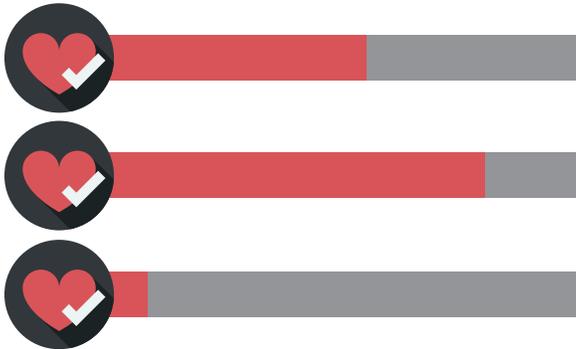


HWDSB

At HWDSB, Positive Culture and Well-being is a top priority. Our schools work to make physical activity and healthy eating a reality inside and outside the classroom. Here are some guidelines that may help families support these goals:

Physical Activity

Know the terms:



Moderate-intensity physical activity is rated five or six out of 10, with 10 being an individual's personal capacity. *Examples include: dancing, brisk walking, playground activities.*

Vigorous-intensity physical activity is usually a seven or eight on a scale of 10. *Examples include: running, fast cycling, fast swimming, rollerblading.*

Sedentary behaviour requires very little movement, such as prolonged sitting, extended time spent watching television, searching the Internet, playing video games and motorized transportation.

Research tells us that being active for at least 60 minutes a day can help children:

- Improve their health
- Do better in school
- Improve their fitness
- Grow stronger
- Have fun playing with friends
- Feel happier
- Maintain a healthy body weight
- Improve their self-confidence
- Learn new skills



Physical Activity and Sedentary Behaviour Tips

For children:

- [Walk or bike to school](#)
- Play an active game at recess
- Play tag or freeze-tag

For youth:

- Walk, bike, rollerblade or skateboard to school
- Go to a fitness class after school
- Play a sport such as basketball, hockey, soccer, volleyball, martial arts, swimming, tennis, skiing, snowboarding
- Join a gym



Limit recreational screen time to no more than two hours a day

- Less screen time is associated with increased health

Youth should participate in at least 60 minutes of moderate- to vigorous-intensity physical activity daily

- Vigorous-intensity activities at least three days per week. Activities that strengthen muscle and bone at least three days per week.

Learn more

[Canadian Physical Activity and Sedentary Behaviour Guidelines](#)
[Active and Sustainable School Transportation \(ASST\)](#)

Healthy Eating Tips

Canada's Food Guide recommends that Canadians:

- Limit sugar
- Eat whole-grain food that is higher fiber and lower in fat and sodium
- Choose grain products that are lower in fat, sugar or salt
- Drink skim, 1% or 2% milk each day.
- Choose lower-fat milk alternatives i.e. partly skimmed mozzarella, light cheddar
- Eat extra-lean meat and vegetarian alternatives prepared with no or little added fat or sodium
- Eat meat alternatives like beans, lentils, and tofu
- Eat at least two servings of fish each week
- Choose lean meat and alternatives made with little or no added fat or salt
- Drink water to satisfy thirst
- Consume vegetables and fruit whole more often than in juice



Limit sugar

Eat whole-grain that is high in fiber



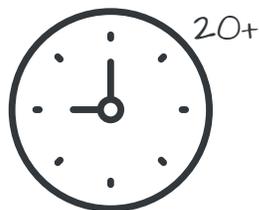
Drink water



Eat meals together as a family



Eat foods that are low in salt



Give children enough time to eat

Tips for Parents:

- Drink water.
 - Pop, diet pop, sports drinks and fruit drinks are high in sugar and low in nutritional value
- Eat meals as a family, at a table.
 - This creates a healthy eating routine that lowers the risk of unhealthy weight gain; eating in front of a television leads to overeating.
- Serve foods low in sodium (140 mg or less) or with no added salt.
- Avoid processed meat such as cold cuts, ham, bacon, sausages, and hot dogs.
 - These are high in salt, high in nitrates and can increase the risk of cancer
- Offer snacks made from at least three of the four food groups (e.g. not grains alone)
- Give children enough time (20+ minutes) and a pleasant place to eat. This will encourage healthy eating.
- Do not restrict nutritious foods due to fat content

Learn more

[At-A-Glance Guide to Ontario's School Food and Beverage Policy](#)

[EatRight Ontario Healthy Eating Resources](#)

[HWDSB Nutrition Policy](#)

[Ontario Ministry of Children and Youth Services Nutrition Tips](#)

[School Food and Beverage Policy](#)

