



SD8 Health Promoting Schools Newsletter

Brent Kennedy School Fall Fair →

The school staff and PAC hosted a Fall Fair with Giant Pumpkin, Biggest Carrot and Best Scarecrow contests. They had carnival games and a BBQ and raised \$2000. Lots of community participation and connectedness.



Teacher Training

Friday Nov 12th Trafalgar School in Nelson will host an all day training session for Grades 4/5 and 7 teachers who would like to implement the FRIENDS program into their classrooms. FRIENDS promotes self-esteem, problem solving skills, psychological resilience, self-expression and building positive relations with peers and adults. Contact Louise by Nov 4th to register.

Parenting Workshop

Trained parents and an MCFD clinician invite all SD8 parents to attend the FRIENDS parenting workshop at Nelson Public Health Unit 2nd floor, 333 Victoria St. from 6:30 to 9:00pm Monday Nov 29th. Parents will gain some tools to assist them in helping their children cope with their worries. Invitations will be sent to you to distribute in parent newsletters or on email announcements. SD20 had 30 parents out. Let's see if we can beat that #.

LV Rogers– New Cafeteria 11/12 Course

Since 2006 LVR has been evaluating the food service at the school and decided to remove all but one vending machine which provides drinks near the gym. They also created a Cafeteria 11/12 course which follows the Healthy School Guidelines but emphasizes fresh and homemade over quick and proc-

essed. Almost all the food sold in the canteen is prepared daily from scratch. Profits are used to hire a staff person. Students work in the cafeteria learning new skills and planning menus for the course. You'll have to stop in and try the healthy wraps, sushi, Thai dishes, pasta, burgers, salads, chili and baked goods.



Rosemont Elementary School Connecting Students with Nature ↓



From front entrance beauty and a shaded sitting sanctuary to berry bushes, benches, community gardens and fruit trees, Rosemont Elementary has really turned a green thumb and instilled pride and community connectedness in students.



Blewett Elementary hosted the Haunted Magic School Bus for Halloween. Amazing PAC and community supported fundraiser; some for a new playground.

Message from the Healthy Schools Coordinator

I've had an opportunity to visit most of the schools in our District and I congratulate everyone for the innovative ideas that staff, parents, students and community partners have presented. Our schools are doing very interesting healthy school initiatives, from fall fairs to community gardens to Mindfulness worksheets towards healthier life choices. Traffic Safety and Walk and Wheels programs, Aboriginal legends and generational connections, they all fit within the 4 pillars of a comprehensive school health program.

RESOURCES

*Healthy Schools Network

<http://www.bced.gov.bc.ca/health/hsnetwork/>

Contact Kari at kkroker@sd8.bc.ca

*Action Schools BC

<http://www.actionschoolsbc.ca/content/home.asp>

Julie Bertrand [psap@jwspporta.ca]

*FRIENDS for Life

http://www.mcf.gov.bc.ca/mental_health/friends.htm

Contact Louise klpoole@shaw.ca

*Healthy School Resources

<http://healthyschools.sd61.bc.ca/html/resources.html>

*Sexuality Education

http://www.sexualityandu.ca/home_e.aspx

*Mental Health and Substance Use

<http://www.keltymentalhealth.ca/>