



**SD 51 HEALTH PROMOTING SCHOOLS  
NEWSLETTER**

## Send Your Heart a Valentine!

Coming soon to YOU! An on-line Fitness Challenge!

SD 51 has been challenged by SD 8 (Kootenay Lake) and SD 20 (Kootenay Columbia) to a Fitness Challenge. It's fun, easy, FREE, and a chance to win exciting prizes!

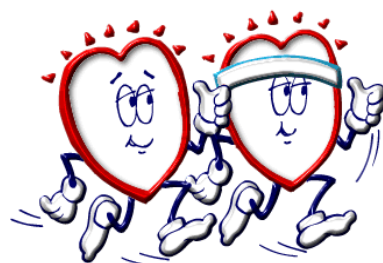
All activities count: walking the dog, playing badminton, skiing, swimming – an online program converts it all into steps on a journey around Hawaii!!

Since it starts in February AND it's good for your heart, we're calling it "Send Your Heart a Valentine". The benefits of regular exercise are, we all know, good for our general health and our

hearts. So do yourself a favour and join the fun.

The website will be available to track your activity, fitness and wellness level for the **next year but we're** kicking it off with a challenge to make it interesting!

Get a team together to gather support **for your efforts to 'up' your fitness level. Let's** see if we can beat SD 8 and SD 20!



*Health Promoting Schools are schools which display, in everything they say and do, support for and commitment to enhancing the emotional, social, physical and moral well-being of all members of their school community.*

## School Health Teams Forming

Congratulations to GFSS and Hutton ES.

These two schools are the first in SD 51 to formally begin School Health Teams! The teams already have support of the AO, teaching staff, a **community partner (the schools' Public Health Nurses)**. Students, parents and teachers are being recruited now.

GFSS's team will be using the Comprehensive School Health framework to **reduce smoking** in the school population.

Hutton is looking to **increase school connectedness** for its students. Becky Deane is heading the team.

Both schools will start with a School Health Assessment.

We look forward to hearing how the teams progress towards their goals in future!

Mark your calendars:  
October 2011  
**INTERNATIONAL WALK TO SCHOOL MONTH**

# HURRAY FOR HEALTH



**Wanted!** Photos of your healthy winter activities! E-mail them to [heather.shilton@sd51.bc.c](mailto:heather.shilton@sd51.bc.c)

**D**id you know that Health Canada has made new recommendations for physical activity for all Canadians? **T**he new guidelines suggest 150 minutes (2.5 hours) of moderate- to vigorous-intensity physical activity a **week** for adults 18 and over and 60 minutes a **day** for children and youth, ages 5 to 17, to achieve measurable health benefits.

Sometimes, the fall/winter weather can keep us and our families inside for days at a time. However, just because we are shut indoors doesn't mean that we can't be active! While watching TV or computer time might be ok for an hour or two on these blah days, here are some cool ideas that ParticipAction offers to keep you and your family engaged in fun, healthy activities at home:

## Tips for Staying Active in Foul Weather

- Have a treasure hunt
- Hide clues around the house, and get your kids to actively search for treasure. Have them slither like a snake, hop on one foot or wave their arms over their head to get to the next clue!
- Put on a talent show
- Put on their favourite music and have them dance, lip synch or air-guitar away the afternoon
- Play a game of HORSE
- Find a soft foam, sponge or newspaper ball, and use a garbage can or laundry bin as the basket. Shoot from different areas of the room and see who can spell out HORSE first.
- Take a field trip
- Visit a local community centre, swimming pool, roller/skating rink or bowling alley-or go for a big walk through the local mall.
- Play keep-away and blow up a balloon hitting it back and forth without letting it touch the floor!
- Play active games like Wii-Fit.

Twister and musical chairs are great indoor games that incorporate movement-be sure to find an area where there aren't too many obstacles to knock over!

Source: "Fun Family Activities for Rainy (or Snowy) Days!" November 2009 E-newsletter [www.participACTION](http://www.participACTION)



Cool folks from winter 2010