

Nutrition and other Health Promotion Resources for Schools

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Resource	Date	Description	Access
Who is Health Promotion			
Heath Promotion is here to support your school	2019	Info package on how Health Promotion can support schools with nutrition and comprehensive school community health	www.rqhealth.ca/service-lines/master/files/9245539_8_HP%20School%20Nutrition%20support%20Oct%202018.pdf
Health Promotion Request Form	2019	To be filled out by all persons who request services from our staff. If you are looking for health promotion tools, resources and information in the areas of nutrition, food security, healthy built environments, body image, weight bias, mental health, play, physical activity, screen time, benefits of nature, safety and more, fill out a request form and we will help you out as best we can or point you in the right direction.	www.surveymonkey.com/r/requestformHP
Pinterest	2019	Boards on: <ul style="list-style-type: none"> • teaching Nutrition • Healthy Foods for fun events • School Mental Health • Dental Health • Outdoor Play • Screen time • Promoting a positive body image • Recipes • and more! 	www.pinterest.ca/saskhealthauthority/boards/
Healthy Schools e-Newsletters (Regina Area)	2019	Subscribe to our monthly healthy schools e-newsletters with a different feature health topic each month, connecting to the SK curriculum, and sharing upcoming events, programs and other useful resources. Topics: <ul style="list-style-type: none"> • September – School Travel Planning: • June – e-cigs and vapes • May - Kids are Built to Move (Unstructured play, recess, 10 	www.rqhealth.ca/department/health-promotion/nutrition-and-healthy-eating

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		minute activity blocks, and benefits of being outdoors) <ul style="list-style-type: none"> • April - Oral Health • March – Starting School Wellness Teams • Feb – Nutrition Month and new Canada’s Food Guide 	
School Nutrition Policy			
Nourishing Minds: Eat Well Learn Well Live Well	2019	This Ministry of Education policy guidance document uses a Comprehensive School Community Health approach to support schools and school divisions to develop and/or renew policy and administrative procedures related to child and youth nutrition.	www.saskatchewan.ca/government/education-and-child-care-facility-administration/services-for-school-administrators/student-wellness-and-wellbeing/nutrition Webinar: ca-iti.bbcollab.com/collab/ui/session/playback/load/222bf31f71814a7fad92e94a183c8197
Healthy Foods for my School	2014	This resource helps schools choose and provide healthy food and beverage options for students. It categorises foods into classifications of foods to <i>Choose Most Often</i> and foods to <i>Choose Sometimes</i> . (This resource follows along with food groups from the old food guide, but still to be used until updated version is released).	publications.saskatchewan.ca/#/products/79260 in French: publications.saskatchewan.ca/#/products/100297
Food Safety for my School	2018	This resource provides schools with information regarding food safety standards to follow when serving or selling foods in schools	publications.saskatchewan.ca/#/products/100211 in French : publications.saskatchewan.ca/#/products/100295
Planning Healthy Menus for my School	2018	This resource is a guide for planning menus for school breakfast, lunch, and snack programs as well as cafeterias. It can be used to help plan the food served at sporting events, classroom celebrations or other activities. (This resource follows along with food groups from the old food guide, but still to be used until updated version is released).	publications.saskatchewan.ca/#/products/100247 in French: publications.saskatchewan.ca/#/products/100301
Regina Area School Division Nutrition Administrative Procedures		Regina Catholic School Regina Public Schools Prairie Valley School Division	PVSD AP www.pvsd.ca/Publication/AdminProcedures/Administrati on%20Procedures/Nutrition%20Services.pdf RCSD AA: www.rcsd.ca/Division/AdministrativeApplications/Docum ents1/Series%209000%20%E2%80%93%20Students/9512%20-%20Nutrition%20Promotion%20and%20Healthy%20Lifest yles.pdf RPS AP www.reginapublicschools.ca/?q=sites/default/files/admin _procedures/ap_325.pdf

