



# Balance

A Health Promoting Schools Newsletter

## BOYS HEALTHY LIVING WEEK UPDATE



Over 2,000 boys participated in the CCRSB Health Promoting Schools Region-wide Boys Healthy Living Week February 21—25.

The boys had an opportunity to participate in over 100 free active healthy lifestyle school and community events. A wide variety of events included: Indoor Golf, Father/Son Night, Skating, Swimming, Healthy snacks, Taekwon Do, Field Hockey, Ultimate Frisbee, Cooking sessions, Circus Tricks, Boot Camps, and presentations from Addiction Services & Public Health.

Participating in Boys Healthy Living Week celebrates and highlights the importance for young males of being active and taking charge of their own long-term health.

## GIRLS HEALTHY LIVING WEEK UPDATE



Yoga, self-defense and swimming were some of the 110 events offered region-wide during Girls Healthy Living Week April 11—15.

More than 3,500 girls took part in free school and community events throughout the week. The events were diverse, fun and interesting, and included taste-testing, field hockey, Zumba, Dove Beauty presentations, golf, dance, cycling and healthy cooking. Teachers, volunteers and local organizations all helped make this week very successful.

The annual Girls Healthy Living Week is a terrific way to highlight and model the importance of being an active young woman for optimum long-term health.

## Curling At CCRSB

Grades 5 and 6 students from Walter Duggan Consolidated, Dr. W.A. MacLeod Elementary, F.H. MacDonald Elementary, Acadia Street School and Dr. Thomas McCulloch Junior High School were involved in a partnership between CCRSB, the Department of Health & Wellness, local curling clubs, and recreation departments. Students from each of the schools learned the basics of curling using indoor curling kits during PE class then headed off to their local curling club to develop on ice practice and skill development of the sport.

This initiative has been excellent at building capacity with student involvement in curling and grooming curling clubs for future curling members.



## Screen-Obsessed Kids Exercise Less Than Ever

Fourteen minutes. That's how much moderate-to-vigorous exercise most Canadian children and teenagers are getting after school, according to an annual national report card that looks at physical activity levels of children and youth.

"That's pretty alarming," said Rhonda Lemire, executive director of Recreation Nova Scotia. The after-school period from about 3 to 6 p.m. is a "critical time period in a child's day" for getting physical activity, Lemire said Tuesday.



Just seven per cent of children and youths meet the 60-minute daily guideline, the report card said. Boys are more active than girls, with nine per cent meeting the guidelines compared to four per cent of girls. Forty-four per cent of children get 60 minutes of moderate-to-vigorous exercise three times a week, and 80 per cent get 30 minutes three times a week, according to the report.

About 73 per cent of Canadian parents reported that their children are not active after school and are instead busy with electronic devices such as computers, TV and video games. More than 80 per cent of Canadian municipalities are not making safe walking and biking routes a requirement when building new developments or roads, according to the report.

Seventy-two per cent of parents in Canada reported their children do not have access to after-school programs that encourage physical activity. Children's participation in free time outdoors after school is also on the decline, in part due to parents' concerns about supervision and safety, the report card said. "Time spent being active outdoors after school lowers levels of anxiety, anger, fatigue and sadness," said Mark Tremblay, chief scientific officer for Active Healthy Kids Canada, in a news release.

Parents need to provide more encouragement to their children to take part in sports teams and free play, and put limits on screen time, according to the report. Almost 62 per cent of parents reported their children use "inactive" modes of transportation, such as a car, to get to and from school.

Children are more likely to be physically active if their parents or guardians are also active, Lemire said. "They need a role model." Many factors contribute to low activity levels in children and youth, and everyone has to take some responsibility, she said. "There may not be funds available to pay someone to run an after-school (recreation) program, or volunteers that are willing to help out. In some areas of the province, transportation is an issue." She said some funding programs exist to support recreation for children and youth, "but someone needs to take the initiative to manage programs that are in their area."

*(Reprinted from The Chronicle Herald April 27, 2011)*

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## CLASS II



Children's Lifestyle And School-performance Study

All Grade 5 students and their parent/guardian(s) in Nova Scotia are being invited to take part in an important research project called the Children's Lifestyle And School-Performance Study II or CLASS II. The first CLASS project was completed in 2003 with over 5,000 Grade 5 students and their parents. CLASS II research will try to understand how children's health has changed by collecting similar information from students in Grade 5 in 2011. The Department of Education and the Department of Health and Wellness supports this research.

CLASS II is currently collecting data in CCRSB during late March, April and early May. Children's health, nutrition and physical activity plays a role in school performance and their overall wellness. This research is important for Nova Scotia as it will help us understand how schools can support children's health. The results will provide helpful information for schools, school boards and the provincial government. Go to [www.nsclass.ca](http://www.nsclass.ca) for more information.

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