



**Celebrating Health Promoting Schools**

Students and staff at Fredericton High School (FHS) planned many Health Promoting School (HPS) activities this year! With their large number of newcomer students to Canada, FHS planned several activities that promoted multiculturalism. Newcomer students, with students in the Outdoor Pursuits class, had field trips and games to explore their community. In May, the Black Kat Ambassador Club will host a multicultural week. This multicultural event will include flag displays, scavenger hunts, healthy food from around the world, multicultural music and dance!



In addition to celebrating student diversity, the HPS team formed partnerships to promote literacy initiatives within the school community. Students in the Leadership class have a Reading Buddy program at Priestman Street Elementary School. FHS students also promote physical literacy with grades 2-3 students at Montgomery Street School. Both programs allow students to be positive role models in the community.



**Mark your calendars!** The HPS Committee, several student groups, and the PSSC, are hosting a showcase evening: **“This is our story—Celebrating Diversity, Adversity, and Inclusion at FHS,”** on May 22<sup>nd</sup>, from 5:30-7:30pm. This showcase will feature traditional First Nations’ culture, people with exceptionalities, the LGBTQI community, the International community, and Mental Health and Wellness Promotion. Healthy refreshments will be served!

Submitted by Daneen Dymond Fredericton High School

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**Upcoming Events**

**May 7, 2018**

National Child and Youth Mental Health Day

<http://www.familysmart.ca/>

**May 27th -June 2nd, 2018**

Disability Awareness Week

<http://www2.gnb.ca/content/gnb/en/departments/pcsd/p/romos/daw2018.html>

**May 31, 2018**

World No Tobacco Day

<http://www.who.int/tobacco/wntd/en/>

**June, 2018**

Brain Injury Awareness Month

<https://www.braininjurycanada.ca/>

Recreation and Parks Month

<http://recandparksmoonth.ca/>

**June 22, 2018**

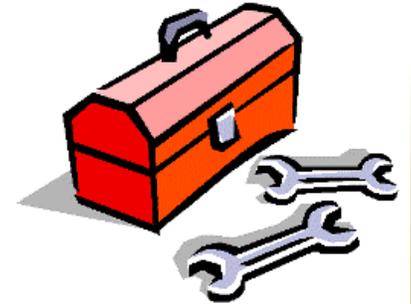
Last day of school!



## Positive Mental Health

### POSITIVE MENTAL HEALTH IN SCHOOL ENVIRONMENTS

ASD-W teachers and public health nurses from the Healthy Learners program, attended a Positive Mental Health workshop with Dr. Bill Morrison from UNB. Dr. Morrison recognizes that the school setting is an important place to promote positive mental health to students. He also feels it is important to promote positive mental health with school staff teams. This will build positive working and learning environments for students and staff.



Dr. Morrison promotes a positive view of mental health for all people. He recognizes strengths in individuals and social settings. The **Positive Mental Health Toolkit** was developed by Dr. Bill Morrison and Dr. Patty Peterson. The toolkit can be found on the Joint Consortium for School Health Website at: <http://wmaproducts.com/JCSH/>. This is one activity that Dr Morrison taught us:

### AWARENESS ACTIVITY: Being at Your Best



Think about a time when you were at your best in your workplace:

- Which mental fitness needs were being met?
- How did your routines or relationships meet your mental fitness needs?
- What allowed you to flourish?

Share your experiences with members of your group. Make a list of the workplace practices that allowed your group members to be at their best.

### Key Definitions:

**Flourish:** Refers to growing or developing in a healthy or vigorous way, usually the result of a particularly favourable environment.

**Relatedness:** Refers to our need for connection to family, peers and other significant others.

**Competency:** Refers to our need for recognizing our gifts and strengths, and using them to achieve personal and organizational goals.

**Autonomy-Support:** Refers to our need to be active participants in making choices that affect our daily work and lives.

Kim Greechan

Fredericton Education Centre

<http://wmaproducts.com/JCSHModule4/>



## **GREEN SMOOTHIE**

### **INGREDIENTS**

- 1 cup (250 ml) fresh spinach
- 1 cup (250 ml) pineapple, diced
- 1 banana
- ¼ cup (60 ml) plain Greek yogurt
- 5-8 mint leaves
- 15 ml (1 tbsp) lemon juice
- Ice cubes (optional)

### **PREPARATION**

- In a blender, purée all the ingredients until smooth.
- If desired, add ice and blend. Serve immediately.

Submitted by Public Health Dietitians, Horizon Health

Source: *Je cuisine simplement* by Julie-Ann Michaud. Free electronic copies available on <https://www.feecum.ca/services/livre-de-cuisine>.

### **INCREASING STUDENT NUTRITIONAL LITERACY KNOWLEDGE!**

**McAdam Elementary School** has used the idea “Grow Well, Learn Well” to guide their school year, which contained 3 areas of focus: growing, preparing, and education. Students have used grow towers to learn about growing and making their own food. They incorporated these activities into many school subjects, like math, science, journaling, reading comprehension, health, and more!



Students and families also enjoyed several “Family Fun Nights”. Students in grade 3-5 invited their families to come participate in fun physical activities. Students

even prepared and served smoothies as a healthy snack! The “Grow Well, Learn Well” project has allowed students to take away experiences, skills, and attitudes to become successful learners and managers of their own well-being!