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Comprehensive School Community Health			
Comprehensive School Community Health		Video and information sheet on how to use the comprehensive school community health approach to see lasting healthy changes to the school community.	<p>OPHEA – Healthy Schools, Healthy Communities Video - www.youtube.com/watch?v=QDXeq5S_J8A</p> <p>Government of Saskatchewan – CSCH Information Sheet publications.gov.sk.ca/documents/11/85649-2199-12F-2014%20CSCH%20%20pager%202014_en.pdf</p>
School Wellness Teams and healthy school assessment tools			
Healthy Schools E-Newsletter: School Wellness Teams		Tips and Tools for starting and implementing school wellness teams	mailchi.mp/1ab1345d076a/healthy-schools-march-e-newsletter
Starting a School Wellness Team – Alberta Health Services		Explore tools, templates and resources that can help guide you through the 6-step process for building healthy school communities.	www.albertahealthservices.ca/info/Page7123.aspx
School Nutrition Environment Assessment Tool	2019	<ul style="list-style-type: none"> • Tool to use with a school team (admin, parents, SCC, students, teachers, nutrition workers...) to determine nutrition priorities to work on over the next school year. • This tool supports the development, revision, implementation and evaluation of the school nutrition policy and administrative procedures using a CSCH approach. • This tool can be used as a self-reflective assessment to provide information about current school nutrition environments, identify strengths and areas for improvement and to measure progress. 	<p>publications.saskatchewan.ca/#/products/100248</p> <p>in French</p> <p>publications.saskatchewan.ca/#/products/100293</p>
Healthy School Planner		The Healthy School Planner is a free tool that schools can use to assess the current health environment and build a plan to make improvements.	healthyschoolplanner.com/

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		<p>Watch the new Healthy School Planner promotional video or recent webinar.</p> <p>Register online and the planner will guide you through the easy step-by-step process. (nutrition, substance use, mental health, active living)</p>	
Youth Engagement Toolkit	2019	<p>The Pan Canadian Joint Consortium for School Health's (JCSH) Youth Engagement (YE) Toolkit (2018). This toolkit was developed for JCSH by The Students Commission of Canada and is intended to:</p> <ul style="list-style-type: none"> • Help communicate the importance of youth engagement as a key approach to implementing comprehensive school health; • Provide research and rationale for practicing youth engagement in schools, school boards and districts, government ministries, health regions and community organizations; • Provide a "how-to" resource of effective practices to support youth engagement in these contexts. 	www.jcsh-cces.ca/index.php/resources/latest-website-additions/143-youth-engagement-toolkit
Curriculum Connections and Teaching Nutrition			
Photo Voice guides and ideas		Taking photos to tell a story and show their voices and views of the community.	aea365.org/blog/dana-harley-on-tips-for-utilizing-photovoice-with-children-and-adolescents-navigating-the-institutional-review-board/ adventuresinlocalfood.com/2017/09/12/kids-and-cameras-photovoice-with-kids/
Nourishing Minds – Saskatchewan Curricular Outcomes and Nutrition	2019	Highlight opportunities for educators to teach about nutrition in a variety of subject areas.	publications.saskatchewan.ca/#/products/100213 French Curricular outcomes publications.saskatchewan.ca/#/products/100304
Saskatchewan Treaty Education Outcomes and	2019	Highlight opportunities for educators to teach about nutrition in a variety of subject areas.	publications.saskatchewan.ca/#/products/100214 In French publications.saskatchewan.ca/#/products/100305

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Nutrition			
Cultural Foods and Food Practices	2019	A resource to promote inclusion through cultural and traditional foods and food practices in schools	publications.saskatchewan.ca/#/products/100215
First Nation and Métis Traditional Practices and Foods	2019	First Nations and Métis Traditional Practices and Foods	publications.saskatchewan.ca/#/products/100216
Teaching Nutrition in Saskatchewan Grades 1-8 and Health Science 20, phys ed 20/30	2019	The purpose of <i>Teaching Nutrition in Saskatchewan</i> is to provide educators credible Canadian based nutrition information and resources to support the Saskatchewan health education, physical education and Health Science 20 curricula	www.rqhealth.ca/department/health-promotion/nutrition-and-healthy-eating
Healthy Schools e-Newsletters – with curriculum connections (Regina Area)	2019	Subscribe to our monthly healthy schools e-newsletters with a different feature health topic each month, connecting to the SK curriculum, and sharing upcoming events, programs and other useful resources. Topics: <ul style="list-style-type: none"> • September – School Travel Planning: • June – e-cigs and vapes • May - Kids are Built to Move (Unstructured play, recess, 10 minute activity blocks, and benefits of being outdoors) • April - Oral Health • March – Starting School Wellness Teams • Feb – Nutrition Month and new Canada’s Food Guide 	www.rqhealth.ca/department/health-promotion/nutrition-and-healthy-eating
Canada’s Food Guide	2019	Newly updated Canada’s Food Guide online resources including tips and info on: <ul style="list-style-type: none"> • Eating Mindfully, • Enjoying your food, • Eating Meals with others • Cooking more often 	food-guide.canada.ca/en/

