

2012

teacher and daycare guide

Yukon's Drop the Pop

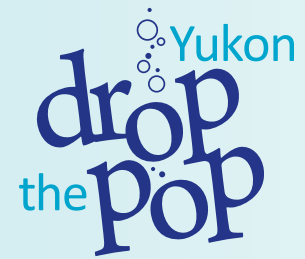
Our 7th annual *Drop the Pop* campaign will continue to encourage Yukon students to "STOP and think about your drink."

This year, the campaign focuses on strong bones. This means promoting foods high in calcium such as milk, cheese and yogurt.

There is funding available for every school and daycare. Plus, there is award money for the schools and daycares that create the best projects promoting healthy eating and active living.

GO
for milk,
cheese and
yogurt

Apply for your
grant today!



Yukon *Drop the Pop* is a healthy eating program that encourages young people, teachers and parents to stop and think about their drink. It is an opportunity to harness the energy of participants to promote and educate on healthy food and drink choices.

Through *Drop the Pop*, Yukon Health and Social Services is working to ensure participants have the opportunity to develop the health knowledge, skills and behaviours they need for

successful learning and living. Making healthy eating and drinking choices now will lay a foundation for a bright future.

Join us in 2012 as we encourage participants to drop the pop...and build "Strong Bones" by choosing milk, water and 100% fruit and vegetables juices.

In the end, you'll have participants who are more fit and focused throughout the day!

GRANT MONEY IS NOW AVAILABLE

APPLY ONLINE TODAY

We have a *Drop the Pop* website where you can register and get all the info you need:

www.yukondropthepop.ca

For more information call 867-456-6160

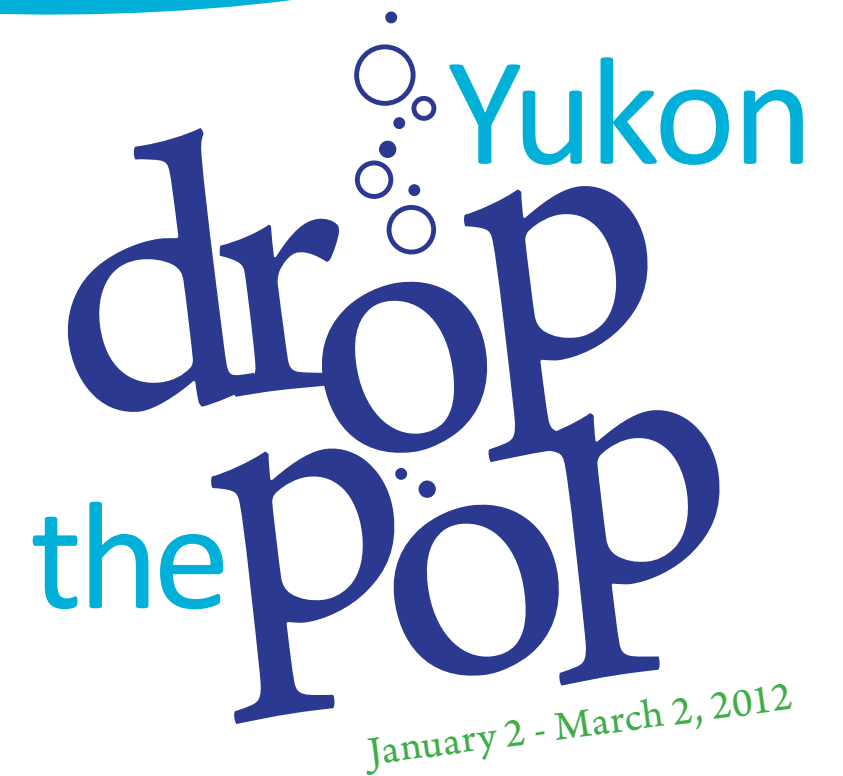
You'll also find good resource materials available at other Canadian websites:

www.dropthepopnwt.ca

dotcms.bcpeds.ca/sipsmart



Yukon *Drop the Pop* is funded by Yukon Health and Social Services



DESIGN YOUR OWN PROJECT!