Julie Glaspy  
McAdam Elementary School

**Barker’s Point Elementary and Gesner Elementary Schools** received a \$5,000 grant from ESIC to launch a local and healthy food pilot project. Grade 2 students at Gesner Street School partnered with Grade 3 students at Barker’s Point School to learn about healthy foods. Barker’s Point School has a grow tower with young seedlings. With the help of local chef Roberta Akakiryan, from Tots n’ Taters Caterers, the school used \$2,000 from the grant to have a 6 week “Culinary Expression” course. Each week a fresh, local vegetable or fruit was featured. Students learned basic food handling skills: how the produce is grown, prepared, and served. Gesner Street used \$3,000 from the grant to purchase their own grow tower.

Grade 2 students from Gesner Street pen-palled with the Grade 3 students at Barker’s Point to learn about the grow tower and about eating local, healthy food. On March 22<sup>nd</sup>, Gesner students took a trip to Barker’s Point to join their pen pals for a “culinary expression” class. Gesner students learned all about growing vegetables. Now they can apply this knowledge with their own grow tower! Chef Roberta was happy to be a partner in support of healthy eating within schools.



Joanna Seeley RN BN  
Oromocto Education Centre

# Physical Activity



## PHYSICAL EDUCATION SYMPHONY

Ever been to a Physical Education Symphony? At this year's ASD-W Drama Fest, held at Woodstock High School, Phys Ed & Health Lead Joe Crossland created just that. During a break out session, the group used scarves, balls, ribbons and a crowd favorite parachute, to create a movement orchestra. The symphony was set to classical composer Rossini's William Tell Overture. The creation was completed in just 30 minutes. Although students don't typically listen to classical music, students found the music motivating and enjoyable.



Music should be a key fixture for students in Phys Ed class. Music is great for the mind, body, and soul! Once music begins playing, you don't even realize your body is moving and reacting to the melody and the beat. Physical Education has implemented music and dance into their curricula in a number of creative, fun ways to get kids moving and active. To check out a brief video of the grand finale follow this link:

<https://twitter.com/madameniles/status/983777266634194944>

Joe Crossland

Fredericton Education Centre

## CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR CHILDREN AND YOUTH



A HEALTHY 24 HOURS INCLUDES:

### SWEAT

MODERATE TO VIGOROUS PHYSICAL ACTIVITY

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities and muscle and bone strengthening activities should each be incorporated at least 3 days per week.

### STEP

LIGHT PHYSICAL ACTIVITY

Several hours of a variety of structured and unstructured light physical activities.

### SLEEP

SLEEP

Uninterrupted 9 to 11 hours of sleep per night for those aged 5 to 13 years and 8 to 10 hours per night for those aged 14 to 17 years, with consistent bedtimes and wake-up times.

### SIT

SEDENTARY BEHAVIOUR

No more than 2 hours per day of recreational screen time and limited sitting for extended periods.

Reference: <https://www.participaction.com/en-ca/thought-leadership/benefits-and-guidelines/5-17>



# Be Safe...Reduce Risk



## WHAT IS LYME DISEASE?

Lyme disease is an infection caused by bacteria that lives inside deer ticks. There are many types of ticks, such as the dog tick, the spotted tick and the grey mouse tick; however, the only tick that causes Lyme disease is the very tiny deer tick. If a deer tick carrying Lyme disease bites you, the bacteria called spirochetes (spy-row-keets) can get into your body and cause you to develop Lyme disease.

## HOW TO LOWER MY RISK FOR LYME DISEASE?

- Be aware of high-risk areas for ticks such as shady, moist ground cover or areas with tall grass, brush, shrubs, and low tree branches. These are the areas where deer and mice, the primary hosts of the deer tick, thrive.
- Wear enclosed shoes/boots, long-sleeved shirts and pants. Tuck pant legs into your shoes to prevent ticks from crawling up your legs.
- You can use an insect repellent containing 10% DEET (N,N-diethyl-meta-toluamide) for infants 6 months-2 years once a day; 10% DEET up to three times a day for 2-12 year olds; 30% DEET for adults and children older than 12 years. Always follow the recommendations on the product's label.
- Wear light-colored clothing. This will allow you to see ticks more easily.
- Pull back long hair or tuck hair in a cap for protection.
- Avoid sitting on the ground outside.
- Check for ticks often.
- Wash all clothes and hair after leaving tick-infested areas.



## WHAT TO DO IF BITTEN BY A TICK?

A person who gets bitten by a tick usually won't feel anything at all. There may be a little redness

around the area of the bite. If you think you've been bitten by a tick, or if you ever find a tick, ask for help in removing it.

- Use tweezers. Grab the tick as close as you can to your skin and pull it off in one motion.
- Don't cover the tick with petroleum jelly, rubbing alcohol, or fingernail polish.
- If any of the tick parts are left behind, remove them by using a sterile needle or pin.
- Once the tick is removed, you may want to put the tick in a jar to save it and show to your doctor.

## WHEN DO I CALL THE DOCTOR?

If you think your child has been bitten by a tick and is at risk for Lyme disease, call your doctor. If your child develops a red-ringed 'bull's eye' rash, flu-like symptoms, a painful or swollen joint, or facial paralysis, seek medical attention. Early assessment and, if necessary, treatment is important.



Julie Carr

Oromocto Education Center

<http://kidshealth.org/en/parents/lyme.html?WT.ac=p-ra>

<https://www.canada.ca/en/health-canada/services/about-pesticides/insect-repellents.html>

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