

## February Health Blitz 2009-Parent Newsletter

Dear Parents and Guardians,

For the month of February, St. Joseph School is participating in a variety of fun activities that promote healthy lifestyles concerning physical fitness, nutrition and emotional well-being. The activities were generated from your generous supply of ideas from the Healthy School Communities Survey. Enclosed is a calendar of February which outlines the activities plus this sheet which explains the ideas in more detail. We hope your child and you participate in the program with zealous fervor as we try to help each other become healthier.

Thank you,

Healthy School Communities Committee

### Mon. Feb. 2

#### **\*Parent and Teacher Luncheon**

During the noon hour 11:30 – 12:15 the school health nurse, Maia Turner, will be giving a presentation for parents and teachers. Adults are welcome to bring their bagged lunch and eat it while the nurse does her presentation in the gym. Parents are welcome to bring young children **IF** they are able to sit quietly during the presentation.

The presentation is "How Healthy are You?" and "How to Improve your Family's Health." There will also be some information on label reading, snack ideas and identifying risk factors. We hope you are able to attend.

#### **\*Health Nurse Class Presentations**

Our school health nurse will also be doing 25 minute class presentations in the GAP in the morning.

#### **\*Fitness Challenge – The Pathway to Fitness; One Step at a Time**

-Each child will receive a couple of exercise log sheets in the shape of a running shoe. These are enclosed. The challenge works similar to the reading log idea. For every thirty minutes of physical activity a student does after school and in the evening, the student writes down the activity they did in the space on the running shoe. For example if a child goes to an hour soccer practice they will be allowed to fill in two spaces on the exercise log sheet. If a child plays street hockey for half an hour, they can fill one space. When all ten spaces are completed on the exercise log, a parent or guardian signs the sheet.

-Then the student returns the signed sheet to their homeroom. In the classroom the student puts their name on a small post-it shaped like a foot. (Each post-it footprint represents 5 hours of activity.) The classmates post these feet in a line in their room.

- When the class completes a line that represents 100 hours of fitness (which is 20 post-it footprints long) they get a reward – AN EXTRA RECESS! Classes get an extra recess for every 100 hours of fitness they accumulate for the month of February.

- The two classes that complete the longest line by Thursday, February 26, win a reward which is a class trip to the Tri-leisure Center to perhaps play soccer and/or go swimming!

-Also on February 26<sup>th</sup> all the running shoe log sheets will be collected and there will be draws for children TLC passes at an assembly last block.

-Plus, in the gym we are going to do a school wide *Fitness Footsteps* cumulative challenge. For every 100 hours a class accumulates, they also get a BIG FOOT. The class gets to place this BIG FOOT on a large map of Canada which is on a gym wall. If the school collectively travels across Canada before the end of the month the school gets the Big Prize which is a School Pep Rally

### **\*Health Tip in February's St. Joseph Newsletter**

Please talk with your family about the health tip in the school's February newsletter.

### **Wed. Feb. 4**

#### **\*Submit a Healthy Recipe**

Families are also invited to share a healthy recipe or a recipe that has been adapted to make it healthier. Please email your healthy recipe(s) to [groberson@ecsr.ca](mailto:groberson@ecsr.ca). Please also enclose your full name and the class your child is in. Participants will be eligible to win adult passes to the TLC at a draw at the end of the month. We will compile the recipes and post them on our school website.

### **Mon. Feb. 9**

#### **\*Jump Rope for Heart**

This week during gym class students will be participating in a variety of skipping challenges to support the Heart and Stroke Foundation. We have chosen not to make the Jump Rope Event a sponsor type fundraiser. Instead we ask that you send \$2-\$5 to the school and we will forward the donation directly to the Heart and Stroke foundation. Thank you for your support.

#### **\*Health Bins**

Each grade level gets to use a different Health Bin from our Health Unit for their health classes this week.

#### **\*Teacher Workout after School**

### **Tue. Feb. 10**

#### **\*No Tube Tuesday**

In the past TV screens had TV tubes (screens). So for No Tube Tuesday the challenge is to not do any activity that would use a (tube) screen. Therefore on Tuesday, February 10 after school and in the evening the challenge is to NOT watch TV, play on the computer, play a video game, etc. If you succeed in not doing any of those activities for even a single minute, you get to fill in the enclosed ticket for a very special draw on Thursday, February 12. The prizes are engraved St. Joseph School stainless steel water bottles. Students of St. Joseph School and all members of their families are invited to participate in the challenge. So a family set of tickets for the challenge is enclosed. Students are to please bring the completed tickets to their homeroom teacher on Wednesday. Individual participants can enter the draw only once. Please note that computers may be used for homework and work purposes. Good luck with No Tube Tuesday.

