



Balance

A Health Promoting Schools Newsletter

SHOWCASING OUR HEALTH

Students and teachers from two CCRSB schools demonstrated healthy initiatives at the Health Promoting Schools Showcase held in Dartmouth in October. Students from Trenton Middle School and their advisor recreated their student lounge, right down to the Wii Fit games and bean bag chairs, while members of the Springhill High School cooking club spoke about healthy recipes while whipping up a salad.



incorporate healthy, active living into everyday school life.



INTRODUCING...

Introducing the Food Policy People...from left to right Min, Mod & Max, the newest members of our HPS Team. These people are made out of food packaging. Each person represents a category of the food policy and is made out of food products representing those categories. These fun-looking people will be touring our board helping us promote the food policy and healthy eating in general.



Outdoor adventures can begin! Bundle up in layers. Put on those mitts, hats, and scarves. Dig out your winter boots and head outside! Try walking, snowshoeing, sledding, skating, skiing, or build a snow fort.

FUNDRAISING FACT

Keep in mind that when fundraising with food only foods of Maximum or Moderate nutrition may be used. For some great ideas please check out the Fundraising section on the HPS website at www.ccrsbhps.ca



ACTIVE HEALTHY LIVING MENTORING PROGRAM

The Active Healthy Living Mentoring Program is specifically designed for Physical Education, Health and Healthy Living(PDR) teachers. Teachers working with teachers, making positive program changes, can lead to exciting professional learning opportunities. After a successful start to the program last year, the AHL team of PE and Health mentors continues to offer colleagues time to share, reflect and grow.

The HL mentor is available to assist in the introduction and implementation of the new Healthy Living 9 curriculum. Yearly planning, classroom management, Outdoor Education, Dance, PE Leadership and Yoga are a few of the specialty areas of the PE mentoring program.

Contact Sue Stevenson at stevensons@ccrsb.ca if you are interested in learning more about the program.

YOGA FOR EVERYONE

Just meters away from a busy gym full of running and jumping students, yoga teacher Debbie Matheson creates another kind of exercise opportunity. In an oasis of calm, under the hand-painted words “Relax” and “Breathe”, she leads 15 Hants East Rural High students through an hour-long after-school yoga session.

Certified as a yoga instructor last year, Debbie currently teaches 22 students in a Yoga 11 class. Her twice-weekly after-school sessions were offered after other students and teachers expressed interest. Response from both male and female students at all grades levels has been so positive, she is considering a third after-school class.

The benefits of yoga are readily apparent in the students, says Debbie, who also teaches Family Studies 9 and 10, and Child Studies 11. “Not only are students showing improved physical benefits, like increased strength, flexibility and posture improvement, they’re also showing an improvement in concentration and stress management abilities.”

Currently, a cohort of 10 enthusiastic teachers are working toward Yoga Teacher Certification through a 200-hour course. The teachers and their schools have committed to teaching Yoga 11 and/or providing school-based yoga sessions for students and teachers in the second term.



PALS Update: The 2009-10 year is off to a great start! We have twelve elementary schools returning and six new schools to the program this year. Students are learning how to lead games and activities for their younger peers during their school breaks. The PALS Program strives to increase physical activity and cooperation, decrease conflicts and bullying, provide leadership opportunity for students.



YAT Update: The 2009-10 is a busy year for Youth Action Teams! We have four junior high schools involved with the program. One school alone has over 200 students engaged in a variety of leadership teams! Students play an important role in leading physical activity and healthy eating opportunities for their peers in their school.

If your school is interested in either the PALS program or a YAT, please contact Ashley Phillips, Sport Animator, at phillipsad@ccrsb.ca or 2538.

GIRLS LEADERSHIP KICK-OFF 2009

Student leaders came together to brainstorm activity ideas during Girls Leadership PD day on Nov. 3 in Truro. While planning activities for their high schools, as well as within their Family of Schools, the leaders also explored the connection between healthy body, mind and spirit. They had the opportunity to participate in yoga and mediation sessions and receive nutritional information. It was a fun and educational day!

CLICK FOR MORE INFO

The new CCRSB Health Promoting Schools website www.ccrsbhps.ca is up and running. The site provides relevant and up-to-date information, ideas and resources to help students staff and parents. Information on Breakfast Programs, the Food Policy, Fundraising, Physical Activity, Youth Leadership and other web links is just a click away.

Start your day the right way – Eat Breakfast!