



**Get Involved &  
Cause a Commotion**

**School Activity Booklet  
Fall 2011**

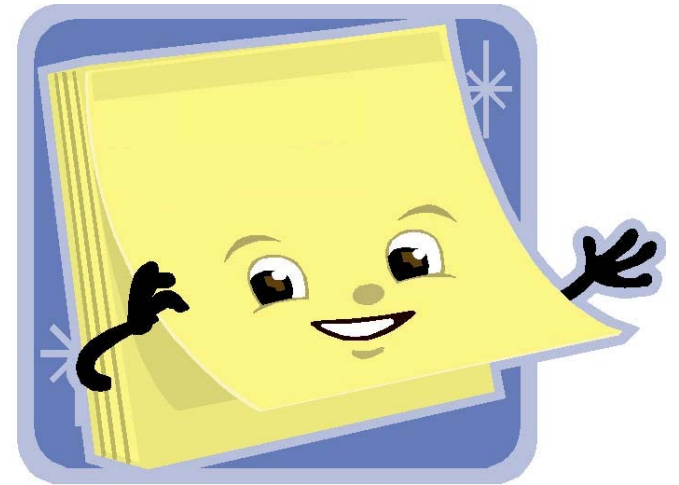
# Living Healthy

*Go Healthy*



*Living Healthy Comotions*

Fall 2011



Time To Get Movin'  
On Commotion 2011





## *Be a Commotion Star*



- ❖ This booklet will provide resources and suggestions to help create and celebrate your healthier school. Additional information and resources on organizing a Living Healthy Commotion and a summary of Commotions held by schools across the province over the past five years can be found on our provincial Living Healthy Schools website at: [www.livinghealthyschools.com](http://www.livinghealthyschools.com)
- ❖ You will find the tear-out **Living Healthy Commotion Registration and Evaluation Forms** in the center of this booklet or they can be downloaded from the Living Healthy Schools website.
- ❖ Complete the **Living Healthy Commotion Registration Form** outlining your planned Commotion activities and forward it to your school district's School Health Promotion Liaison Consultant.
- ❖ Send in your completed **Commotion Evaluation Form** briefly describing the activities held during your Commotion to your school district's School Health Promotion Liaison Consultant by **November 18<sup>th</sup>, 2011** to be eligible for financial assistance.

### *Thank You*

A special Thank You to the students, teachers, caterers, parents, administration and community members who work hard to make our schools healthier places to learn. We congratulate you in advance for organizing and celebrating your living healthy achievements!!!

## ❖ *Nova Central*

**Nova Central School District**  
203 Elizabeth Drive  
Gander, NL.,  
A1V 1H6  
email: [jerryknee@ncsd.ca](mailto:jerryknee@ncsd.ca)  
Phone: 709 256-2547 ext. 270  
Fax: 709 651-3044

## ❖ *Western*

**Western School District**  
P.O. Box 368, 10 Wellington Street  
Corner Brook, NL.,  
A2H 2G9  
email: [bill.allan@wnlsd.ca](mailto:bill.allan@wnlsd.ca)  
Phone: 709 637-4021  
Fax: 709 634-1828  
Website: [http://web.wnlsd.ca/student\\_health/](http://web.wnlsd.ca/student_health/)

## ❖ *Labrador-Grenfell*

**Labrador School District**  
P.O. Box 1810 Station B  
Happy Valley-Goose Bay, NL.,  
A0P 1E0  
email: [mparsons@lsb.ca](mailto:mparsons@lsb.ca)  
Phone: 709 896-2431 ext. 236  
Fax: 709 896-9638  
Website: [www.lsb.ca](http://www.lsb.ca)

## *Alliance for the Control of Tobacco*

This website has fact sheets, statistics, sample newsletters and lessons/resources to help plan healthy living activities and promote a smoke-free school environment. [www.actnl.com](http://www.actnl.com)

## *Living Healthy Commotions Contact Information*

Contact your **School Health Promotion Liaison Consultant** at your school district office to **register your Commotion** and be eligible for **Living Healthy Commotion funding**.

### *❖ Eastern*

#### **Eastern School District – Avalon East Region**

Suite 601, Atlantic Place  
215 Water Street  
St. John's, NL.,  
A1C 6C9  
email: [tracyenglish@esdnl.ca](mailto:tracyenglish@esdnl.ca)  
Phone: 709 758-2388  
Fax: 709 757-4699

#### **Eastern School District - Avalon West, Burin and Vista**

P.O. Box 500  
Bay Roberts, NL.,  
A0A 1G0  
email: [kristamanning@esdnl.ca](mailto:kristamanning@esdnl.ca)  
Phone: 709 786-7182 ext. 345  
Fax: 709 786-7040

## *Create a Commotion*

**Living Healthy Commotions** are school-based events organized to celebrate achievements in creating a healthy school environment. Commotions inspire and promote ideas and initiatives around healthy food choices, being physically active and living smoke-free.



