



Spring is here: time to get outside and enjoy it!

Now you can encourage your students to enjoy spring by walking or biking. Walking is a simple activity that benefits people of all ages, helps to maintain good health, is environmentally friendly, and can provide a much more relaxing and fun experience than travelling in a vehicle.

Active & Safe Routes to school shares [what kids think of walking to school](#). For more resources and information on Active & Safe Routes to School go to www.saferoutestoschool.ca



Photo taken by child walking

Physical and Health Literacy are foundations that children & youth can build upon to be active and eat well. Opportunities to build these basics are an important factor in health and development. Ideas to build physical and health literacy include:

Organized structured activities

- Through gym class: learning to throw, catch, jump, run, balance
- Through curriculum teaching: learning about different foods, how they grow, how to prepare them, etc.
- Through critical thinking & media literacy: learning about tobacco companies, food advertising, etc.

Unorganized free play

- Playing outdoors with friends: learning to climb, run, throw, jump, balance, grow plants or food
- Exploring & using imagination: exploring the world through physical interaction

Having a balance of organized activity & unorganized free play will help create the strong foundation for a healthy child.

Summer Food – Close to Home

Serving more local vegetables and fruit can:

- Add different colors, shapes, textures and tastes to snacks-on-the-go;
- Increase our nutritional health by replacing high-sugar and salty snacks and drinks;
- Help adults to role model healthy eating;
- Help to keep us hydrated; and
- Contribute to the local food system economy.

Use the availability guide at [Foodland Ontario](#) to find the seasonal vegetables and fruit that will give you all the benefits mentioned above. For example, in June, look for broccoli, cauliflower, cherries, cucumbers, mushrooms, snow peas, strawberries and greenhouse tomatoes.

Healthy Schools 2020 Resources

As the school year comes to an end, we would like to remind you of a number of resources available on our *Healthy Schools 2020* website:

- [School Nutrition Resources](#) - including Healthy Fundraising, Catering and Classroom Rewards
- [Physical Activity Resources](#) - including School Travel Planning and Active Play
- [Champlain School Facilitation Pilot Program](#) - including the tools & resources used by schools to develop and implement action plans, along with summary reports on the Pilot experience

You will also find links to resources and websites for [Our Partners](#) on the website.

Need more ideas? Visit www.healthyschools2020.ca

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

