

Drop the Pop 2011: Take the Lead

These school project descriptions are based on year-end and award reports as well as school applications for funding. We are pleased to provide these summaries each year that acknowledge the hard work schools, teachers, students and others put into the campaign. And, to recognize schools in their efforts, creativity, and partnerships, the Drop the Pop School Awards this year were given out at the Legislative Assembly. There were seven Drop the Pop School *Take the Lead* Awards given out this year, in recognition for supporting healthy eating. Also this year, 36 schools in the NWT participated in Drop the Pop. Congratulations to everyone who participated! We encourage *all* schools this year to apply for project funding!



Weledeh School Ambassadors accept a *Drop the Pop - Take the Lead* Award at the Legislative Assembly, May 2011

BEAUFORT-DELTA DIVISION EDUCATION COUNCIL

ANGIK SCHOOL, PAULATUK: During health and physical education classes, students discussed the importance of healthy eating. Angik School incorporated Drop the Pop into their year-long *Healthy Choices* program, which provides healthy food during morning and afternoon recesses and after-school. Students at Angik school having fun during Drop the Pop Week events. The school saw a drop in the consumption of junk food at school and an increase in healthy eating, as well as more energy throughout the school day. Coupons were also given to students so that they could receive milk at the Northern Store to support healthy drink choices outside of school.



Students at Angik school are having fun during Drop the Pop activities. *Photo credit: Jeff Baxter*

CHIEF PAUL NIDITCHIE SCHOOL, TSIIGEHTCHIC: Healthy snacks were provided to the students after a fun, activity-filled afternoon in the gym. Students participated in team activities based on information from Canada's Food Guide, which focused on team building, positive attitudes, and Dene Laws.

INUALTHUYAK SCHOOL, SACHS HARBOUR: Students followed Canada's Food Guide and learned to cook traditional foods as part of a feast. Parents were invited to join in. Students also participated in a poster competition for prizes.

MANGILALUK SCHOOL, TUKTOYAKTUK: During the campaign, teachers focused on the healthy living component of the Health program (K-9) with an emphasis on Canada's Food Guide. Students tracked their daily nutritional intakes and discussed food choices in relation to the food guide. Although students did not always follow the food guidelines, the awareness was a positive step. The food provided by the school reflected healthy choices (e.g. milk, fruit, and vegetables). The Northern Store donated milk to all of the students. The Northern Store displayed pictures of the *Drop the Pop* campaign to promote community awareness.

MOOSE KERR SCHOOL, AKLAVIK: Students made pledges to *Drop the Pop*. Some of the *Drop the Pop* activities included story telling with community elders; a sugar demonstration from the Community Health Representative; contests put on by the teachers in each classroom, and surveys filled out by parents at home. The Northern Store also provided milk.

SAMUEL HEARNE SECONDARY SCHOOL, INUVIK: Students were offered healthy beverage alternatives at break times during school days, such as smoothies, juices, and milk. After school, students participated in a cooking club where they learned how to plan, shop for, and prepare healthy meals, snacks and beverages. Students who were already enrolled in a Food Studies course prepared healthy beverages and snacks for the rest of the school. Food Studies students also prepared posters and pamphlets about healthy eating that were displayed in the school.

SIR ALEXANDER MACKENZIE SCHOOL, INUVIK: The Regional Dietitian visited the students and discussed the importance of choosing healthy drinks and foods. Students were provided a healthy breakfast as part of the *Drop the Pop* week, which included yogurt, high fibre cereals, and fresh fruit. This program has encouraged students to think about eating healthier and to make healthy choices.

HELEN KALVAK ELIHAKVIK SCHOOL, HOLMAN: Members of the community, who included community health workers, teachers, and volunteers, helped students prepare special traditional and non-traditional foods. Letters were sent home with students so that the campaign's healthy eating goals could be supported at home. Community health workers made presentations to the students about healthy lifestyle choices. Students signed a contract that ensured their commitment to give up pop during the campaign. Mornings started with physical activity and music played over the PA system.

COMMISSION SCOLAIRE FRANCOPHONE DE DIVISION

ÉCOLE ALLAIN ST-CYR, YELLOWKNIFE: For two weeks over the morning PA announcements, the student council shared delicious new ways to enjoy fruits and vegetables. The school also purchased a juicer and each class had a chance to enjoy a fruit or vegetable juice. A juice recipe was included in the *L'Écho-Lié* - a monthly school newsletter.