Scheduled during the regular school day, Commotions are a fun way to celebrate schools as healthier places to learn.

**Living Healthy Commotions** are all about finding creative ways to promote healthy lifestyles using the resources available in both your school and community. Parents, teachers, students, caterers, volunteers, school councils and community organizations can help by providing time, resources, ideas and support to make your school Commotion a success.

### *What you need*

- ❖ **Build a Commotion Crew** at your school to get things moving.
- ❖ **Brainstorm** ideas with students to create a Commotion in your school. Use the ideas in this booklet and/or on our website to help plan your activities.
- ❖ **Take the time to plan** the promotion for your Commotion. Lots of participation provides momentum and excitement for your living healthy activities.

## *Planning Your Commotion*

- ❖ Use a combination of activities to promote your messages around healthy eating, being physically active and living smoke-free.
- ❖ Consider organizing activities over a period of time (e.g. holding fruit tasting days once per month). This kind of activity can be launched during your Commotion.
- ❖ Develop activities that will reach students in different settings and in different ways.
- ❖ When planning activities, involve the students.
- ❖ Begin with easy and fun activities as more students will get involved. Start small and build on what has worked for your school in the past.
- ❖ Build your activities around other events that highlight healthy eating and/or physical activity (e.g. walks and runs).



## *Resources On-Line*

### *Healthy Students Healthy Schools*

On our provincial site you will find information and resources to help plan your Commotion. The site provides information on healthy eating, physical activity, living smoke-free, environmental health, mental health and addictions.

[www.livinghealthyschools.com](http://www.livinghealthyschools.com)



### *Recreation NL*

This website features programs and resources to help promote physical activity. [www.recreationnl.com](http://www.recreationnl.com)

Small Steps. Big results

<http://www.smallstepsbigresults.net/>

### *Physical and Health Education Canada*

This website has fact sheets, statistics, sample newsletters, national physical activity challenges and more to help your school plan healthy living activities. [www.phecanada.ca](http://www.phecanada.ca)

### *Dietitians of Canada (DC)*

This website is the voice for Dietitians across Canada and provides education, leadership, standards and resources.

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

## Promotion for Your Commotion

The local media (radio, print, cable) can help support your efforts. Think about what you want to highlight and how.



Decide what you want to achieve with this Living Healthy Commotion:

- ❖ Increase levels of student participation?
- ❖ Increase understanding of the healthy living messages?
- ❖ An opportunity to promote the policies that make your school a healthier place to learn?
- ❖ Recognition of the work your school is doing to create a healthy school environment?

## Using the Provincial Website

Schools are welcome to submit information on their Living Healthy Commotion to their school district's School Health Promotion Liaison Consultant. Space is available on our *Healthy Students Healthy Schools* website for schools to showcase how they're creating healthier school environments. A summary of Living Healthy Commotions from participating schools over the past four years is currently available on this site. Feel free to browse for ideas.

[www.livinghealthyschools.com](http://www.livinghealthyschools.com)

## Creating Commotion Messages

- ❖ Keep a positive approach when developing health promotion messages. Focus on the benefits of living healthy such as increased energy instead of weight loss.
- ❖ Use simple healthy living messages.
- ❖ When developing messages, involve the students and other participants who will receive the message.
- ❖ Use stories and information from real life situations - things your audience will easily relate to.



*What healthy messages will your school focus on at your Living Healthy Commotion?*

---

---

---

---

---

---

---

---

---

---

## *Some Ideas to Get You Started*

Commotions don't need to be complicated or fancy. Students can develop and plan activities using available resources and community supports.



By encouraging students to organize a Commotion there will be a variety of opportunities for learning through the planning process.

Older students also enjoy working with younger students where they can act as role models for healthy behaviours.

Involving parents promotes the idea that a healthy school environment is also a family concern. This school-parent relationship provides opportunities to reinforce healthy messages and behaviours at home.

When planning your Commotion, keep in mind the 5 W's:

### **❖ Who, What, When, Where, Why and How**

### ***Ideas to promote healthy messages:***

- ❖ Serve healthy foods and beverages during your Commotion to promote healthy choices.
- ❖ Create and prominently display healthy message banners throughout the school.
- ❖ Hold fun, healthy message contests with prizes that support the healthy messages.

