

RQHR Health Promotion School Newsletter

Winter 2017 Edition

The RQHR (Regina Qu'Appelle Health Region) Health Promotion Department is here to support your school in a variety of health areas including: nutrition, physical activity, positive mental health, body image, and dental health. This newsletter will highlight some of the new resources, programs, training, and initiatives available and coming up near your school. Please share with your administration, teachers and other staff, and school community council. There is something for everyone!



In this issue:

Resources for Loan and some to Keep	p. 2
Online Resources	p. 3
Healthy Schools Grants	p. 4
Upcoming School and Community Events	p. 4
Conferences and Professional Development Opportunities	p. 5
Celebrating Local Foods in Schools	p. 5
Tell us your School Success Stories	p. 6
Coming up	p. 6
Find us at	p. 6

Resources for Loan and some to Keep

For Loan

- **Dental Health Resource Kits** – for grades pre-k to K – from the Health Promotion Department (HP)
- **Nutrition and Body Image Kits** to support teaching nutrition related health learning outcomes (HP)
- **Action Packs!** Fun resources and creative activity ideas to get kids up and moving in the classroom (HP)
- **Nourish Curriculum Guide + DVD** (Note: this is a US resource)



Nourish: Food + Community DVD is available for loan at the Regina Public Library
search.reginalibrary.ca/eds/item?dbid=cat04563a&an=sils3.1711014

Download the **Curriculum Guide** that goes along with the DVD for free at:
www.nourishlife.org/teach/curriculum/

The Nourish Curriculum Guide offers a rich set of resources to open a meaningful conversation about food and sustainability. Beautifully designed and brimming with big ideas, the materials contain a viewing guide, seven learning activities, student handouts, a bibliography, and a glossary.

The Nourish curriculum and a companion DVD may be used in social studies, science, health, or English classes. Activity themes include The Story of Food; Seasonal, Local Food; Food Traditions; Food and Ecosystems; Analyzing Food Ads; School Lunch Survey; and Action Projects.

Appropriate for upper elementary, middle, and early high school grades.



For Keeps

- **Food and Nutrition Posters** – just let us know the number and we can mail them to you



- **Dogs aren't the only ones to come in all shapes and sizes** – Body Image Poster - \$1 for small or \$2 for large poster from SWADE
swadesaskatoon.wordpress.com/ . If you would like to order some, let us know!



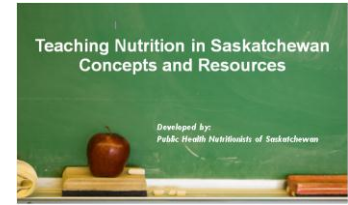
Online Resources

- **Grades 1-5 Health Education Curriculum Support Resources** (for nutrition-related learning outcomes)

“Teaching Nutrition in SK: Concepts and Resources” et en français,
“Enseignement de la nutrition en Saskatchewan: concepts et ressources.”

Download a free copy from:

- English: www.curriculum.gov.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp found in “Other Useful Materials”
- French: www.curriculum.gov.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?lang=fr under “Ressources”



- **School Nutrition Posters**

In both French and English, on a variety of nutrition and food-related topics including: healthy school fundraising, nut alert lunches, gardening at school, nut alert lunches, and more! These posters can be posted in the school, used in newsletters, as a part of school announcements, posted on the school website or for Facebook or Twitter posts. Download your copies today from:

www.rghealth.ca/primary-health-care/nutrition-services



- **Saskatchewan Alliance for Youth & Community Wellbeing (SAYCW)** - Provincial and school level reports showing survey results on the health and well-being of youth in Grades 7-12 in Saskatchewan; school action toolkits; grants, and more! Visit: saycw.com/survey-and-findings/results/ for more information



- **Saskatchewan After School Resource Portal** - provides resources that are user-friendly, relevant and practical for After School Time Period providers, advocates and staff by curating information so that users can utilize the portal to improve the quality of their programs.

- For **Nutrition Month (March) Ideas and Activities** visit: www.rghealth.ca/primary-health-care/nutrition-services and scroll down to 'nutrition month' or contact chelsea.brown@rghealth.ca . See also Dietitians of Canada Website: www.dietitians.ca/Your-Health/Nutrition-Month/Nutrition-Month.aspx



- **Be Dog Smart lesson plans and resources:** www.rghealth.ca/primary-health-care/be-dog-smart
- **Jeux Du Canada Games Activity Challenge** activitychallenge.canadagames.ca/for-teachers



Join thousands of elementary schools across Canada for the Canada Games Activity Challenge! Easy for teachers, fun for kids, AND tons of rewards for everyone. Register now to start the Challenge on February 13th, 2017.

Grants

- SAYCW - \$250-10,000 - saycw.com/resources/grant/ - open to all schools (even if you applied in the fall)
- List of School Gardening Grants available here: www.rqhealth.ca/primary-health-care/nutrition-services
- Take the Lead! Program funding: www.spra.sk.ca/programs-services/children-youth/take-the-lead/
- Nutrition Program funding through REACH: www.reachinregina.ca/programs/child-nutrition
- SPRA Grants and Funding Guide: www.spra.sk.ca/funding/additional-funding/
- If you are seeking funding in other health-related areas, contact the health promotion department for a list of possible grant options - Contact: healthpromotionrghr@rqhealth.ca or call 306-766-7370



School and Community Events

- Get ready for next year's The Big Crunch! (World Food Day - Oct 14, 2017)

What can you do?

