

# Healthy School Awards



## 2006-07 Extreme School Makeover: Nutrition Edition

Alberta Milk, in partnership with Dietitians of Canada, the Canadian Cancer Society and Breakfast for Learning Alberta, is proud to announce the six winners of the 2006/07 *Extreme School Makeover: Nutrition Edition* Healthy School Awards. These awards recognize the efforts of six extraordinary schools which implemented innovative strategies and programs to improve the nutritional environments of their schools.

Below, you will find each of the six award winners and the techniques they used to keep nutrition top-of-mind in their schools.

[École St. Cecilia Junior High School](#), Edmonton  
Grades 7 – 9

[Wainwright Elementary School](#), Wainwright  
Grades Kindergarten to 6

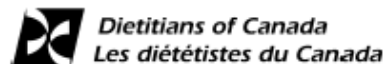
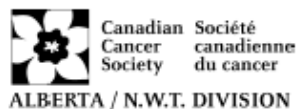
[Clandonald School](#), Clandonald  
Grades Kindergarten to 9

[Magrath Elementary School](#), Magrath  
Grades Kindergarten to 6

[Vauxhall Junior/Senior High & Mennonite Alternative Program](#), Vauxhall  
Grades 7 – 12

[Bishop Kidd Junior High School](#), Calgary  
Grades 7 – 9

This project is a joint initiative of:



# École St. Cecilia Junior High School, Edmonton

## Grades 7 – 9

### **Before School Makeover**

École St. Cecilia has a strong history of success in sports and athletics. However, missing was the link between the overall health of students and nutrition strategies as a means to promote wellness. In the past, students could buy pop from vending machines and were offered limited choices at the school lunch concession. School dances, Track and Field events and year-end activities were usually a package deal that included a hamburger or hot dog, a bag of chips and pop. Newsletter articles or displays about nutrition were non-existent, as were School Health Fairs.

### **After School Makeover**

École St. Cecilia has made significant improvements in nutrition over the past year and a half. The school joined the Edmonton Catholic School AISI project initiative called *Wellness Works*, then developed SMART goals and strategies to change nutrition in their school. They opened a Health Hut that began as a breakfast snack program and now offers nutritious hot lunches on Wednesdays. They have collaborated with the University of Alberta and worked with community nutrition students to provide nutrition education resources for teachers. École St. Cecilia has also implemented an annual Health Fair focusing on overall nutrition and wellness.

### **Future Plans**

École St. Cecilia plans to remain a leader in their district *Wellness Works* AISI project and will mentor other junior high schools that are ready to implement nutrition and wellness programs. Their award will be used to renovate the Health Hut and purchase equipment, such as pots and blenders, to accommodate new menu choices.

## **Wainwright Elementary School, Wainwright Grades Kindergarten to 6**

### **Before School Makeover**

Prior to the school makeover, Track and Field day at Wainwright Elementary School was known as Junk Food day. Many students came to school with no lunch or an unhealthy lunch. In 2005, Wainwright School developed a plan for several key initiatives to transform nutrition and activity at their school. The ultimate goal was a change to a school population where healthy choices are the norm.

### **After School Makeover**

The menu for Track and Field Day was revamped to provide nutritious snacks instead of high-sugar, high-fat choices. These included granola bars, fruit leather, pieces of fruit, bottled water and fruit juice. Parents and teachers noticed a dramatic improvement in the behavior of their students: they were focused and had more energy to compete in the all-day events. Now, activity-based events incorporate fruit, water and milk as rewards. In addition, Wainwright School now incorporates healthy snacks at staff and parent association meetings.

Wainwright School also introduced noon hour intramurals for the entire school, where each classroom challenges the staff. The goal is to have fun, promote school spirit and get active.

### **Future Plans**

To stay on course, Wainwright School will continue to expose students to healthy choices for snacks and lunches and educate them as to why these choices are important for physical and mental well being. Future plans are to develop a "Live Outside the Box" program where boys in Grades 4 – 6 focus on healthy food choices and unique physical activities that will help them develop healthy minds and bodies.

## **Clandonald School, Clandonald**

### **Grades Kindergarten to 9**

#### **Before School Makeover**

Before the school makeover, Clandonald School had a pop machine and a school concession where students could purchase snacks that contained high amounts of sugar, salt and fat. The only food program was a monthly hot dog sale.

#### **After School Makeover**

Clandonald School began taking steps to make their school healthier by replacing pop in the vending machine with juice and water. The school concession revised their menu and now serves healthy snacks such as yogurt tubes, fruit snacks, subs and puddings. The school developed a weekly hot lunch program for all students and staff, as well as a Grade 6 cooking club that educates students on food preparation and how to make healthy food choices.

