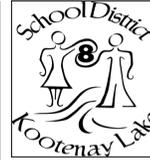


2011-2012 Celebration Health Promoting Schools Newsletter



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Using Canada's Food Guide the grade 4/5 students are learning about healthy eating, nutritious alternatives and how to cook. The students helped plan the menu at the beginning of the year and prepare the hot lunch for the 25 students in the school twice a month. For this meal the theme is "Subs" and the students ordered what they wanted on their subs and the Grade 4/5's made the lunch. Josie Adhern raved about them: "Better than Subway"!

Jewett School



Using drama to explore the feeling of Bullying.

Linked to healthy living the grade 5 leadership group did a day of clean up at the Meadow Creek hall. The goal was Zero waste lunches linked to learning about community service and litter.



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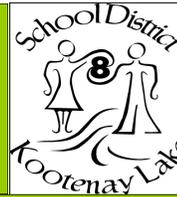


Adam Robertson Elementary

Students participating in the 26th Annual Jump Rope for Heart day. We have supported this fundraiser but use it as a health promotion for our students and school each year.



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Winlaw Elementary School's Climbing Wall

One initiative we've undertaken at our school is to inject \$1200 into our climbing wall to improve safety and holds. This was the first indoor wall installed in an elementary school in BC. A certified instructor led 2 full days of lessons with all our children. The wall is now an integral, properly functioning part of our PE equipment, and has since been used by teachers on a regular basis.



Canyon Lister School

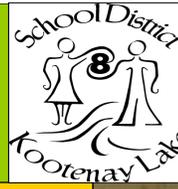
June 5th we had our first Swim to Survive lessons and the kids had a great time at the Creston and District Community Complex. 45 students in Grades 4, 5 and 6 participated.



They got a one hour intense session in the pool. They were just buzzing and it was really fun.



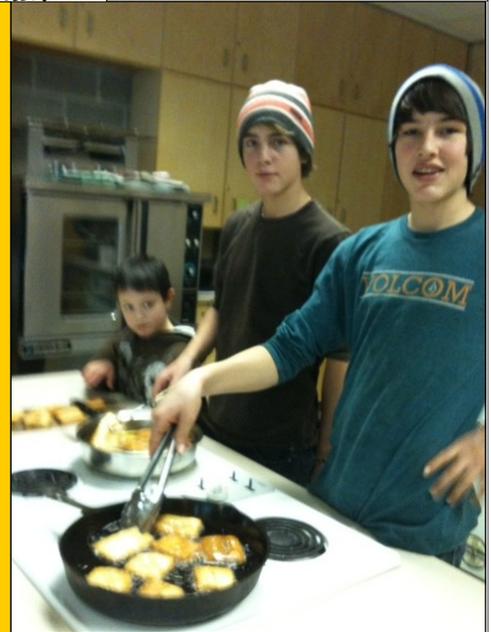
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JV Humphries K-12
Anti-bullying Pink Shirt Day



Aboriginal Education Cooking



Fitness activities at JVH



Roots of Empathy

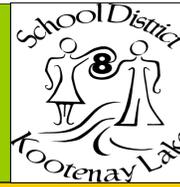


Playground games



Yoga

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Crawford Bay School K-12

Students from the Grade 5/6 class are making hot lunches for the school on Thursdays. One day they made up a big batch of vegetarian chili. The vegetable garden is coming along great. Erin Christofoli came in and spent a morning putting in a potato patch with the kids. She did a great job and the kids had a wonderful time working with her.

Last week Mr. Panio brought an aboriginal workshop leader (Toni Appleby) in to talk about furs (with the grade 2/3s) and to build necklaces with the grade 5/6's. She did a fantastic job with both groups. Students are now wearing their wonderful necklaces and they know the story behind the materials used.



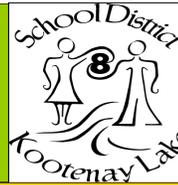
Hume Elementary School



Wake Up Shake Up

Morning physical activity led by students to create a more focused and prepared student body and a classroom environment that enhances learning and mental well-being.

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Redfish Elementary School

The principal has used the circuit route extensively this year to free up teachers to collaborate together, to meet students DPA requirement and as an avenue to discuss the importance of healthy physical activities. We are planning to utilize the Leadership Program to plan student directed games at recess and the Sip Smart during teacher collaboration to educate students about sugar content of drinks next year. I have the program and resources and am just working with teachers to see how we could implement this across the grades.



Rosemont Elementary 2012 Innovations Project

Network Question 2011:

Will directly teaching students relationship skills and what they are, using the MindUp Program, move students along the Healthy Relationships strand of the Healthy Living Performance Standards? (Skills: kind words, mindful listening, expressing gratitude, perspective taking, kind actions and conflict resolution.)

Teacher's Reflections on using MindUp to develop relationship skills in our school population:

- Through the MindUp Program the students are listening in a more mindful and therefore, respectful way to each other.
- The Kindergarten students are learning to think before they act. The MindUp Program has helped by teaching the children what it means to calm themselves. All of the visuals and lessons regarding how their brain works and learning about how breathing helps to calm themselves have helped.
- The MindUp Program has equipped students with the tools to calm themselves down when they are upset, frustrated, or angry.
- Because the MindUp Program teaches the students about how their brain works, and gives them direct practice in calming themselves down, I think it gives them a greater sense of control of how they can be in the world and in relationship to each other.
- I was truly surprised to discover how open many of the older boys were to the Core Practice. Skipping it is out of the question in our room.
- The Core Practice is generalizing to situations out of school, like Sparks.
- Mindfulness is a word we now use regularly in the classroom and the children respond immediately. They use and understand the MindUp language often. I rarely have to raise my voice anymore.

Another successful year of health promotion within our schools. Congratulations to everyone. Thank you for seeing the value of healthy bodies to create and enhance healthy minds in our students and staff. You have done an amazing job at promoting health in your schools both through the curriculum and with innovative, fun activities. I look forward to working with you again next year. Have a great summer. Relax, reflect, recharge! Exercise, eat well and enjoy!!! Louise Poole