

EDUCATIONAL RESOURCES FOR HEALTHY LIVING –School Health

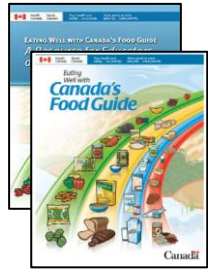
To access these resources contact:

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Healthy Eating

Resource Title	Description	Format	Media
<p>Dietitians of Canada Resources</p> <p>Parents</p>	<p>The following handout for children aged 4-11 provides healthy eating tips.</p> <p>The DC website also includes a Healthy Bodies: Tips for Teens section. There are a variety of handouts.</p>	Websites with printable handouts	<p>Teens: 5 Steps to Healthy Eating for Youth 12-18</p> <p>Teens: Focus on the positive in yourself and others</p> <p>Teens: Have fun: Be active and keep moving</p>
<p>Government of Canada</p> <p>Parents & Children/Youth</p>	<p>Kids who eat a healthy lunch are ready to learn. While hectic family schedules can be a challenge to manage, taking the stress out of making school lunches is as easy as getting the kids involved and planning ahead.</p>	Website articles and videos	<p>Website articles: Five tips for packing healthy lunches</p> <p>Healthy grab-and-go lunch ideas</p> <p>Healthy cafeteria options</p> <p>Videos:</p> <p>School Lunches</p>
<p>Guided Tour of Canada's Food Guide</p> <p>Grades 2 – 9</p>	<p>Find out the highlights of Canada's Food Guide by taking this Guided Tour. Also available are copies of the CFG and the Eating Well with Canada's Food Guide A Resource for Educators and Communicators.</p> <p>My Food Guide is an interactive tool that customizes Canada's Food Guide just for you.</p>	Click to display	<p>Take the Guided Tour</p> <p>My Food Guide</p> <p>Build a healthy meal: use the Eat Well Plate.</p> 
<p>Eat Well and Be Active Educational Toolkit</p> <p>All ages</p>	<p>This resource is designed to help those who teach children about healthy eating & physical activity.</p> <p><u>The Toolkit includes:</u></p> <ul style="list-style-type: none"> - <i>Eat Well & Be Active</i> poster 	Free poster and lesson plans from Health Canada to download	<p>Eat Well and Be Active Educational Toolkit</p>

	<ul style="list-style-type: none"> - Downloadable activity plans - 54 healthy eating and physical activity images to complement the poster. 		
<p>EATracker</p> <p>High School Students & Parents</p>	<p>Eat-Activity Tracker lets you track your day's food and activity choices and compares them to the guidelines laid out by health Canada.</p>	<p>Click to download</p>	<p>EATracker</p>
<p>Healthy Eating Food Models</p> <p>All ages</p>	<p>Food model kit that includes a variety of healthy foods from all of the four food groups.</p>	<p>Borrow Food Models</p>	
<p>Healthy Eating Food Guide Clings</p> <p>All ages</p>	<p>This versatile nutrition teaching tool is great for all ages. Clings can be used to illustrate meals on place mats or for Food Guide teaching.</p>	<p>Borrow Food Guide Clings</p>	
<p>Supporting School Food Guidelines – Information for Parents and Caregivers</p>	<p>This brochure provides parents and caregivers with healthy eating tips as well as information on the School Food Guidelines.</p>	<p>Click to download pamphlet.</p>	
<p>School Food Guidelines for Food Providers</p>	<p>This manual was developed to help schools administer School District Healthy Eating / Nutrition Policies.</p>	<p>Click to download.</p>	
	<p>These resources promote healthy eating to kids participating in</p>	<p>Click to download.</p>	<p>Physical Activities and Healthy Snacks for After School Programs</p>

 <p style="text-align: center; color: red;">All ages</p>	<p>recreation, sport, and community activities.</p>		<p>Healthy Choices for Canteens</p> <p>Healthy Eating for Athletes</p> <p>Beverages for Health & Sport</p> <p>Healthy Fundraising Fact Sheet</p> <p>Healthy Eating for You and Your Family</p> <p>Caffeine – What You Need to Know!</p> <p>Healthy Eating During Summer Break</p>
<p style="text-align: center; color: blue;">Affordable Healthy Eating</p>	<p>A great resource from Eat Great and Participate, this pamphlet gives tips to save money & eat well.</p>	<p style="text-align: center;">Click to download.</p>	<p>Affordable Healthy Eating</p>
<p style="text-align: center; color: blue;">Buzz in a Bottle DVD: The Dangers of Caffeine-Spiked Energy Drinks</p> <p style="text-align: center; color: red;">Grades 9 – 12</p>	<p>This 17-minute video describes the many physical effects that these drinks have on people. This program arms students with the facts and gives a strong “no-use” message.</p>	<p style="text-align: center;">Borrow DVD with teacher’s resource book and student handouts</p>	
<p style="text-align: center; color: blue;">Kahoot!</p> <p style="text-align: center; color: red;">Primary, Elementary, Junior and High School</p>	<p>Kahoots are fun learning games. Kahoots are best played in a group setting, like a classroom. Players answer the questions on their own devices, while games are displayed on a shared screen to unite the lesson. You will need to set-up a sign in name and password to access the Kahoots!</p>	<p style="text-align: center;">Click the links to access Kahoots!</p>	<p>Healthy Eating - Primary</p> <p>Healthy Eating - Elementary</p> <p>Healthy Eating – Jr High & High School</p>