ÉCOLE BOREALE, HAY RIVER: The community's Dietitian visited the school to talk about the negative effects of pop and other sugary drinks and food on the body. Students participated in a pizza bake-off, where they learned about the importance of balanced, healthy meals. Pizzas were judged by the students based on taste, presentation, cost, and how healthy the ingredients were. ELOmentary students who made healthy choices were given a ballot to enter their name in a weekly draw, where they could win active living prizes. Students enjoyed a healthy snack during each weekly assembly.

DEHCHO DIVISIONAL EDUCATION COUNCIL

BOMPAS ELEMENTARY SCHOOL, FORT SIMPSON¹: Teachers incorporated the *Drop the Pop* theme into the curriculum by emphasizing healthy foods to their classes. All students made posters and special T-shirts with "Nutrition Leader" on the front and "Healthy Food = Healthy Brain" on the back. The talented artists really shone. The Nutrition Fair was fantastic; Kindergarten and grade 1 classes made the Nutrition Fair 2011 banner and prepared the fruit and veggie snacks for the whole school. Students proudly wore their "Nutrition Leader" t-shirts to the fair, and sang songs about nutrition and eating healthy for healthy bodies. Students each took turns telling each other what they had learned about nutrition during the *Drop the Pop* week. The students enjoyed milk that was provided by the Northern Store and also sampled a variety of healthy snacks; for example, yogurt, frozen blueberries and mango, gnocci with organic tomato sauce, broccoli, turnip, cucumbers, pineapple, melons, and grapefruits. Parents joined the students at the fair and it turned out great!

LOUIE NORWEGIAN SCHOOL, JEAN MARIE RIVER: Students learned to prepare and enjoyed eating healthy meals and snacks. Traditional as well as non-traditional foods were promoted in an effort to increase nutritional awareness and everyday healthy practices.

ECHO-DENE SCHOOL, FORT LIARD: Teachers and health professionals helped to educate students about the effects of sugary, sweetened beverages on the body. Students read the Nutrition Facts labels on a variety of beverages and graphed the results. In addition, contests were held between classes for who could drop the most pop. Students also enjoyed healthy snacks.

CHIEF JULIAN YENDO SCHOOL, WRIGLEY: Students operated a new canteen at school, which only served healthy foods. Information pamphlets at the canteen highlighted the nutrition information and health benefits of the foods found on the canteen's menu.

¹ Winner of a Drop the Pop Take the Lead Award

THOMAS SIMPSON SECONDARY SCHOOL, FORT SIMPSON: The student council made up a healthy menu and presented the nutritional information of foods on the menu during an assembly. Students also enjoyed foods from this menu, which demonstrated portion size and healthy choices.

SAHTU DIVISIONAL EDUCATION COUNCIL

CHIEF ALBERT WRIGHT SCHOOL, TULITA: Students from grades K-9 discussed healthy eating and making healthy choices as part of their health and physical education classes. The students were also introduced to new and healthier snack options according to Canada's Food Guide during morning and afternoon snack times. Students and staff were challenged to drink less pop and energy drinks during the campaign. Classes challenged each other to keep these unhealthy drinks out of the school.

CHIEF T'SELEHYE SCHOOL, FORT GOOD HOPE: Teachers organized class events (e.g. poster contests and physical activities) that promoted a healthier way of living in the school as well as outside the school. Students were treated to morning snacks, which included vegetables, fruit, yogurt, and cheese. These snacks discouraged students from bringing unhealthy snacks and drinks to school, such as pop or energy drinks. Health professionals from the health clinic visited the younger grades and talked to them about ways to stay healthy. Teachers used a graph in the school's main area to chart the progress of the K-12 students.

EHTSÉO AYHA SCHOOL, DELINE²: The whole school participated in choosing healthy alternatives to pop and junk food, in hopes of inspiring others in the community to do the same. The students in each class made a *Drop the Pop* poster with healthy slogans and illustrated them with pictures of healthy snacks. Students were entered in a draw to win a basket filled with healthy foods to share with friends and family. Winners were presented with their gift baskets in front of the school and members of the community, who came out to show support and dedication to making healthier choices for themselves and their families. In addition, the Kindergarten class handed out a healthy snack to everyone in the school every day for two weeks. The students really looked forward to what the Kindergarten class was going to bring to the classroom, and in turn, the Kindergarten class enjoyed the responsibility and importance of their daily task. The snacks included yogurt, fruit, granola bars, cheese and vegetable trays. All of the students from K-12 were excited about healthy foods and sharing these alternatives with their families. The students are discovering leadership abilities through discussions with their families. For the excellent commitment and leadership shown, every member of the school is a champion!

