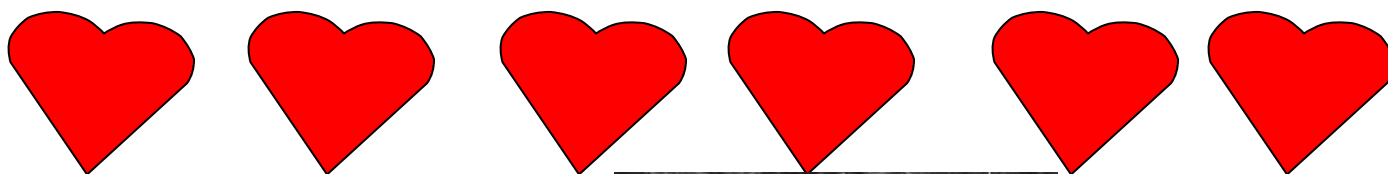




SD8 Health Promoting Schools Newsletter

GIVE YOUR HEART A VALENTINE - Staff Wellness Challenge

Health Promoting School Coordinators from School Districts 8, 20 and 51 invite you to participate in a fitness challenge. We have purchased a Steps Out program that will record your activities as steps on a map around the Hawaiian Islands. We encourage all employees to participate in this 5 week challenge to increase your fitness levels and reduce your risk of heart disease. One in five Canadians are at risk for developing heart disease. Dust off those runners, snowshoes, swimsuits, whatever. Any activity counts. You even have a chance to win a \$1000 travel voucher with every 100,000 steps you take. Look for more information coming your way shortly!



What is a Healthy Schools Committee?

In order to have a Comprehensive School Health plan in your school you need to develop a Healthy Schools Committee. By definition that means:

“Creating a small group who is actively engaged in leading and coordinating actions including teachers, non teaching staff, students, parents and community members .“

Active Healthy School Committees have a sense of shared responsibility for kids and can include community partners, public health, recreation, etc. Don't forget the students!!



Kaslo students having fun at Cody Caves last year.

Walk or Wheel-South Nelson

South Nelson's Healthy School Network is encouraging students to Walk or Wheel on Wednesdays to promote health, decrease traffic congestion near the school, and to improve students own life habits and influence others to do the same. Our average number of walkers each week is 93 students – which is almost half of the student population. This is awesome and we are confident that we can grow that number. A Gr. 5 class has been volunteering every Wed am, hanging out in the snow and cold to take names of students who Walk or Wheel. To let them know how much it is appreciated the class was offered a Friday afternoon skating session .



Healthy Schools Website

Check out the new Healthy Schools Website, a link off the SD8 website with information about programs, healthy school policies, healthy school committees, nutrition, pictures, etc. The website will continue to be updated and grow as time permits. If you have some great pictures from your school events, please send them my way so I can use them on the website. or in the newsletter. klpool@shaw.ca