

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.**

May is Physical Activity Month!

May is physical activity month, and a great way to complement healthy eating is by being physically active! Being active is good for our physical and mental health, but sometimes it can be hard to take the first steps to action. Start getting active by making small changes that result in health gains. Here are a few ideas to fit into your daily routine:

- Walk or bike to school or work.
- Create a “walking bus” in your neighbourhood for children to walk to school (www.iwalktoschool.org).
- Make after-school time active time. Get outside for a walk, jog, or a game of tag, skipping, or soccer.
- Do a family or class scavenger hunt.

Check out the new **Canadian Physical Activity and Sedentary Guidelines** at www.csep.ca/guidelines to make sure you are getting enough movement in your day.

Eating the Colours of Spring!

Vibrant colours are often associated with spring. Try incorporating some of these colourful vegetables into a class salad or snack:

- Orange peppers or carrots
- Broccoli, kale or green beans
- Purple eggplant or cabbage
- Red peppers or tomatoes
- Corn or yellow peppers

[Click here](#) for recipe ideas!

It's time to get outside and enjoy the Tulips!!!

Lace up your sneakers or take a bike ride with your class or family to visit the Tulip Festival. Head downtown to see for yourself the brilliant coloured tulips and take part in a variety of fun activities. Visit <http://tulipfestival.ca/index.php/site/home/en> for more information.

Success Stories from Around our Region...

Seeds of Spring

“One of our school’s favourite spring fundraisers is a seed sale. We source a variety of plant seeds and sell them to our school and local community. Our students love it because they are able to watch the seeds turn into plants. This also helps students learn where our food comes from!”

Rewards for My Students

“My favourite way to reward my classroom is with extra physical activity time. Usually, I just turn on some music and the students dance, or if it’s nice out, we head outside to play a variety of activities. I find my students are calmer when they return to their work, plus it helps me meet the DPA requirements!”

Fuelling up for Physical Activity!

These healthy and simple snacks will provide kids, teens, and adults alike with the energy to have fun, be active, and feel great:

- Applesauce with a whole grain muffin
- Trail mix (make your own with cereal, dried fruit, and nuts and seeds, if no allergies)
- Whole grain bagel with nut butter or cheese (if no allergies)
- Fresh fruit with a yogurt (2% MF or less)
- Whole grain cereal bar with an apple or orange slices

