



Health Promoting Schools Newsletter

Staff Wellness Challenge

As the Health Promoting School Coordinator for SD8 I have organized this fitness challenge to encourage staff wellness and promote activity. The challenge is now one week old and SD8 has 28 participants registered for the Steps Out program. There are 600 staff in SD8. Where are the rest of you??? Please sign up and participate—for your health. Thanks to those who have!



Results after Week One

SD8 - 28 participants, 1,836,789 total steps, 65,600 steps/person

SD20 - 20 participants, 1,711,608 total steps, 85,580 steps/person

SD51 - 15 participants, 917,171 total steps, 61,145 steps/person

Come on SD8 staff, get out and get active.

We need you to participate to win the challenge!

Why Should I Exercise?

- It is the key to health and longevity
- Helps prevent heart disease and stroke
- Reduces the risk of obesity
- Helps relieve stress
- Boosts our immune system
- Combats osteoporosis
- Improves our self esteem
- Helps prevent back pain
- Helps manage blood pressure
- Helps us sleep better
- Improves our mood
- Improves digestion
- Improves circulation
- Helps manage blood sugars
- Helps ward off Alzheimer's disease
- It can be fun and relaxing

How can you say no?

- **Make time for your exercise now!**



NDCC

Nelson & District Community Complex

NDCC Supports our Challenge with Incentives to Participate

Nelson and District Community Complex is supporting our challenge by offering **20 Adult facility passes** for random draws throughout the event. You have to be registered and active to qualify. A prize of 4 adult passes will be drawn from the top ten most active participants, so get stepping.

Also

As a registered Steps Out participant on Tuesday or Thursday night between 6:30 and 9pm, beginning Feb 15th to March 10th you can stop by the front desk at the Complex, pick up a complimentary NDCC pedometer, do 10 laps, return the pedometer to the front desk and receive a **Complimentary 1 Day Adult Facility Pass**. You can only do this once and the pass is good until March 15th.



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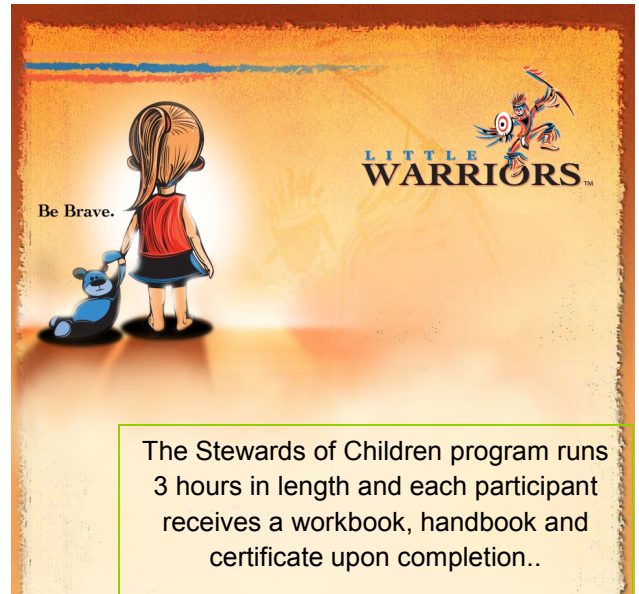
Little Warriors Workshop - March 30th 4-7pm, SD8 Board Office, Nelson

Dinner provided for SD8 staff. Parents are welcome - bring a bag dinner.

1 in 3 girls and 1 in 6 boys will experience an unwanted sexual act before their 18th birthday. Learn how to help prevent, recognize, and react responsibly to child sexual abuse through a Stewards of Children session. Little Warriors is a national charitable organization, focusing on the education and prevention of child sexual abuse.

Register today for March 30th 4-7pm by visiting, www.littlewarriors.ca or by calling toll free 1-888-440-1343.

Please e-mail questions to stewards@littlewarriors.ca



The Stewards of Children program runs 3 hours in length and each participant receives a workbook, handbook and certificate upon completion..

Edible School Grounds Workshop - March 29th 4-6pm Central School

There has been a booming interest in school gardens in the past 5-10 years, as an exciting way to teach and promote good nutrition, physical activity and healthy lifestyles, while achieving curricular learning objectives, building community and enhancing food security.

This workshop is intended for staff, parents, youth, administration, who are interested in establishing a network that will connect members and provide them with an array of helpful print and audio-visual resources to aid in planning, design, fundraising, construction and use of their own school gardens.

The workshop will also help identify current and future support needs for this network and provide the basis



for ongoing computer-based communications among network members. Every participant will get a design/ planning handbook and curriculum resource. Come and enjoy 2 hours of garden networking, discussions and snacks. Mileage assistance available for those traveling outside Nelson.

To register Email klpoole@shaw.ca

**Facilitator: Jennie Barron
Masters in Environmental Studies
Initiator of "Central Park Committee"**

Funding for this project has been provided by the Community Food Action Initiative, in cooperation with Interior Health.