<p>GoNoodle</p> <p>All ages</p>	<p>GoNoodle provides videos of activities such as curricular, mindfulness, sensory and motor skills, school life and movement type. Some of these activities include healthy eating messaging.</p>	<p>Website link</p>	<p>GoNoodle</p>
<p>School Garden Resources</p> <p>All ages</p>	<p>These resources provide lots of excellent information regarding school gardens and composting.</p>	<p>Website links</p>	<p>Community Garden Best Practices Toolkit</p> <p>Nova Scotia School Gardens Resource Guide</p> <p>School Composting Guide</p> <p>From Garden to Classroom: Activity and Resource Guide</p>
<p>Project SucSeed</p> <p>All ages</p>	<p>Project Sucseed is an award winning hydroponic grow system developed by Memorial University students to address the overwhelming need for fresh affordable produce in our province. This project took top prize at the Enactus World Cup in 2016 and is focused on addressing the issue of food security within the province of Newfoundland and Labrador.</p>	<p>Website links</p> 	<p>SucSeed website</p> <p>SucSeed – Full Product Manual</p> <p>Project SucSeed Startup Guide video</p> <p>Project SucSeed System Set-Up video</p> <p>Project SucSeed – Cleaning Drippers</p>

PHYSICAL ACTIVITY

Resource Title	Description	Format	Media
<p>Canadian Physical Activity & Sedentary Behaviour Guidelines</p>	<p>The Canadian Physical Activity Guidelines and Canadian Sedentary Behaviour Guidelines provides recommendations based on age.</p>	<p>Website- Click to download</p>	<p>CSEP Canadian Physical Activity & Sedentary Behaviour Guidelines</p>




All ages			
<p>ParticipACTION</p> <p>All ages</p>	<p>ParticipACTION is a national non-profit organization whose mission is to help Canadians sit less and move more.</p>	<p>Website- click to download</p>	<p>ParticipACTION website</p> <p>Report Card 2018</p> <p>Build Your Best Day</p>
<p>Physical Activities and Healthy Snacks for After School Programs</p> <p>Ages 9-15</p>	<p>This Eat Great and Participate resource is geared toward youth aged 9-15 and includes physical activities that incorporate education around healthy eating.</p>	<p>Click to download (some minor materials required)</p>	<p>Physical Activities and Healthy Snacks for After School Programs</p>
<p>Recreational Newfoundland and Labrador- ParticipACTION</p> <p>All ages</p>	<p>Recreation NL is a province-wide, not for profit organization established in 1971 to promote the values and benefits of recreation.</p>	<p>Website links</p>	<p>24 hour Movement Guidelines for Children and Youth (5-17 years)</p> <p>Teen Toolkit</p> <p>Find Your Fit Teen Challenge Funding</p> <p>Digital Mini-Campaigns</p>
<p>Healthy School Planner</p> <p>All ages</p>	<p>Healthy school environments help students succeed academically and prepare youth to make healthy choices as adults. The Healthy School Planner is a free tool that schools can use to access the current health environments and build a plan to make improvements.</p>	<p>Website link</p>	<p>Healthy School Planner website</p>
<p>Sprockids Mountain Biking</p> <p>All ages</p>	<p>Sprockids is an instructional program designed to engage young people, ages 6 to 18 years, in mountain biking.</p>	<p>Website link</p>	<p>Sprockids website</p>
<p>Daily Physical Activity Teacher's Guide</p> <p>Grades K – 6</p>	<p>These activities were designed by the City of St. John's and the Eastern School District to help teachers use physical activity as an instructional strategy in the classroom.</p>	<p>Click activity to download.</p>	<p>1 – 3 Equipment Activities</p> <p>1 – 3 Non-Equipment Activities</p> <p>4 – 6 Equipment Activities</p> <p>4 – 6 Non-Equipment Activities.</p> <p>K – 6 Equipment Activities</p>

