rrsd.mb.ca)

*Health topics:* Healthy Eating

*Target group:* Students; Staff  
*Individuals involved:* Principal; School Board; Chronic Disease Prevention Initiative (CDPI); School Superintendent

*Factors that contributed to success:*

- Start up grants from the Assiniboine Region Health Authority for CDPI
- Support of the school division in creating the area for the canteen
- Involvement of the staff and the initial CDPI committee in accessing need
- CDPI program coordinator (the canteen as part of her portfolio)

*Details:*

- As part of CDPI, approximately 20 people from various associations in and around Minnedosa met to create a committee and establish priorities. A program coordinator was hired. The School Division provided the labour and space for the creation of the facility.
- Food is made "from scratch" and only includes healthy ingredients. On a daily basis, the canteen sells milk, juice, water, fruit, yogurt, veggie packs, and occasionally sells fruit packs, homemade granola bars, homemade muffins, salads, homemade soup, as well as daily food specials. Healthy snacks are also sold at recess times.
- The canteen can service 80 students and staff at lunchtime in seven minutes.
- Food cards can be purchased so students do not have to bring money each day.
- The canteen is self-sustaining; profits pay the salary for the CDPI coordinator and for supplies. Prices are reasonable.
- The coordinator has also added nutrition education to her activities for the canteen. There are informational posters around the sales area and she has gone into classrooms to have students try different foods and look at the value of those foods.

- Students are eating healthier at school, and many students are replacing less healthy foods with the healthier ones. There is never a request for junk foods.

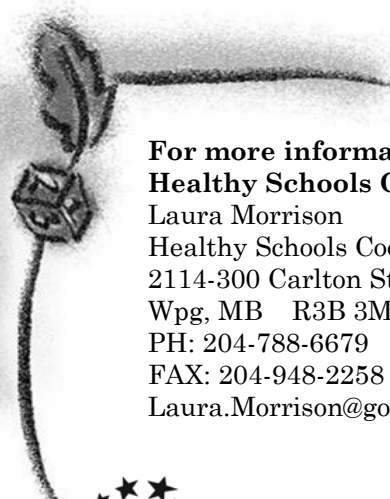
## Curriculum Learning Strategy

General Learning Outcome 3: Safety

### *On-the-Spot First Aid*

Write several types of injuries on index cards. Have students come up one at a time to pick a card. Ask a volunteer to be the rescuer who will treat the victim in the centre of a circle. Put several objects in the centre of the circle (e.g., six to eight triangular bandages, books, magazines, pillows, towels, a ruler, a pencil). Tell the rescuer that he or she may use any object in the classroom to treat injuries. Practise first in small groups, and then in a large group.

SOURCE: Manitoba Education, Citizenship and Youth, 2002.  
*Grades 5-8 Physical Education/ Health Education: A Foundation for Implementation*, page 8-84.



### **For more information about Healthy Schools Contact:**

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**Healthy Child Manitoba**  
Putting children and families first

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*Manitoba Health Schools is a partnership between  
Manitoba Healthy Living, Manitoba Education,  
Citizenship and Youth, and Healthy Child Manitoba.*