



HEALTHY SCHOOLS 2020 E-BULLETIN

ISSUE 8: November 2012

Healthy Schools 2020 is about working together to support active, healthy eating environments in the schools in our region. This e-bulletin is designed to provide you and your school communities with fun, practical ways to keep healthy nutrition top of mind – in your **school lunch programs, fundraising initiatives, and classroom rewards.**



Celebrate the Season!

Often, holiday celebrations revolve around food. This year, think beyond the treats... and focus on giving!

Classroom parties are a great way to start healthier traditions. Here are some ideas to get your class working together in the spirit of the season:

- Create tree ornaments or holiday cards.
- Create a coupon book for parents, relatives, or neighbours with helpful tasks, such as snow shoveling or dog walking.
- Practice and perform a song or dance routine at a nursing home or mall.
- Collect non-perishable food items or winter wear (coats, blankets, toques) for a local emergency shelter.
- Contact local agencies that distribute gift items and necessities to those in need. As a class, collect the items that are required.

Adapted From Alberta Health Services

Looking for Funding??

The following grant opportunities are available to support healthy schools initiatives:

- **Green Apple grant by Metro: \$1,000** for projects that encourage students to develop healthy eating habits.
Deadline: December 31, 2012
www.greenapple.metro.ca
- **Health Promoting Schools, School Grant (PHE Canada): \$500 to \$1,000** for projects that will channel physical activity, healthy eating, and overall healthy living from schools to home life, and the school community.
Deadline: December 7, 2012 www.phecanada.ca

Around the Region: Creative Ideas for Inspiring a Healthy School Culture...

- A **poster contest** on healthy eating was initiated. The winning poster was printed and displayed in the school's hallways and cafeteria.
- Students created a **logo for their fruit and veggie club**. The logo was printed on **school t-shirts**. ([Click here](#) to see a picture!)
- Students created a **Healthy Schools 2020 Committee** and posted **health messages** on the bulletin board at the entrance of the school.

Nutrition Tools for School (NTS)® Resources Now Online!

Visit www.nutritiontoolsforschools.ca and register to have access to tips and tools to support your school in creating a healthy nutrition environment.

ATTENTION TEACHERS! NTS wants **your help** to tailor its resources to **your needs**. All teachers in Ontario are invited to **complete this brief survey**. Respondents will also be entered into a draw for prizes!

Inspire Your School's Future Chefs!

Enter the 2012 EatRight Ontario **Kids Recipe Challenge**. The contest is open to students in grades 1 to 6. Kids need to create an original, kid-friendly recipe for school day breakfasts, lunches, or snacks. Great prizes to be won! Visit EatRight Ontario for details.

Need more ideas? Visit www.healthyschools2020.ca

Have an idea to share? Tell us! Email ccpn@ottawaheart.ca



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