Daily physical activity continued to play an important role in the school schedule, with classrooms receiving 40 minutes of physical education each day. Clandonald participated in the “Live Outside the Box” program, that emphasized an increase in physical activity for girls in Grades 5 – 9. They have found these initiatives to be very valuable and successful, with long-lasting benefits.

#### **Future Plans**

Clandonald will continue to develop initiatives that support healthy-eating education for students, staff and parents. The school will also keep promoting healthy environments that optimize mental health.

## **Magrath Elementary School, Magrath Grades Kindergarten to 6**

### **Before School Makeover**

Magrath Elementary School began focusing on nutrition four years ago when they became a Club Moo school. However, no school policy relating to nutrition had been established. Students received chocolate bars for a birthday treat and their cafeteria continued to sell deep-fried foods. Fundraisers included unhealthy food choices like cotton candy and doughnuts.

### **After School Makeover**

The changes started last year when two parents attended the Nutrition File™ seminar sponsored by Alberta Milk. Magrath Elementary decided to develop nutrition policies for their school. They identified six areas that could be addressed with policies: school parties and holidays; rewards; fundraisers; birthdays; the cafeteria lunch menu and student lunches from home.

The chocolate bar that was given to students on their birthdays is now replaced with a birthday book instead. All fried foods were taken off of the cafeteria menu and since the change, cafeteria staff say business has increased. Interactive nutrition education games were also developed to involve each grade. The students love playing the games and especially love when their grade is in charge of the challenge.

### **Future Plans**

Magrath Elementary will continue to offer fun, interactive learning opportunities on healthy food choices and lifestyles. They will also continue working on nutrition policies and guidelines.

# **Vauxhall Junior/Senior High & Mennonite Alternative Program, Vauxhall Grades 7 – 12**

## **Before School Makeover**

Facilities are limited at Vauxhall Junior/Senior High & Mennonite Alternative Program. There is no sink or running water in their canteen, so food choices are limited to prepared foods that can be refrigerated and/or microwaved. The school vending machines contained juice, water, sports drinks, pop, cereal bars, chips and candy bars. Recently, students in Grades 8 and 9 participated in a University of Alberta survey regarding their eating and activity habits. Survey results indicated that boys lacked the minimum number of food group servings for Vegetables and Fruit and girls lacked the minimum for every food group except Meat and Alternatives.

## **After School Makeover**

The initial goals of the school health committee were to: provide healthy food choices to the students; have students drink more milk and juice; increase activity levels of all students and staff to a minimum of 30 minutes per day; and provide parents with tips on how to help their kids make healthier food choices.

Pop consumption was reduced by replacing it with milk, water and juice. Fruit and vegetable consumption was increased by providing students and staff with fruit smoothies and fruit and vegetable trays on a weekly basis. A daily breakfast program ensured students and staff were having breakfast every day. To increase activity levels, students logged time for their activities. Students with the highest tallies per week were awarded sports equipment such as fit balls, hackey sacks, pedometers, etc.

## **Future Plans**

Future plans for Vauxhall are to continue school-wide education through projects, bulletin boards and healthy food presentations and to encourage active lifestyles.

# **Bishop Kidd Junior High School, Calgary**

## **Grades 7 – 9**

### **Before School Makeover**

Before the school makeover, Bishop Kidd Junior High resembled most Canadian junior high schools. Their vending machines were stocked with pop, chips and chocolate bars. The canteen sold a wide assortment of candy, chips, pop, cake, cookies and other assorted sweets. These types of foods were a main part of classroom parties, fundraising, sports tournaments and teacher meetings.

### **After School Makeover**

Bishop Kidd embarked on a program known as “Comprehensive School Health” to make over their school. An extensive School Health Survey was completed by students, teachers and parents. The school team investigated the consumption rates for breakfast and lunch and found that across all grades, boys were less likely to eat either meal.

Bishop Kidd implemented several strategies and programs to improve the nutritional environment of the entire school. Vending machines were changed to stock milk, water and healthy snacks. Classroom parties and teacher luncheons were changed to incorporate fruit trays, veggie trays, chocolate milk and cheese. Daily nutrition breaks are now provided to students. Bishop Kidd’s monthly newsletter now includes a one-page insert on healthy food choices. Their display cases showcase food portion sizes and healthy choice ideas.

### **Future Plans**

Future plans for Bishop Kidd include building on their past successes. Their stakeholders are kept informed and the meetings with teachers, students and the health nurse continue. They also plan to organize set nutrition breaks for their students.