

Monthly updates, ideas and resources for elementary and secondary schools from Public Health.

October 2017 - Issue 2

Events

Walk with us on October 4!



Join **International Walk to School Day** Wednesday, October 4 to celebrate healthy school travel. Encourage students to walk to school, or consider an at-school walk for bussed students.

[Register](#) your school and download free posters and announcements to support your event. This event is promoted by the [WDG Active and Safe Routes to School committee](#) to encourage active transportation and road safety.

The Great Big Crunch

On October 26, host a special assembly, class or 5 minutes to support local food and healthy snacking.



[Register](#) your school by October 6 with Food & Friends and celebrate with a synchronized apple “crunch”!

Find resources to promote your event [here](#).

Grant Opportunities*

EcoLeague Action Project

[Funding](#) (up to \$400) is available for schools to engage students in an action project that addresses a local sustainability issue. The deadline to apply is November 17.

Canadian Garden Grants

The [program](#) provides \$2,000 to support new or existing edible gardens at elementary and secondary schools. Apply by November 15.

Announcements

Wellington-Dufferin-Guelph Public Health is pleased to deliver its second edition of the School Health e-Bulletin for school staff in partnership with the Upper Grand District School Board. We hope you find the October edition informative. Please share the e-bulletins with your school colleagues.

Health Resources & Services

Indoor and Outdoor Safety

Health Canada has two activity books to help children learn about behaviours and environmental factors that can impact their safety during physical activities in the home and outdoors. Request an electronic copy [here](#). These are appropriate for Grades 1-4.

Have a Happy, Healthy Halloween

Are your students buzzing with excitement about trick or treating? The real trick is balancing treats with healthy foods and eating them in moderation. This [article](#) gives teachers tips to help students have a happy and healthy Halloween. It includes creative ways to celebrate Halloween and recipes for healthy spooky treats.

24 Hour Movement Guidelines for Children and Youth

Canada's Physical Activity Guidelines have changed! New research shows a need for activity recommendations that address the whole day. The new [24 Movement Guidelines](#) encourage children and youth to “Sweat, Step, Sleep and Sit” each day. A healthy 24 hours includes:

- 60 minutes per day of moderate to vigorous physical activity;
- Several hours of a variety of light physical activities;
- 9 to 11 hours of sleep for 5-13 year olds; 8 to 10 hours of sleep for 14-17 year olds; and
- No more than 2 hours per day of recreational screen time.

School Health Resource Collection

Looking for a creative way to teach your students about the 4 food groups and portion sizes? Borrow our **Portion Plate kit** for free from one of your local public libraries:

- [Guelph Public Library](#)
- [Wellington County Library](#)
- [Orangeville Public Library](#)
- [Shelburne Public Library](#)
- [Terry James Resource Centre](#)





Contact us

For information and support with H&PE curriculum topics, resources and school health initiatives contact our:

School Health Curriculum Resource Line

1-800-265-7293 ext. 4111

schoolhealth@wdgpublichealth.ca

Connect with us

 [@WDGPublicHealth](https://twitter.com/WDGPublicHealth)

 [@WDGPublicHealth](https://www.facebook.com/WDGPublicHealth)



 [@LetsTalkParents](https://twitter.com/LetsTalkParents)

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Healthy Schools

What is a Healthy School?

A Healthy School is one where school staff, parents, students and community agencies work together to share ideas, plan and take action to create an environment that will have a positive impact on a child's health and learning.



Schools can create or use an existing team (e.g. athletic club) to develop and plan activities on a health topic that is important to them.

Contact Public Health to learn more and for ideas and support along the way. Call 1-800-265-7293 ext. 4111 or email schoolhealth@wdgpublichealth.ca. Visit our [Healthy School webpage](#) for more information.

And don't forget...

Apply to Public Health's NEW Healthy School Grant

Ten grants of \$100 are available to the first 10 eligible schools. Visit our [Healthy School webpage](#) to learn more and to complete the online application form. The deadline to apply is November 17.



You can also register your school with [Ophea](#) to become certified. The registration deadline is October 27.

Have comments or suggestions for the School Health e-Bulletin? Let us know what you think by emailing schoolhealth@wdgpublichealth.ca.

For more information about Public Health's school services, visit our [For Schools](#) webpage.