

Living Healthy

News

Why are schools focusing on health?

Healthy Students = Better Learners

Did you know...there are great things happening in schools to support your child's health? Some examples are:

- **Living Healthy News** is available twice a year to highlight all the healthy things going on
- **Healthy Schools Grants** provide funding to support healthy school initiatives
- **Eastern Active Schools** provides students with the opportunity to be active while learning
- **Living Healthy Resources** are available to help schools with school health activities
- **Curriculum Development** so students are receiving the most current health information



Did you know...when parents are engaged with their child's school, the child does better academically?

Tips to Support Your Child's Learning and Health:

- Get to know your child's teacher
- Ask your child one specific question about their day...for example, "Tell me about your science class today"
- Learn what is happening in your school through the website, newsletters and parent nights
- Get involved by volunteering
- Help your child with homework



**Living
Healthy**

**Eastern
School District**

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Chicken on a Roll...A Healthy Lunch Idea

INGREDIENTS

1 cup	cubed or shredded cooked chicken	250 ml
½	apple, finely diced	½
2 tbsp	finely chopped dried cranberries	30 ml
2 tbsp	finely chopped green onion	30 ml
¼ cup	light mayonnaise	60 ml
1 tsp	cider vinegar	5 ml
	salt and freshly ground black pepper	
4	whole wheat hot dog buns	4

Makes 4 servings

Cooking with Canada's Food Guide

Canada's Food Guide recommends making at least half of your grain products whole grain each day. This chicken on a bun recipe will help you reach this goal

In a bowl, combine chicken, apple, cranberries and green onion. Stir in mayonnaise and vinegar. Season to taste with salt and pepper.

In a nonstick skillet, over medium heat, lightly toast cut side of buns, using a spatula to flatten them. Divide the chicken mixture among the buns and serve warm.

Skip toasting the bun and add this sandwich to a lunch box, along with carrot sticks, 100% apple juice and yogurt. Be sure to keep the sandwich chilled safely with an ice pack.

NUTRIENTS PER SERVING

Calories	270
Fat	10.0g
Saturated Fat	1.9g
Sodium	443mg (18% DV)
Carbohydrate	33g
Fiber	4g (16% DV)
Protein	15g
Calcium	63mg (6% DV)

Looking for more healthy snack and lunch ideas?

These resources are available at:
www.esdnl.ca/programs/activehealthyliving/resources.jsp

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For more recipes, visit:
www.dietitians.ca

Managing Head Lice

Teachers, parents and schools dread head lice. Here are a few tips to help prevent and manage this nuisance:

- Check weekly
- Treat properly
- Notify your school

Research shows **there is no benefit to...**

- fumigating schools or buses
- checking all students heads at school

Did you know...

there is a resource available online to help you manage head lice at home? This resource is available in the Parent section of the Eastern School District website (www.esdnl.ca).

Managing Head Lice at Home

