

Classroom Celebrations – Shifting the Focus

With so many classroom parties, it's easy to fall back on the traditional cookies, cakes, chips, candies and fruit punches to celebrate each special occasion. Shift the focus from food to fun with these ideas:

- Play music and let students dance to their favourite artists or share music from different cultures
- Plan special party games or set up a scavenger hunt for items that match the theme (e.g., heart shaped erasers for Valentine's Day)
- Have special craft time. Check out the ideas at <http://www.education.com/seasonal/christmas/homemade-decorations/>
- Ask parents to only send healthy items. List preferred choices on the class party sign-up sheet. For ideas visit: <http://nutritiontoolsforschools.ca/guide/healthy-classroom-celebrations>



Getting Active this Winter

With some creativity and planning, the winter months can be a great time to be active outdoors! Try some of these ideas to ensure your students are active and safe this winter:

- Engage your students in the planning and set-up of the outdoor activity
- Try adapting traditional summer activities like soccer, softball or capture the flag
- Introduce your students to snowshoeing, cross-country skiing, or winter hiking
- Host a Winter Olympics themed day for a few classes, the entire school or a neighbouring school

Remind students to dress in layers, apply sunscreen to exposed areas and drink plenty of fluids. Check out these tips for [Positive Role Modelling of Physical Activity](#).

“What do I do if a student is always bringing in unhealthy lunches and snacks?”

Avoid stigmatizing students by scrutinizing their food and beverages in the classroom. Students may have little control over the food they eat at home and the food they bring to school. Instead, use these resources to help you promote positive nutrition messages:

- [Key messages for promoting healthy lunches and snacks in children and youth](#)
- [Positive Role Modelling of Body Weight Sensitivity](#)
- [Positive Role Modelling of Healthy Eating](#)

Contact your public health unit for ideas to promote packing healthy food for school (e.g., lunch, snacking or breakfast promotion displays, fact sheets and newsletter inserts).