



Introducing the Health Promotion Team

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Members of the Halifax Regional School Board's Health Promotion Team at the Gordon Bell site are working together to help this generation of young people lead healthy active lives.

The Health Promotion Team includes: Facilitator Diana Dibblee, Sport Animators Rachel Bedingfield and Carolyne Cote, Active Healthy Living Leader Dwight Lucas, Dietitian/Nutritionist Monica Rodriguez, Community Consultant Janice Silver, and Our Healthy School Leader Catherine Cole.

We all know of the statistics about inactivity and poor eating habits and their effects on long-term health. The Health Promotion Team is working with schools to change those statistics. For example, by getting students moving, helping them make better food choices and providing education about active healthy living.

This Team is here to support students and staff in the HRSB so please contact us to learn how to promote health at your school.

Together we can make a difference!

"A health promoting school is a school that is constantly strengthening its capacity as a healthy setting for living, learning and working."
– **World Health Organization**

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What is a Health Promoting School?

A Health Promoting School works to define what health means within its walls, on its grounds and in the broader school community.

The school is keenly aware of how health fits into the curriculum, the environment and the services provided by the school.

Family members and the community collaborate with the school to promote health.

The Departments of Health Promotion and Protection and Education have invested funds in the Health Promoting School initiative through the Our Healthy School Committee - a partnership that also includes HRSB, Capital Health, Addiction Treatment and Prevention Services, Public Health, Community Health, Clean NS, and the Heart and Stroke Foundation of Nova Scotia.



Sport Animators

A Sport Animator's job is to facilitate a relationship between the school and its surrounding communities for the purpose of increasing opportunities available for students to be physically active. HRSB has two Sport Animators whose primary focus is creating sustainable extracurricular programs for students.

To learn more about what they do, read the *Physical Education Newsletter* and Capital Health's *Bits and Bites*.

To learn more about promoting extracurricular physical activities in your school, please email Rachel Bedingfield at rbedingfield@hrsb.ns.ca or call ext. 4419 or email Carolynn Côté at ccote@hrsb.ns.ca or call ext. 4435.

Coming Soon:

Girls Soar Physical Activity Week 2007 – March 24-31, 2007

Ultimate DDR Championship 2007 – May 2007

World Lacrosse Championships Adopt-A-School Program – May 14-20, 2007

Bluenose Youth Run – May 19, 2007



Breakfast Programs in the HRSB

Last school year, 240,000+ breakfasts were served by more than 700 volunteers in our schools. Currently there are approximately 50 breakfast clubs in the HRSB.

Most breakfast clubs are in elementary schools but we also have some at junior and senior highs. Some serve a hot breakfast, while others have a "grab and go" style of easy to carry foods, with many variations in-between. It all depends on the available space, volunteers and financial resources, as to how clubs operate in each school.

Elementary schools are eligible to receive financial support from the new Provincial Elementary Breakfast fund. Additional funding is available through Breakfast for Learning and often from local businesses and service organizations.

If your students could benefit from such a program, please contact Janice Silver, at ext. 2181 or jsilver@hrsb.ns.ca. Breakfast for Learning also has a web-site with helpful start-up information. www.breakfastforlearning.ca

Coming Soon:

Breakfast Program workshop on May 11th at Cole Harbour Place

Applications for 2007 Provincial Elementary Breakfast Program — to be sent out soon
Call for 2008 Healthy Living Calendar artwork





Healthy Eating at School

As part of the provincial Health Promoting School initiative, the Food and Nutrition Policy for NS Schools was launched in September. The goal is to help make the healthy choice the easy choice at school. Since then...

Healthy Eating Educational Forum – HRSB schools embraced the new policy in December at a full day of professional development for school-based staff, volunteers, students, parents, and community groups committed to healthier foods at school. The event kicked off the policy with presentations from experts in the field of school nutrition to student presentations, taste testing opportunities, healthful networking and information gathering.

