

DROP THE POP 2006 -2007
SCHOOL PROJECT DESCRIPTIONS
(Condensed from project descriptions on-line)

- Funding will be used to promote healthy breakfast for 2 weeks - March 12 – 23 – we will buy 100% real apple/orange juice, healthy breakfasts (whole wheat toast, apples, oranges, grapes, yogurt). Staff will serve breakfast - everyone in the school will be invited.

- The students will sign a pledge to stop drinking pop for 2 weeks. School will display student posters of the harmful effects of drinking pop. Students need to increase exposure to a variety of foods and alternative drinks – so, the school will have an "International Day". Students will go to various classrooms to taste different foods and drinks from other cultures. The students would learn about other countries and how to make foods from these countries. Funding to be used for foods and drinks and incentives for students who do not drink pop and for the posters they made.

- Healthy Snacks and alternatives project - encourage all students, staff and families to eliminate pop by providing students with alternative snacks and healthy drink choices.

- Over lunch hours, students will meet in the gym at a centralized ticket station and will answer a Nutrition trivia question. They receive tickets for 6 stations of different events: physical activity/games/activities/taste tests. The stations allow students to become familiar with different fruits/veggies and have fun while being active. After the events the students go to the Creative Kitchen and enjoy fruits and veggies. Each

class will create a fruit/veggie salad. Some of the food will be new or unique. We will create a school wide rap. Samples of events: Melon weightlifting, coconut bowling, guesses the mystery fruit.

- We will present healthy food choices, giving students a wide variety of foods. Each grade will take turns preparing food for the other classes. We will use daily physical activities to promote healthy lifestyle choices and encourage parents to be involved at home to support students. Our community health care workers will be involved in planning. Students will sign a contract to give up junk foods for a week. Elders will play a key role in planning traditional meals and we will make this a community event.

- A variety of activities regarding healthy choices for teens:
 - Trivia questions on pop effects on health; prizes every day for 10 days. Success log filled daily.
 - Demonstrations/experiments pop and sugar, pop dissolving or meat varnished wood; also pop cleaning pennies.
 - School challenge (competition) reading labels on various pop/juice/drinks.
 - Crazy Drop The Pop Photo Challenge: students who go pop free will be encouraged to produce a picture illustrating their choice. We will post photos in the community.
 - Healthy Food choices: how the brain needs healthy food (vegetables, fruit, etc.) to work properly.
 - We will offer free healthy snacks to students (smoothies, vegetables, fruit...).
 - The importance of sleep and how sleep deprivation affects teenagers.

- Funding will be used for fruit/electronic prizes/buy a digital camera, and healthy snacks.
 - At the end, we will produce a PowerPoint presentation with many photographs to report on our activities.
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- We would like to promote healthy alternatives to pop- mainly water. We would like to install Brita Water Filters so students can have filtered water throughout the day instead of pop. We will advertise the nutritional components of pop to show students it is not healthy. We will serve fruit smoothies, juice, chocolate milk and water. We will also hold a drop the pop contest and provide prizes to the winners in each division.
 - For the week of March 12-17, we will encourage students to not drink pop by keeping logs and draw for prizes. We will invite each class to prepare a healthy snack and follow up with healthy, traditional lunches to celebrate healthy choices. We will put recipes in a cookbook format to make the connection between home and school.
 - We will focus on "calcium." Research says this generation is at risk for developing osteoporosis. We would inform/introduce students to good calcium sources. We'll teach about osteoporosis in health/cooking classes. They'll develop a top ten list for sources of calcium. We will end the week with a "calcium rich day" with breakfast shakes and snacks. Kids can enter to win prizes.
 - We will help students to become pop free. We have had many meetings to discuss this challenge. We decided that students will become pop free for two weeks. During this project we will open our canteen to provide healthy snacks. We will hold a hot lunch: chili, buns and juice so they

choose healthy snacks along with dropping pop. Funding is to provide hot lunches and offering the whole school a healthy lunch. We plan to purchase healthy snacks to sell at lunch and recess, to make it affordable to all students for a low cost.

- The student council (with teacher support) will participate in two-weeks of drop the pop between classes. There will be posters, award ceremony and a healthy shared snack day to celebrate success. The student council will present skits and information at primary/intermediate assemblies using resources from Breakfast for Learning. We will replace junk food (pop, candy, chips) with food that nourishes the body. Funding will be used to put on a healthy choices feast (hosted by the student council) that will involve tables of food divided into the food groups with demonstrations, posters and information. We are focusing on 'drop the pop' and replacing pop/junk with food and drinks that nourish bodies.
- Compete to stay away from pop from February 23rd to March 23rd and encourage families not to drink pop. We will combine with recycling for the Community to raise funds for field trips.
- My students seem like fussy eaters, perhaps because food choices here are limited and fresh foods very expensive. My students love apples/oranges/bananas/carrots. Funding will buy a variety of foods for children to try; older students will prepare lunches for younger students (omelet, salad, ham and real fruit juice). Older students will also prepare a healthy lunch for the community. Students will study the contents of different juice products and compare and share nutritional information. Students will make posters to illustrate harmful effects of high sugar drinks.

