

Heart Healthy Schools Newsletter June 2021

Congratulations on a Successful School Year!

Shout outs!

Shout out to the Grade 2 students of **Burton Elementary** that made and delivered Strawberry Banana Smoothies for the whole school!



The students at **Nelson Rural** went above and beyond for their Active Classroom Challenge! A group of Grade 5 students produced a video highlighting tons of fun ways to get active! Watch with your students so they can see what's going on in other schools around New Brunswick!

[Check out the video here!](#)

The same students at Nelson Rural set up this bulletin board outside of our gymnasium as a reminder to get active!



They also ran a school wide contest for each class to participate in. All classes that participated for all 5 days had their name entered into a draw for the grand prize.

The District ASD-N Physical Education Department Head graciously **offered a swimming party and lunch as the grand prize for their Active Classroom Challenge contest!**

Take a look at what some other Heart Healthy Schools accomplished throughout the year!

Arc-en-Ciel proudly showing their healthy snacks!



École Communautaire Saint-Joseph enjoyed a crunchy veggie tray for their Fruit and Vegetable Challenge and some yummy infused water for their Water Challenge!



Princess Elizabeth School enjoyed some frozen fruit infused water during their Water Challenge!



École Les Éclaireurs served some refreshing cucumber and lemon infused water with the help of their students! They also enjoyed some fresh air by having classroom outdoors!



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Dorchester Consolidated School enjoying some fresh, juicy apples!



Thank you all for sending us your photos!

Heart Healthy Schools Contest

Back in January, we announced a contest that required pictures and stories to be sent our way in order to be entered to win a prize valued at \$350!

The winner of the Heart Healthy Schools Contest 2021 is.....(drum roll please), **Nelson Rural School!** Congratulations Nelson Rural, a well-deserved win!

Everyone's a winner!

As you complete the Heart Healthy Schools program, track all your steps and submit your Wrap-Up Survey, you'll be receiving a **grant of \$350**. This grant is intended to help improve the healthy environment at your school!

We understand that this school year was an exceptionally difficult year to navigate. If you have registered for the program but haven't completed all of the challenges yet, we would like to recognize your efforts. Therefore, please reach out for the opportunity to complete the program through an alternate process.

The Heart and Stroke Foundation of New Brunswick wishes you all the best in the coming school year and hope to continue our collaboration that supports youth and their nutritional needs!

With much gratitude,

Grace Bartlett and Maryam Naslafkih, Program Coordinators, Health Promotion



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