



Health Promoting Schools Newsletter

How Loud is Too Loud?

Ask Sasha

Sasha is a mannequin that has been equipped with a sound level meter in her ear. Kids can put their iPods/MP3 headphones in her ear and get a reading of how loud in decibels they are listening. Students can then learn about how long they can listen at that level before risking permanent hearing loss. This opens up an opportunity to talk about safe listening levels and noise induced hearing loss, etc. It is also possible to simulate a noise induced hearing loss and demonstrate how speech and music sound with a hearing loss (not very nice). Sasha is owned by Darlene Jamin Audiologist at the Kiro Wellness Centre in Trail. If you are interested in having Sasha come to your school contact Louise Poole (above). A visit is best suited to small groups or classrooms. She would also work as a station at a health or science fair.



Staff Wellness

How to Avoid Colds!!



The viruses that cause colds are around us all year long but not everyone who encounters them gets sick. Cold symptoms are caused by the response of the infected person's immune system via Cytokines.

Other factors also decrease your chances of getting a cold:

- Having an upbeat personality and positive emotions all the time.
- Avoiding long-term stress - you are 5 times more likely to get colds if you're experiencing significant stress in life.
- Sleeping well - you need more than 7 hours a night of sleep and to be sleep efficient (% of time in bed spent asleep)
- Doing moderate exercise - the more exercise you do during the fall and winter, the fewer sore throats, headaches, fevers and other ailments you suffer.

Nutrition Action Newsletter March 2011 - Centre for Science in Public Interest

Upcoming Workshops - Mark your calendars

Edible School Grounds - March 29th from 4-6pm at Central School - Network, share tips, find answers, free resources. Contact Louise Poole to register.

Little Warriors - March 30 from 4-7pm at Board Office - Education and prevention of child sexual abuse for teachers and parents. Resources and certificates. Free. Register at www.littlewarriors.ca

BC Parental Mental Health Framework - May 19 A focus group for anyone to share ideas on how to support families with mental health concerns. Details coming.

WANTED: Pictures and Stories

You are all doing an amazing job with healthy school activities and I want to hear about them so I can share them with the rest of SD8 in these newsletters. Please send me a story and/or picture and let's share the great things you are doing at your schools. I'm sure you'll inspire all of us to do more. I'd also like to know if there are topics you'd like to hear more about in the newsletter. Keep those ideas coming.

Thanks Louise Poole, Health Promoting Schools Coordinator

Steps Out Challenge

The challenge continues until the end of June. Get your steps and activities entered for the next draw for prizes on March 31st.

Your chance to win for the most steps to date and a couple of random draw prizes too.





Health Promoting Schools Newsletter

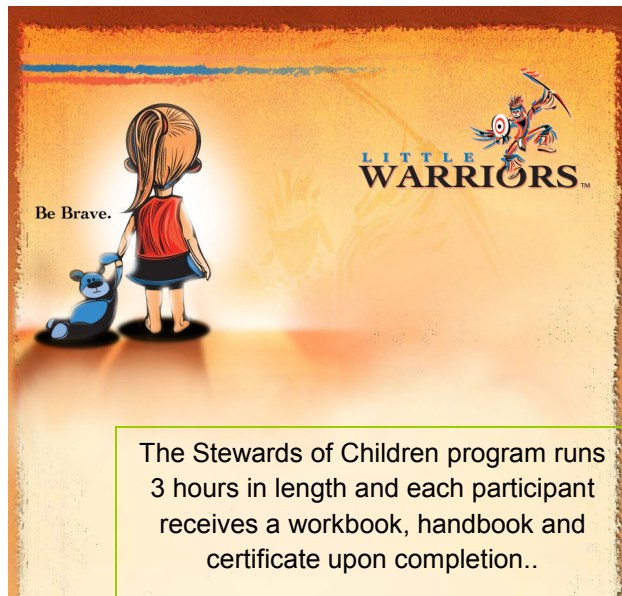
Little Warriors Workshop - March 30th 4-7pm, SD8 Board Office, Nelson

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.