- We will host a Spring Community Feast: each class will prepare part of the feast (based on the Canada Food Guide); all students and families would be invited to eat together. Funding would go towards food and buying playground toys so that the students are actively and physically involved during recess times.
- Each class will discuss the importance of healthy eating with reference to Canada's new Healthy Food Guide. A student committee will plan for a healthy luncheon and serve classmates a fresh fruits, fresh vegetables and dairy products.
- We plan to hold several events and create a display to highlight dropping pop. We will create a display: The Sugar Shocker, to give students a visual of the amount of sugar they consume when they drink sugary drinks. Younger students will enter a poster/coloring contest. The poster that depicts the concept of the program will win. Older students will write rap lyrics about dropping pop and making healthier choices and will rap lyrics over the intercom, with a winner chosen.
- We will have a "Bring a Piece of Fruit for Lunch" day. The class with the highest percentage of students who brought fruit will win smoothies for their class. Funding will be used for a number of health-based activities planned, e.g. healthy beverage alternatives (there will be a trading post for beverages for all students).. Grades 4-6 students are having a movie afternoon - we will have healthier alternatives. We plan to make smoothies with funding to buy ingredients; and a "Bring A Piece Of Fruit For Snack Day"; fruit trays for grade 1-3 students; prizes as incentives

for activities (prizes will be health-based such as swimming passes, and Subway gift certificates).

- We will present a Healthy Foods Day for students/parents/community with traditional foods and one or two different cultures, and highlight foods in the new Canada's Food Guide. Here, traditional foods are still a way of life but are being replaced by pop and chips. Students and teachers would prepare food with parents and serve food to community members. Students will prepare posters on Healthy Eating without POP and Chips! These will be hanging in the school as an Educational Presentation for all parents/community members when they come for the Healthy Foods Feast. This is hands-on teaching on preparing healthy foods and is educational – sharing knowledge with parents and community members.

- We will run our program from March 5th-16th, 2007 and do the following:
 - Monitor pop-free days among students and staff.
 - Stress the importance of healthy foods early in the day to get motors/brains running/ready to learn.
 - Funding will buy fresh fruit/juice/milk as kids enter into the school each day of the 2 weeks.
 - We will add homeroom challenges and that add to classroom physical activities to add to what is already taking place in P.E.

- Contrast and compare nutrition labels on snack food items - students will research calorie and nutrition information and make charts displaying healthy/unhealthy choices. We will implement a healthy snack program with student involvement with choosing snacks based on their research,

setting menus and prepping food items. K-9 students will find nutritious snacks mid-morning helpful for young brains to function at their best.

- During nutrition month my K class will prepare healthy snacks for the school. Snacks will be accompanied by nutrition info bits to let kids know what eating healthy can do for their body and mind. We will make fruit plates, fruit smoothies, and healthy muffins/blueberries/yogurt/ants on a log, cheese/crackers, trail mix. This will teach K students how to prepare healthy snacks. Starting young is better than trying to break bad habits.
- We will track student success in not drinking pop during the challenge. This is a good tie-in with healthy lifestyles in our health curriculum.
- To incorporate the Drop the pop challenge and adding the Recycling program as an avenue for dialogue on healthy beverage choices and reducing the amount of containers in the dump. Also, reinforce Canada's food guide and importance of choosing a variety of beverages and limit excess consumption of specific products. Using information from the resources link from your website and make it available for teachers and staff to incorporate in their daily health lessons.
- We have a "Healthy Start" breakfast program with healthy breakfasts K-12 and we use community volunteers such as RCMP, social workers, nurses etc, and to build strong ties. As of next week we will be enlisting the help of high school students, giving them a chance to earn community service credits and be role models to elementary students. We have an informal "No junk food" policy.

- All students will be receive healthy fruit with our breakfast program, March 12-March 23. On March 23rd, the school will host a traditional lunch. The "drop the pop" program will be discussed with parents and elders. The monthly assembly will be held on March 15th at which time the drop the pop campaign will be discussed with students.
- We aim to make sure students; staff and parents aware of nutrition choices and the impact on their lives. We will encourage students/families to make healthier choices. We will monitor beverage choices during the challenge and encourage students, staff and families to maintain good habits and an overall healthy lifestyle. We will integrate the "Drop the Pop" Challenge in our Human Organ System Unit in Science and Technology and Math and IT units through statistics, graphs and computations.
- We will kick off with a "Juice for Breakfast" campaign. A 'Drop the Pop' booth will be set up and students will be given a juice and survey explaining the contest. Students will track the days they don't drink pop then hand in the form after March break. Everyone handing will receive another free juice. All forms submitted will go into the draw for fabulous prizes. On the Thursday before March Break, a juice bar/smoothie bar will help promote the initiative and keep the interest going. I hope to involve Food Studies students in the delivery of this campaign.