MACKENZIE MOUNTAIN SCHOOL, NORMAN WELLS: During the *Drop the Pop* campaign, students enjoyed a healthy morning snack and a variety of activities. Some of the activities included classroom discussions about health eating, a poster contest that showed the effects of pop on teeth, and a visit by a nurse from the Health Center, who spoke to classes about the importance of strong bones and teeth. To celebrate the end of the campaign, the school put on a community luncheon, where they served stew, bannock, chilli, and veggies. Many parent volunteers helped to set up, prepare, and serve the food. The luncheon was a huge success and well attended by the community.

² Winner of a Drop the Pop – Take the Lead Award

SOUTH SLAVE DIVISIONAL EDUCATION COUNCIL

PRINCESS ALEXANDRA SCHOOL, HAY RIVER:³ The school hung posters and created a *Drop the Pop* School Bulletin Board to promote the campaign. An assembly kicked off *Drop the Pop*, where students were educated about the negative effects of pop. Once a week during the campaign, Grade 7 students provided a bunwich breakfast for the entire school in order to support the message about the importance of having breakfast. North Mart provided milk on a weekly basis for the student milk program, which helped to promote the message of calcium for strong bones. In addition, students were provided with milk coupons from the Northern Store. For the duration of the campaign, students enjoyed a morning snack of hot muffins, water, and fruit. During morning announcements, students provided healthy eating and living tips to the staff and student body. Prizes were awarded to the students who successfully dropped the pop for the two week challenge. The school celebrated the completion of the challenge with a taco lunch.

JOSEPH BURR TYRELL SCHOOL, FORT SMITH: A *Drop the Pop* assembly kicked off the week and created enthusiasm among the students for the challenge. Students participated in an awareness campaign and made posters to be displayed around school and around town. Morning announcements were used to create awareness, and healthy snacks were served right after morning recess. Classroom discussions focused on making healthier choices.

CHIEF SUNRISE EDUCATION CENTRE, HAY RIVER RESERVE:

Students prepared healthy breakfasts and snacks as part of a *Healthy Snack Club* during their 2-week *Drop the Pop* challenge. Club participants made posters that compared the nutritional data between pre-packaged snacks and homemade snacks. As a suggestion from last year's campaign, staff participated in *Drop the Coffee* during the *Drop the Pop* challenge week. Staff and students tracked the number of days that they successfully dropped the pop or coffee; classes that beat the staff won a 1-hour Wii Fit/Just Dance party.



A student from Joseph Burr Tyrell School, Fort Smith, enjoys a health snack. *Photo credit: Slave*

River Journal www.srj.ca

HARRY CAMSELL ELEMENTARY SCHOOL, HAY RIVER: Students participated in an exercise routine at the end of a weekly assembly where nutrition and good habits were discussed. Assemblies also featured performances by grade 3 and 4 students, who wrote and presented *commercials* that focused on pop consumption, nutrition and fitness messages. Students and staff who tracked their success in dropping the pop were recognized during the weekly assembly. The school also included information about nutrition and pop consumption in monthly newsletters to parents. Morning announcements provided daily messaging about proper nutrition and exercise.

DENINU SCHOOL, FORT RESOLUTION: Students submitted recipes for a school-wide cookbook and were entered in a draw to win a healthy food hamper. The cover page of the cookbook was the winning submission in the *Recipe Book Cover Page Contest*. Daily announcements included facts about fruits and

³ Winner of a Drop the Pop –Take the Lead Award

vegetables. Students who pledged to *Drop the Pop* for 2 weeks and were successful were entered in a draw for prizes. The drama class prepared a skit about healthy eating and Canada's Food Guide at the school's monthly assembly. The foods class prepared and presented a *commercial* that promoted healthy eating.

TLICHO COMMUNITY SERVICES AGENCY

JEAN WETRADE GAMÈTÌ SCHOOL, GAMÈTÌ: The school focused on both traditional and non-traditional foods in order to educate students about different kinds of healthy choices. A school-wide demonstration showed the effects of pop on parts of the human body, such as bones, teeth and organs, as well as everyday objects, such as metal and coins. Students participated in a *Fun with Fruit* activity, where they made smoothies as an example of learning how to incorporate fresh fruit in an easy way to their diets. Classes made trips to the community store and discussed how to make smart choices when purchasing food. Classes also discussed the epidemic of type 2 diabetes in the north.

CHIEF JIMMY BRUNEAU SCHOOL, BEHCOKO: Elementary students charted their intake of pop every day for one week. At the end of the week, a dental hygienist brought in the amount of sugar that the class consumed, and discussed the effects of sugar on teeth as well as alternatives to drinking pop. Students in grades 4-6 prepared healthy snacks for the K-3 classes and made presentations on the different food groups. Grade 4-6 students also created posters to promote *Drop the Pop*.

