



**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!

### Don't be afraid to rethink food rewards!

Resist the temptation to recognize children with candy or sweet treats this Halloween! Rewarding children with food can lead to health problems (like dental caries and poor nutrition) and can begin to tie food to mood and self-worth. Instead, why not focus on these low or no cost, non-food rewards:

- Stickers, pencils, notepads or bookmarks;
- Balls, skipping ropes or sidewalk chalk;
- Special class or individual privileges, such as an extra recess, dancing in class, making deliveries to the office, or getting extra art or reading time.
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For more healthful tips and ideas, download this [factsheet](#) or visit [Nutrition Tools for Schools!](#)

### Resources and Grants for Healthier Schools

**Farm to School Month (October)** – This October, we invite Canada's Farm to School enthusiasts to celebrate Farm to School in the garden, in the kitchen, in the classroom, on the farm, or at the shore. [Click here](#) for more information and to enter for a chance to win a \$1,000 **Farm to School** grant.

**Metro Green Apple School Program (\$1,000, deadline March 27, 2015)** – The program hopes to show young people that it's simple, enjoyable and tasty to eat well and develop healthy habits. [Click here](#) for info or to apply.

**Toyota Evergreen School Greening Grants (up to \$3,500, deadline May 8, 2015)** – The Toyota Evergreen Learning Grounds program helps schools create outdoor classrooms to provide students with a healthy place to play, learn and develop a genuine respect for nature. [Click here](#) for more information and to apply.

### Physical literacy 101

Individuals who are physically literate move with confidence and competence in a wide variety of physical activities. Without physical literacy, children are less likely to be physically active today and in the future.

You can support students in developing physical literacy by ensuring they practice their ABCS – Agility, Balance, Coordination and Speed – and participating in [quality daily physical education](#).

To learn more about the importance of physical literacy, check out these [key messages](#) and resources:

- [Active for Life](#)
- [Canadian Sport for Life – Physical Literacy](#)

### Boosting success through classroom activity

Regular physical activity improves cognitive function but also supports learning, positive behaviour and confidence. Here are some ideas for creating a more active classroom:

- Use activity cards (make your own or order a set from [OPHEA](#))
- Have students lead peer activity sessions or use physical activity stations in the classroom
- Use music to get students moving

Whether you're adding physical activity as part of [DPA](#) requirements or just to shake things up, you'll help boost your students' success!

**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)

