

## Health Information for Teachers, School Staff, Parents and Students!

### Winlaw Students Play Hockey at Lunch



20-25 students play hockey with Mr. Sherman

### Trafalgar Students Tour Grocery Store



The Food for Life class is a new course offered at Trafalgar with the goals of teaching students to prepare healthy food and make connections with food in our community.

### Reminders

#### Action Schools Workshops

Book staff workshops or student leadership! Contact Marion Hunter [marionhunter13@gmail.com](mailto:marionhunter13@gmail.com)

**Friends for Life/Fun Friends** – Order your workbooks through Louise Poole [hsc@sd8.bc.ca](http://hsc@sd8.bc.ca)

### Funding Opportunities

#### Healthy Schools Network

[Healthy Living](#) Activity Grant (\$200) and Healthy Living Inquiry Grant, (\$500), until March 1<sup>st</sup>, 2014  
CBT [Youth Action Grants](#), (\$3000) 15-19 yr, monthly

### Programs

[The 60 Minute Kids Club](#) is a fun and engaging program designed to get children from K to Gr 6 excited about making the right healthy choices. Sign your school up before Nov 30<sup>th</sup> for the [winter health challenge](#). This is a great interactive program.

[Produce PAC Fundraiser](#) – Let's give our kids and parents healthy fundraising choices!

### ARES students attend College of Rockies Sport and Career Day - fun Pie in the Face Activity



### Staff Training

Register at <https://sd8learns.sd8.bc.ca/eventlisting/>  
Feb 7<sup>th</sup> – **Boy Smarts** with Barry MacDonald at LVR  
Apr 7<sup>th</sup> – **Be Safe** – Violence and Neglect Prevention  
K to Gr 3 at Rosemont Elementary School

### Parents' Night Out Events

#### [Social Media and Digital Literacy](#)

with Tamara Malloff

January 15<sup>th</sup> – Trafalgar Library, 6:30-8pm

[Boy Smarts](#) with Barry MacDonald

February 6 – LVR, 7-8:30pm

[Eating Disorders](#) – coming late winter

[Parenting Matters](#) – coming in Spring

**Share what your school is doing?** Send health info and a picture if you have one to Louise Poole.

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