



HEALTHY SCHOOLS 2020 E-BULLETIN

ISSUE 2: HEALTHY HOLIDAYS

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.**

Seasonal Celebration Ideas

- **Celebrate by giving.** Organize a food or gift drive for a local charity. For class celebrations, encourage children and parents to contribute to the drive instead of bringing treats for the class.
- Launch a **holiday decorating contest** – for classroom doors (elementary) and school lockers (secondary).

Holiday Season Fundraisers

Seasonal Sales

- Wrapping paper
- Christmas cards/catalogues
- Christmas trees
- Poinsettias
- Tree ornaments and cards created by youth

Events

- Pictures with Santa

Holiday Hot Chocolate

- 8 cups 1% M.F. milk
- ½ cup unsweetened cocoa powder
- ½ cup sugar
- ½ tsp cinnamon

In a large saucepan, warm milk over medium-low heat. Add cocoa powder, sugar and cinnamon. Mix well.

Cook and stir over medium heat until hot (do not boil). Pour into mugs and serve. Makes 8 servings (1 cup).

Source: [All Things Food](#)

This recipe meets the P/PM 150 criteria for the **Sell Most Category** and provides **Maximum Nutritional Value.** (Criteria for food and beverages with Maximum Nutritional Value that meet or exceed P/PM 150 can be found in the Nutrition Tools for Schools® Nutrition Standards.)

Success Stories from Around our Region...

*“Our school has implemented a universal snack program. Thanks to the generosity of community members and local churches, we have been able to provide each child with **two free healthy snacks per day.** The students love it and so do the parents!”*

- Our Lady of Fatima Catholic School, Renfrew County

Put Another Corn on the Barbeque

“This year, rather than having our usual hot dog barbeque at the beginning of the school year, we opted for a corn roast instead. Cobs of corn were roasted on the barbeque and sold. It was a healthy new idea and everyone loved it! We sold out of corn and raised as much money as previous year BBQs!”

- Ottawa Area School

Reward with Class Privileges

Start a class recognition jar where each student has an opportunity to contribute to earning and enjoying the class privilege together.

Reward with extra recess time to enjoy some winter fun:

- Build a snowman, fort, or snow angels (high school too!)
- Rent snowshoes
- Offer opportunities to skate or slide
- Build an obstacle course
- Organize a game of ultimate Frisbee, football or rugby in the snow

Eat Right Ontario Kid’s Recipe Challenge

Kids in grades 1-6 can send in their favourite lunch or snack recipes for a chance to win great prizes! Visit www.eatrightontario.ca for details. Contest closes December 16.

University of Ottawa Heart Institute supports Champlain schools!

The Division of Prevention and Rehabilitation at the University of Ottawa Heart Institute has recently passed their own Food and Beverage Policy, modeled after P/PM 150, to ensure that healthy food and beverages are served at all Division meetings and events. Thank you Champlain schools for inspiring us to follow your lead!

NEW ON THE WEBSITE: Parent newsletter inserts! Visit www.healthyschools2020.ca

Have a success story to share? Tell us! Email ccpn@ottawaheart.ca



THE CHAMPLAIN
CARDIOVASCULAR DISEASE
PREVENTION NETWORK