

HEALTHY SCHOOLS

Getting Kids in the Kitchen

With seemingly less and less time in the day, families are relying more on convenience foods than ever before. Convenience foods tend to be high in salt, fat and sugar and low in vegetables, fruits and whole grains. Eating these foods often can lead to chronic diseases such as obesity, diabetes and high blood pressure. One of the best ways to eat healthier as a family (and to save money) is to get back to basics and into the kitchen!

Research tells us that when kids learn cooking skills from a young age they are more likely to eat healthier throughout their life. Kids who eat healthier also learn better in school. Cooking from scratch can seem daunting, but by making it a

family affair, you can make it a fun activity for the whole family. Here are some tips to get your kids in the kitchen:

- Involve your kids (as early as two years old) in basic kitchen tasks like setting the table, measuring and stirring ingredients, washing vegetables, grating cheese and more.
- Go grocery shopping as a family – teach your kids how to pick out produce, read labels and budget.
- Go apple or berry picking, or visit a local farmers market or farm to teach kids where food comes from.
- Set aside a few hours on the weekend for the whole family to prepare a few

meals that you can stick in the fridge or freezer so that you have lots of leftovers for lunches and quick dinners.

- Volunteer to be part of the You're the Chef program at your school (see below for more details).

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A Local 'Healthy School' Success Story

Want to bring cooking skills to your school? We have the program for you! You're the Chef is a cooking program designed to help youth develop the skills and confidence to prepare healthy and tasty recipes. Check out the You're

the Chef recipe in this newsletter for a tasty sample of what types of foods are prepared.

St. Stephen's Catholic School in Cayuga recently offered the You're the Chef

program at their school and it was a great success! To find out how to bring You're the Chef to your school contact Michelle Saraiva, Registered Dietitian at michelle.saraiva@hnhu.org or 519-426-6170 Ext. 3237.



"You get to be with your friends while making healthy foods and sharing it together" – Austin, S. Stephen's

"I really enjoyed it because you get to try new healthy snacks" – Riley, S. Stephen's

RECIPE



Vegetable Quesadilla

This great snack is crisp, cheesy, and loaded with colourful peppers.

Ready in: 8 minutes

Makes: 4 servings

Ingredients:

- 1 green pepper
- 1 red pepper
- 15 ml (1 tbsp.) vegetable oil
- 2 green onions
- 500 ml (2 cups) low fat cheddar cheese
- 8 large whole grain tortillas
- 1 - 540 ml can refried beans

Instructions:

1. Wash and chop peppers into small pieces.
2. Measure and heat oil in electric skillet; add peppers and cook until soft, stirring often.
3. Chop green onions into small pieces. Set aside.
4. Grate cheese.
5. Spread refried beans onto four of the tortillas. Sprinkle with cheese, green onions, and cooked peppers. Top each with another tortilla. Using a plate, transfer to hot electric skillet.
6. Fry in the skillet until lightly browned on the outside and cheese is melted (about 1 – 2 minutes). Flip to brown other side (about 1 minute).
7. Cut into quarters.

Recipe from *You're the Chef* Cooking Program

Spring into Spring

So long, winter! Spring has officially sprung, and we could not be happier about it. After being cooped up during extreme cold weather warnings and snow storms, kids should be ready to go outside and get moving.

Children need at least one hour of moderate to vigorous physical activity a day. This means activity that makes you breathe harder and your heart beat faster.

Walking or cycling to and from school is a great way for children to get more physical activity in a day. Plus, students who are active in the morning arrive at school more alert and ready to learn.

Parents and caregivers may feel uneasy letting their children walk to school. Two of the most common concerns are safety issues and traffic danger. Luckily, there are some ways we can overcome these barriers. One way is to start a Walking School Bus. A Walking (or Cycling) School Bus is two or more families traveling together for safety. Parents can take turns leading, or traveling with, the Walking School Bus to ensure students arrive safely to school. If students need to be driven, parents could park safely and 'walk-a-block' to the school.

Life is busy and it may seem like driving students to school is the only option.



