



An Eat Well Play Well Challenge!

February 5th, 2010

Dear Parent/Guardians;

We, at Capilano, are supporting the health and learning of our students by participating in the ***Eat Well, Play Well Challenge***. This event is organized for elementary schools on the North Shore by **Vancouver Coastal Health** and supported and endorsed by the "Active North Shore Network".

Rationale:

- Most BC students do not consume the minimum number of servings from the Milk and Alternatives or Vegetables and Fruit food groups. Over half of Canadian children and youth are not active enough for optimal growth and development.
- This event will help teachers to meet the learning outcomes for the healthy living section of the Health and Career Education curriculum.

The goal:

- To encourage children to choose milk products, vegetables and fruits, more often and to become more physically active.

Game Plan:

- Students will receive an 'eat well' point each day for bringing a food to school that fits into the Milk Products or Vegetables and Fruit food groups from 'Canada's Food Guide'.
- Students will receive a 'play well' point each day for being involved in ½ hour of physical activity outside of school hours.

Your child's classroom will participate in the Eat Well, Play Well Challenge for **one school week, February 8th – 12th**. Please help your child participate by including a food from the vegetables and fruit group (e.g. 100% fruit juice, piece of fruit, veggies & dip) or the milk products group (e.g. yogurt, cheese, milk) in their lunch or recess snack.

Encourage your child to be active for at least ½ hour outside of school time and use the chart on the back of this notice to **record daily physical activity**. **Return it to your child's classroom teacher on Monday, February 15th**. This does not have to be an organized activity and can include going on a family walk, playing hopscotch, dancing, or skipping. There are lots of interesting walks to do on the North Shore. Visit the Active North Shore Network website at www.activenorthshore.com, for more information about the Eat Well Play Well Challenge and to access the North Shore Walks map that includes a diverse selection of walks in North and West Vancouver. Check this website for new ideas about nutrition and fitness from www.kidnetic.com. Visit the Healthy Living, Food & Nutrition section of Health Canada's website at www.healthcanada.ca to view Canada's Food Guide to Healthy or the Healthy Living, Physical Activity section for physical activity ideas. For more information on healthy eating suggestions, visit the Dietitians of Canada website at www.dietitians.ca. If you have general nutrition questions, you can call Dial-A-Dietitian at 604-732-9191.

Join in the fun by trying to compete within your family for the Eat Well, Play Well Challenge. We all win when we eat well and play well!