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		<ul style="list-style-type: none"> • Eating a variety of vegetables and fruit, protein foods and whole grains • Making water your drink of choice • Limiting Highly processed foods • Using Food Labels • Being aware of food marketing • Menu Planning Tips • Healthy Eating on a budget • Healthy Snacks • Food Safety • Healthier Grocery shopping • Healthy Cooking Methods • Healthy Eating and the environment • Healthy eating for holidays and events • Making healthy meals with the eat well plate • Physical Activity • Recipes • Sugar Substitutes and healthy eating • Healthy eating at home, school, work, while eating out, and in the community • Healthy Eating for teens, parents, adults, seniors, and infants • Other Resources including the history of the food guide, evidence behind the food guide, Canada’s Dietary Guidelines, resources for print and more. 	
Order copies of the food guide snapshot	2019	Online order form to receive tear off colour copies of the Food Guide <i>Snapshot</i>	www.hc-publication-sc.hc-sc.gc.ca/paccb-dgapcc/cmcd-dcmc/webpubs.nsf/7?ReadForm&cat=00030&lang=eng&
Teaching Canada’s Food Guide	2019	Unlock the Potential of Food with Canada’s Food Guide – Toolkit for educators	www.rqhealth.ca/service-lines/master/files/9259096_8_Nutition%20Month%20Toolkit%20for%20Educators%20Feb%202019.pdf
Big Crunch	Yearly in October	'The Big Crunch!' happens every year in celebration of world food day. The Big Crunch is a special day of good food education, including a massive, synchronized bite into local carrots making a big “crunch” sound to celebrate with other schools and students across the province. 'The Big Crunch!' and takes place on World Food Day, October 16th.	www.rqhealth.ca/service-lines/master/files/9276819_8_The%20Big%20Crunch%20Educator%20Resource%20Pkg%20Regina%202019.pdf

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Litter-less Lunches and Snacks	2017	Activities to encourage a healthier lunch. Healthier for bodies and brains and healthier for the environment	www.rqhealth.ca/service-lines/master/files/9047344_8_Litterless%20Lunches%20Package%20for%20Educators%202017.pdf
Saskatoon Health Region. Poverty Education Resources for Grades 6-9	2017	<p>Curriculum Connections: Social Studies, Health Education, Language Arts, Religious Studies. Cross-curricular connections to other subject areas.</p> <p>Designed to:</p> <ul style="list-style-type: none"> • Broaden students' understanding of local poverty; effects and root causes, relationship to community health and well-being, poverty reduction strategies. • Build empathy for those who are directly affected. Inspire social responsibility and engaged citizenship. 	www.saskatoonhealthregion.ca/locations_services/Services/health-promotion/Pages/TheresMoreToPovertyThenMeetsTheEye.aspx
Resources for Rethinking	2019	Provides immediate access to more than 1000 quality classroom resources. Developed by Learning for a Sustainable Future, R4R.ca connects teachers to lesson plans, books, videos and other materials that explore the environmental, social and economic dimensions of important issues and events unfolding in our world today. R4R resources have been reviewed by experienced classroom teachers and matched to relevant curriculum outcomes for each province and territory. Use the search engine to find resources and read the reviews. Most of these materials can be downloaded immediately.	resources4rethinking.ca/en/
Using food as a reward and punishment	2018	Why using food as a reward and food and physical activity as a punishment can be detrimental to child healthy, behaviour, and future eating habits	<p>Non-Food Rewards info handout (SHA): www.rqhealth.ca/service-lines/master/files/9276811_8_Food_Rewards_nutrition_poster_March_2019.pdf</p> <p>Constructive Classroom Rewards (Centre for Science in the public Interest) cspinet.org/sites/default/files/attachment/Non-Food%20Rewards_1.pdf</p> <p>Psychology today – Rewarding Children without rewards www.psychologytoday.com/ca/blog/the-baby-scientist/201806/motivating-children-without-rewards</p>