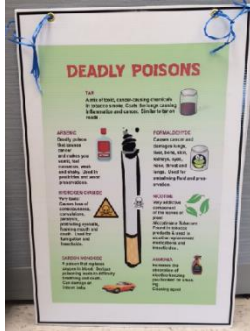
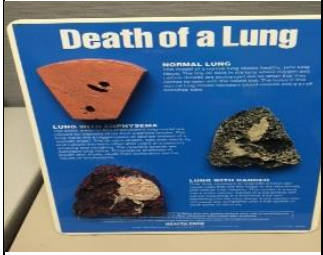

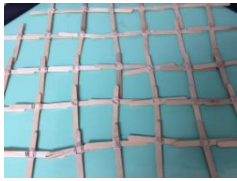

<p>Daily Physical Activity Lesson Plans</p> <p>Grades K – 6</p>	<p>These plans were designed in the Western School District with help from the Eastern and Nova Central School Districts to help teachers use physical activity as an instructional strategy in the classroom.</p>	<p>Click lesson plans to download.</p>	<p>Lesson Plans K – 3 Lesson Plans 4 - 6 Fun Activities</p>
<p>121 Classroom Activities to Promote Learning and Health (K-6)</p> <p>Grades K - 6</p>	<p>This booklet of classroom activities supports the Daily Physical Activity program based on integrating 20 minutes of physical activity a day into the classroom.</p>	<p>Book</p>	
<p>Active School Playgrounds A Handbook for Schools</p> <p>Grades K - 6</p>	<p>Provides ideas for games that support active school playgrounds.</p>	<p>Handbook</p>	
<p>Jump 2bfit Double Dutch</p> <p>All ages</p>	<p>This instructional manual provides general information regarding double dutch and progresses from basic, intermediate to advanced techniques.</p>	<p>Instructional Manual</p>	
<p>Walking Games and Activities</p> <p>All ages</p>	<p>This book offers a wide variety of fun and challenging walking games that could be used to develop a walking unit in a Health class.</p>	<p>Book</p>	
<p>Great Big Book of Children's Games</p> <p>Ages 3 – 14</p>	<p>Over 450 indoor and outdoor games for kids: Sidewalk, blacktop, hide and seek, races and relays, ball games, and road games.</p>	<p>Book</p>	






<p>Outrageous Outdoor Games Book</p> <p>All ages</p>	<p>Terrifically creative and easy games for everyone. These games will be new to your children and are engrossing and satisfying.</p>	<p>Book</p>	
<p>Hopscotch, Hangman, Hot Potato, & Ha Ha Ha</p> <p>Grades K – 6</p>	<p>This book will bring back wonderful memories of your childhood. Games you always wanted to share with your kids, but couldn't remember exactly how to play them, are not a problem now. This book will provide hours of fun.</p>	<p>Book</p>	
<p>No Standing Around in My Gym</p> <p>Grades 3 – 6</p>	<p>This book provides great games for use both in and out of the gym. Student waiting is kept at a minimum with the ideas in this book. Many of the games are great as lead up activities for team sports. Great for upper elementary students.</p>	<p>Book</p>	
<p>65 Energy Blasts</p> <p>Grades K – 6</p>	<p>65 workouts that kids love doing in front of the TV. They are easy to learn and fun to do! Each blast is one minute, fifteen seconds long.</p>	<p>DVD</p>	
<p>6 Fit Kids Workouts</p> <p>Grades K – 6</p>	<p>This DVD is a blast for boys and girls from ages 8 to 13 with four five-minute and two ten-minute dance routines that are easy to learn and fun to workout.</p>	<p>DVD</p>	
<p>50 Games with 50 Tennis Balls</p> <p>All ages</p>	<p>Excellent resource with easy to follow activities and simple instructions and pictures to show the activity.</p>	<p>Book</p>	

<p>GoNoodle</p> <p>All ages but best suited for elementary students</p>	<p>This interactive website includes numerous activities in a variety of categories such as: Curricular, Mindfulness, Sensory & Motor Skills, School Life and Movement Type. Users will have to create a username and password to access activities.</p>	<p>Website</p>	<p>GoNoodle</p>
<p>Google Classroom</p> <p>Elementary students</p>	<p>An online forum for all Active Schools enthusiasts. This is the virtual classroom for all things Active Schools. Resources can be found on this website in the form of videos, pictures, and links. This is a resources for teachers.</p>	<p>Google Classroom</p>	<p>Active Schools Classroom</p>

