



John Allison Elementary School

PO Box 40

Princeton, B.C.

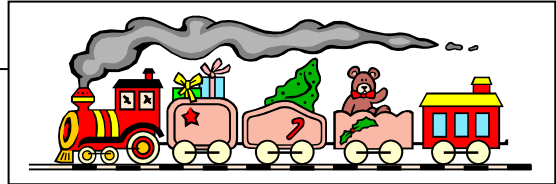
YOX 1X0

Phone: 250-295-6727

Newsletter No. 7

December 8, 2011

JAE CALENDAR UPDATE



- Dec. 12 CHRISTMAS CONCERT REHEARSAL at YF at 1:00 P.M.
- Dec. 13 JAE CHRISTMAS CONCERT at YF at 1:00 P.M.
- Dec. 15 CHOIR to RIDGEWOOD @ 1:00 P.M.
- Dec. 16 SKATING
- Dec. 17-Jan. 2 CHRISTMAS BREAK
- Jan. 3 SCHOOLS RE-OPEN
- FEB. 17 PRO D DAY (STUDENTS DO NOT ATTEND)
- MAR. 13+14 2:00 DISMISSAL FOR PARENT/TEACHER INTERVIEWS
- MAR-26-30 SPRING BREAK
- APR2-5 NON-INSTRUCTIONAL DAYS (DISTRICT/IN LIEU)
- APR. 6 GOOD FRIDAY
- APR. 9 EASTER MONDAY



JAE's Christmas Concert
@ Vermilion Forks School
Dec. 13th from 1 - 2:30 pm.



All Parents, Grandparents, family members, friends and neighbors are invited. Admission will be a donation of a canned or dry goods item for the Princeton Crisis Centre

This year John Allison Staff has decided that with written permission, students will be allowed to leave the Christmas Concert from Vermilion Forks Elementary School. Please sign and return the information below.

_____ will be going home with _____
 Student Name Parent/Guardian

from Vermilion Forks after the Christmas Concert on December 13

What is Health Promoting Schools?

- Follows the framework of "Comprehensive School Health"
- Attempts to improve educational outcomes while addressing school health in a planned, integrated, and holistic way
- Based on four inter-related pillars:
 1. **Social and Physical Environment**
 2. **Teaching and Learning**
 3. **Healthy School Policy**
 4. **Partnerships and Services**

Why Health Promoting Schools?

- Improving health and wellness leads to students who are better learners, and better-educated individuals are generally healthier
- Helping children and youth to develop skills and healthy habits now can help them to be physically and emotionally healthy for life
- Addressing health and wellness can create a safer and more supportive environment
- Improving relationships within schools, with families, and in the community as a whole improves health and wellness of everyone

Health Promoting Schools



Happy Holidays!

With winter holidays comes time spent with family and friends and a break from work or school. Winter also brings holiday baking, colder weather, slippery road conditions, and winter recreational activities. Make sure you and your family are staying active, eating healthy, and taking precautions to keep yourself healthy and safe throughout the winter season.

In this newsletter you will find information on what

Healthy Schools Survey Results

Over the past several weeks I have been working to gather input from students and parents within the communities of Merritt and Princeton. I have attended several PAC meetings to meet with parents, and also had middle and high school students complete an anonymous survey regarding what they saw as the strengths and the areas for improvement in their schools.

While each school and both communities are, of course, unique, many youth face similar

Health Promoting Schools is, and some of the results collected from recent surveys of students and parents in the schools in our district. You will see some of the things I have been up to over the past several months, and things that will be coming up in the future. You will also find some health tips about the topics mentioned above, and strategies you can use to reduce your risk and improve your health.

As always, do not hesitate to

challenges, including: eating healthy foods; getting enough physical activity; feeling a sense of belonging and connection to their school; and many more.

Youth also have a variety of protective factors, such as supportive adults, activities they enjoy, positive peer relationships, and so on.

For more detailed information about survey results, please contact the Health Promoting Schools Coordinator.

come and see me in my office, call me, or send me an email if you have any questions, comments, or concerns. If you would like to be involved in the Health Promoting Schools committee, or if you would just like an update on what has been going on, I am available for meetings or a quick chat.

Sincerely,
Rebecca Stent, RN, BScN

Winter Safety

Are you protected during your winter recreational activities? Some "quick tips" to keep you and your family safe, warm, healthy, and having fun:

- Wear protective equipment, such as helmets, pads, and mouth guards.
- Dress for the weather: hats, gloves, scarves and winter jackets can prevent frost bite AND help you have fun outside for longer.
- Stay active! Don't let the cold weather stop you from enjoying some fresh air and getting some exercise.



What's New with Health Promoting Schools?

Questions, comments or concerns? Would you like to become involved? Do not hesitate to contact me or stop by my office anytime.

REBECCA STENT
HEALTH PROMOTING
SCHOOLS
COORDINATOR

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Workshops, activities, or events that may be available in the near future:

- Healthy Youth Relationships a workshop developed by Red Cross RespectEd, for youth aged twelve and up. Youth will learn about healthy and unhealthy relationships, different types of abuse (emotional, physical, and sexual), the impacts and ramifications of abuse, and interventions to protect themselves or others who are in abusive relationships (see www.redcross.ca)
- Screen Smart events and workshops for teachers of students up to grade seven. Teachers will learn how to support their students in discovering just how much recreational screen time they are using, some alternative activities, and hopefully decrease the total amount of screen time to under two hours a day (see www.screensmart.ca)
- McCreary Centre Society Next Steps workshops for youth in grades seven and up. Youth learn about and discuss the results of the Adolescent Health Survey done in 2008 in school districts across BC. They learn about risk and protective factors, and are given the opportunity to take action to address some of the issues in their community through youth-led community projects (see www.mcs.bc.ca)
- If you have any suggestions or requests for activities or events, or to hear about other initiatives that are available, please contact the Health Promoting Schools Coordinator.

Enjoy Holiday Food... In Moderation!

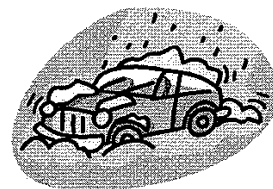
For many of us, winter and the holidays mean baking, big meals, and comfort food. How do we stay healthy while still enjoying family time in the kitchen and around the table?

- Treat yourself in moderation
- Avoid the little appetizers—often we eat more of these than we think
- Have less of the things you “like” so that you can enjoy the thing you “love” guilt-free. Load your plate with more veggies and less starches (such as potatoes, rice or buns) so that you can enjoy that piece of pie for dessert
- Avoid edible decorations such as candy canes or chocolate ornaments, it is easy to snack on these without thinking
- Don't wait until January to start that New Years Resolution—make healthier choices now
- Move some of your quality time outdoors—go sledding, build a snowman, or have a snowball fight!

Drive Safely!

With winter comes snow, slush, and icy roads. You can keep yourself, your family, other drivers, and pedestrians safer by:

- Having proper winter tires
- Driving appropriately for the conditions, even if that means slower than the posted speed limit
- Being aware of your surroundings, especially in high pedestrian areas
- Staying home if you can, especially when the roads are icy
- Choosing a designated driver
- Wearing your seatbelt
- Having an emergency kit in your car in case of accidents



Helpful Resources

Interested in learning more about how to improve your family's health and wellness? Visit these websites for information and tips:

Interior Health:
www.interiorhealth.ca

Public Health Agency of Canada:
www.phac-aspc.gc.ca

Health Canada: www.hc-sc.gc.ca