

President's Message

Kellie Baker

Rock Solid Foundations...Energizing Futures is the theme of this year's National Physical and Health Education Conference, May 4-6 in St. John's. This is exactly the sentiment from which this Council arose – providing solid foundations in health education in order to support the present and future well-being of our students and our teachers.

Presenters and delegates from NL, other parts of Canada, the UK, Ireland, and possibly Africa will be arriving on our shores next week to share in this unique professional development opportunity. Read on to find out what's offered and how to register. We hope to see you there. If you see one of us, please introduce yourself and let us know how we can help you as a health educator.

The last few months have been busy for our Council with being involved in the planning of this conference, welcoming a new Secretary to our Executive, having two Executive meetings, and writing a submission to the Premier's Task Force on Improving Educational Outcomes. Over Easter we will also attend our first NLTA Biennial General Meeting.

This year was filled with other firsts for our Council as well: Our first involvement in offering PD to the health educators of NL, our first full Executive, and our first written submission on behalf of health education and health educators. Maybe this year will be filled with some firsts for you as well. Perhaps it will be the first time you decide to get involved as a supporting member of an NLTA Special Interest Council, or the first time you attend Health Education PD.

If you are interested in supporting our Council, please contact Erin Cameron (ecameron@mun.ca) so we can add you to our mailing list, and then sit back and look forward to hearing from us every few months with some short updates. In the meantime, check out our website for current research-based health education information at your fingertips as well as monthly updates at www.healthednl.com.

Be sure to take a minute to read on for information about our submission to the Premiers Task Force, the importance of focusing on health rather than weight, and to find ready-to-use activities for you and your students!

Be well!

Health is Highlighted at the Physical & Health Education Canada's National Conference

Health educators throughout the province are encouraged to attend the 2017 Physical & Health Education Canada's National Conference being held in St. John's, May 4-6.

Several health-focused sessions showcase health initiatives and programs from Canada and the United Kingdom.

Health sessions at the conference include:

Activating Health - Optimal Teacher Behaviours for Diagnosing, Responding and Evaluating Health

Dr. Victoria Goodyear, Dean Dudley, Mark Griffiths – University of Birmingham (United Kingdom)

Limited clear guidance is provided on how teachers can have maximum impact on student health. Focussing on effective teacher behaviours, this session introduces activation as a way of addressing health and learning. Participants will learn through practical tasks, GoPro footage, and critical evaluation of guidelines.

Activity Permissive Learning Environments – Using Physical Literacy to Support School-Wide Culture Change

Chris Fenlon-MacDonald – Ever Active Schools (Alberta)

The environments we operate in provide cues, nudges and incentives that influence our actions in subtle yet profound ways. Join Ever Active Schools as we explore how the physical environments of classrooms, schools and play spaces impact health and learning outcomes.

Active Schools Model

Corey Samson – NL English School District

A model created to be streamlined across our province for the Active Schools program.

At My Best – Helping Students Make Healthy Choices

Stephanie Talsma, Kendra MacFarlane – Physical and Health Education Canada

At My Best is a FREE, curriculum-linked resource for students in Kindergarten to Grade 6 designed to support teachers in their delivery of a quality health and physical education program. By combining physical activity, healthy eating and emotional wellbeing, At My Best aims to support children's optimal physical and emotional development by inspiring and motivating them to make healthier choices today, and develop lifelong healthy habits. In this session, participants will review the At My Best website, lesson plans, games and activities to support their implementation of the program in their classes.

Building Healthy School Communities

Pre-conference workshop – Physical and Health Education Canada

Healthy School Communities is a comprehensive, grass roots approach to address all aspects of the whole child within the school community. If you are looking for supports in creating positive social environments as one way to build to your school community, this half-day workshop is for you! We will highlight relevant resources to support positive social environments, safe and caring learning, student leadership, building relationships, physical spaces, and school connectedness. There will be opportunity for participants to network and learn from each other.

LGBTQ+ Positive Sexual Health Education

Christine Hsu, Sookie Bardwell – Egale Canada Human Rights Trust

Tips and tricks for educators in centering body positive, consent focused and queer and trans inclusive approach in delivering content on healthy relationships and sexual health.

Promoting Body Inclusive Policies and Practices

Pre-conference workshop – EveryBODY Matters Collaborative (Canadian Obesity Network); Weight Bias Working Group (St. John's, NL); HIPP Collaborative (Health Innovation through Promotion and Practice)

This half-day workshop will feature leading weight stigma researchers and practitioners from across disciplines both locally and nationally. The goal of the session is to go beyond simply raising awareness of the existence of weight stigma, towards promoting body inclusive behaviour, practice, and policy change among key stakeholders in the education and healthcare sectors to improve health outcomes. The workshop will share current research and highlight emerging messages and strategies to help address and reduce weight stigma in education and healthcare settings. Participants will be provided relevant resources and gain the necessary skills to support body inclusive efforts to effect change in their day-to-day activities and environments.

