

NEWSLETTER

HRCE HEALTHY SCHOOL COMMUNITIES

NOVEMBER 2021



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HEALTHY SCHOOL COMMUNITIES USES A COMPREHENSIVE SCHOOL HEALTH APPROACH. WHAT IS IT AND WHY IS IT IMPORTANT?

Comprehensive School Health is an internationally recognized approach to supporting improvements in students' educational outcomes while addressing school health in a planned, integrated, and holistic way. This whole-school model builds capacity to incorporate well-being as an essential aspect of student achievement.

Health and education are interdependent: **healthy students are better learners, and better-educated individuals are healthier.** Research has shown that comprehensive school health is an effective way to enhance that linkage, improving both health and educational outcomes and encouraging healthy behaviours that last a lifetime.

Essential Conditions when taking a Comprehensive School Health Approach:

Youth as the change agents - youth voice creates engagement

Leadership & a dedicated champion - engaged administrator as well as a champion to engage school

Higher level support - regional support

Community support - internal and external partners to support your work

PD for schools - prior to and ongoing to build understanding, strengthen knowledge and skills

Use of evidence and strengths/needs of the school - use school data and determine school needs

Let us know if we can help you build your healthy school, developing and actioning your #wellbeing goals.



HEALTHY SCHOOL COMMUNITIES IN ACTION



Staff at [John MacNeil](#) helping to distribute Nourish Your Roots boxes to families.



Geometry, art and Outdoor learning at [Hillside Park](#).



Students @[FiveBridgesJr](#) were asked to decorate classroom doors to honour and represent the Mi'kmaq culture in NS.

ECOLOGY ACTION CENTRE: MAKING TRACKS [PD OPPORTUNITY]

Looking to provide a fun, hands-on program to build knowledge, fundamental movement skills and confidence? Making Tracks is approved by the **Nova Scotia Department of Education** and connects with **multiple physical education and leadership cross-curricular outcomes**. Its flexible modular design can easily fit your needs to get children and youth active!



What does Leader Training Involve?

Part 1 is a series of online learning modules and knowledge tests that can be completed when it is convenient for you! (Approximately 1-1.5 hours to complete).

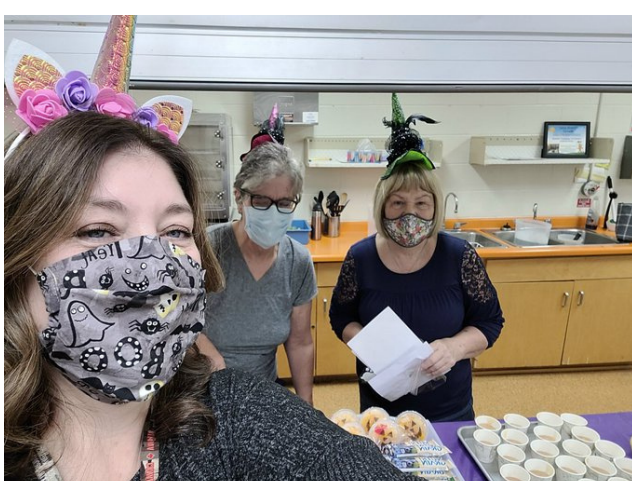
Part 2 is an in person session where up to 6 Leaders in training facilitate an activity in an engaging learning environment. Basic bike skills are developed and a group ride caps off the session. (This session is approximately 4 hours and can be split into two 2 hour sessions if needed).



"Making Tracks has trained over 1000 adult leaders and youth mentors to teach active transportation skills and safety to more than 18,300 children and youth since 2008.

If you're interested in participating in the **MAKING TRACKS** training, please contact [Angela Day](#)

BITS & BITES: SCHOOL BREAKFAST PROGRAM: FINDING VOLUNTEERS



A spooky Halloween breakfast prepared and served by fabulous staff and volunteers at [HTB](#).

Is your school's breakfast program looking to recruit new volunteers?

Have your school added to the [Nourish NS map of schools looking for volunteers](#).

Use [these posters](#) from Nourish NS on your school's bulletin board, social media, or parent newsletter to spread the word.

Add your school to volunteer sites like [Volunteer Halifax](#) or [Volunteer Nova Scotia](#).

