

**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.**

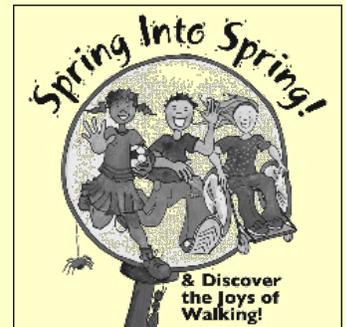
### Take the Challenge: Spring into Spring!

Spring is in the air, which means it's a great time to get outside and get active! Choose a **week in May or June** to get some fresh air and exercise by **walking, cycling, or skateboarding** to school!

**Challenge** your students to promote:

- Daily physical activity
- A healthier environment
- Safer streets
- Making friends and having fun!

To **register your school**, or to download resources that support the challenge, click [here](#).



### Healthy Barbecue Season

School community members will enjoy and appreciate **healthy and tasty** choices at all 'special event' days.

- Serve **lean burgers** on **whole wheat** buns with sides of tomato & lettuce. Include a meatless veggie or salmon burger.
- Offer **apples** from a local orchard.
- Serve fresh **vegetables**.
- **Water** is the best choice for beverages, but consider white milk (2%MF or less), or 100% fruit juice for variety.
- Keep hot foods hot and cold foods cold! For advice on how to prepare food in a **safe manner**, contact your local public health unit.

### Fundraising: Getting an early start!

Make the shift to **non-food fundraising** for the 2013-14 school year with these fun options:

- Let parents '**rent-a-helper**' to rake leaves
- Run a **non-bake** sale: pay NOT to bake
- Sell chrysanthemums or **fall bulbs** such as daffodils and tulips
- Have a 'healthy school' **logo contest**. Sell shoe laces, pins, mugs, pencils or t-shirts branded with the winning logo

For more ideas, or to share your fundraising successes, visit [Nutrition Tools for Schools](#).

### Resource Corner



**Opeha** has **several free resources** available for you to order to support your school through quality programs that enable children and youth to lead healthy active lives.

**HANDS UP for Health and Physical Literacy** is a new three-part illustrated video series that will teach children and youth about the importance of physical and health literacy in fun and engaging way. Click [here](#) to order.

**Need more ideas?** Visit [www.healthyschools2020.ca](http://www.healthyschools2020.ca)

**Have an idea to share?** Tell us! Email [ccpn@ottawaheart.ca](mailto:ccpn@ottawaheart.ca)

