

Top 10 Campaigns

1) Superhero vs. Super Sneaky Cereals

The "Superhero vs. Super Sneaky Cereals" bulletin board demonstrates how to find out if your breakfast cereal is nutritious or if it contains inappropriate additions. Superhero cereals have higher amounts of fibre, are lower in fat and have lower amounts of sugar. Three easy steps are given to show how to check the nutritional labels to tell if the cereal is a Superhero cereal or Super Sneaky cereal, along with a list of Superhero and Sneaky cereals. This interactive display can be used as an in class lesson and has received much positive feedback.

The label determines if the cereal is Superhero or Super sneaky cereal. There is a newsletter for parents with information on why breakfast is important as well as class room activities, portion size information, and daily announcements.

Related materials include:

- Breakfast secret investigation challenges
- In class lessons/experiences
- Breakfast for Learning health tips
- Newsletter
- Daily announcements for students

2) Colour Your World with Vegetables and Fruit

The "Colour your World with Vegetables and Fruit" bulletin board emphasizes the importance of enjoying a variety of vegetables and fruits of all different colours. It displays the benefits of a variety of colour in our diets, and promotes the consumption of vegetables and fruits of all types. There are examples of vegetables and fruits as well as the health benefits for each colour. Different vegetables and fruits from a wide variety of countries 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, the importance of choosing a variety of colours in a child's diet,

Related materials include:

- Dole 5-a-Day CD resource which includes classroom activities, information and games
- Rainbow challenge activities & classroom contests
- Other ideas for teachers such as taste testing plans for different colours of food

- Newsletter
- Daily announcements for students

3) From Moo to You

This “Moo to You” bulletin board describes the path of how milk gets from the cow to the grocery store cooler. The “From Moo to You” bulletin board uses pictures and interactive flip up cards with fun questions and fun facts about the process. Information is sent home to the parents about dairy, tips for choosing Milk & Alternatives, nutrients in milk, and a summary of “Moo to You”!

Related materials available:

- Information on milk and the dairy industry, and how milk contributes to health
- Milk activity ideas
- Newsletter
- Daily announcements for students

4) Bone Health

The “Bone Health” bulletin board highlights physical activities and foods that increase bone density. Included is a list of foods that improve 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. Suggested activities include students creating their own “Got Milk?” advertisements or public service announcements, providing milk and dairy treats in classrooms, and hosting a milk moustache 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.

Related materials available:

- Bone/Skeleton theme activities
- Photos of foods that contain calcium
- Activities & ideas for teachers
- Newsletter
- Daily announcements for students

5) Super Snacks / Rate Your Snack

The “Super Snacks”(Super Summer Snacks) bulletin board depicts a food rating system in a straightforward way that separates healthy foods from less healthy foods according to the Alberta Nutrition Guidelines. Under each category within the Guidelines, pictures of various foods are displayed to give examples of which snacks belong in each category, and the recommended times each week they can or should be eaten. There are interactive components to the board to engage students. Wrappers from students snacks can be collected and added to the board throughout the month. A newsletter article for parents includes a description of the food rating system, along with examples of foods that fit into the “Choose Most Often” category.

Related materials available:

- Single serving packaged food list
- Additional information on bulletin board
- Newsletter
- Daily announcements for students

6) Healthy Holidays

The “Healthy Holiday” bulletin board focuses on the tradition, culture and celebration of the holiday season. The interactive bulletin board facilitates students to ‘decorate’ a pre-made tree with decorative balls containing “healthy messages”. The healthy messages are then placed 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.

Related materials available:

- Activities & ideas for teachers such as holiday trivia and winter carnival
- Newsletter
- Daily announcements for students

7) Choose Like a Champion: Re-Think your Drink!

This bulletin board encourages students to make winning choices when choosing a beverage. It is separated into 4 categories based on the Alberta Nutrition Guidelines: 1)

Gold Medal Choices (Choose Most Often) 2) Silver Medal Choices (Choose Sometimes) 3) Bronze Medal Choices (Choose Least Often) 4) Off the Podium (avoid these drinks).

This is an interactive board that requires the children to try to match types of drinks to the appropriate category.

There is a newsletter article regarding drink choices and hydration, sport drinks and making healthy choices.

Related materials available:

- Classroom lessons & resources
- Drop the Pop challenge
- Newsletter
- Daily announcements for students

8) Go for Grains

"Go for Grains" bulletin board highlights the Alberta Nutrition Guidelines categories of Choose Most Often, Choose Sometimes and Choose Least Often and as well as a section illustrating portion sizes. Each category has pictures of the grain foods that represent that category with a flip up sign that contains a description underneath. The theme "Go Grains Keep Us Going" emphasizes making whole grain choices. The Newsletter also supports this concept for parents.

Related materials available:

- Newsletter
- Daily announcements for students
- (Couldn't find any other resources for this section)

9) Healthy Hearts

The "Healthy Hearts" bulletin board includes facts about the heart and illustrates a variety of cardiovascular activities that children can participate in, as well as tips on heart-healthy eating. Physical activity messages included in the monthly announcements and 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 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, 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 a Winter Walk Day and incorporating an activity to assess heart rates.

Related materials available:

- Ideas & events/activities such as jump rope for heart
- Resources
- Newsletter
- Daily announcements for students

10) WinterActive / 24 ways to leave your sofa

The “WinterActive” bulletin board provides curricular links with Language Arts and Art and increases awareness of winter activities. During this WinterActive theme, teachers and students will complete the following sentence "I can stay WinterActive by..." These completed statements are used to create the bulletin board. Everyday there are announcements/tips on different ways to stay active in winter and there is a complete package on DPA/DPE games for teachers to use in the wintertime. The nutrition component of this bulletin board is on winter vegetables with a great focus on ones that pack powerful vitamins to keep healthy through the winter months. There is a whole school event based on the story of "Stone Soup" which brings together the school and the community to create healthy hot lunch for the school. This bulletin board creates motivation for students and teachers to get up, get moving, and enjoy the Canadian winter!

Other materials available:

- Winter activity ideas (DPA/DPE games)
- 50 Ways to leave your sofa
- Stone soup information
- Newsletter
- Daily announcements for students