

# SHOWCASE WHAT YOUR SCHOOL'S DOING FOR NEW BRUNSWICK WELLNESS WEEK

## OCTOBER 1-7



Want to get your school geared up for some Wellness Week activities but not sure how? Here are some ideas to get you started!

### 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 a 'walk to school' day, theme days or a group walk. For more ideas and organizational how-to's, go to [www.saferoutestoschool.ca](http://www.saferoutestoschool.ca).

### Poster Contest

Have students develop posters based on mental fitness and resilience, 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.

### Wellness Announcements

During morning announcements, have a student broadcast a tip about mental fitness and resilience, healthy eating, physical activity or tobacco-free living. Students can research these wellness topics and prepare the announcements.

### 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 while other students show the visitors around their schools. You can include sessions on Zumba, dance, CrossFit, tai chi and yoga. Healthy eating events can include the distribution of smoothies and apples and a healthy breakfast for students and staff.

### 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. For help setting up your wellness committee, have a look at the My Healthy School Guide available on *The Wellness Movement's* Resources section, in the "At school" setting. Visit [www.wellnessNB.ca/resources-for-you/at-school](http://www.wellnessNB.ca/resources-for-you/at-school).

### Celebrate Student Skills and Talents

Find ways to highlight and share student skills and talents through school initiatives such as morning announcements, newsletters, etc.

### 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 and play games and activities played by children with different cultural backgrounds or research foods from different cultures and compare them to Canada's Food Guide to Healthy Eating. Alternatively, have students research activities and foods that were popular during the mid-20<sup>th</sup> 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 and now. Connect with your local Multicultural Association, First Nation community or a local seniors group.

### Get the Ball Rolling for Wellness

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. Kick off 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.

### Wellness Challenge

Launch a challenge for the whole school or a contest between classes like climbing to the moon (count the number of stairs climbed throughout the week) or walk across Canada (adding up the distance walked during the week) with a celebration at end of week.

### 5-30 Challenge

Organize a 5-30 challenge for the week that includes eating 5 portions of fruits and vegetables per day and completing 30 minutes of physical activity outside of class time. Organize a celebratory event for the end of the week.

While schools are encouraged to plan events specifically for Wellness Week, you should also celebrate what is already happening in your school. Consider extra emphasis on curricular outcomes that apply to health and wellness to help students grasp the value of a healthy and positive lifestyle and its effect on learning and growth. Or, if your school received a School Wellness Grant, think about using Wellness Week to initiate or promote activities that are already planned.

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And don't forget to register your school event in the [Wellness Events Calendar](http://calendar.wellnessnb.ca/) at <http://calendar.wellnessnb.ca/> even if your event is not open to the public. It will help inspire others and showcase the awesome work being done in schools to enhance wellness!