Instead of committing to walking every day, families can start by picking one day a week for students to walk or wheel to and from school. This slowly breaks the driving habit and lets families adjust their schedules. It could be a Trekking Tuesday, a Walking/Wheeling Wednesday or even a Physical Friday! To encourage participation and add some competitive spirit, schools can keep track of kilometres traveled and offer an award. Or classrooms could set a symbolic distance that they want to travel (e.g. walking from one city to the next).

Want to see healthy changes like these at your school? Or do you have other ideas about how you could make your school community healthy? Let your school or the Haldimand-Norfolk Health Unit know, because we'd love to work together with you!



NutriSTEP

Are you a parent or caregiver with a young child?

NutriSTEP® is a fast and simple way to find out if your toddler or preschooler is a healthy eater and to get feedback.

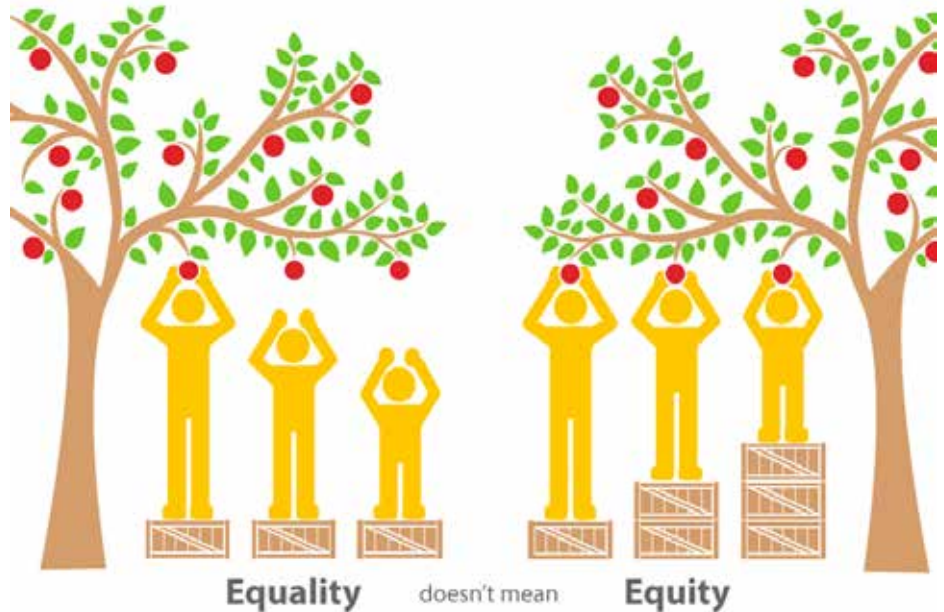
Visit www.nutritionscreen.ca to learn more.

What Shapes Our Health?

Take a minute to think about what makes someone healthy. What is the first thing that comes to mind? Most people would describe a healthy person as someone who is not sick. But our health is shaped by much more than this. It is influenced by where we live, our income, education and our early childhood years. It is not one factor that adds to poor (or good) health, but a mix of factors. Things like housing, food, employment, and working conditions all play a part. Unfortunately, not all people have the same opportunities to be healthy. This is called health inequity.

The concept of equity is a difficult one to grasp. When we think of fair, we often think of sharing, equally. But fair isn't always equal. Equity asks us to level the playing field to make things fair. This means giving people what they need to even things out. The picture below shows an example of this.

Let's think about a grocery store for a minute. Imagine that all the parking spaces were 100 metres from the front of the store. This would likely be okay for most people, but would it be fair to force someone who has trouble walking to travel the same distance to the front of the store? Probably not. That's why there are parking spots reserved at the entrances of most buildings. These are usually reserved for people who might not be able to move around as easily as others. If these parking spots didn't exist, they might not be able to get their own groceries, go to the doctor or enjoy a movie. Everyone still gets a parking spot, but those that need a special parking



This picture shows the difference between equality and equity. Equality means giving everyone the same thing. But people do not always have the same resources, support or abilities. Being equitable means giving everyone what they need in order to be successful. Some people will not need as much help as others.

space get one. This is fair. This is equitable. Below are some ways that parents can start to make things a little fairer in their school communities

How can I help as a parent?

