



Anglophone School District –West Comprehensive School Health

Volume 4 Issue 4

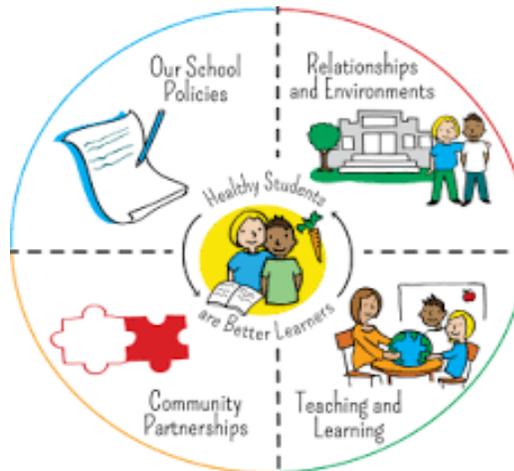
Fall 2017

Celebrating Health Promoting Schools

The Health Promoting School (HPS) Framework provides a way to link health and education outcomes. This is achieved by including the Comprehensive School Health approach which consists of; *Teaching and Learning; Partnerships and Services; Healthy School Policy; and the Social and Physical Environment* of the school setting as part of a foundation that allows for interaction and cohesion between home, school and community. A health promoting school can be greater than the school itself, which is why it is often referred to as a **healthy school community**. However, the school is almost always at the center of the hub from which healthy living is fostered for all stakeholders including: students, school staff, families, community members and the broader community itself.

Why is this important?

- Health affects capacity to learn.
- Education level affects health.
- School-based and school-linked programs can influence health status and improve educational achievement.
- Goals and priorities from HPS Team directly impact Positive Learning and Working Environment which impacts School Improvement.



For more information:

https://www.youtube.com/watch?v=5lBXdUrwr_A&list=PLpyJDxDj3jARspkOinYCK-vGKUwLitYK0&index=2

Nackawic Middle School

In 2016, Nackawic Middle School (NMS) began the journey to healthier students, becoming a Health Promoting School. The goal of the Health Promoting school committee at NMS is to boost the knowledge and participation of their students in growing their own food. Avid school and community gardeners have pitched in to help out. A Community Food Action grant was received for gardening supplies and the construction of raised beds on site. The staff and students will begin this fall working toward their long term goal of a spring planting.

Southern Victoria High School

Under the direction of Health Promoting Schools champions Kenda DeMerchant and Sonja McLaughlin, Southern Victoria High School (SVHS) has also received a Community Food Action grant. The intention is to use the funds to create a vegetable garden located on the school property, and to construct a greenhouse. The goals of the initiative are to provide students with the tools and knowledge to grow their own produce while making strong connections to how gardening relates to science, physical activity, nutrition, and enrichment courses within the high school curriculum. They plan to use their garden as a way to provide students with the opportunity to participate in non-traditional school activities, with the end goal of building stronger connections between staff and students through sharing skills and knowledge.



Inside this issue:

<i>Your Child's Mental Health</i>	2
<i>Parenting in a Digital World</i>	2
<i>The Sticky Topic of Halloween</i>	3
<i>Just Play Program</i>	4
<i>Cross Country Meet</i>	4
<i>A Teen's New Reality: Consent</i>	5
<i>Handwashing Tips</i>	5
<i>Cannabis Talk Kit</i>	5

Upcoming Events

November 20, 2017

National Child Day

<https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/national-child-day.html>

December 10, 2017

Human Rights Day

<http://www.un.org/en/events/humanrightsday/>

January 26, 2018

Family Literacy Day

<https://abclifeliteracy.ca/family-literacy>

Positive Mental Health

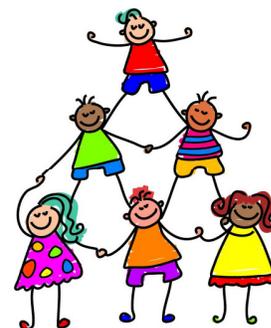


On the Way to Wellness – 9 Ways to Nurture your Child’s Mental Health

Our mental health affects every aspect of life, no matter how young or old we are. As a parent, you can help to improve and maintain your child’s mental health with your words, actions, and the loving spaces you create.