Nutrition Month "Celebrating with Food" Initiative -- Schools are being innovative in trying new foods and getting students involved in the process. *Nutrition Month* resource packages were sent to ALL schools to encourage and support nutrition lesson plans, positive messages, and healthy eating activities such as recipe contests and taste testing.

Since January, many schools have stepped up to the plate to provide healthier options by working closely with those who serve food and beverages at school as well as with students, teachers, and volunteers interested in nutrition education, healthy eating, and food safety. It has been an exciting school year with much positive feedback regarding nutrition and many schools are looking beyond this year to continue to enhance all areas related to food and nutrition.

The HRSB School Nutritionist is available for consultations and various types of support regarding food and nutrition. Please contact Monica Rodriguez to find out more at ext. 2180 or mrodriguez@hrsb.ns.ca.

Coming Soon:

Support for teachers with up-to-date nutrition resources and educational materials for professional development and for the classroom. Available at both Teacher's Centers this spring!

"This was the best professional day yet! Great job."

– FOOD AND NUTRITION EDUCATIONAL FORUM participant



Our Healthy School Website



The Our Healthy School Steering Committee is pleased to provide health-related resources for teachers.

One of the best ways to do this is on the new website ourhealthyschool.hrsb.ns.ca a one-stop shopping resource for teachers to support health and learning.

Here teachers can choose from a directory of Department of Education outcome-matched elementary health curriculum;

Discover Professional Development

opportunities;

Obtain health-related classroom activities;

Review funding opportunities to support health promoting schools;

Learn more about the 2006 HPS grant projects;

Find policies and guidelines that support health promoting schools.

Coming Soon:

Junior High Health resources



Physical & Health Education



The Active Healthy Living Leader provides curriculum support in the areas of Health Education and Physical Education. Through workshops and in-services, teachers come together to share, guide and learn about ways to enhance the curriculum that they teach. As well they absorb new and innovative ideas that can often rejuvenate the active minds and bodies that drive us in this field.

The Physical Education Bus Cluster days are organized by a group of 6 Physical Education teachers. They evaluate current curriculum ideas, assessment and evaluation tools. Teachers are updated regularly and this creates an environment that is conducive to health for all schools in the HRSB.

The Personal Development and Relationships (PDR) in-service in December assisted teachers in

implementing the LifeWork Portfolio in their classrooms.

The LifeWork Portfolio is an exciting new addition to the junior high curriculum where students reflect on career development and their interests and skills are integrated and communicated via technology.

In January, a Grade 4-6 Health Teacher In-Service Day was held with a focus on lesson ideas, assessment and evaluation tools. Additional resources related to the curriculum outcomes were provided. For more information about Physical or Health Education, please contact Dwight Lucas at ext. 4430 or email dlucas@hrsb.ns.ca

Coming Soon:

Be Active For Fun/Be Active for Life will take place the 3rd week in April.



Healthy Promoting School Grant

The Our Healthy School Steering Committee is responsible for providing leadership and coordination of the Health Promoting School (HPS) Grants.

Last year, 76 schools received HPS grants totaling nearly \$160,000. There are 46 physical activity projects; 12 healthy eating projects and 24 projects combining physical activity and healthy eating.

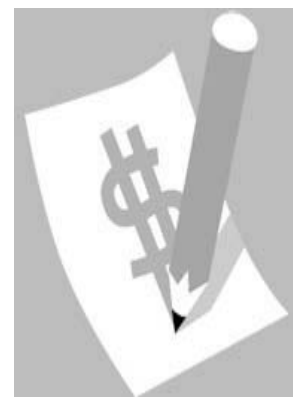
To learn more about becoming a Health Promoting School and see examples of HPS Grant Projects in action, visit ourhealthyschool.hrsb.ns.ca and click on "Success Stories".

Coming Soon:

The 2007 Health Promoting School grant applications are available to all schools to support health promotion initiatives.

Application deadline is May 1, 2007

For more information about applying for a 2007 Health Promoting School grant, please contact Catherine Cole at ccole@hrsb.ns.ca or 464-2000 ext. 4419.



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