

New Brunswick Wellness Week October 1-7 Ideas for Schools

**Planning something new for New Brunswick Wellness Week?
Here are some ideas to help you get started!**

*Remember to register your event in the
Wellness Event Calendar at wellnessnb.ca.*

Although you can plan a celebration event specifically for New Brunswick Wellness Week, the Week is also about celebrating what is already happening in your school.

For example, during Wellness Week, you could consider putting an extra emphasis on curricular outcomes that apply to health and wellness. Helping students grasp the value of a healthy and positive lifestyle and its effect on learning and growth are key concepts to communicate.

Or, if your school has applied for and received a School Wellness Grant, think about using Wellness Week to initiate or promote activities already planned. If you are not sure whether your school received a grant, or who the contact person is for your school, please contact:

- Francophone and First Nation Schools – Lise Belliveau (506) 869-6273 or lise.belliveau@gnb.ca
- Anglophone Schools – Lynn Ann Duffley (506) 875-6809 or lynnann.duffley@gnb.ca

Throughout your activities, we encourage you to think about how you can create an environment that fosters Mental Fitness in your school. Ask yourselves if the activity encourages the students to:

- *Recognize and use their skills and strengths (competence)*
- *Make choices and engage in activities that positively impact their lives (autonomy)*
- *Feel connected to their peers, teachers, school, etc. (relatedness)*

For the following suggestions, the needs satisfied by the activity are indicated in brackets.

- **October is International Walk to School Month:** Participate in activities to celebrate *Walk to School* month. Organize a planning committee including students, parents, teachers, school neighbours or community partners. Involve students in planning 'walk to school' day, theme days or a group walk. Invite community partners and school neighbours to participate or to cheer students on during the events. For more ideas and organizational how-to's, go to saferoutestoschool.ca. (autonomy and relatedness)
- **Poster Contest:** Have students develop posters based on mental fitness, physical activity, healthy eating, and tobacco-free living. Students can help determine the 'rules', the criteria for judging and be a part of the judging. At the end of the week, invite parents, community members and senior groups to the school to view the posters and have kids explain their projects. (competence, autonomy and relatedness)
- **Wellness Announcements:** During morning announcements have a student broadcast a tip about mental fitness, healthy eating, physical activity or tobacco-free living. Students can research these wellness topics and prepare the announcements. (autonomy and relatedness)
- **Wellness Day:** Involve students in planning and organizing a Wellness Day. Displays or booths can be developed by students working with wellness and health professionals. Invite parents, community partners, school neighbours and senior citizen groups to visit the school and attend the Wellness Day. Students can explain their display / booth to the visitors. Other students can show the visitors around their schools and classrooms. You can include sessions on Zumba, dance, crossfit, tai chi and yoga. Healthy eating events can include the distribution of milk shakes and apples and a healthy breakfast for students and staff. (competence, autonomy and relatedness)
- **Wellness Committee:** Create a school wellness committee including parents, teachers and students. Invite students to provide input into the cafeteria menu or establish a parent / teacher / student sports intramural program. (autonomy and relatedness)
- **Celebrate Student Skills and Talents:** Find ways to highlight and share student skills and talents through school initiatives such as morning announcements, newsletters, etc. (competence, autonomy and relatedness)

- **Wellness Olympics:** Organize and host a series of activities and games that support mental fitness, physical activity, healthy eating and tobacco free living from around the world. Students can research games and activities played by children with different cultural backgrounds and then teach / play the games with their fellow students. Students can also research foods from different cultures and compare to Canada's Food Guide to Healthy Eating. Connect with your local Multicultural Association or First Nation community. (autonomy and relatedness)

Alternatively, you could build your Wellness Olympics around games, activities and foods that were popular during the mid-20th century, bringing attention to the changes in activity levels, food preferences, portion sizes, and food preparation skills between the time of the children's grandparents, to now. Connect with local seniors groups and partner students and seniors to learn about those games and foods.

- **Get the Ball Rolling for Wellness** in your school community. Provide a day of active workshops on a variety of wellness topics and don't forget to include staff, volunteers and students in the planning. Kickoff your day with a keynote who can motivate the students to set positive goals for themselves, make responsible life choices and avoid drugs and alcohol. Some suggested workshops can include: Internet Smarts, Managing Stress, Healthy Relationships, Anti-Bullying and Drug Awareness, Inclusion, Leadership, Mental Fitness, Non-Sedentary Behaviour, Healthy Eating, etc. (autonomy and relatedness)