



The LifeWorks School Working Group is pleased to offer:

Free Workshops for your staff and school councils!

Enjoy fun and interactive workshops on the following topics:

Physical Activity

- ◆ Review the Daily Physical Activity mandate and learn fun ways to meet its requirements. Topics can include linking DPA to literacy, small space activities and how school council can help.
- ◆ Learn about Canada's Physical Activity Guide and how we can get children and youth more active.
- ◆ Are students active at recess? Learn some ideas to get them moving.

Nutrition

- ◆ Learn how to create a healthy school nutrition environment.
- ◆ Get tips on healthy snacks and lunch ideas.
- ◆ Find out about the Health Unit's curriculum-based resources and teaching kits that help bring nutrition alive in the classroom.
- ◆ Get up-to-date on the new Canada's Food Guide.

Body Image

- ◆ Learn how to help kids eat well, get active and feel good about themselves.
- ◆ Identify how the media impacts children and find some new ideas for your media literacy lessons.
- ◆ Find out about resources available from the Health Unit that address body image in the classroom.

Tobacco

- ◆ Find out about great resources available to teach about tobacco in the classroom.
- ◆ See what the Health Unit has available to offer teachers such as pig's lungs, videos and teaching kits.
- ◆ Learn about the Smoke-Free Ontario Act and how it impacts your school.
- ◆ Find out about supports available to help smokers quit.

Book for:

- Staff Meetings
- PA Days
- After School
- Lunch Hour
- School Council Meetings

Contact us to see if we can create a workshop to meet your needs:

Physical Activity & Body Image- Jennifer Ronan at 613-476-7471 or jronan@hpechu.on.ca

Nutrition - Patricia Bertin at 613-966-5513 ext. 278 or pbertin@hpechu.on.ca

Tobacco - Rebecca Mathers-Phillips at 613-966-5513 ext. 337 or rmathers@hpechu.on.ca