The junior high students were banned from drinking pop at school for the entire year. Students participated in fitness days and also enjoyed travelling from class to class to eat foods from different food groups. During the week of *Drop the Pop*, students displayed posters and discussed the effects of sugary drinks, including fruit juices and energy drinks. For example, classes participated in a *penny experiment*, where they observed what happens to a penny when left in cola.

To complete the celebration, each class chose and created a menu around a country. All students travelled from class to class and discussed the healthy choices provided by different styles of cuisines. In addition, students played a Jeopardy game based on healthy eating, drinking, and exercise habits.

YELLOWKNIFE CATHOLIC SCHOOLS

WELEDEH CATHOLIC SCHOOL:⁴ Weledeh Catholic School chose the song "We are the Champions" by the band Queen as the motivational song and theme for *Drop the Pop*. Student Nutrition Ambassadors (SNAs) demonstrated passion for healthy living and creativity by coming up with innovative activities for the *Drop the Pop* campaign. Using the Interactive Whiteboard tool, the SNAs delivered an innovative *Sugar Shocker* lesson on well-being, being smart consumers, and high sugar-content drinks to student, staff, and school board trustees. Primary students loved the presentation, and were amazed to learn the amount of sugar in a Slurpee! The SNAs committed their own personal time at lunch and in the evenings to work on interviewing *community champions* who lead the way in their work or leisure time. Students and staff participated in a *We Are The Champions* obstacle course. SNAs wrote a story called *Happily Ever Active* to

⁴ Winner of a Drop the Pop – Take the Lead award



A student from Weledah Catholic School, with a great *Drop the Pop* presentation at the Legislative Assembly. *Photo credit: Amanda Douglas-Young*

help the younger students better understand health issues. The School Nutrition Ambassadors really made a difference in the school and led by example.

ÉCOLE ST. JOSEPH SCHOOL: Students were encouraged to *Drop the Pop* for two weeks, and those who were successful were entered in a draw to win a prize. They participated in a *Sugar Shocker* lesson that demonstrated sugar and caffeine levels in various drinks. Student council prepared and shared different snacks and their recipes, which outlined the nutritional content. Students also participated in a Water Promotion Challenge, where students were given a water bottle at the beginning of

the week and logged their water intake. Lesson plans demonstrated the importance of a healthy breakfast for growing bodies, and students enjoyed a healthy breakfast to accompany the lesson content. Students participated in a *Drop the Pop* Jeopardy game to assess what they had learned throughout the *Drop the Pop* campaign.

ST. PATRICK HIGH SCHOOL: This year's school campaign theme was *I Am Not a POPoholic!* The week kicked off with a student-created commercial played in each classroom. Students created a satirical interview with a teacher who is an admitted *POPoholic*. The interview focused on the problems that consuming too much pop can cause, and his difficulties with kicking the habit. Additional interviews with teachers who were not *POPoholics* were included. During the campaign, the Rock Café served pop alternatives, such as milk, water, and smoothies to students who were willing to be pop-free for the day.

YELLOWKNIFE DISTRICT NO. 1 EDUCATION AUTHORITY

ÉCOLE J.H. SISSONS SCHOOL, YELLOWKNIFE:⁵ During the *Drop the Pop* challenge, the students from École J.H. Sissons held a Winter Carnival. Grade 4 students prepared snack bags for the carnival, which included fresh vegetables, home-made low-sugar raisin cookies, and high-fibre muffins. Healthy baked-goods were made with the help of a dietitian and homeroom teachers. The grade 4 and 5 students prepared and led a variety of activities for other students, based on healthy food and drink trivia. The grade 4 and 5 students also participated in a 3-day Camp de Neige (Snow Camp), which featured high-energy activities, such as skiing, snowshoeing, rallies, and a variety of races. During the Snow Camp, students drank water instead of juices and were taught to be aware of moderation and consumption amounts.

⁵ Winner of the Drop the Pop – Take the Lead Award

Beginning in January, students took part in a weekly one-hour outdoor activity, which included cross-country skiing or skating on a man-made outdoor ice rink on the playground. Weekly activities also included a speed skating program offered to the grade 4 and 5s and a classroom snack time, where students took turns to bring in a favourite healthy snack or drink to share with the rest of their classmates. During the snack time, classes discussed nutritional values and the amount of food consumed, as well as the connection between the calories consumed and the calories used by their daily activities.