Looking for options for food delivery for your school healthy eating programs? Here are some [procurement & delivery options](#). More ideas we can add to our list or questions? Contact Kelly at ksherwood@hrce.ca

MENTAL HEALTH: BUILDING YOUR SELF-CARE TOOLKIT

Check-in with your current self-care practices. Select a few you can incorporate to support your self-care:

- Get enough sleep (see more below!)
- Eat good food
- Drink enough water
- Be physically active
- Take breaks and do grounding exercises (e.g. meditation, taking a nap, spending time outdoors)
- Ask for help (e.g. ask for support, extensions, deferrals, or alternatives if you are having trouble completing a task)
- Check in with your thoughts, feelings, and behaviours (i.e. familiarize yourself with your daily ups and downs so you can recognize when you might need more support)
- Practice speaking to yourself with kindness and self-compassion
- Take time to connect with your faith-based or religious community
- Find one thing to feel positive or grateful for each day
- Prioritize activities and relationships that mean the most to you



STAFF WELLBEING: SLEEP HYGIENE

Did you know that getting enough quality sleep has a huge impact on your body? Sleep plays a role in your concentration, problem solving abilities and your physical and mental health. Try these tips for better sleep hygiene:

- **Bedtime routines aren't just for kids.** Create your own consistent bedtime routine.
- **Unplug.** Reduce screen time from TVs, tablets and smartphones before bed. The light from screens makes it difficult for your brain to relax before sleep.
- **Unwind.** Try a calming activity before bed such as reading, having a bath or meditating.
- **Enjoy movement.** Being active during the day can help you fall (and stay) asleep.
- **Limit your caffeine to the morning.** Avoid food and beverages with caffeine, such as caffeinated pop, tea, coffee and even chocolate, in the evening.



WHAT ARE PERSONAL PRONOUNS, AND WHY ARE THEY IMPORTANT?

Our friends @KidsHelpPhone have a great page on pronouns [here](#).

Personal pronouns are a way of addressing someone aside from using their name. Each person may like to be addressed with pronouns (e.g. “they”, “he”, “she”, etc.) that reflect their gender identity.

For a lot of folks, pronouns are a way to affirm their gender identity in daily life, in the same way they use a name. Using someone’s pronouns is the easiest way to support them and validate their gender identity. **Acknowledging and using someone’s pronouns is a sign of respect.** It’s important to never assume people’s pronouns. If you’re unsure of a person’s pronouns in a conversation, you can offer yours as a soft ask* — stating one’s own pronouns in hopes that they will respond with theirs — and they might tell you theirs as an exchange. If you feel comfortable asking, ask “What are your pronouns?”.

Trans Day of Remembrance November 20, 2021

This day was set aside to memorialize those who were killed due to anti-transgender hatred or prejudice. This day gives allies a chance to step forward with transgender folks and stand in vigil, memorializing those who’ve died by anti-transgender violence.

FALL WELLNESS SPOTLIGHT: FLU SHOT

You can now book your flu shot!

Available from most pharmacists, family doctors, family practice nurses and nurse practitioners.

To avoid getting and spreading the flu, COVID-19 and other respiratory illnesses, you should:

- get your flu shot and COVID-19 vaccine
- wash your hands frequently
- cough or sneeze into a tissue or your elbow
- limit contact with other people when you’re sick
- limit touching your eyes, nose and mouth
- don’t share drinking glasses, utensils, bottles, mouth guards or cosmetics
- disinfect surfaces like taps, doorknobs and countertops
- wear a non-medical mask if you’re around other people, even in places where it’s not required



Learn more about the flu shot [here](#).

FALL 2021 GRANT OPPORTUNITIES



Farm to Cafeteria grants:

Delivered directly to schools, Farm to School Canada Grants are valued at up to \$10,000 each and are designed to bring more healthy, local foods into school communities. They support hands-on food literacy, including growing, harvesting and cooking food at school; and school meal services such as salad bars that allow students to build their own bowls or create their own plates.

Check out criteria to apply and application form [here](#). We would love to support this application process for any school that is interested. Reach out to Kelly ksherwood@hrce.ca for more support.

Jane Goodall: Roots and Shoots Grants

Funding for youth-led action project (can be guided by an adult champion) that makes the community better for animals, people and the environment. Eligible projects fit into one of three project streams: sustainable food, indigenous perspectives or climate change. (website in English only). Find the application [HERE](#).

Deadline is November 30th. \$1000. Reach out if you have questions or need assistance.



HRCE Healthy School Communities is a partnership between HRCE and Nova Scotia Health, Public Health Central Zone.

The HRCE HSC Newsletter is distributed monthly throughout the school year.

To subscribe to the Healthy School Communities monthly newsletter <http://t.co/OyBB9d7VF6>

For more information: <http://sites.google.com/gnspes.ca/hrcehealthyschoolcommunities>

For healthy ideas and inspiration, follow HRCE HSC on Twitter [@HRCEHealthPromo](https://twitter.com/HRCEHealthPromo)

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