Try these nine tips to enhance your child’s mental wellbeing:

- Build strong, healthy relationships with your child. Talk with them at the dinner table to see how they’ve been doing. Lots of positive interactions with family and friends are essential.
- Be the parent your child can turn to. When children know they have someone there for them, it helps them to “bounce back” from their struggles.
- Build self-esteem by loving and accepting them for who they are. Let them know when they’ve done a good job, and find out what’s important to them in life.
- Be a great listener, and let them know their feelings matter. If they’re not comfortable talking to you, you can help them find a trusted person they can open up to.
- Create safe and happy spaces. Allow time for fun and active family pastimes, and show them how important self-care is by being a role-model and making time for yourself as well.
- Be “tech”-safe by knowing their media habits and how much screen time they’re getting.
- Keep serious family issues on a need-to-know basis. Children are sometimes upset by adult problems, particularly when they feel unable to help.
- Help them learn how to de-stress in a healthy way by: doing deep breathing exercises, finding a calm quiet place, or taking a relaxing walk in nature.
- Guide them to find their own solutions to problems. By using your past experience and know how, you can help your child to become an expert problem-solver.



****Healthy bodies need healthy minds – help your child get their best start in life!**

Adapted from http://www.caringforkids.cps.ca/handouts/mental_health



Sam Jingfors over sees the training section of Safer Schools Today (SST) providing information on: social media, digital safety, technology trends and cyberbullying.

Jingfors will be presenting in Anglophone West School District on **October 25th, 2017, from 7:00-8:30p.m.** at Fredericton High School.

Satellite sites will be available at the following schools: John Caldwell, Southern Victoria High School, Carleton North High School, Woodstock High School, Nackawic Middle School, Harvey High School, Central New Brunswick Academy, Minto Memorial High School, Leo Hayes High School and Oromocto High School.



The Sticky Topic of Halloween Candy

Halloween is a fun and exciting night for kids and parents! Sweets are part of the tradition. Rather than restricting candy completely, we can teach our kids to make better choices about when and what they are eating. Ellyn Satter, Registered Dietitian and Family Therapist, recommends to “Treat candy the same way you do other sweets. Your child needs to learn to manage sweets and to keep sweets in proportion to the other food he/she eats.”

Here are some tips for handling Halloween treats:

-Before kids go trick or treating, try to serve a healthy meal or snack such as a sandwich or piece of fruit. They may be less tempted to dig into their bag before they get home.

-Wait until children are home to sort and check treats.

Examine all treats and throw away any spoiled or unwrapped items.

-Have your child divide up their candy and make little treat bags so they can enjoy one each day. This gets the child involved in the decision making and helps them take ownership of the process.

-Keep it fun! You can play games such as having your child count up all the chocolate bars or separate the candy into groups of M&M’s in one pile, Skittles in another, and so on.

-Encourage kids to be mindful of the amount of candy and snacks they eat and to stop before they feel full or sick.

-As a parent, be a role model by eating Halloween candy in moderation yourself. To help avoid temptation, buy your candy at the last minute and get rid of any leftovers.

-Sticky candy can get stuck in between teeth and cause tooth decay. Be sure to brush and floss after a sugary treat!

You can also offer some alternatives to candy to the trick or treaters who come to your door. Here are some treats you might give out:

- | | | |
|--------------|----------------------------|---------------------------|
| -Stickers | -Bouncy balls | -Small puzzles |
| -Pencils | -Rubber spiders | -Glow in the dark insects |
| -Glow sticks | -Slinkies | -Slime |
| -Yo-yos | -Temporary tattoos | -False teeth |
| -Bubbles | -Small Play Doh Containers | |



Halloween, like any other holiday, is a single day on the calendar. If your family eats well during the rest of the year, it will have a more lasting impact than a few days of overindulgence.

For more information on Ellyn Satter see www.ellynsatterinstitute.org.

Have a Happy Halloween and watch out for all the witches, ghosts, goblins and super heroes!

October is Farm to School Month



For more information on Farm to School Month visit:

<http://www.farmtocafeteriacanada.ca>



Physical Activity



The Terry Fox Marathon of Hope

For thirty seven years, Terry Fox's dream of a world free of cancer continues to be kept alive. Each September schools, work places, and communities across Canada hold a number of Terry Fox Runs to raise money and awareness to help advance research and treatment for many types of cancer.

The Terry Fox Foundation National School Run Day is held each year late in September. Schools across the region and the country honor the Canadian hero who died of cancer in 1981. The morning of September 27th was a beautiful day as more than 240 staff and students from Florenceville Elementary School gathered outside to walk for their school's annual Terry Fox Run.

To begin a Terry Fox Run in your school or community, please visit <http://www.terryfox.org>.

Middle School Sports Programs Receive Sponsorship

Athletic programs at 30 middle schools in Anglophone West School District received a generous gift on October 11, 2017. Hatheway Orthodontics announced a five-year, \$100,000 sponsorship for the sports of soccer, badminton, softball, basketball, volleyball, track and field and cross-country.