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Concessions, Cafeterias, Canteens and Lunchrooms			
Recess before Lunch	2019	Schools that have adapted this model report that students eat more fruits and vegetables, drink more milk, waste less food, and are better behaved on the playground and classroom. Put simply, students feel like they have more time to eat lunch, and have worked up an appetite	www.actionforhealthykids.org/activity/recess-before-lunch/
Comfortable Cafeterias	2019	Creating Pleasant environments for children to eat	peacefulplaygrounds.com/comfortable-cafeterias/
Video: “We got Lunch’d”	2015	Setting up the canteen and cafeteria for success – marketing tricks and tips	www.youtube.com/watch?v=pr3lgfcaUCU
Planning a healthy school concession stand	2017	Tips and ideas for success when planning a school concession at a dance or sporting event and more.	Healthy School Concession www.rqhealth.ca/service-lines/master/files/9125176_8_Healthy%20School%20Canteen%20or%20Sporting%20Event%20Concession%20ideas%20Dec%202017.pdf
Planning Healthy Menus for my School	2018	This resource is a guide for planning menus for school breakfast, lunch, and snack programs as well as cafeterias. It can be used to help plan the food served at sporting events, classroom celebrations or other activities. (This resource follows along with food groups from the old food guide, but still to be used until updated version is released).	publications.saskatchewan.ca/#/products/100247 in French: publications.saskatchewan.ca/#/products/100301
Healthy Foods in Recreation Centres	2019	Tips and ideas for successfully offering healthier foods in recreation centres and for sporting events.	<i>Standards:</i> publications.gov.sk.ca/details.cfm?p=92884 <i>Getting Started Tools for Centres:</i> publications.gov.sk.ca/documents/13/109954-Healthy-Foods-for-my-Recreation-Setting-Getting-Started.pdf Healthy School Concession www.rqhealth.ca/service-lines/master/files/9125176_8_Healthy%20School%20Canteen%20or%20Sporting%20Event%20Concession%20ideas%20Dec%202017.pdf
Division of Responsibility in eating with kids	2017	Ellyn Satter Institute – taking the pressure off kids, not judging their lunches or eating habits	www.ellynsatterinstitute.org/family-meals-focus/55-school-nutrition-horror-stories/ and www.ellynsatterinstitute.org/wp-content/uploads/2017/12/Handout-Healthy-eating-at-school.pdf

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Parent Handouts			
School Nutrition Posters and Back to School Nutrition	One for each month of the school year	<p>One page Parent handouts on a variety of nutrition topics – French and English</p> <ul style="list-style-type: none"> • Healthy Fundraising • healthy lunches • breakfast • food literacy • non-food rewards • and more! <p>Scroll down a bit further on the page to “Back to School Nutrition,” Parent handouts for newcomers or low literacy – lots of pictures, few words</p> <ul style="list-style-type: none"> • Packing healthy lunches • Nut aware lunches • saving money on food • healthy eating in Canada 	www.rqhealth.ca/department/health-promotion/nutrition-and-healthy-eating
Food Security			
Nutrition Update Newsletters	Yearly in October	<p>Developed by the Public Health Nutritionists of Saskatchewan Working Group, for health professionals, community leaders and educators. These Newsletters are designed to provide up-to-date information on 'early years,' 'school age' and 'adult' nutrition, and they highlight important initiatives and resources in the area.</p> <ul style="list-style-type: none"> • October 2018 - Food Security in Schools • October 2017 - Weight bias in schools • October 2016 - nutrition in schools 	www.rqhealth.ca/department/health-promotion/nutrition-and-healthy-eating (scroll to bottom of page)
Cost of Healthy Eating in SK Cost of Health meals and snacks in	2015 (new one coming soon...)	<ul style="list-style-type: none"> • Provides a benchmark for the cost of healthy eating for various age and gender groups. It also notes variances in cost in different geographic locations within the province. • The report helps to inform health, nutrition and social policies and it can also help individuals, families and organizations to budget for nutritious food. 	www.saskatchewan.ca/government/government-structure/ministries/health/other-reports/a-report-on-the-cost-of-healthy-food-in-saskatchewan