- ❖ Run tobacco-free messages such as the Alliance for the Control of Tobacco's (ACT) Be-Free ads on your schools TV hall monitors. See [www.actnl.com](http://www.actnl.com)
- ❖ Offer a *Quit4life* smoking cessation program for students.
- ❖ Provide an opportunity for students to discuss their views on smoking and the pressures they may feel to smoke.
- ❖ Find creative ways to communicate your school's tobacco-free policy to parents, volunteers and the community.
- ❖ Have students create smoke-free commercials encouraging peers to live smoke-free. Turn this activity into a contest by partnering with your local radio station to air the winning ad.
- ❖ Provide parents with a copy of the resource *Help Your Child Stay Smoke-Free: A Guide to Protecting your Child Against Tobacco Use*. This is available through your public health office.
- ❖ Promote participation in recreation activities and sports as a healthy and positive way to stay smoke-free.
- ❖ *They put what in a cigarette!* There's a lot more than tobacco in cigarettes and second-hand smoke. Have students create a display of the ingredients to expose the truth!
- ❖ Have students calculate the cost of smoking for one year.

*To find additional living smoke-free ideas from other schools, see Living Healthy Commotions at:*

[www.livinghealthyschools.com](http://www.livinghealthyschools.com)

## *Living Smoke-Free Messages*

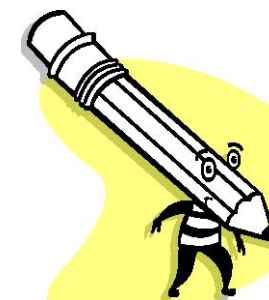
- ❖ Be Free - Tobacco free
- ❖ Kick Butt - what can you do?
- ❖ Clear the air, it's ours to share
- ❖ Get more mileage from your lungs: don't smoke
- ❖ Healthy Air, Healthy School, Healthy Home



## *Living Smoke-Free Activities*

- ❖ Post smoke-free signage at visible locations around the school.
- ❖ Create a Smoke-Free Quiz on the facts about smoking.
- ❖ *Chalk Attack!* Ask students to create smoke-free messages by chalking them around the school. Organize a walk to view the messages.
- ❖ *Living Billboard* - Ask students to create smoke-free messages on posters. Hold up the posters along popular areas around the school.
- ❖ Create collages out of cigarette ads and have students critique the style, content and presentation of the ads.
- ❖ Promote the Smoker's Helpline offering support for students to quit smoking. See [www.smokershelp.net](http://www.smokershelp.net) for details.

- ❖ Develop a healthy messages interactive bulletin board display or school web page.
- ❖ Create healthy living trivia booths, game shows or quizzes.
- ❖ Develop a healthy living theatre performance (skits, songs).
- ❖ Organize a healthy issues debate.
- ❖ Ask older students to share healthy living messages with younger students.
- ❖ Ask students to share stories on how they keep healthy.
- ❖ Make placemats with healthy living messages for the cafeteria.
- ❖ Kick start exercise marathons such as walking, bowling, running, skipping or swimming for the fall and winter.
- ❖ Put an "our healthy school" article in the community newspaper.
- ❖ Put healthy living articles and pictures in the student newspaper.



### *Some Ideas for our school:*

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

# Organizing Your Commotion

In the previous section, we looked at ways to plan your Commotion and presented examples of activities that would be fun for your school to try. In this section, we've included suggestions on how to organize, schedule and promote your Commotion.

## Form a Commotion Crew

- ❖ Students
- ❖ Teachers and Administration
- ❖ Parents and Grandparents
- ❖ Community Volunteers and Businesses
- ❖ School Councils
- ❖ School Caterers and Suppliers

## Supplies & Resources

- ❖ Make a list of the supplies and resources you'll need (e.g. paper, tables, food, workspace etc).

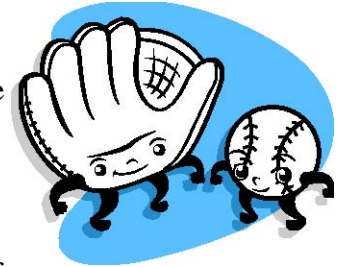
---

---

---

- ❖ Create physical activity stations in the school. Get students to commit to 20 minutes of physical activity a day. Students can draw a physical activity point chart to measure their progress.
- ❖ Walk across the province, country or around the world and track your mileage. See the *Small Steps...Big Results* website at [www.recreationnl.com](http://www.recreationnl.com) for tools to get your school started and to stay on track.

- ❖ Create an indoor physical activity obstacle course for students. Include activities like running, jumping, hopping, skipping, rolling, hula hooping and bouncing a ball.