Athletic directors can access the funding for awards, championship banners, equipment, and the new Just Play program that provides support to children in need so they can participate in a middle school sport. "Developing a healthy lifestyle and learning the dynamics of teamwork is something I'm very passionate about as a father, a coach, and a member of the community," says Dr. Bob Hatheway. "I want to see more children participating in athletics and remove some of the barriers that prevent kids from getting into the game. To level the playing field."

The Just Play program allows school athletic directors to access funding for 100 per cent of an eligible student's registration fees and personal equipment. Schools can also obtain funds for acquiring new sports equipment, with a 50 per cent matching component.



Cross Country Meet Draws Many Student Athletes

Being active in ASD-W has been a priority for students in the past 2 months! An estimated 1700 students from all 3 education centers have participated in one or more of the 7 Cross Country Races within the district. To further the activity bug, most of the schools held running practices at least 3 times a week either at noon or after school. The culmination of these runs were the district meets held on the 11th of October when 1100 ran in Fredericton alone! Remember to stay active outside and inside throughout your day!





Be Safe...Reduce Risk



Healthy Relationships: Sexual Consent Video

LOVE
Relationships

In the Spring of 2017 Woodstock High School students, under the guidance of Nicole Giberson, Vice Principal, created a Sexual Consent video for their school population. The script was written by Woodstock High School students Drew Hallett, Claire Dunlop and Beth Chandra. The objective of the video is to bring awareness to students around the laws of obtaining sexual consent. Woodstock High School student actors were instrumental in bringing the message to their peers through the dramatization of a house party and the events leading up to the party.

The Sexual Consent video was launched to committee members and the Woodstock High School population in late May of 2017. The “*Consent vs Assault*” video has received positive reviews from students, educators and supporting community agencies. It is with excitement that we announce the “*Consent vs Assault*” video will be used as a teaching tool throughout the New Brunswick Educational system as well as across Canada.

Please see the You Tube link to view the “*Consent vs Assault*” video: <https://youtu.be/otXBLockbj4Y>

WASH YOUR HANDS!

...stop the spread of germs!

Hand washing is easy to learn, cheap and very effective at stopping the spread of disease-causing germs!

Wash your hands: before meals; before feeding children (including breastfeeding); before and after

preparing food; after using the toilet; after changing diapers or helping a child use the toilet; after playing with shared toys; after blowing your nose; coughing or sneezing; before and after visiting with people who are sick; and after handling animals or their food or waste.

Hand washing tips:

1. Remove all rings and wet your hands with warm water.
2. Put a small amount of liquid soap in the palm of one hand. Rub your hands together for 20 seconds so you produce lather. Make sure you scrub between your fingers, under your fingernails and the backs of your hands.

3. Rinse your hands well with clean running water for at least 10 seconds.

4. Dry your hands with a single use paper towel. If you are using a hand towel, be sure to change it daily.

During flu or cold season, you may want to give each family member his or her own hand towel.

5. Turn off the tap or faucet with the paper towel to avoid touching the same surface that you touched with your dirty hands.

6. Use hand lotion to put moisture back into your skin to prevent dryness and cracking.

7. Model good hand washing technique to your children. Have them sing a song like Happy Birthday while washing their hands to teach them the amount of time that it takes to clean their hands properly.

Adapted from:

<http://www.phac-aspc.gc.ca/im/iif-vcq/wh-lm-eng.php#a>

Cannabis Talk Kit, Know How to Talk to your Teen

Recreational use of Cannabis is presently illegal, but that will change soon. The Government of Canada has introduced legislation in 2017 to legalize, restrict access, and regulate the use of cannabis. Studies have shown that cannabis is the most common substance used daily by adolescents. Canadian youth have one of the highest rates of cannabis use. Drug Free Kids Canada’s vision is to ensure all youth will be able to live their lives free of drugs or alcohol abuse. This website educates parents on illicit drug use and provides them with the tips and tools needed to talk to their kids about drugs. Keeping the lines of communication open between youth and their parents can make a big difference in preventing teens’ drug use. Drug Free Kids Canada has developed a talk kit to help parents set the stage for productive discussions with their teens about cannabis and other drug use providing families with the information they need. Cannabis Talk Kit can be found at : <https://www.drugfreekidscanada.org/>

CSH Newsletter Produced and Edited by:

Kim Greechan (Fredericton), Julie McConaghy (Fredericton), Julie Carr (Oromocto), Joanna Seeley (Oromocto), Chelsea Currie-Stokes (Woodstock), Roberta Knox (Woodstock)