

# Healthy Schools Program Guide



FOR SCHOOLS  
GRADES K – 8  
2011 – 2012



Thunder Bay District  
Health Unit



All programs listed in this book are available at no cost. Your healthy schools public health nurse is involved in the program by either being a support, resource or teacher.

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Look for this symbol marking programs and resources new in 2011/2012.



Look for this symbol marking programs with an environmental health component.

## THE HEALTHY SCHOOLS TEAM

Public health professionals that offer:

### STUDENTS

- Support for a safer and healthier place to learn
- Programs that promote healthy lifestyle choices and build leadership skills
- Opportunities to help develop new health programs

### + SCHOOL STAFF

- A library of health education resources
- Professional learning workshops
- Support for health education across the whole curriculum

### + PARENTS

- Support for school council initiatives related to health
- Information and resources on health topics
- Health programs that involve parents
- Advocacy for policies that promote children's health

### = A HEALTHY SCHOOL COMMUNITY...

where students, school staff, parents and community partners all play an important role.

Are you planning a workshop, parent night, special event or looking for support with the health and physical education curriculum? Contact your healthy schools public health nurse at 625-5972 to find out how we can help you.



# Comprehensive Programs

## HEALTHY BUDDIES

(Grades K–8)

A comprehensive, 21-week classroom program designed to be peer-led and teacher-guided.

- This health and physical education curriculum has been shown to empower elementary students to eat well, be active and feel good about themselves. It provides students with knowledge about, and encourages positive attitudes towards health.
- Due to limited availability, this program is available on a first-come basis.

## NUTRITION TOOLS FOR SCHOOLS

A comprehensive toolkit that leads your school through a step-by-step process for forming a nutrition committee and creating a healthy school nutrition environment.

## HEALTHY SCHOOLS CLUB

An all-inclusive school club including teachers, principal, students, parents, facilitated by the healthy schools public health nurse.

- Using a comprehensive school health approach, healthy schools club brings members from the school community together to focus on creating healthier lifestyles and environments for living, learning and working!



**Nutrition Tools  
for Schools**

To find out about these resources contact 625-5972.

# Healthy Eating

## 4 FOR LUNCH

(Grades K–8)

A healthy eating challenge that encourages students and their parents to pack lunches containing foods from all four food groups.

**Includes:** display, take-home brochures, tracking sheets, curriculum lessons and a culminating food skill activity for Grade 4 classes.

## BATTLE OF THE BEVERAGES

(Grades K–8)

An interactive display that teaches students to make healthy drink choices by showing the amount of sugar in today's most popular beverages.

**Includes:** display, props and student pamphlets.

**4 for Lunch**

## ENERGY DRINK CAMPAIGN

(Grades 7-8)



An interactive awareness activity that teaches students the risks associated with consuming energy drinks.

**Includes:** display, pamphlets, posters, activities and teacher's guide.

## HEALTHY LUNCHES TO GO!

(Parents)



A nutrition workshop facilitated by public health professionals for busy parents who are challenged to send healthy, safe, kid-friendly lunches to school.



## NUTRI-THON

(Grades 1–3)

A nutrition workshop led by grade 6-8 peer leaders who teach curriculum matched nutrition information through a variety of fun and interactive games and activities.



## COOKING TOGETHER

(Grades 3–8 and parents)

A hands-on, after-school cooking workshop where parents and their children cook a meal together and learn valuable kitchen skills.



# Physical Activity

## ACTIVE AND SAFE ROUTES TO SCHOOL

(Grades K–8)

Initiatives to help parents and kids find safe alternative ways to get to school while fitting in physical activity and helping the environment.



## ACTIVE PLAYGROUNDS

(Grades K–8)

A variety of resources to get kids active on the playground including:

- Playground stencils kit
- Outdoors: The Ultimate Playground kit

Your healthy schools public health nurse will facilitate the training of a team of peer leaders/teachers using ideas from the resources, with emphasis on participation and fun.



## HIT A HOME RUN FOR HEALTH

(Grades K–8)

A baseball resource guide designed to integrate baseball throughout the entire curriculum.

**Includes:** physical literacy information, a sample school-wide tournament and cross-curricular activities.

## INTRAMURAL RESOURCE

(Grades K–8)

A complete toolkit designed to help teachers facilitate non-traditional intramural games.



## SCHOOL OLYMPIC PROGRAMS

(Grades K–8)

Three programs designed for teachers to use in the classroom or school wide. All programs connect literacy and health to the olympic games.

