



Health Promoting Schools Newsletter

How Exercise Helps our Brains

I heard this on CBC Quirks and Quarks and just had to share it.

Our brain is 2% of our body mass. It uses 20% of our energy and 15% of our cardiac output. It needs good oxygen flow to function.

As we get older we have cognitive decline but exercise can help prevent that from happening. Scores increased 15-20% when exercise was introduced in testing brain power.

Our brains change physically all the time and instead of allowing them to decrease in size with age we can increase the number of brain cells and stem cells by exercising.

In mid age we need to do 30 minutes per day of exercise that makes you sweat and breath heavily. We need to do this 4-5 times a week. This will cut our risk of Alzheimer's Disease by one third and delay brain malfunction by 10-15 years.

If you can't do this type of exercise the next best thing is resistance training which takes longer to take effect but still works.

If you suffer from depression your brain cells erode. Exercise can help prevent this and will decrease the symptoms of depression.

Exercise decreases stress and anxiety, helps us feel good and gives us brain smarts. What more could you ask for?

So..... let's get out and get active. I'd love to see more of you sign up for the Steps Out program. What have you got to loose? Brain cells and feeling good - that's what!

<http://stepsout.com/kootenays/>



How to Deal with the Stress of Writing Tests

We all get stressed about writing a test and scientists have discovered ways to reduce the stress by studying our brains.



- 10 minutes before a test, write down all your negative thoughts and feelings and basically "download" what you feel - get it out.
- With those negative thoughts out of your mind, you can and think positive and decrease the anxiety.
- **Pause before starting.** Focus on your credentials, that you've studied hard and you know your work.
- **Step away from the problem** if you don't remember something. Take a minute to focus on positive thoughts.
- **Take practice tests** or ask a friend or parent to ask you questions. Make your brain recall and retrieve information over and over. You need to practice having the actual pressures and anxiety of writing a test several times before the real test happens.

Good Luck!!

Upcoming dates to mark on your calendars!!

- **April 13, 7-8pm - "In the Know"** Orientation to BC FRIENDS Parent Program to compliment FRIENDS program taught in schools. www.forcesociety.com for more information.
- **May 19, 6:45-8:45, Hume School Library - BC Parental Mental Health Framework** - A focus group for anyone interested in sharing their ideas on how to support families with mental health concerns.
- **Kelty Mental Health Resource Centre's** monthly Pinwheel Education Series. Every month they pick a hot mental health or healthy living topic, and bring together a panel of experts to educate you about that topic. <http://keltymentalhealth.ca/>

Steps Out Challenge

The challenge continues until the end of June. **Get your steps and activities entered for the next draw for prizes on April 13th.** It is your chance to win a free yoga pass or a free pass to the Nelson and District Community Complex.



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Edible School Grounds Workshop - Huge Success

I would like to thank Jennie Barron for putting together a great workshop on school gardening. We had 56 people either attend or register and there is a huge keenness out there to get our fingers dirty and grow some food and flowers. It is remarkable how many schools are already well on their way in the gardening realm. For those of you wanting more information I invite you to our Edible Schools group website where you can exchange information and learn from each other's mistakes and successes. There are now new resources available at the Curriculum Resource Centre. Get info on how to begin school gardening to integrating gardening and school curriculum. Happy Gardening - if it ever warms up!

<http://edibleschools.groupsie.com/main/summary>



Crawford Bay School Activities



K/Grade 1 celebrated their 100 days with singing and baking.

"Wildsight" led fun activities in Winter Wonderland.

Win an iPod Touch Art Contest

Students in grades 8-12 are invited to create a new cover design for the Kick the Nic brochure that helps youth quit tobacco use.

As you can see, the old one is out of date. We want something that will attract youth's attention and encourage them to want to read more and quit.



If your cover design is chosen, you win the iPod Touch.

- Entries must be in to the Central Education Centre mailroom (via your school secretary) by April 29th.
- Use colour, not black and white.
- No larger than 8 1/2 x 11".
- Include your name, school, grade and email with your entry.

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