

Heart Healthy Schools Newsletter January 2022

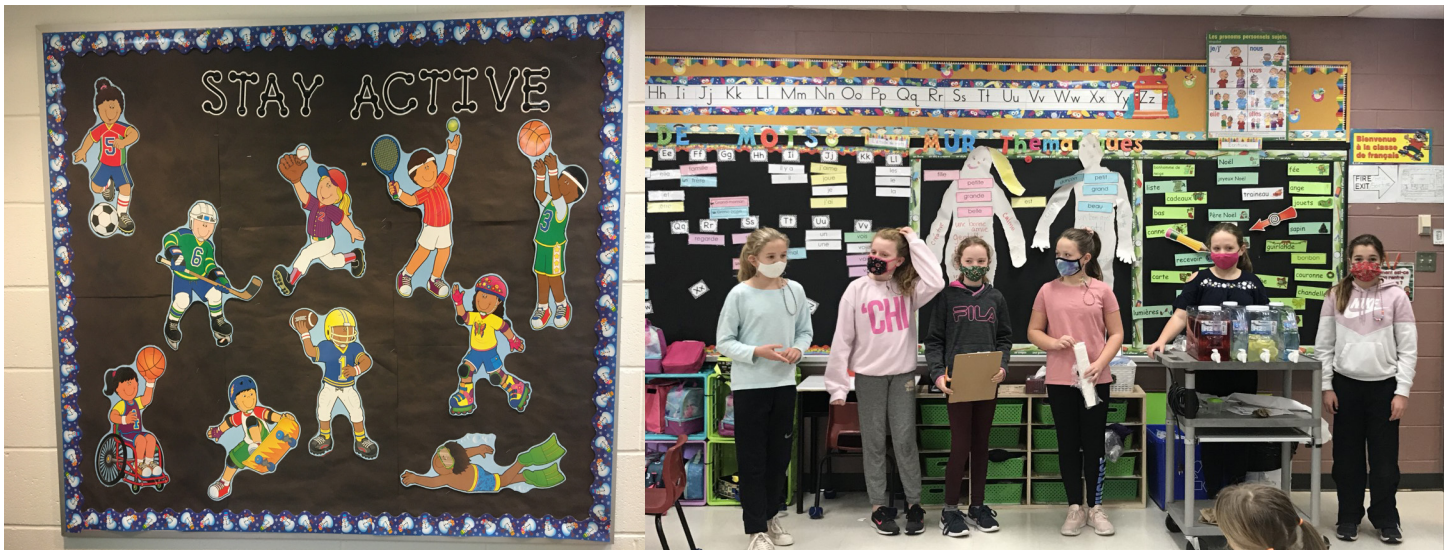
Happy New Year to all of our Heart Healthy Schools!

We are excited to see all the ways you will promote fruit and vegetables, physical activity, less screen time, and fewer sugar sweetened beverages with your students during your challenge weeks.

Prize winner!

The winner of the November 2021 newsletter contest to submit the calendar of your challenge weeks before Christmas break was **Nelson Rural School**. They have won 10 soccer balls!

If you haven't already, please log into your account at hearthealthyschools.ca and complete your first four steps including sending a copy of your planned challenge calendar to your coordinator (jmcleod@hsf.nb.ca). Make sure to tick off the check boxes at each step including your challenge weeks as you move through, so we can follow your progress!





Recipe for Infused Water

Fruit or herb infused water is colourful and can entice students to drink more water.

Ask students what types of fruit they would like to add to water to drink, or try this recipe to sample in your class.

Serving:

This recipe serves 250 ml servings for eight or 500ml servings for four.

Ingredients:

- 2L water
- 10 strawberries

(you can replace with any combination of berries like; raspberry, blackberry, blueberry)

- 2 lemon
- 1 lime

(you can replace lime with any combination of citrus fruits like; orange, grapefruit, pomelo)

- Ice cubes.

Directions:

- Pre-wash all the fruit to clean.
- In a clean glass jug slowly pour in the 2 Litres of water.
- To the jug of water add juice of one lemon and half a lime. You can have the students squish the lime bits with a wooden spoon so that the tart flavour of the lime is distributed evenly in the mixture.
- Thinly slice the second lemon and save for garnish, before serving.
- Next remove tops from the strawberries and thinly slice or chop them.
- Add cut strawberries slowly to the lime and water.
- For all the ingredients to mix well in the water, and to allow the fruit flavour to infuse in the water refrigerate the water and fruit mixture for at least 2 hours.
- After 2 hours remove the infused water from the refrigerator and slowly pour it into serving glasses
- Add some ice and thinly chopped lime and lemon slices before serving.



New Contest Time!

Email your project coordinator (jmcleod@hsf.nb.ca) pictures and/or stories from the activities from any of your challenge weeks before March break to have your school entered in a draw to win a \$50 gift card to the grocery store of your choosing!

Challenge week activity idea: Passport to Hydration Scavenger Hunt

This can link in with physical activity and drinking less sugar sweetened beverages challenge weeks!



Task: Find posters with messages about hydration around your school in a scavenger hunt activity

Preparation and Supplies:

- Tape
- Scavenger hunt sheet for each student.
- Each sheet should have numbers 1 to 6 with blanks beside each number.
- Posters with 6 numbered messages like:
 1. Drink water when you are thirsty.
 2. Water carries nutrients around your body.
 3. Water is used to make sweat to keep you cool on hot days.
 4. Your body is made up of about 65% water.
 5. Wash your water bottle everyday.
 6. Add a slice of lemon or other fruit to your water bottle for a splash of flavour.

Instructions:

- Arrange taped posters with numbered hydration messages around the school, i.e. near washrooms, water fountains, water bottle filling stations, cafeteria, etc.
- Give each student a scavenger hunt sheet.
- Share the time limit (i.e. 30 minute period, full school day, etc)
- Challenge the students to find the 6 hydration messages and write them down by the end of the scavenger hunt time frame.

Variations and Discussion Topics:

- Have the challenge occur over a short period or over the full day.
- Ask students to pick their favourite message and create a poster for home or your classroom.
- As a class discuss how students like to drink water:
 1. What makes it easier for students to drink more water?
 2. How do they like to drink water cold or at room temperature?
 3. Do they like to flavour their water?
 4. What do they add or use to flavour their water?
 5. Why do they think their body needs fluid everyday?

Have Fun!



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