
FACTSHEET

Aug. 26, 2010

Ministry of Education

BACK TO SCHOOL TIPS FOR HEALTHY, ACTIVE STUDENTS

All Students:

- Insist that your children eat breakfast every day, as it provides fuel for the brain to learn and helps them maintain a healthy weight.
- Keep nutritious foods, like cut-up vegetables and fruit, cheese sticks, low-fat yogurt and butter-free popcorn on hand to make healthy snacking easy.
- If your child has anaphylaxis, coordinate with the school principal on an updated emergency plan that best meets your child's needs.
- Schedule regular dental and any necessary medical checkups.
- Encourage your children to choose milk or water at meals instead of sugary drinks, energy drinks with excessive caffeine or pop.
- Get children active through sports, or go for nightly family walks or bike rides.
- Develop good hand-washing habits as frequent hand-washing reduces the spread of bacterial, cold and flu viruses.

Primary Students:

- Include a variety of fruits and vegetables in your children's snacks and lunches every day.
- Include your child when packing lunches so they can learn to make healthy choices early on.
- Help your children learn about and understand Canada's Food Guide which encourages a diet rich in fruits and vegetables.
- Take family walks with your children and, if possible, walk them to school.
- Join or co-ordinate a Walking School Bus or Bicycle Train to help your children get to school safely with adult supervision:
http://www.dashbc.org/index.php?option=com_content&view=article&id=57&Itemid=80
- Set up a regular teeth-brushing routine and ensure your children are brushing and flossing correctly.
- Introduce your children to active games they can play on their own, like hopscotch or jumping rope. When more children are around, introduce tag, soccer or baseball.

Intermediate/Middle Students:

- Whenever possible, encourage your children to walk, ride, rollerblade or skateboard to school instead of driving them.
- Suggest that your children take the dog for a walk before and after school.

- Limit your children's screen time. Explain to your children that it's important to sit less and move more in order to stay at a healthy weight.
- Continue to encourage healthy eating habits. Use Canada's Food Guide to plan healthy meals and snacks, as they have different nutritional needs from children and adults.
- Teach your children to avoid less-nutritious foods – foods high in sugar, fat and sodium, and help them learn to replace these foods with more nutritious snacks instead.

Secondary Students:

- Encourage your teenagers to get involved in intramural or after-school sports.
- Suggest your teenagers take a class at the local community centre or encourage them to participate in a walking or hiking group.
- Place your older children in charge of some of the family's meals and grocery shopping so they learn how to buy, prepare and enjoy healthy meals using Canada's Food Guide.
- Encourage your teens to get plenty of rest to ensure they are alert and ready to learn at school.

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This factsheet is available in French at:

http://www.bced.gov.bc.ca/news/docs/2010/tips-health_fr.pdf

In Chinese at:

http://www.bced.gov.bc.ca/news/docs/2010/tips-health_ch.pdf

In Punjabi at:

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