



APPLE Schools Bulletin Boards 2008/2009

September— “The Perfect 10 Lunch”

A perfect 10 lunch is one that has:

- 1 Fruit serving
- 1 Vegetable serving
- 1 Whole Grain serving
- 1 Milk or Alternative serving
- 1 Meat or Alternative serving

For each of the items that a student has in his/her lunch, that child receives two points, with the goal being to have a “Perfect 10 Lunch” each day.

The bulletin board illustrates a Perfect 10 Lunch, and includes examples of foods in each category and a handout for students. The handout describes how parents can improve the nutritional quality of lunches and ideas for different menu items (from www.dietitians.ca). The activity for the month is a daily food-check challenge. Each day we announce what food category(s) we’re looking for. If a student has that item in their lunch, they get a sticker on the “Perfect 10 Lunch Chart”. Each day we look for a different category. During week 1 you look for one item from one category. In week 2 you look items in two different categories. Each week the challenge becomes more difficult, until everyone is bringing perfect 10 lunches every day. It’s a great way to increase the amount a veggies, fruits and whole grains kids eat.

October— “Bone Health Month”

The October bulletin board highlights physical activities and foods that increase bone density. A list is also provided of foods that people don’t normally think of for improving bone health such as beans, tofu, almonds, and broccoli.

School-wide activities include a sampling of “Bounce at the Bell” activities (from Action Schools BC) and a walk-to-school event for International Walk to School week (October 6th-10th).

Suggested activities include having classes create their own “Got Milk?” advertisements or public service announcements, providing milk and dairy treats in classrooms such as chocolate milk, cheese strings, and yogurt tubes, and hosting a milk mustache contest! A newsletter article includes a calcium-rich recipe from Alberta Milk and tips on reducing activities that may cause a threat to your bone density.

November— “Color Your World with Vegetables and Fruit!”

This bulletin board emphasizes the importance of enjoying a variety of vegetables of fruits of all different colours! It displays the benefits of a variety of colour in our diets, and promotes the consumption of fruits and vegetables of all types. There are examples of vegetables and fruits as well as the health benefits for each colour. Different fruits and vegetables from any chosen country can be highlighted depending on the demographics of the school. Information is sent home to parents about how to increase children’s intake of vegetables and fruit, why it’s important to choose a variety of colours in your diet, and a take home recipe for vegetables and low fat dip.

Some teacher resources include:

- The Rainbow Challenge activities and other contests for in the classroom
- Dole 5-a-Day CD resource which includes classroom activities, information and games
- Taste-testing plans for different colours of food at recesses and lunch time



December— "Healthy Holidays"

For December the focus is on the tradition, culture and celebration. A Healthy Holidays bulletin board encourages students to participate in Healthy Eating, Active Living, Taking time together and New Family Traditions. The interactive bulletin board facilitates students to 'decorate' a pre-made tree with decorative balls containing "healthy messages". Students write healthy messages on the decorative balls and place the balls on the trees. The family newsletter home reminds families to spend time together, celebrate the season in healthy ways and to continue to incorporate active living in the season. Ideas for staff and the school include a Holiday Trivia contest on the announcements and host a winter carnival outside encouraging active living in the snow over lunch time or for the afternoon!

January— "WinterActive"

Through out the month of January teachers and students will complete the following sentence "I can stay winter active by..." these statements will then be used to create the bulletin board. This bulletin board is cross curricular with Language arts and Art and makes students aware of all the activities they enjoy in the winter. Everyday there are announcements/tips on different ways to stay interactive and there is a complete package on DPA/DPE games for teachers to use in the wintertime to get their students active. The nutrition component of this bulletin board is on winter vegetables with a great focus on ones that pack powerful vitamins to keep you healthy through the winter months. There is a whole school event on the story of "Stone Soup" which brings together the school and the community and creates a great healthy hot lunch for the school. This bulletin board really just creates motivation for students and teachers to get up and get moving and enjoy the Canadian Winter!