This year, "anything goes" for Yukon's *Drop the Pop*—anything that helps promote healthy eating and drink choices. Our focus is on strong bones, so we are encouraging schools and daycares to promote milk, cheese and yogurt.

The main goal of *Drop the Pop* is to focus on healthy drinks and healthy eating.

SIGN UP TODAY!

To have your school or daycare participate in Yukon's *Drop the Pop* in January to March, 2012, simply apply for a *Drop the Pop* Grant to fund a healthy eating/healthy drink initiative at your school or daycare.

All schools that apply will get a grant (based on population) to run their project:

- \$ 300 | daycares
- \$ 400 | 1–49 students
- \$ 750 | 50–100 students
- \$1000 | 101–200 students
- \$1250 | More than 200 students

AIM FOR AN AWARD

The *Drop the Pop* awards will:

- Recognize targeted, collaborative and innovative efforts of schools or daycares that promote healthy eating and healthy drink choices;
- Recognize school or daycare initiatives that encourage and celebrate healthy eating for students;
- Gather information about great projects that have been successful in order to share these successes with other schools or daycares.

Throughout the months of January through March, your school or daycare can organize a variety of healthy eating activities... all designed to encourage participants to "Stop and think about your drink." Do your best to highlight "Strong Bones!" It's easy.

Your *Drop the Pop* project must run between January 2 to March 2, 2012, with money spent by March 31, 2012. Check out the website www.yukondropthepop.ca for all the details or call us at 867-456-6160.

Funds can be used for providing healthy foods and drinks to participants during the project, for materials promoting or supporting the event, and/or for prizes/incentives for participants.

After your *Drop the Pop* initiative is complete, use the Activity Report Form to report back on the project and activities you organized, your budget, your success, and any changes you would implement next year.

Then, within each population category, a winner will be chosen for the *Drop the Pop* Award. Go to www.yukondropthepop.ca to sign up today.

To be eligible for an award (based on population), you must complete and return the *Drop the Pop* Activity Report Form (on the website) by March 9, 2012.

One prize each of:

\$750 for daycares

\$1000 for schools with 1-49 students

\$1500 for schools with 50-100 students.

\$2000 for schools with 101-200 students.

\$2500 for schools with more than 200 -students.

Here are some great ideas from previous Yukon projects

Nelnah Bessie John School – Beaver Creek

Brown Bag Olympics 2010 | The goal of Brown Bag Olympics was to get on the podium by eating the minimum number of servings in each food group from Eating Well with Canada's Food Guide every day for the duration of the Olympic Games. Students record their food intake each day during the *Drop the Pop* initiative. If students meet the number of servings each day they receive two points per food group and bonus points for water. Daily and weekly points are tallied and progress is displayed in the classroom or on a bulletin board. In addition, students receive a healthy recess snack every day or several times each week. Snacks can be anything from apples and cheese, to fruit kabobs, to banana pops and smoothies. Students really enjoy having a snack daily!

Individual Learning Centre – Whitehorse

Soup for the Soul | At the Individual Learning Centre (ILC) many students do not have access to daily healthy food choices. The ILC is a drop-in school and therefore, it can be difficult to plan activities. Staff took the opportunity to offer healthy meal events over and above the regular available snacks. They saw it as an opportunity to nourish their students while modelling healthy eating. The school's initiatives were "A healthy start to the week" Monday breakfasts, and "Soup for the Soul" Wednesday lunches. The soup was offered in conjunction with visiting Elders who attended the school to do beading with the students. Finally, the school created an ILC cookbook, incorporating students' easy and healthy recipes, and included a cookbook cover contest.

Del Van Gorder School – Faro

Eat, Drink and BE HEALTHY! | At Del Van Gorder School, the senior Home Economics class baked a variety of high fibre muffins and served them to the entire school on Wednesday and Friday mornings throughout February. The school decided that February would be the theme: "Salute to Fun Fibre." Students baked