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schools		<ul style="list-style-type: none"> This food costing study is conducted every three years in randomly selected grocery stores throughout Saskatchewan. <p>Cost of meals and snacks in schools report - shows the average cost of healthy meals and snacks for children and youth in Northern and Southern Saskatchewan. Details can be found on page 3. Using these average costs can help child care facilities, schools, and community organizations budget for child nutrition programs. Planning for the cost of healthy food helps to ensure quality food is available in meal and snack programs.</p>	
Video: Della: Hurdles to Health	2012	Video that shows an example of how some of determinants can impact a Saskatoon Family lives and choices.	www.youtube.com/watch?v=gLKpywFFD4c
Backgrounders in Teaching Nutrition in Saskatchewan: Grade 8	2019	Food Insecurity (p.21) Determinants of Health (p.14) Opportunities and barriers to healthy eating (p.30)	www.rqhealth.ca/department/health-promotion/nutrition-and-healthy-eating
Regina Food Asset Map	2019	Free no-low cost meal finder food asset map for Regina – search by neighbourhood, meal time, target groups, and availability throughout the year. Has been used with families who may be in week during the school year or summer months when they can no longer access school meal programs.	https://drive.google.com/open?id=1lll1sXynBTRkpfOxJx91bd6Nzys&usp=sharing Instructions for how to use it: http://www.rqhealth.ca/service-lines/master/files/9271622_8_How%20to%20-%20Regina%20Meal%20finder%20June%202019%20final.pdf
Saskatoon Health Region. Poverty Education Resources for Grades 6-9	2017	Curriculum Connections: Social Studies, Health Education, Language Arts, Religious Studies. Cross-curricular connections to other subject areas. Designed to: <ul style="list-style-type: none"> Broaden students' understanding of local poverty; effects and root causes, relationship to community health and well-being, poverty 	www.saskatoonhealthregion.ca/locations_services/Services/health-promotion/Pages/TheresMoreToPovertyThenMeetsTheEye.aspx

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		<p>reduction strategies.</p> <ul style="list-style-type: none"> Build empathy for those who are directly affected. <p>Inspire social responsibility and engaged citizenship.</p>	
Resources for Rethinking	2019	Provides immediate access to more than 1000 quality classroom resources. Developed by Learning for a Sustainable Future, R4R.ca connects teachers to lesson plans, books, videos and other materials that explore the environmental, social and economic dimensions of important issues and events unfolding in our world today. R4R resources have been reviewed by experienced classroom teachers and matched to relevant curriculum outcomes for each province and territory. Use the search engine to find resources and read the reviews. Most of these materials can be downloaded immediately.	http://resources4rethinking.ca/en/
PROOF (Food Insecurity Policy research)	2019	Factsheets and infographics on childhood food insecurity, impact on health, food skills, etc.	proof.utoronto.ca/ proof.utoronto.ca/resources/fact-sheets/
Food Arc	2019	ways to grow community food security	foodarc.ca/
School Mental Health, Nature, Outdoor learning, Greener School grounds			
Children in Nature Network – Growing Green schoolyards:	2019	Toolkits, infographics, research and more on the benefits of greener school grounds	www.childrenandnature.org/initiatives/schoolyards/hub/
Outdoor Classroom Day		Activities and Ideas	outdoorclassroomday.com/
Mind up!		A program for Empowering children through mindful practice based in neuroscience. - For Schools, Teachers and Families	mindup.org/
Zones of Regulation		A framework to foster self-regulation and emotional control	www.zonesofregulation.com/index.html
Second Steps		Second Step is a program rooted in social-emotional learning (SEL) that helps transform schools into supportive, successful learning environments uniquely equipped to help children thrive.	www.secondstep.org/

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Screen time – disconnect challenge classroom activity		Disconnect challenge activity for kids – media smarts	mediasmarts.ca/teacher-resources/digital-media-experiences-are-shaped-tools-we-use-disconnection-challenge
OPHEA Teaching	2019	Mental health – teaching resources	teachingtools.ophea.net/activities/level-up/program-guide/mental-health
School Health Resources: Gardening, Food Preserving, Composting, and Outdoor Education		List of helpful resources for school gardening, preserving, composting and outdoor education	www.rqhealth.ca/service-lines/master/files/9239700_8_Schools%20gardening%20Resource%20List%20Sept%202018.pdf