

PROJECT DESCRIPTIONS (condensed from project descriptions on-line)

Beaufort-Delta Education Council

- **Angik School, Paulatuk** – We plan to promote healthy eating by providing vegetable or fruit platters to each class every afternoon during the period Feb 18 – 29. Natural fruit juices will also be supplied. Snacks will be provided during the afternoon recess period.
- **Chief Julius School, Fort McPherson** – We invited employees from the Tloondih Healing Society to partner with us to deliver the message to be Pop Free. Two ladies are responsible to promote healthy traditional foods. We visit each of the classes and got everyone to sign up to be Pop Free for two weeks. We presented each class with facts on choosing the drop the pop. We also challenged the community and resources in the community to drop the pop. We provided healthy snacks and also made smoothies for the whole school. We are now planning a fun sports day for May where we will again promote the being pop free and making good, healthy choices and staying active. We will also like to give healthy drink choices each week and continue to help students to be aware of the harm pop does to the body.
- **Chief Paul Niditchie School, Tsiigehtchic** : We have been driving the message home in the community. We have an agreement with the local store, no candies or pop sold to students between K-9 during school days. Teach grade K – 9 students how to prepare “age appropriate meals” at home, encourage smart choice drinks throughout the school snack program, our bi-weekly lunch program will also follow the same criteria.
- **Helen Kalvak Elihakvik School, Ulukhaktok**: Our community health workers, AHF and many volunteers assisted the students in preparing the daily healthy snacks. Luncheons were held for various age groups including elders. Prior to the initiation of the program a letter was sent home informing the families the program’s objectives. Snow sculptures, gym activities, poster and door decorating contests were part of the

activities of each day. This year by far was the most successful for Drop the Pop!

- **Mangilaluk School, Tuktoyaktuk:** To offer nutritious substitutes for the two-week period. Have student's research, write, produce items on nutrition and lack thereof (i.e. Stories, posters, and computer-generated ads. Etc) Reduce pop consumption for a month rather than just the two weeks. Before and after summary – visual poster competition.
- **Moose Kerr School, Aklavik :** Keeping the notion of healthy choices in the forefront of the students' minds as they went about their weekly activities by presenting each class with a healthy snack, poster contests displaying their knowledge of healthy food choices, coupons from the Northern Store for a free apple or banana, having a nutritionist come and speak with the elementary classes on the importance of nutrition and finally having a general assembly to award prizes to the winners of the poster contest and providing nutritious snacks for all students.
- **Samuel Hearne Secondary School, Inuvik:** Provide education to students about healthier beverage choices and challenge them by signing pledges to "Drop the Pop" for two weeks in February. We would also like to create awareness about energy drinks, along with teaching students about sugar content in other popular drinks. To help this challenge we will provide healthy drink and snack options.
- **Sir Alexander Mackenzie School, Inuvik:** Providing fruit, juice and a nutrigrain bar to every student. Special breakfast was served by staff showing examples of healthy choices of drinks and food to eat before coming to school. All students were asked to stay pop free for the entire campaign and then submit a sheet that was signed by the parent/guardian saying they stayed pop free. 10 students will be selected to celebrate their accomplishment by a draw and will have a healthy snack and drink celebration. The campaign was not only telling, by showing the students healthy alternatives to pop.

Commission Scolaire Francophone De Division

- **École Allain St-Cyr, Yellowknife:** To promote healthy snack and beverage choices for students and staff. The school will encourage everyone to eliminate pop by providing each classroom/homeroom teacher with healthy snacks and 100% pure fruit juices, milk or water. Also, a note will be placed in our school newsletter to explain the program and encourage families to do the same.
- **École Boréale, Hay River :** Healthy snack preparation by the students by having each homeroom be responsible with their teacher to prepare a healthy snack for the entire school population, being mindful of the Canadian Food Group requirements for children/teens/adults as well as food allergies kept in mind. Creation of a healthy school cookbook initiative made up of healthy recipes from our school families as well as include the recipes from the homeroom snack program. Competition will be held for colour cover page and students will be responsible for the typing and lay out of each page of the cookbook which when finished will be distributed to each family.

Dehcho Divisional Education Council

- **Bompas Elementary School, Fort Simpson:** Having all the students prepare healthy snacks for the rest of the school. Teacher's sign up for the day and they were provided with all the ingredients to make their healthy snack. Teachers brainstormed health snack ideas and discussed the concept of added sugar versus natural sugar. The student in each class then prepared the snacks and wrote out the recipe. The snacks were delivered to all the other classes. Pictures were taken of the students in action. Some of the snacks were such a hit that the students asked for seconds. The Drop the pop challenge was also done, with an average of 97% of the kids and staff members to drop the pop, which then they took home and challenged family members to do the same. It was a huge success.