TOBACCO

Resource Title	Description	Format	Media
<p>Life Is Even Better Smoke Free Display</p> <p>Junior & Senior High Students</p>	<p>This display targets high school and post-secondary students. It highlights the deadly poisons in cigarettes, the potential negative health effects of smoking and the benefits of quitting and allowing the body to repair.</p>	<p>Display</p>	
<p>Cash to Ash</p> <p>All ages</p>	<p>This resource demonstrates the dirty truth about smoking- that it turns your cash to ash. The content of the jar represented the amount of ash created if you smoke a pack a day for a year.</p>	<p>Display</p>	
<p>Smoke Free Zone Sign</p> <p>For school properties</p>	<p>Smoke-Free zone signs are available for schools or businesses to promote smoke-free properties.</p>	<p>Sign</p>	

<p>Tobacco Sandwich Boards</p> <p>All ages – some boards are more appropriate for Junior and Senior High Students</p>	<p>Created by one of the S.W.A.T. teams, these boards display a variety of messages and are worn by students, teachers, and staff to deliver the smoke-free message. There are three sandwich boards available for use by schools.</p>	<p>Display</p>	
<p>Death of a Lung Model</p> <p>All ages</p>	<p>This portable 3-D display effectively depicts the adverse health effects imposed on the body by smoking.</p>	<p>Display</p>	
<p>Jar of Tar Model</p> <p>All ages</p>	<p>The Jar of Tar graphically demonstrates the amount of tar in tobacco smoke. The average 15 to 20 a day smoker takes about a mug full of brown, sticky tar into the lungs every year. The sight of this has been enough to motivate smokers to stop!</p>	<p>Display</p>	
<p>Popsicle Stick Cemetery</p> <p>Junior High and High School Students</p>	<p>This display demonstrates the number of Canadians that die every day secondary to smoking.</p>	<p>Display</p>	
<p>Pack of Toxic Tar</p> <p>All ages</p>	<p>This pack contains two removable cigarettes filled with tar that represents the amount of gooey, toxic tar a smoker receives from smoking one packet of cigarettes.</p>	<p>Display</p>	

<p>Tobacco Clever Catch Ball</p> <p>Suitable for elementary school students.</p>	<p>This inflatable ball has questions relating to the dangers of smoking and smokeless tobacco. Answer sheet and play instructions included.</p>	<p>Available to borrow.</p>	
<p>Resources from the Alliance for Control of Tobacco (ACT)</p> <p>All ages</p>	<p>These smoking resources and ads were designed by the Smoker's Helpline and the Alliance for the Control of Tobacco.</p>	<p>Click to go to website to download</p>	<p>Smoke Free NTV Ads PowerPoint Presentations for Elementary and High Schools</p>
<p>Tobacco Videos</p> <p>Most only appropriate for older students (grades 9-12)</p>	<p>A variety of tobacco videos showing the negative effects of smoking cigarettes. A number of these videos can be difficult to watch and emotional and are therefore only appropriate for older students.</p>	<p>Video</p>	<p>Variety of Tobacco Videos</p> <p></p> <p>Perhaps One Of The Best Anti-Smoking Ads Ever Created.mp4</p> <p></p> <p>Very Funny Social Farting Farter Commercial Anti-Smoking Ad.mp4</p>
<p>Heather Crowe's Legacy DVD</p> <p>Grades 9 - 12</p>	<p>This 25-minute film shows how one individual tried to protect workers from second hand smoke and is designed for viewing in classrooms or community settings. (Some find this emotional and may need to step out.)</p>	<p>DVD</p>	
<p>Barb Tarbox: A Life Cut Short by Tobacco</p> <p>Grades 9 - 12</p>	<p>Barb was diagnosed with lung cancer in September 2002 at the age of 41, after smoking since Grade 7. Barb decided to share her tobacco story with youth in the hopes of persuading them to quit. (Students who have lost a close person could find this emotional and may need to step out.)</p>	<p>Video</p> <p>Click to download her TV ads</p>	
<p>Tobacco Posters</p> <p>All ages</p>	<p>A variety of posters depicting the negative effects of tobacco use.</p>	<p>Posters</p>	<p>It Will Never Happen to Me Jumbo Jet Death of a Lung</p>

<p>Tobacco Games</p> <p>All ages</p>	<p>Tobacco Jeopardy, Who Wants to be a Millionaire and other popular games. Most are in PowerPoint format.</p>	<p>Interactive Games</p>	<p>Variety of Tobacco Games</p>
<p>Cost Calculator</p> <p>Junior High and High School Students</p>	<p>This calculator from Health Canada tells how much a smoker has spent on cigarettes and how much they will spend if they continue to smoke.</p>	<p>Interactive</p>	<p>Cost Calculator</p>
<p>Kahoot!</p> <p>Junior High and High School Students</p>	<p>This interactive game can be planned by the entire class. Simply display on a team board and have students answer on their iPads. Please note that you will have to set-up a sign-in and password before playing this game with a class.</p>	<p>Interactive</p>	<p>Tobacco and You</p>