Supporting Healthy School Communities Through the Healthy School Planner

Katherine Eberl Kelly – Pan-Canadian Joint Consortium for School Health (Canada)

The Healthy School Planner helps schools support and enhance student success. Developed by Propel Centre for JCSH, the Planner's modules are particularly relevant to the conference's theme of helping students build Rock Solid Foundations: Healthy Eating, Physical Activity, Tobacco Use, and Positive Mental Health.

Teach Resiliency: Mental Health and Well-being in Schools

Stephanie Talsma and Dr. Susan Roger – Physical and Health Education Canada, University of Western Ontario

Studies show one in five Canadian children and youth experience a mental illness. Are you looking for tools and resources that will enable you to support your students' mental health and resiliency? Participants will be introduced to an online resource designed for teachers containing a searchable library of practical, evidence-informed resources, a community of practice for knowledge transfer and teacher-to-teacher exchange, videos, podcasts, and tips.

Travel Adventure Education

Jason Desai, Collin Power – Holy Spirit High School (Conception Bay South, NL)

Would you like to experience the world with your students while participating in incredible adventures and cultural experiences?

For more information or to register for the conference visit www.phecanada.ca/events/2017_national_conference



PHE Canada & PESIC

2017 National Conference

Rock Solid Foundations...Energizing Futures

EPS Canada & PESIC

Conférence Nationale 2017

Un avenir énergétique ... fondé sur le roc

Health Education Council Submits Letter to Premier's Task Force

The NLTA Health Education Special Interest Council recently developed a submission for the Premier's Task Force on Improving Educational Outcomes. The purpose of this task force is to examine the provincial K-12 education system and make recommendations to inform an action plan to improve educational outcomes.

Health educators across the province were asked to share their thoughts on the biggest issues when it comes to teaching and promoting health in their schools. Several health educators responded by providing insight regarding the challenges they experience and suggested recommendations to improve student learning and overall health and well-being.

Healthy Students are Better Learners

Based upon input provided, the title of the letter was created – *Healthy Students are Better Learners*. The letter explained that health education refers to both the health curriculum as well as the health of the school community, known as Comprehensive School Health.

Highlights of teacher input addressed in the letter include:

Making Health A Priority: Many schools do not follow recommended time allocations for health education in the province.

Updating Health Resources/Curriculum: All health resources need to be updated to ensure the most current and accurate information is being shared with students, teachers and the school community.

Teacher Training/Professional Development: Memorial University should include a Health Education course as part of the education degree programs. Professional development should be offered for teachers to learn about current, best practice information and programs.

Strengthening Community Partnerships: Health programs offered in schools through community partnerships that follow best health practice and are evidence-based should be supported.

Addressing Comprehensive School Health: Programs and services that support student health and well-being should be made available and accessible to all students regardless of geographical location or socio-economic conditions.

The Health Education Council believes that all students should receive opportunities to be health literate and attend a school where health education and wellness are part of the school culture. The council is confident this message is clear in their submission to the Premier's Task Force on Improving Educational Outcomes.

To view the Health Education Council's submission visit: www.healthednl.com.

Pink Shirt Day 2017

Pink Shirt Day 2017 was a great one at St. Matthew's School in St. John's! Many of our staff and students wore the City of St. John's winning pink t-shirt design, "We All Fit In", by one of our students, Dawson Penney. Our school population was regrouped into multi-grade groups for the afternoon where we enjoyed doing some Pink Shirt Day activities together. We then went to the gym where we displayed our work, sang some songs together, unveiled our new Buddy Bench for the playground and formed the shape of a puzzle piece. Lots of memories made and fun had by all!

Submitted by St. Matthew's School (K-7) Safe and Caring Committee and School Community



What should your plate look like? Nutrition Scavenger Hunt

Submitted by Kim Crocker

This activity can be used in the classroom setting or outside to discuss the four elements of Canada's Food Guide and how to create a healthy meal.

Grade 5 Nutrition Outcomes:

2. Describe the relationship between food variety, nutrients, and meal planning.
3. Compare personal eating habits with Canada's Guidelines for healthy eating.

What you'll need:

- A number of plastic eggs that open and close so they can be filled (can easily modify)
- Slips of paper with a variety of foods from each of the four food groups (1 for each group of 2)
- Construction paper – yellow/blue/red/green (enough to make 1 booklet per group of 2)
- 10 glue sticks
- 5 dice
- 1 plate worksheet (see picture) per student

Before lesson:

- Print off different types of food in small font. Cut out, and place in plastic egg (e.g. 12 "salmon" in the same egg, so there are one per group of 2 in a class of 24). Hide them around the classroom.
- Make a Food Guide booklet represented by blue, yellow, red, and green paper. Provide glue for pasting

words in the booklets.