- **Charles Tetcho School, Trout Lake:** Students in K and grade 1 will draw healthy meals on paper plates for breakfast, lunch and supper. Grades 3-5 will do a food group presentation using real fruit and vegetables, cereals and meat, etc. Students 6 – 8 will plan the menu for our Valentine's concert to which 10 Elders will be invited as special guests. We will bake and cook for this event. Students in all grades will cooperatively plan a lunch a week for the month of March and they will prepare on a rotational basis using the menus they plan.
- **Deh Gáh Elem. & Second. School, Fort Providence:** To promote a pop free lifestyle and to look at the health implications of the heavy usage of pop in northern lifestyle. Creating a contest where community members who give up pop for a month are eligible to win prizes.
- Three events hosted for students and community members who had dropped the pop for the month. Swimming trip to Hay River for 19 lucky winners and having more prizes for anyone who dropped the pop was eligible for the draws which included a PS2, digital camera, 2 MP3s, walkie talkies and a portable DVD player. Daily reminders to drop the pop were said over the loud speaker as well as nutrition tips.
- **Louie Norwegian School, Jean Marie River:** Colour collages and charts were utilized for tracking for 11 weeks of students. Food tasting and instructional lessons were given out on food that effects different parts of the body and how healthy eating could prevent diseases. Time was spent with children and parents on reading labels on food and discussing what the percentage means. Activity levels were also discussed and it was explained how fruits and vegetables gives you more energy for longer periods of time and why it also helps you stay mentally alert. Drop the Pop was part of the school fair which the community was then invited to take part in our "Eating by Colour" feast. Lumberjack games were played and kept the children very active. The menu was a huge success and many new foods and activities were enjoyed by young and old.

- **Thomas Simpson Secondary School, Fort Simpson:** Our school will host the Mackenzie Regional Youth Conference and during this time healthy snacks for all participants will be provided. Nutritional information on the snacks will be available as well. Participants will be eligible to enter a nutrition contest based on their completion of a nutrition assignment. The assignments will require responses on nutrition based on information provided at the nutrition breaks. The contest prizes will be sports/athletic equipment such as soccer balls, shin pads, basketballs, etc.

Sahtu Divisional Education Council

- **Chief Albert Wright School, Tulita:** Introduce students to healthy eating habits, such as not skipping breakfast and by doing this breakfast will be provided as well as nutritious snacks. A challenge to students to lower their daily sugar intake by lessening the amount of junk food they consume during a day. Physical activity will also be incorporated into the project as well and the information as to why it's important to include physical activity into a healthy lifestyle.
- **Chief T'Selehye School, Fort Good Hope:** Students will get healthy treats at least once per week. Teachers organize class events whereby they treat their students to snacks, which include juice, vegetables, fruit, yogurt, cheese, etc. Those events are organized to coincide with EBS initiatives whereby classes are supported for good behaviour as a class. This program helps students get the nutrition from which they would not usually receive.

South Slave Divisional Education Council

- **Deninu School, Fort Resolution:** Classroom challenges during the period to understand goal setting and recognition. Identifying other alternatives to pop and provide opportunities for students to taste alternative drinks, and a workshop on how to make their own healthy beverage.
- **Diamond Jenness Secondary School, Hay River:** Purchased water coolers for several classrooms as well as healthy snacks for the morning breakfast

- program as well as allocating teachers healthy snacks to be made available to their students during the day.
- **Harry Camsell Elementary School, Hay River:** Providing a healthy snack program to help encourage children to bring healthy snacks. By supplying water, apple and orange juice and milk to go along with the snacks the children are bringing in.
 - **Joseph Burr Tyrrell School, Fort Smith:** To provide a healthy brown bag lunch for each student in the school. With a brown bag lunch students will be able to take the lunches home and share with families the important and easy way to provide school lunches.
 - **P.W. Kaeser High School, Fort Smith:** The goal is to provide greater access to water for our team. To achieve this we plan on installing water coolers in our classrooms and water bottles for our students. During the week of Feb 25-29 we will monitor the number of litres of water consumed and offer prizes to the class who manages to stay pop free and consume water instead.
 - **Princess Alexandra School, Hay River:** To provide two hot lunches (stew & bannock & chili and a bun). The goal is to offer the entire school body a healthy lunch. We also plan to purchase healthy snacks to sell at our lunch and recess. With the funding we would like to make it affordable to all students for a low cost. By awarding prizes for the students who were able to achieve the goal of dropping the pop for the 2 week period. We plan to also have our data displayed so the entire student body along with the community can see and celebrate our success. Student Council would like to display the negative effects of sugar and carbonated drinks.

