

Welcome to the First Healthy EatS Newsbite

Welcome to the first Healthy EatS Newsbite! Since the beginning of the School Healthy Eating Policy Project a recurring theme in our conversations with you was the need for support as schools begin to make changes to encourage healthy eating at school. We heard you loud and clear.

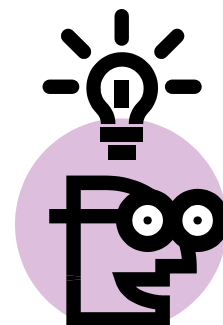


We plan to send out two Newsbites like this to connect schools and provide a place to share success stories related to promoting healthy eating at school. We are also developing a “Resource and Implementation Tool Kit” with lots of practical information for promoting healthy eating at school. We’re looking for ways to talk to schools and also give schools the opportunity to talk to each other to share ideas about how we can promote healthy eating at school. We have received funding from the Canadian Diabetes Prevention Strategy to support this work. We are calling this initiative the **Healthy Eating at School Project** (or Healthy EatS for short. See below for a taste of things to come.

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- *Bright Ideas*
- *Update on Policy development from the school boards/district*

WHAT A BRIGHT IDEA!



Here are some great ideas of what our lead schools are doing to support healthy eating in their schools.

Alberton Elementary are selling pizza on a whole wheat crust.

Belfast Consolidated are serving chili, soup, grilled cheese sandwiches, and baked potatoes.

Central Queens Elementary are getting healthy lunches from the local bakery.

The “Super Snack” Program at **Dundas Consolidated** continues to be very popular.

École Évangéline’s are selling mussels for their fund-raising campaign.

Students at **École française de Kings-Est** help to cook a healthy meal once a month.

École française de Prince-Ouest is offering soup, stew and chicken wraps for lunch.

Vending machines that sell soft drinks are not turned on during schools hours at **École François-Buote**.

At **École St-Augustin** the students play outside before eating.

Continued on back....

Updates

You may be wondering what's happening in other school boards/district in the development of School Healthy Eating Policies. Wonder no more.....

Activity	Le Commission scolaire de langue française	Eastern School District	Western School Board
Lead School Team Meeting	All 6 schools participated in meetings on March 31 and April 1, 2004	Original five lead schools met on November 5, 2003	Four lead schools met on March 11, 2004
Review of Draft Policy	Currently under consul-	Consultation com-	Consultation completed
Draft Policy presented to Board for consideration	Hoping to do so in winter 2005.	November 2003	January 2005
Adoption of School Healthy Eating Policy		January 12, 2005	

MORE BRIGHT IDEAS!

École-sur-Mer offers a healthy snack every week free of charge.
 The breakfast program at **Eliot River Elementary** is a huge success.
 During school skates for **Ellerslie Elementary** the canteen is kept closed.
 Older students help prepare snacks for the whole school at **Grand Tracadie Elementary** using local produce.
Gulf Shore Consolidated won the Queens Region Model of Health Award.
O'Leary Elementary are serving pasta for lunch.
St. Louis Elementary continue to encourage students to eat more vegetables and fruit with their fun "nutrition challenge".
West Kent Elementary had great success with their fund-raising auction sale.



Keep in touch!

Do you have a healthy eating success story you would like to share? Let us know by contacting Mary Acorn, Healthy EatS Project Coordinator.

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Riddle Time!

What 7 letters did the mother say to the fridge?

O I C U R M T