



Balance

A Health Promoting Schools Newsletter



Cobequid Consolidated receives the Platinum Award from Physical and Health Education Canada

On October 6th, 2010 Cobequid Consolidated Elementary School became one of only 4 schools in Nova Scotia to be awarded the Platinum Award from Physical and

Health Education Canada. They received a Quality Physical Education Platinum banner, a certificate and a letter of recognition from Prime Minister Stephen Harper.

This award recognizes that the school provides all students with quality physical education for a minimum of 150 minutes each week through regular PE classes, before school, recess, lunch, after school and evening programs.

Teachers at Cobequid Consolidated have been excellent role models and encourage their students to get physically active. PE teacher, Margie Ripley has been instrumental in providing physical activity opportunities for students at all hours of the day and welcomes parents and community members to take part in their activities.

Physical Education provides children with the opportunity to develop the knowledge, skills, attitudes and habits they need in order to be physically active and to enjoy healthy, active and productive lives now and in the future.

Congratulations Cobequid Consolidated, keep up the great work!



CCRSB Teacher Wins National Award for Healthy Living

On October 22, 2010 at the annual Teachers Association of Physical and Health Educators (TAPHE) Conference, Jill Fraser was awarded the The Dr. Andy Anderson Young Professional Award from Physical and Health Education Canada. Jill is the Healthy Living Teacher for

grades 7-9 at Trenton Middle School. This award is presented once per year to one individual per province that best epitomizes exemplary work on behalf of the profession. Congratulations Jill!



BACK TO BASICS WORKSHOP

On October 22, CCRSB hosted a "hands on" Back to Basics Workshop for 57 Food Services staff from across the region. Participants created and taste-tested over 30 student friendly recipes. Everyone received a new recipe resource binder, and are ready to offer our students a variety of new healthy options.



SURPRISE! PRETEENS HAVE STRONG OPINIONS ON HEALTHY EATING, WANT PARENTAL HELP

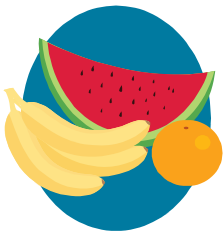
Preteen children aren't as interested in consuming greasy fast food and sugary treats as previously thought, new research indicates. In fact, the majority of kids under age 13 are concerned about nutrition and healthy eating, according to a survey conducted earlier this year. And almost 90 percent of kids surveyed say they actually care about what their parents do and say when it comes to healthy eating; they are still interested in guidance and support from their parents.

“This new research sends a powerful message and call to action from kids that the combined influence of parents, teachers and schools gives them the best chance to succeed in practicing healthy eating,” says Heidi Boyd, a registered dietitian with Dairy Farmers of Canada, the agency that sponsored the research. “The advice from kids is clear and now it’s up to parents and teachers to respond.”

The research was conducted between April and May 2010 and involved 16 focus groups with a total of 78 children across Ontario, as well as an online survey of 500 children. “I think it’s interesting that the majority of kids surveyed think their eating habits are good; however, we know from the Statistics Canada report entitled 'Overview of Canadians’ Eating Habits 2004' (based on that year’s Canadian Community Health Survey) that boys and girls age 10 to 16 are definitely lacking in both fruit and vegetables and milk and milk products,” says Boyd.

Parents need to model healthy eating and the teachers need to ensure they are not giving ‘mixed messages’ by teaching healthy eating and then modeling poor habits. “It is important for adults to realize that kids are watching!” Three-quarters of the children surveyed also said that if their parents stock healthy food, they would eat it. And 82 per cent said they would like to learn to cook in school, the research showed.

(Reprinted from CBC News Website Sept. 10, 2010)



STRIVE FOR FIVE AT SCHOOL!

Strive for Five at School! A Guide to Promoting Fruit and Vegetables – Launched in March 2010, the *Strive for Five at School! A Guide to Promoting Fruit and Vegetables*, takes healthy eating in the school system a step further, focusing on promoting and preparing in-season local fruits and vegetables. This resource includes a seasonal calendar, large and small quantity recipes, tips for promoting vegetables and fruit in schools and a facilitator’s guide for planning and leading school workshops. The resource was created by the producer supplier committee of the Annapolis Valley Health Promoting Schools Program in partnership with other local and provincial organizations. Recipes were developed by a professional dietitian and taste-tested by students and staff who prepare food in schools. For more information, visit www.gov.ns.ca/hpp/cdip/healthy-eating-strive-for-fiveasp.

CCRSB HEALTH PROMOTING SCHOOLS WEBSITE

The CCRSB Health Promoting Schools Website www.ccrsbhps.ca has been updated to include new Breakfast, Food Policy, Fundraising and Physical Activity resources. Check out the “What’s New” section to see all of the latest HPS news, events, updates and tips. If your school has a great HPS program, success story or tip that you would like to share please contact Angela Somers (somersap@ccrsb.ca) to include your school in our “What’s New” section!