- ✓ Plant carrots in the spring for the fall
 - ✓ Plan a trip to a local farm to see how carrots are planted, grown, and harvested
 - ✓ Plan a tour of a community garden
 - ✓ For more ideas download the big crunch resource package from: www.rqhealth.ca/primary-health-care/nutrition-services or contact chelsea.brown@rqhealth.ca
- **FREE School Nutrition Tours** at Save on Foods Grocery Store with a registered dietitian – Includes curriculum links. 45 Minutes. To Book a free tour, contact: Tammy at 306-527-0649. For more information visit: www.saveonfoods.com/nutrition-tours/
 - **Dental Programs**
RQHR Enhanced Dental Program is always looking for ways to help prepare students for the dental team visit. Prior to the dental professionals coming into the school, teachers are encouraged to request either a brief presentation from our staff, borrow literature and/or our activity tubs for younger students. These are great ways to prepare students for our visit in the school or as a follow up to the visit. We are always looking for help to “plant the seed of oral health awareness.” Please let us help you help the students make the most out of the dental health experience! Call 306-766-7370
 - **Raising a Happy Healthy Eater sessions** - Attend a FREE parent session offered by our Health Promotion Team's registered dietitian. At this session learn practical strategies for encouraging healthy eating and making mealtimes more enjoyable for both caregivers and children. For parents or caregivers of young children whether you are just beginning the journey of feeding your baby table foods or are finding mealtimes stressful because your child is a picky eater. Registration required. Session Dates and locations can be found here: www.rqhealth.ca/primary-health-care/nutrition-services scroll down to 'Meal Time with Children' → 'Happy Healthy Eater Workshops Winter 2017'



Conferences and Professional Development Opportunities

- **School Gardening Conference** – Agriculture in the Classroom - Feb 3-4 for Teachers– Saskatoon. Registration fee: \$50 – some sponsored registrations available. For more information contact: programs@aitc.sk.ca Conference website: aitc.sk.ca/educational-resources/workshops-for-teachers/little-green-thumbs-school-gardening-conference?ArtMID=555&ArticleID=30&tabid=99
- **Saskatchewan Association for Community Education (SACE) - Many Hands Conference** – April 26-28 - Prince Albert. Registration fee: \$300. www.communityeducation.ca/conference/

“Many Hands” represents a powerful image of living in a community where everyone is included, valued and seen as a teacher & learner. Community Education is a concept that recognizes the informal & formal learning opportunities within our community and gives equal value to them. We will explore the many ways that we can create learning opportunities in our schools, workplaces, groups, organizations, families, and celebrate the many hands that it takes to guide us on our path to lifelong learning!

- **Preparing (and tasting) Healthy Meals and Snacks in Schools workshop** – with a registered dietitian and former chef. 3 hours. Date to be determined upon registrations. **To register:** please call 306-766-7370 or email healthpromotionrqhr@rqhealth.ca. What past participants had to say about it: “It was fun to taste some new recipes and learn more about cooking with beans and lentils,” “Informal and informative,” “I’m excited to implement some of these new ideas,” “Really liked being able to talk with other nutrition workers and bounce ideas off each other,” “I learned some good tips for cost saving.”

Celebrating Local Foods in Schools

- **Miller Comprehensive High School (Regina) school garden**
To hear their story visit: gallery.mailchimp.com/d4acbe58a48dfde967f4f4b53/files/NUN_School_Age_Oct_2016.pdf and see also their blog: enviospace.weebly.com/
- **School Gardening Map** - Celebrate and share the good work your school is doing by getting your school added to the Regina area gardening map www.google.ca/maps/@50.464502,-104.5919427,15z/data=!4m2!6m1!1szmwS_oHgs-3c.kf9CobEbzoZc . To do so, contact us at healthpromotionrqhr@rqhealth.ca .
- **School Food Map** – *Farm to Cafeteria Canada* - There is an exciting movement underway to get more healthy local foods into the minds and onto the plates of Canadian students. If your school does any work in this area, e.g. gardens, greenhouses, farms, farmers markets, local food salad bars, composting programs, etc. add your school to the map! The hope is that as the numbers grow on this map, policy makers, funders, researchers, practitioners and other school food change makers will take notice and help to make it easier for more schools to participate as well. To add your school on the map, fill out the registration form here: www.farmtocafeteriacanada.ca/school-food-map/



Healthy School Success Stories

- In future editions for this newsletter and on the Health Promotion Website we would like to start sharing *healthy school success stories*. If you have done some work in your school that promotes positive mental health, physical activity, healthy eating, or anything else health related that you would like to have featured, please let us know! Simply fill out this short online form at: www.surveymonkey.com/r/HNGWV93

We look forward to hearing from you!



Coming up....

“Teaching Nutrition in Saskatchewan: Concepts and Resources”

- **For Grades 6 and 7 health and physical education curricula** - support documents for teaching the nutrition related learning outcomes. Watch out for them in the spring or fall of 2017.
- **For the Health Science 20 curriculum** - support document for the nutrition-related learning outcomes. Watch out for this in the Spring or summer of 2017.

All 3 will be made available here: www.rqhealth.ca/primary-health-care/nutrition-services

Find us at:

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- [Facebook](#)
- [Website](#)



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