nutritious cookies and served them along with creamy hot chocolate after afternoon outings of sledding and skating. The school incorporated the nutrition theme in their "Artist in the School" activity days. Composer/singer Steve Slade helped two classes write and perform songs based on nutrition and healthy physical activity. The Grade six/seven/eight class composed a song entitled *Drop the Pop Rock!* The *Drop the Pop* project was included in the school's Rural Experiential Module (REM). Over two days, students from Grades four to eight constructed traditional Kaska drums. To add to the theme of Traditional Yukon Culture, students made a variety of bannock (whole wheat, wild cranberries, and raisins) to be served with the moose stew that other students prepared. The meal was an excellent way to conclude the two-day event. To make sure the blenders that the school received from previous *Drop the Pop* initiatives were used, they had fruit smoothies made by the Home Economics class for all students and staff. They used some of the funds provided to ensure that each student could have a piece of fresh fruit everyday during the month. The Home Economics class prepared lessons to teach to the younger students about nutrition and a well balanced diet. To wrap up the project, a recipe book was created from the recipes that were used throughout the month.

Takhini Elementary School – Whitehorse

Recipes for Healthy Living | Takhini Elementary had classes develop healthy menus that included a recess snack and lunch for the school. Each class created a poster and displayed it in the front entrance. The school had three specialists (a Nutritionist, a First Nation representative from Kwanlin Dun, and a Dietitian/Nurse) judge the posters and select one as the most nutritious menu. The winning menu consisted of a vegetarian lasagna, salad, multigrain buns and fruit kabobs. Each class prepared a component of the lunch and then the whole school gathered in the gym to share the healthy lunch. All classes also submitted recipes to a school cookbook entitled *Recipes for Healthy Living*.

Some of the recipes were recipes for an active lifestyle and some were school lunch recipes. Classes participated in "Brain Gym" activities for morning recess to promote health and physical activity. A school-wide lunch promotes community and brings the parents into the school. Bringing the value and importance of healthy eating together with students' education benefits everyone.

Robert Service School – Dawson City

Healthy Food, Healthy Drink Choices | Staff members, Tr'ondek Hwech'in (TH) representatives and interested community members promoted a number of activities. The first activity was healthy drink choice presentations to all students from Kindergarten to Grade 12 (using a teaching kit from a previous *Drop the Pop*). After the presentations, every student received healthy fruit smoothies and a recipe to take home. The second activity was a healthy hot lunch of chili and whole-wheat buns. The senior cooking class and TH representatives prepared the chili and the high school students served the meal. The third initiative was a *Drop the Pop* challenge that ran for three weeks. The two classes (one elementary and one high school) that had the most success with the campaign received fruit kabobs at the end of the challenge as their prize. The fourth project was a first ever Robert Service School cookbook, which both students and staff submitted healthy recipes for.

Kluane Lake School – Destruction Bay

Guess the amount of sugar for each drink! | Kluane Lake School created a poster invitation to Kluane Lake area community members for a dinner. The dinner was held at the school and the students prepared and served ham, beef, mashed potatoes with gravy, salad and a dessert of wild berries and sponge cake. The students organized a contest for dinner participants to guess the amount of sugar in popular drinks. They also took the opportunity to talk about how our bodies burn energy by using carbohydrates and glucose.

Elijah Smith Elementary – Whitehorse

Recess Rocks, Healthy Snack Program | Elijah Smith offered a healthy recess snack program. The project provided healthy recess snacks for students - once a week for primary students and once a week for intermediate students. The healthy snack consisted of a piece of fresh fruit, cheese and crackers and granola bars. The Social Justice Club made posters to advertise the program, and made daily morning announcements to promote the program and healthy snacking. The club also helped organize the boxes that went to the classrooms on their designated days. Organizers said that it was great to see so many kids outside at recess eating an apple! The Caught You Being Green program, which promotes being environmentally friendly by composting and recycling, was also tied-in with the healthy snack program. The program gave teachers an opportunity to talk about healthy eating in their classrooms.

Porter Creek Secondary School – Whitehorse

Healthy Eating and Healthy Living | Porter Creek Secondary School used their funding to provide students with fresh milk during breaks to discourage them from drinking soda and other sugary beverages and to promote healthy bone development. In addition, the school invited a guest speaker from the community speak to Grade eight students about healthy eating and to demonstrate some ways to prepare and eat fresh vegetables. The school also had a smoothie day and used fresh fruit to prepare nutritious smoothies as a healthy snack for students.



Yukon
drop
the Pop