



HEALTHY SCHOOLS 2020 E-BULLETIN

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Healthy Schools 2020 represents our collective activity in moving towards our vision of children and youth being physically active and making healthy food choices every day. **Click here** to view our Healthy Schools 2020 video!

WINTER FUN CELEBRATIONS!

This is the time of year for winter holiday classroom celebrations, so why not make yours a healthy one? Here are a few suggestions to help you get started on your planning:

- **Holiday decorating contest** – classroom doors (elementary), lockers (secondary)
- **A holiday dance**
- **Outdoor winter activity day** – build a snow obstacle course, create a snowman, rent snowshoes, or play snow football

COOKING MATTERS!

Did you know that food skills are connected to diet quality and chronic disease?

Helping children and youth to become healthy eaters goes beyond teaching Canada's Food Guide. Family Studies is no longer mandatory in schools, but you can still help children and youth to develop life skills such as food shopping, meal planning, budgeting, understanding food labels, use of kitchen equipment and food safety.

Check out the [Cooking Matters Action Guide](#) at [Nutrition Tools for Schools](#) to learn how you can help students develop [age-appropriate food skills](#):

- **In the classroom**, with help from curriculum-based lessons;
- **In school**, with students preparing healthy items for your next sporting event, fundraiser, or catered lunch; and,
- **At home**, with tools to encourage parents to cook with their children.

**Nutrition Tools
for Schools**

GAMES THAT ARE FUN IN THE SUN CAN BE FUN IN THE SNOW!

Winter in our region brings snow, cold winds and ice, but that doesn't mean you need to stop being active outdoors. In fact, winter provides an **excellent opportunity to adapt some of your favourite summer games**. With the added obstacles of playing in snow with winter clothing on, the games will be appealing and fun for people of all abilities. This winter, try **snow baseball, snow soccer, snow ultimate or your favourite summer game** in the snow!

A SUCCESS FROM OUR REGION....

One of our elementary schools has committed to making all school events healthier. At their back-to-school BBQ in September, they offered only **whole wheat buns**, and sold cut up **veggies & low-fat dip** instead of chips, and **water & 100% juice** instead of pop. The **grade 6 students prepared and cut up the vegetables for sale**. The students had a lot of fun doing it, and it was a great hands-on life skills and health learning opportunity!

Need more ideas? Visit www.healthyschools2020.ca

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



THE CHAMPLAIN
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