Tlicho Community Services Agency

- **Chief Jimmy Bruneau School, Behchoko:** Providing each junior high student with a healthy alternative each day to pop for the Drop the Pop week. Teachers would be educating their students why the alternative beverage is a better choice from pop and provide each student with a

piece of fruit as well. The elementary student program would involve changing their powdered juice mix to real fruit juice.

Yellowknife Education District No.1

- **École J.H. Sissons School, Yellowknife:** A student assembly started by presentation, skits and powerpoint were the start to the Drop the Pop Campaign outlining the negative effects of sugar filled drinks.
- **K'álemì Dene School, Ndilo:** School lunches planned and prepared by each class and served to the whole school, draws for prizes in each class for those students who declared themselves "POP FREE", poster designing, and 76 students participated this year as well as 7 teachers!
- **Mildred Hall Elementary School, Yellowknife:** Wellness program has been implemented for students and staff to help improve the physical, mental and emotional health of the school population. Physically engaging out students during recesses and that all students go outside for the 2 daily recesses.
- **N.J. Macpherson School / Montessori, Yellowknife:** By using the catch phrase "Pop is So-o-o yesterday!" teaching our friends about health problems they could experience if they drink too much pop and educating kids to know that there is a lot of sugar in pop and too much sugar can make your teeth fall out and give you diseases such as diabetes. The caffeine and sugar in some pop may keep you awake and also get you addicted to pop. By offering our students other healthy alternatives and making the students aware of the dangers of drinking pop we would like to make a movie that is informative and entertaining so the kids are entertained while they learn about pop, while having a healthy snack and beverage to the students who are watching.
- **William McDonald School, Yellowknife:** In partnership with subway we would like to use a "make your own sub" lunch format to review the food groups and show students how to make a healthy meal containing food from each of the 4 healthy food groups. A brief talk on healthy eating and

physical fitness before students begin making their subs will also be part of the activity. A quiz will be handed out and then entry for a draw with the winners receiving subway coupons.

Yellowknife Catholic Schools

- **École St. Joseph School, Yellowknife:** Smoothie bar for grades 7-8 in exchange for pop or sugary drinks, healthy lifestyles day where students dress up to express a sport or healthy activity they are involved in, and group activeness in the gym for K-3 will be lead in group fitness activities where grades 4-6 will lead in group dance activities. Class contest will involve the number of students who bring healthier drink alternatives at lunch; the winner will receive a healthy lunch party. The whole school was encouraged to keep track of how many healthy drinks they were bringing in and it started off slowly then by the end of the week almost 100% of students and staff were bringing healthy drinks to school.
- **St. Patrick High School, Yellowknife:** By starting the campaign off at morning break and lunch with Drop the Pop students were offered juice on Monday, water on Tuesday, fruit on Wednesday, yogurt on Thursday and cereal on Friday for the first week of the campaign. On the second week a booth will be set up where students will be given juice and a survey form explaining the contest. Students will be invited to track the days they don't drink pop then hand in the complete form at the end of the week. Everyone would then receive another free juice upon handing in the completed form and the form will then be put into the draw box for fabulous prizes. During foods class students will receive a lesson pertaining to the sugar content of various beverages. The sugar in the beverage kit supplies will be utilized for this lesson. The kit will then be displayed at the rock café for all students to see.
- **Weledeh Catholic School, Yellowknife:** Ten student Nutrition Ambassadors were recruited to encourage, role model and promote drinking water and healthy eating. The ambassadors worked for one

month beforehand creating the plan and then implemented it. Posters of themselves eating healthy food were created, interviewing students and asking them series of questions (lunchbox investigation) during the lunch hours. The ambassadors made regular morning announcements and provided healthy living tips. (i.e. Be hip & sip water!) They talked to community reporters to send the message out to the community (CBC/YKer) and made a presentation to the school board trustees. CBC did a 5-minute story line on the radio. Data collection was also completed and given to the principal and the PAC in April. Parents and Volunteers went to K-8 classes stressing the importance of eating healthy and the various serving sizes. Fitness workouts were held over the course of the week and the students participated in various exercises that involved flexibility, cardio and muscle strengthening.

Other

- **Kaw Tay Whee School, Dettah:** To provide nutritious lunches and snacks to Kaw Tay Whee School students in Dettah. To supplement existing snack program with healthy traditional foods. Provide alternatives to drinks containing high sugar content with healthier choices such as milk, juices and water. Consider implementing a reward program to recognize positive student and parent choices.