



HEALTHY SCHOOLS 2020 E-BULLETIN

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Healthy Schools 2020 represents our collective activity in moving towards our vision of school-aged children being physically active and making healthy food choices every day. [Click here](#) to view our *Healthy Schools 2020* video!

OCTOBER IS I WALK TO SCHOOL MONTH!

Active School Travel is the use of any form of travel that is self-propelled for the trip to and from school including walking, cycling, in-line skating or skateboarding, using a wheelchair, and even cross-country skiing, canoeing or kayaking!

School staff and parent council resources available: <http://www.saferoutestoschool.ca/>.

Here are a few quick tips to get active travel started at your school:

- Participate in International Walk to School Week and Month
- Promote Walking Wednesdays
- Set up Walking School Buses
- Engage in School Travel Planning



HEALTHY STUDENT LUNCHES

Did you know you should **NOT** make remarks to students about their lunches? Making such judgments may be confusing to a child as they might wonder why their parent gave them something that their teacher doesn't approve of. Many factors (eg, children's likes, culture, income, knowledge) might influence the content of a child's lunch. And for many families, it's a parent that prepares the school lunches and children might not have any control in what gets packed.

- Share tips with parents about how to pack healthy lunches. Visit [Eat Right Ontario](#).
- Visit [Nutrition Tools for Schools](#) for great information including factsheets on promoting healthy lunches.
 - [Promoting Positive Nutrition Messages: How to Help not Harm](#)
 - [Key Messages in Promoting Healthy Lunches and Snacks](#)
 - [How to be a Successful Lunchroom Monitor](#)



HEALTHY SCHOOL PROJECT FUNDING – UPCOMING GRANTS

- 1) **Physical and Health Education (PHE) Canada's** Health Promoting School Project strives to support Healthy School champions and their teams in kick starting Healthy School initiatives.
 - 30 Canadian schools will receive \$1,000 for project funding
 - The deadline is **October 25, 2013**, to find out more, [please click here](#)
- 2) **Metro Green Apple School Program** aims to encourage young Ontarians to develop health eating habits.
 - Grants of \$1,000 to elementary and high schools in Ontario
 - The deadline is **December 31, 2013**, to find out more, [please click here](#)

SCARY O's

Looking for a different Halloween snack to make as a classroom activity? Why not try [Scary O's](#), a fun and healthy recipe made with apple slices. No cooking required!

Need more ideas? Visit www.healthyschools2020.ca

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



THE CHAMPLAIN
CARDIOVASCULAR DISEASE
PREVENTION NETWORK