February— "Hearth Health Month"

The theme for February is "Healthy Hearts." Physical activity messages in the monthly announcements focus on the importance of cardiovascular or aerobic activities for a healthy heart, and nutrition messages address the role of vegetables and fruit, fat and whole grains in heart health. A "Healthy Hearts" bulletin board includes facts about the heart to educate viewers about its importance and illustrates a variety of cardiovascular activities that children can participate in, as well as tips on heart-healthy eating. A newsletter for parents includes tips for heart-healthy eating, ideas for getting kids to eat more vegetables and fruit, information on accessing vegetables and fruit in the winter, and suggestions of family-oriented physical activities. To reinforce health messages in the classroom, teachers will be provided with a grade-appropriate heart-healthy lesson plan from the Heart and Stroke Foundation of Canada, as well as a list of additional resources. Finally, a list of ideas for events or activities that tie into the monthly theme is provided, such as participating in Winter Walk Day and incorporating an activity to assess heart rates, participating in Jump Rope for Heart, or encouraging classes to organize heart-healthy Valentine's Day parties.

March— Choose one of two topics provided in this exciting month!

Portion Distortion-- compares portion sizes of today to 20 years ago, highlighting that we are eating more than we really should be. This package also includes information on how to gauge to healthy portion sizes and how to include daily physical activity into our healthy lifestyle to combat portion distortion; a matching newsletter article is provided for the school's monthly newsletter. Teachers are provided with resources such as Capital Health's Portion Wise kit, Alberta Health & Wellness's Portion Kit (coming soon), as well as ideas for lesson plans and school-wide activities so the school community can be wise about their portion size!

Stay active. Eat like a champion. Nutrition Month 2009 campaign coming soon to a school near you! Nutrition Month 2009 will target teen and adult Canadians who are engaged in 30-60 minutes of physical activity 3



times per week and are ready to make informed choices to support optimal nutrition for their active lifestyle. Bulletin board, newsletter, school-wide and classroom challenges and teacher resources will all reflect this exciting theme; incorporating healthy eating and physical activity for our best health possible!

April— "Gettin' Springy With It!"

This bulletin board will emphasize springtime activities, fruits and vegetables that are in season and animals that use different springing locomotor patterns to get around! There are many family activities on the bulletin board as well as healthy living tips. The emphasis will be on in-season fruits and vegetables that are less expensive at the grocery stores in the spring. There is also nutritional information about why those fruits and vegetables are beneficial. Information is sent home to parents that emphasizes the in-season fruits and vegetables. A recipe for a wonderful springtime salad is included and some ideas of "springing" kids can do around the house!

Some teacher resources include:

- Healthy Active Easter activities you can do with your students.
- A list of all the Springing activities that can be done in the classroom and animals that may get around by springing.
- Earth Day activities for classrooms
- Taste testing of new springtime fruits and vegetables for recess or class time.

May— "Summer Active"

SummerActive is an initiative organized by the Government of Canada in collaboration with the Provinces and Territories. It is designed to encourage Canadians improve their health by adopting healthier lifestyles, including physical activity, healthy eating and living tobacco-free.

The SummerActive bulletin board has space to publicize the school's SummerActive events and tips on "refueling" after play and exercise. A border made up of different fruits, vegetables, and summer activities can also be used for cross-curricular purposes.

Other information that is provided to support a SummerActive campaign:

- How to use the SummerActive website to register participation and win prizes
- A newsletter is provided for parents that provides the same information available on the bulletin board in the school, as well information on being SummerActive with your family
- Suggested activities are provided to teachers to encourage physical activity beyond their physical education classes.

June— "Dairy Month"

June is Dairy Month! This month's bulletin board shows students how milk gets "From MOO to YOU!". Each step of the milk process has a picture as well as a description of what is happening to the milk. Examples of some pictures include homogenization, the milk parlor and transportation of the milk. Inside each of the flip up pictures are interesting facts about cows and milk. Morning announcements that complement the bulletin board have been created which feature milk jokes, how to choose healthy milk products and reminders about drinking milk each day. As well, an article can be attached to the monthly newsletter that teaches parents about the important nutrients in milk.