- ❖ Record physical activities on slips of paper (1 activity per slip). Students may select 1 slip of paper and focus on this activity for a daily 20 minute challenge (skipping, running on the spot, hopping). Kick this event off at your Commotion (day, week or month challenge).
- ❖ Organize an alphabet fitness challenge and create physical activities for each letter of the alphabet.
- ❖ Organize a "Step Up" Challenge. Ask students to identify ways they can increase the number of steps they take each day. Challenge students to see who can take the most steps during the Commotion.
- ❖ Create a Seasonal Sports Scrapbook. Students can draw, collage or paint their favourite sports for each season trying a new sport each month during the year.

*To find more physical activity ideas from other schools, see Living Healthy Commotions at:*

[www.livinghealthyschools.com](http://www.livinghealthyschools.com)

## *Physical Activity Messages*

- ❖ Everybody wants to hop
- ❖ Movin' your way every day
- ❖ Locomotion Commotion
- ❖ Small Steps. Big Results
- ❖ Give your heart a chance – learn to dance
- ❖ Eat Great and Participate
- ❖ Physical activity fuels your engine



## *Physical Activity Ideas*

- ❖ Organize a Lunchtime Walking Tour with seniors in your community.
- ❖ Run or walk a marathon. Have students track their mileage each week until the marathon is completed. Launch this activity during your Commotion. The *Small Steps...Big Results* website at <http://www.smallstepsbigresults.net/> may prove useful.
- ❖ Build active opportunities into daily classroom routines and launch this on Living Healthy Commotion Day.
- ❖ Start an Active Playgrounds Program to promote physical activity including hopscotch, 4 square, balls and jump ropes.

## *Sample Timelines*

- ❖ First week of school - think about a plan
- ❖ Second week of school - create a plan
- ❖ Third week of school - implement the plan
- ❖ Five days before the Commotion ...
- ❖ Three days before the Commotion...
- ❖ One day before the Commotion ...
- ❖ Living Healthy Commotion Day
- ❖ Submit the Commotion Evaluation Form by November 18<sup>th</sup>, 2011



## *Sample Promotional Plan*

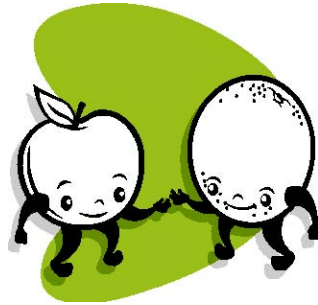
- ❖ Register your Commotion
- ❖ Visual displays/promotional materials
- ❖ Write announcements
- ❖ Contact community media (paper and radio)
- ❖ Take photos
- ❖ Write an article on your Commotion
- ❖ Evaluate your Commotion

## Healthy Eating Messages

Slogans help to reinforce key information and messages. Students enjoy developing their own slogans or messages for their peers.

Here are some suggestions to get you started. You may recognize these from existing or earlier campaigns.

- ❖ Be cutting edge ... enjoy your veg
- ❖ Whole grains fuel your brain
- ❖ Take a Ride through Canada's Food Guide
- ❖ Get back to your roots (vegetables)
- ❖ Build your grocery shelf-confidence



## Healthy Eating Activities

- ❖ Set up a taste testing station of a variety of foods that are nutritious, unique and unfamiliar (e.g. quinoa, kefir, couscous).
- ❖ Invite a chef to school to cook a healthy meal or snack.
- ❖ Host a local farmer's market day at school with visits from local food producers.
- ❖ Invite a local dietitian to school to talk about healthy recess and lunch ideas.
- ❖ Have a contest to create a new food menu item for the school cafeteria using the School Food Guidelines.

- ❖ Invite a grandparent to school to talk about traditional foods, meal preparation and cooking.
- ❖ Get students to create and print a copy of their own personalized Food and Activity Guide by going to [www.myfoodguide.ca](http://www.myfoodguide.ca)

- ❖ Organize a healthy muffin sale.
- ❖ Make a healthy snack cookbook. Ask older students to format the recipes and younger students to provide the illustrations.
- ❖ Create a special theme lunch using a variety of healthy recipes.
- ❖ Launch a brown bag healthy lunch day (with parents and caterers).
- ❖ Organize a fruit, yogurt and granola parfait snack day.
- ❖ Create a display board with pictures of a variety of foods from the School Food Guidelines.
- ❖ Invite a chef to school to talk about cooking healthy food.
- ❖ Have students write and/or sing songs about meal times spent with family and friends.
- ❖ See the Eat Great and Participate information on our website at [www.livinghealthyschools.com](http://www.livinghealthyschools.com)



*To find additional healthy eating ideas from other schools, see Living Healthy Commotions at:*

[www.livinghealthyschools.com](http://www.livinghealthyschools.com)