

# 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**

### For more Information:

Tracy English  
758-2388  
tracyenglish@esdnl.ca

Krista Manning  
786-7182, ext. 345  
kristamanning@esdnl.ca

# 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](http://www.esdnl.ca/programs/activehealthyliving/resources.jsp)

© Cook! Dietitians of Canada. 2011. Published by Robert Rose Inc.

For more recipes, visit:  
[www.dietitians.ca](http://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](http://www.esdnl.ca)).

Managing Head Lice at Home

