



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.**

Valentine's Day Ideas

This year, celebrate without chocolate or candy! Try these ideas:

- Have students **create and decorate** Valentine's cards for family, friends, or school staff.
- Have a **"dress in red" contest** with non-food prizes for the students who dress most in red.
- Have students create a **Valentine's Day poem** and read them aloud in class.
- Have students write one positive comment about each classmate and pass them out as Valentines.

©Steps to a Healthy School Environment: School Nutrition Handbook

Refresh Your Meetings

Tired of the same food appearing at your meetings? Spice up your refreshment breaks with new, healthy alternatives. Your meeting participants will not only be impressed, but healthy food has been shown to help keep participants alert and productive. Give some of these examples a try next time!

- Hummus and vegetable tray
- Trail mix (can be nut free- whole grain cereals, dried fruit, pumpkin or sunflower seeds, etc.)
- Fresh fruit (apples, bananas, mandarins etc.)
- Whole grain crackers and salsa or lower fat cheese (<20% M.F.)

Winterlude is happening February 3rd to the 20th!

One of the joys of living in this part of Canada is the proximity to the Rideau Canal. Grab your skates and head down with your class or family to the Rideau Canal and experience the world's longest skating rink. Winterlude offers a wonderful opportunity to be active outside. If you're not a skater, look for the arts and culture exhibits or take a ride on one of the ice slides! Most events are free of charge. Visit www.canadascapital.gc.ca/celebrate/winterlude for more information.

Success Stories from Around our Region...

Red Tasting Day

"Our class did a red tasting day to celebrate Valentine's Day. We tasted raspberries, strawberries, cherries, red peppers, tomatoes and watermelon...all red fruits and vegetables! The kids loved trying new foods and it kept with the theme of Valentine's Day!"

Swapping Candy for Strawberries

"This year, rather than doing our regular Valentine's Day candy grams, our school decided to go with strawberry-grams. The student council negotiated a price for strawberries with the grocery store and bought a fondue kit. One strawberry was dipped in a small amount of dark chocolate and sold in a package of three strawberries. It was a delicious and nutritious fundraiser for our school."

You DO make friends with salad!

"For Valentine's Day, we made a Friendship Salad. Each student brought in one item for a salad and enjoyed a healthy, colourful salad for lunch!"

Give Your Students a "PAT" on the Back!

When a student or class has done something worthy of recognition, try rewarding students with Preferred Activity Time (PAT). Activities can be educational or physical activity-based. Examples include:

- Time to read a book or play a board game
- Time to dance or sing
- Time to draw or paint