**Includes:** a classroom resource, a play-day guide and a daily physical activity challenge.

## TEACHERS' PEDOMETER TOOLKIT

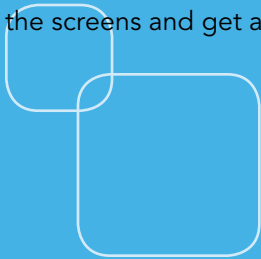
(Grades K–8)

Complete toolkit (including pedometers, lesson plans and worksheets) to challenge students to be more active. A public health nurse will kick off the program with a lesson on use and care of the pedometers.

## TURN OFF THE SCREENS CHALLENGE

(Grades K–8)

A school-wide physical activity challenge including classroom resources to teach media literacy and encourage students to turn off the screens and get active.



## PHYSICAL LITERACY

(Grades K–2 and parents)



An interactive peer-led workshop for students or a Health Unit run info night for parents/ teachers. Participants will learn about the concept of physical literacy and how learning physical movement skills early in life can lead to overall healthy development (physical and emotional health). The parents/ teachers will receive education on the various stages of motor development, tips on how to enhance a child's skill level and overall physical literacy.

## HEALTHY HEARTS

(Grades K–8 and parents)



A fun, interactive workshop that includes both physical activity and nutrition information. It encourages students, parents and caregivers to participate in a variety of fun challenges. Participants will gain knowledge on the importance of keeping our hearts healthy and how the lifestyle choices we make can help keep us safe.



To find out about these resources contact 625-5972.



# Injury Prevention

## PLAYGROUND SAFETY LEADERS

(Grades 6–8)

A leadership opportunity for students to participate in a playground safety training session where they will acquire the skills to recognize dangers on the playground.

## RESPIRATORY ETIQUETTE/ HANDWASHING

(Grades K–8)

A peer leadership opportunity led by a healthy schools public health nurse.

- Students are taught the facts about germs and the steps to effective handwashing and respiratory etiquette techniques.



## RISKY BUSINESS WORKSHOP

(Grades 6–8)

A peer leadership opportunity.

- Students are led through 4-6 stations themed around bullying, harm reduction, resiliency and injury prevention.
- Students learn knowledge and skills to help them make responsible choices, respect one another and cope in a variety of situations.

## SUPPORTING CARING SCHOOLS

(Grades K–8)

A comprehensive school-wide approach to bullying prevention involving school administration, staff, students and a healthy schools public health nurse.



# Body Image

## THE DRESSING ROOM PROJECT

(Grades 7–8)

A 90 minute interactive workshop encouraging female students to explore how images in the media influence how we see ourselves and others. Participants create affirming postcards to help girls appreciate themselves and their bodies.

Thunder Bay District Health Unit and St. Joseph's Care Group – Regional Eating Disorders Program have partnered to form a local registered Dressing Room Project Action Team that is part of a global, positive body image initiative created by Emerging Women Projects.



# Sun Safety

## SPIN FOR YOUR SKIN

(Grades 7–8)

An interactive game that quizzes students about their knowledge of sun safety and tanning bed facts.

Supplemental curriculum resources for sun safety such as videos and teacher kits can be found in the Health Unit Library, see page 14.



# Tobacco Use Prevention

## NICOTEEN WORKSHOP

(Grades 4–8)

A peer leadership opportunity.

- Students are led through 4-6 stations on topics related to tobacco industry marketing and the harmful effects of using tobacco products.

Supplemental curriculum resources for tobacco use prevention such as videos and teacher kits can be found in the Health Unit Library, see page 14.



# Health Unit Library

The Health Unit has a variety of audio-visual and print resources designed to supplement the school curriculum in various subject areas including nutrition, injury prevention, communicable diseases, sexual health, dental health, physical activity, etc.

Borrowing is easy! All resources are listed on the Health Unit's website at **TBDHU.COM/Resources/Library**. Resources can be viewed by grade level or topic area and include a detailed description of each resource.

To borrow resources online, complete the search and check the box to the left of the appropriate resource, then select the **SIGN OUT MATERIALS** tab at the top of the page. Complete the information required and press the **CHECK OUT** button. If the materials are not available for the date you have requested, you will be contacted. Materials can be sent and returned via the school board courier.

If you require assistance with selecting appropriate resources or would like further information, please contact our librarian at **625-5901**.





Contact your healthy schools public health nurse  
at 625-5972.

Contact the Health Unit librarian at 625-5901,  
or visit [tbdhu.com/resources/library](http://tbdhu.com/resources/library)