#### **\*Healthy School Communities Parent Meeting**

Parents who are interesting in getting involved in thinking of ideas and organizing health oriented activities for the school are invited to a meeting at 10:45 at the school. If you are unable to attend the meeting but are interested please email [groberson@ecsr.ca](mailto:groberson@ecsr.ca)

### **Wed. Feb. 11**

#### **\*National Walking Wednesday**

- Weather permitting families are invited to walk to and from school today.
- Physical Education classes are invited to go for a walk in the woods today.
- During the noon hour students are invited to form a parade and go for a walk around the school yard. Parents and siblings are also invited to join us. The walk will start right after lunch at 12:00.

### **Thur. Feb. 12**

#### **\*Draw for No Tube Tuesday**

#### **\*Students Taste Food**

The students will get the opportunity to taste some fruits and vegetables. Parent volunteers are needed to come in cut the fruit and deliver it to classes. If you are able to help out with this please complete and forward the enclosed form. Also please bring a knife and cutting board. Thank you.

### **Fri. Feb. 13**

#### **\*Grade Two Family Evening Gym Night**

Grade Two students and their families are invited to the gym 7:00 – 8:00 p.m. to come and play together. We will set up some centers and play some games. Participants need to wear runners and may bring their own water bottle. Students need to attend with a parent or guardian. Mrs. Robertson and Mrs. Guimond will also be in attendance.

### **Wed. Feb 18**

#### **\*Edmonton Journal Games**

Go Lions Go!

### **Thurs. Feb. 19**

#### **\*Health Fair**

This is an optional activity whereby all students are invited to bring in a display or investigation to the gym for other students to learn from. The topic is Health. This can include physical health, nutrition, mental health, emotional health etc. All participants may bring their projects to the gym first thing in the morning before the school bell rings. At the end of the day all projects need to be removed from the gym.

#### **\*After School Gr. 3 and Gr.4 Basketball and Laughter Class**

Students in grade three and four are invited to stay after school to learn some basketball skills, play some basketball and then do a few laughter activities. Laughter Club/ Laughter Yoga involves simulating laughter which in turn creates real laughter. Parents or guardians must sign the enclosed consent form to allow their child to stay after school. Students are to hand in the signed permission slip to their homeroom teacher. Students need to bring their own extra healthy snacks to eat after school plus a water bottle. Parents are to pick up their children promptly at **4:15 p.m.** If a child is going home with another parent, a note stating this is required. If your child participates, please ask them to try the Laughtercises at home with your family. Mrs. Robertson, Mrs. Guimond, Ms. McMorrow and Mrs. Collins will be in attendance.

### **Fri. Feb. 20**

#### **\*Grade One Family Evening Gym Night**

Grade One students and their families are invited to the gym 7:00 – 8:00 p.m. to come and play together. We will set up some centers and play some games. Participants need to wear runners and may bring their own water bottle. Students need to attend with a parent or guardian. Mrs. Guimond and Mrs. Robertson will be in attendance.

### **Mon. Feb. 23**

#### **\*Teacher Yoga after School**

**Tue. Feb. 24**

**\*Shrove Tuesday**

The students will receive delicious pancakes first thing in the morning.

**Wed. Feb. 25**

**\*Ash Wednesday Celebration**

**Thur. Feb. 25**

**Jersey Day**

\*Students are invited to wear their favorite sports jersey and/or hat today!

**\*February Health Blitz Finale – Awards!**

There will be an assembly in the gym at 2:30 to award;

- a) TLC passes for fitness log participation
- b) TLC passes for recipe submissions
- c) TLC Field trips for the 2 classes with the longest Pathways
- d) Possible Teacher Basketball Pep Rally for accomplishing the Across Canada School Fitness Challenge

Thank you for your support! We hope you have fun with the health activities!

HSC Committee

P.S. We are also looking for a couple of **stationary exercise bicycles** for students to use. If you happen to have one that you're not using and are willing to donate it to the school we would love to use it.