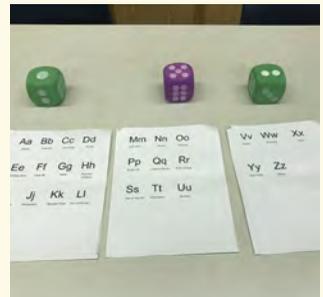
- Display DPA dice and exercise activity.
 - Have dice available for the DPA activity (available on google classroom).
 - Create a worksheet with an empty breakfast, lunch and supper plate.
1. Activate previous knowledge of the contents of Canada's Food Guide
 - How many food groups?
 - What colours are represented?
 - What is an alternative?
 - List examples of each element.
 2. Ask students to look around the room and to notice the coloured eggs. Explain to them that they are about to do a Scavenger Hunt to help them create their own food guide and healthy meal options. Inside each egg, they will find multiple pieces of paper with the same food on it. Tell them to take one only, close the egg, and put it back where they found it.
 3. Put students in partners and give a visual of 10 minutes on a timer. Instruct pairs of students to work together, gathering as many different foods as they can. Once they find their first food, show them to the DPA table. Match the first letter of their food with the exercise given to that letter. Roll the dice to see how many (e.g., calf raises) they should do – see picture following page.
 4. When time is up, give each pair of students a food guide flip booklet.



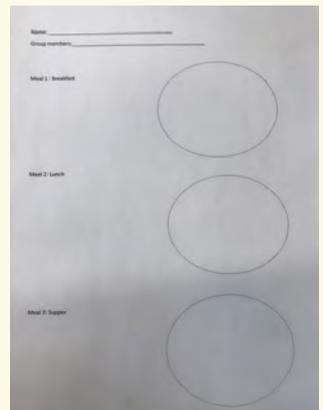
Eggs



Food Guide Flip Charts



DPA



3 plates

With this chart, they can glue on their food corresponding with appropriate food group.

5. After the flip booklet is created, they can use it to create three different plates (breakfast, lunch and dinner). Once everyone is completed, students can share their work with the class for evaluation.

Points for discussion (Link back to outcomes):

- What should be included on a breakfast plate, lunch plate and supper plate? Why?
- How should we proportion each plate? Why?
- What ingredients could an omelette contain?
- Why do you think we should eat nutritionally balanced meals?
- Why should a plate contain more fruits and vegetables than any other food group?

Visit www.healthednl.com/resources-1 for useful resources under “Eat Well Plate”.



Pasting food to chart



B – Banana = Push ups

Focus on Your Health – Not Your Weight!

We live in a world that thinks being thin means being healthy. This is not always the case.

Some people who are thin are not healthy because they may eat poorly and not get enough nutrients to keep them healthy. They may have health conditions like high blood pressure, or may not exercise.

Some people with extra weight can be healthy if they eat well, exercise and have healthy blood pressure, blood sugar and blood cholesterol. These things are better indicators of health than weight.

Being healthy isn't about reaching a “certain number” on the scale. The number on the scale is only part of the picture. Different people can weigh different amounts and they can all be healthy. Healthy people come in a variety of body types, shapes, and sizes.

What can you do?

- Focus on your health and not on losing weight or weight loss diets.

- Do what you can to be healthy.
- Set realistic goals.
- Make small gradual changes in your lifestyle that can make a big difference to your health.
- Make choices that support healthy eating and being more physically active.

These resources provide more information about healthy eating and physical activity:

- Canada's Food Guide
- Canada's Food Guide, Create My Food Guide
- Physical Activity Guidelines
- Thinking about your weight? What about your health?
– Government of Newfoundland and Labrador

Article from Eastern Health's Healthy Living A to Z webpage: www.easternhealth.ca/WebInWeb.aspx?d=3&id=2100&p=1552

Here is a fitness log you can pass out to your students to keep track of their daily physical activity.

Submitted by Jillian Lahey



FIT LOG



Goal: 60 Minutes of Activity per Day!

Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
<i>Ex: Monday</i>	<i>Walking 15 Minutes</i>	<i>Shovelling Snow 10 Minutes</i>	<i>Sledding 35 Minutes</i>	<i>60 Minutes</i>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Did You Know?

- 🏃 Only 9% of Canadian Kids aged 5 to 17 get 60 minutes of heart-pumping activity they need each day.
- 🏃 Only 24% of 5- to 17-year-olds meet the Canadian Sedentary Behavior Guidelines recommendation of no more than 2 hours of recreational screen time per day.

Name: _____

Week of: _____

