

# Heart Healthy Schools Newsletter January 2021

Happy New Year to all Heart Healthy Schools!

## Contest time!

Email your project coordinator pictures and/or stories of your challenge weeks to get your school in a draw to win a **prize of your choosing!**

### Prize options:

- 1) Sports Pack: Includes a variety of indoor/outdoor physical activity equipment
- 2) The Sensory Path hallway decals
- 3) Grocery store gift card valued at \$300

Remember to send stories/photos that we are able to share in our next Newsletter! **Deadline to submit: June 8th, 2021**



*The staff at Princess Elizabeth School were over the moon excited about how well the challenge was received! The students went wild over trying new fruits!*

Keep an eye out for our **Jump Rope for Heart** program! If you haven't heard from our project coordinator yet and are interested in participating or have any questions, please email Natalie Young at [nyoung@hsf.nb.ca](mailto:nyoung@hsf.nb.ca)

**Reminder:** Don't forget to keep track of each step you complete on the Heart Healthy Schools website!

If you haven't already, please submit your questionnaire, which you can find here:

[www.surveymonkey.com/r/8G9NPR8](https://www.surveymonkey.com/r/8G9NPR8)



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## Check out what your fellow Heart Healthy Schools have been up to!

The students at **Nelson Rural School** finished their Water Challenge with a reality shifting exercise! They had to determine if a drink was as healthy as the advertisement suggested. The winning class won an infused water day for their class!



**Arnold H. McLeod** held a friendly competition to see which class has the lowest percentage of screen time! The winning class won an extra outdoor recess!

They have also adapted to virtual assemblies where they kick off each challenge with a video made with the help of the students! This helps everyone get pumped up for the challenge at hand!

Check out what **Harcourt School** has to say about being a Heart Healthy School:

*"The Heart Healthy initiative has been a great motivational program for our students and staff to follow! We have increased the volume of fruit, vegetables, and milk/water consumption by a huge margin since this program started. We have also increased our PE time and general outdoor activity-with limited screen time throughout the school day. Thank you for including us at Harcourt School!"*



As you can see below, the students at **Princess Elizabeth School** loved the Fruit and Vegetable Challenge!



### Having trouble coming up with activities you can do during challenge weeks?

Fear no more! We have newly developed challenge ideas that are Covid-19 friendly! They'll be up on the website in the coming months, however if you're interested now email your coordinator for more info!

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