



# 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!

## SPRING IS IN THE AIR!

The weather is warming up, the snow is melting away, and the sun is a great welcome to our faces! Now is the time to start planning for & engaging in **active forms of transportation**, like walking, cycling, rollerblading or skateboarding.

In addition to improving health by increasing physical activity levels, active transportation may:

- Improve fitness and heart health
- Provide social opportunities and reduce stress
- Improve air quality (decrease automobile emissions) and reduce risk of lung diseases (e.g. asthma)

## INSPIRING IDEAS FROM OUR REGION!

An elementary school has committed to, **getting their students moving** through activities like:

- Playground Activity Leaders in Schools (PALS) program during afternoon recess breaks
- "Health Hustle": music is played for 10 minutes over PA system for students to dance to
- Revised gym schedule so every student has 30 minutes of scheduled PE time *every day!*
- Grade 5/6 students running a flag football group 1 recess a week for the grade 2/3 students
- Family fitness nights, open to all in community, 1 night a month
- Showcasing the healthy activities of staff on a bulletin board – "What do you do to keep active?"
- Fitness fundraising – i.e. [Jump Rope for Heart!](#)

## SIMPLY COOK AND ENJOY!

**March is Nutrition month** and this year's theme is "*Simply Cook and Enjoy!*"

Learning how to cook helps kids develop healthy eating habits, increases self-confidence and teaches life skills.

Involve students in tasks within your school's breakfast or snack program!

- Younger students can wash, stir, pass ingredients or count.
- Older students can slice and chop, measure ingredients, and even plan menus.

[Click here](#) for tips and age-appropriate tasks!

## CELEBRATE **ST. PATRICK'S DAY** IN A HEALTHY AND ACTIVE WAY!

- **Look for Leprechauns!** – Hide small toy dolls around the school and yard for students to find throughout the day
- **Irish Dancing** – Seek out some videos online & give it a try!
- **Eat the Rainbow** – Ask parents to send in a fruit item in one of the colours of the rainbow. As a class, wash, cut and prepare your rainbow fruit snack!



**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)



THE CHAMPLAIN  
CARDIOVASCULAR DISEASE  
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