During lunch hour, students were encouraged to participate in activities such as dodgeball, ringette, and hockey. Positive incentives were used with students who participated in the high energy activities, including the opportunity to play *Wii Sports* for 20 minutes. The grade 5 students led a lunch-time milk program. After school, a program featuring different daily activities helped to promote physical activity. For example, Mondays featured yoga; Tuesdays featured hockey; Wednesdays were Capoeira Dance day; and Thursdays featured Zumba.

N.J. MACPHERSON SCHOOL, YELLOWKNIFE:⁶ At N.J. MacPherson School, grade 4 and 5 classes organized and ran the *Drop the Pop* campaign. An assembly introduced the *Drop the Pop* week initiatives to the students and gave them background information on making proper drink choices. Students who avoided sugary drinks for a day were given a ticket that went toward a draw for prizes at the end of the week. Prizes included a tennis racket, jump rope, water bottle, and Frisbees. There were also 5 grand prizes, which included yard-game packs, cameras, and a tent. For 3 days of the week, healthy drinks were served to the students: *Milk Monday*, *Water Wednesday*, and *Fruit Smoothie Friday*. In the mornings, students participated in a 15 minute wake-up exercise, which included aerobics, Tae Bo, dancing, and yoga. Students were also given a fun, nutritious and home-made morning snack. The snacks were all easy-to-make and were examples of healthy, home-made snacks that they could prepare for themselves in the future. For example, some of the snacks provided were celery with almond butter and yogurt-blueberry parfaits. All of the students talked about the different snacks and enjoyed the drinks provided. Even after the campaign, many students were still checking on each other to see what they were drinking. The class in charge learned a lot about how to work together and were very proud of the knowledge that they passed on to the other students. Several teachers and educational assistants commented that students who normally struggled in the mornings were more focused and had a higher output of work. The students themselves commented that they loved getting to go to exercise first thing in the morning and the new variety of activities that they were able to try out.

RANGE LAKE NORTH SCHOOL, YELLOWKNIFE: During each day of the *Drop the Pop* campaign, students received a healthy snack or drink. Snacks included yogurt, cheese, fruit, and vegetables and students were served water or milk to drink. Nutrition tips were announced every morning. Teachers highlighted healthy eating in health classes. The week ended with the Aurora College Nursing student health fair.

KAW TAY WHEE SCHOOL, DETTAH:⁷ The message, *meal-planning = healthier humans*, was one of the themes of the campaign. Students were involved in choosing foods and recipes that they wanted to try from a variety of places around the world. Recipes were taken from cookbooks, magazines, and internet

⁶ Winner of the Drop the Pop – Take the Lead Award

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sites. Older students were responsible for planning grocery lists, estimating costs, and cross-referencing the grocery list with Canada's Food Guide to Healthy Eating. The older students also went to the grocery store to shop for supplies. Students prepared slides as well as selected recipes for two school-wide lunches, four after-school *Let's Get Cooking* sessions, as well as for the Family Nutrition Night.



Students at Kaw Tay Whee School in Dettah enjoy a delicious Spanish dish of prawns romesca, which they prepared from scratch! *Photo credit: Neil Penney*

K'ALEMI DENE SCHOOL, N'DILO: In each classroom, students were given the *Sugar Shocker* presentation prepared by Yellowknife Health and Social Services Authority. Each student was given the opportunity to participate in the presentation and signed a *Be Pop Free* declaration. A second component to the campaign included a questionnaire based on information from the "Sugar Shocker" presentation, with prizes awarded to each class. Additionally, 5 classes planned, shopped for, prepared, and served a healthy lunch for the whole school to enjoy during the last week of the *Drop the Pop* campaign.

ÉCOLE WILLIAM McDONALD MIDDLE SCHOOL, YELLOWKNIFE: Posters from the SIP SMART program were displayed alongside posters created by grade 8 students, which included nutrition facts from popular drink and snack foods. Students participated in a scavenger hunt, and upon successful completion, they were able to enter a draw for prizes, such as a 1-month punch pass to the city's recreational facilities. Students also participated in a healthy lunch promotion. Each day, one class was chosen to have their lunches examined and any items that did not meet the requirements of a healthy lunch were replaced with a YOP, fresh fruit or vegetables, a fresh sandwich, bowl of soup, or water. Students who did not have anything removed from their lunches were entered in a draw for a prize.

NORTH SLAVE YOUNG OFFENDERS FACILITY: This year's program was a continuation of the very successful program launched during the previous year's *Drop the Pop* campaign. A new set of youth were taught strategies involving making healthy food choices and effective meal preparation. For example, components of the program included price comparison shopping, learning to make nutritious meals, exploring alternative food options in smaller communities, assembling a recipe book for youth to take with them, and looking at traditional food preparation.