- Be a good role model and try not to judge others
- Get involved with the school. Become a volunteer or a member of Parent Council
- Get to know your neighbour

- Recognize and support those who are struggling
- Support local initiatives that lift people out of poverty
- Support the Child Nutrition Network that supports local school nutrition programs
- Build a school environment that is warm, friendly and inclusive
- Support healthy school policy - e.g. creating plans for healthy fundraising or carrying out a daily physical activity policy

Ontario's New Health and Physical Education Curriculum

When students across the province return to school in September of 2015 they will be taught from the newly revised health and physical education curriculum. The curriculum is a document that outlines what children should be taught in schools and at what grade.

The health and phys. ed. curriculum currently being used has not been fully updated since 1998. Much has changed in the world over the past 17 years. The revised curriculum is designed to reflect these technological and cultural changes. For example, Facebook, Snapchat, YouTube and smartphones with internet access were unheard of in 1998 and now many students use these sites and devices for hours every day.

Teachers will continue to teach students about reproductive systems and sexual health, but will now also cover topics like sexting and cyber-bullying. There are

also important changes to the curriculum which will help all students learn and acquire the skills to be physically active and to promote mental health. Remember that your School Health Team at the Haldimand-Norfolk Health Unit is here for extended support. To find out who is part of your school health team visit our website at: nhu.org Parent fact sheets and guides to the new curriculum are available on the Ontario Ministry of Education website at: www.edu.gov.on.ca/eng/curriculum/elementary/health.html

Student Concussion Discussion

A concussion is a brain injury, it can be caused by a direct or indirect hit to the head or body (for example, a fall or sport injury). This causes a change in brain function, which results in a variety of symptoms. Research tells us that a concussion can have a major impact on a student to return to school and return to play. It is important to go to your family Dr. or the emergency dept. right away if you suspect your child may have a concussion. The Ministry of Education's Policy/Program Memorandum No. 158 required each school board to have a concussion policy in place by January 31, 2015. This policy will help the schools respond to, and watch students who may have a concussion. If you suspect or your child has been diagnosed with a concussion outside of school it is important to let the school know. This will allow the school to watch your child at school and properly manage his/her concussion.

ANSWER KEY

1. True
 2. False: A concussion cannot be seen on normal x-rays, CT scans, or MRIs. It is often called the "invisible injury."
 3. False: In children under 10, most concussions result from falls.
 4. True: Additional concussions can happen with less force and take longer to heal.
 5. True: A concussion cannot be seen on normal x-rays, CT scans, or MRIs. It is often called the "invisible injury."

What do you know about concussions?

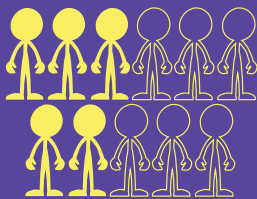
Concussions are serious injuries that are often misunderstood. Test your knowledge by taking the quiz:

- | | | |
|---|------|-------|
| 1. A concussion is a type of brain injury. | True | False |
| 2. A concussion can be seen on routine x-rays, CT scans or MRIs. | True | False |
| 3. In children under 10, most concussions result from sports or recreation activities. | True | False |
| 4. The young brain is more prone to concussion and takes longer to recover, compared to adults. | True | False |
| 5. Once you have had one concussion, you are at increased risk for another concussion. | True | False |

Parenting Needs Assessment

The Haldimand-Norfolk Health Unit is pleased to announce the release of the 2014 Parenting Needs Assessment Report. To view the full report visit our website at: hnhu.org/parenting-needs-assessment.

1100 Respondents



45.7%
 accessed parenting programs or services in the past 5 years.

Programs or services most accessed

Sports & Rec Programs



Ontario Early Years Centres
 A Place for Parents And Their Children



Centres de la Petite enfance
 Un endroit pour les parents et leurs enfants
 a unit of H-N REACH

TOP TOPICS Parents want to learn more about

Parents of 0-6 yr olds



Discipline



Nutrition



School Readiness

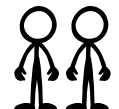
Parents of 7-12 yr olds



Self Esteem
 Self Respect



Internet Safety



Peer Pressure



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