

Nutrition Networking Meetings

We try to keep the exchange of ideas alive through these Newsbites, but we love to bring people together in person. Schools certainly told us that it's important to have time to share ideas with other schools.

In November we held a series of 4 Networking Meetings to talk about issues in implementing the nutrition policies in elementary and consolidated schools in the Eastern School District and Western School Board. We had a great time and learned so much from the 23 schools attending. There was a mix of administrators, teachers, and parents present.

Schools shared what they were doing to promote healthy eating—fruit and veggie snack programs, healthy choices for lunch (e.g. baked potatoes, pasta, subs), and

using healthy eating tips in school newsletters. There was a brainstorming session on the challenges and solutions to implementing the nutrition policies—topics included volunteers, fundraising, buy-in, and facilities.

The cumulative results of the four meetings have been summarized in a report. At least two copies of the report has been sent to all ESD and WSB elementary and consolidated schools - to the principal and secretary. Contact Mary if you would like more copies.

A second series of Networking Meetings took place on March 7 and 15 for WSB schools. Meetings for the ESD schools may take place later in the spring.

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Healthy Eating in Intermediate Schools

The PEI Healthy Eating Alliance has been working primarily with elementary and consolidated schools since 2003. Over the past 15 months we have started to work with intermediate schools as well.

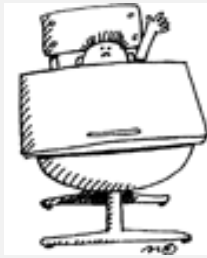
The majority of our work has been with the four intermediate schools in the greater Charlottetown area. These schools have formed Nutrition Teams consisting of 10 students and teacher/administrator representatives. This exciting process involves the students in making decisions about the foods sold at

school. Some of the changes include introducing a milk vending machine, cutting back on how often fries are served, introducing more healthier meal and snack options, and strategically placing the healthy choices in an area where more students will see them.

A similar process is in the initial stages with some WSB intermediate and senior high schools. The ultimate goal is to develop nutrition policies and/or regulations for intermediate and high schools.

Do You Know What the Healthy Eating Alliance Can Do For You?

- Do you know that the PEI Healthy Eating Alliance has a **nutrition education display** that schools can borrow? This includes the very popular display of fat and sugar content of popular foods. Many schools have borrowed the display in the past for Parent/Teacher Conferences. The display really makes people think about the choices they make.
- Do you know that the staff of PEI Healthy Eating Alliance are available for **meetings and presentations**? We can meet with School Nutrition Committees to talk about lunch program options. We can do presentations for Staff PD Sessions or Home & School Association meetings.
- Do you know that your school has a copy of the **School Healthy Eating Toolkit**? A copy of this useful resource was given to all elementary and consolidated school principals in the spring of 2005. Inside you will find a wide variety of topics, including ideas for healthy lunch choices and classroom materials. The Toolkit can also be downloaded for free from our website (www.healthyeatingpei.ca) under the "Information for Teachers" section.
- Do you know that schools who send in the Toolkit evaluation (section 10) are eligible for **fabulous prizes**? 😊



Special thanks to the PEI Department of Health for their continued financial support of the School Healthy Eating Policy Project since 2003.



Questions? Ideas? Requests?
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Schools Honoured in Model of Health Reception

Recently, the PEI Government recognized several schools for being "Models of Health" for their efforts in improving the health of Island by promoting healthy living.

Congratulations to the following schools

- **Ellerslie Elementary School** for their Healthy Eating and Active Living initiatives
- **Englewood Home and School Association** for their Lunch and Snack Program
- **Fortune Consolidated School** for their Edible Classroom Program
- **Montague Regional High School** for their SWITCH Club
- **Somerset Elementary School** for their participation in the Active Healthy School Communities Project
- **Westisle Composite High School** for taking part in a Healthy Choices Pilot

