

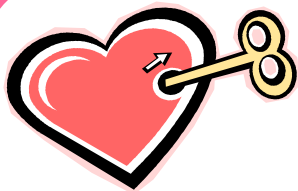
HEALTHY LIVING TIPS FOR SCHOOL NEWSLETTERS

Be a Role Model

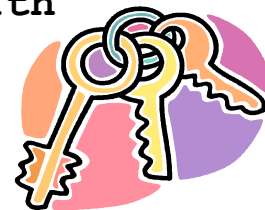








When it comes to making food choices, kids will follow our lead. Set a healthy example by starting every day with breakfast, and creating meals and snacks from the four food groups in Canada's Food Guide. Select "other foods" such as soft drinks, higher-fat snack foods and candy less often. Stock your cupboards and fridge with healthy snack foods such as whole grain breads, cereals and crackers, fresh vegetables and fruit, yogurt, cheese and nuts. Encouraging kids to select these types of foods will

help them develop healthy eating habits that will last a lifetime.



Keys to Good Oral Health



-  Brush your teeth twice daily
-  Floss regularly
-  Practice good food habits
-  Practice tooth safety, wear a mouthguard
-  Have fluoride protection
-  Visit your dental team regularly

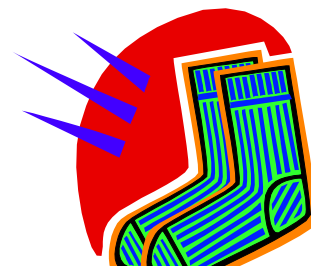
Show your drive to quit smoking in 2011 and you could win a Honda hybrid! Enter the Canadian Cancer Society's **Driven to Quit Challenge** by the end of February, be smoke-free for the month of March and you can enter to win the car!
Go to



www.driventoquit.ca
to register!

Stay warm while you play

All winter activities require warm, dry clothing. To prevent frostbite, warm clothes are best, including a close-fitting hat that covers the ear lobes, mittens, loose layers, wool or wool-blend socks, and boots. Remove wet clothes and shoes quickly as they are the biggest factors in frostbite.



Interested in your health at work? Check out www.nwohealthworks.org!

Chicken Pox... Seeing Spots!



This is a common childhood illness caused by a virus. Symptoms include a fever followed in a day or two by a rash on the chest, back, underarm, neck and face that can be very itchy. The rash starts as small red spots that soon turn into fluid-filled blisters. After a few days, crusts form over the blisters. All cases of chickenpox must be reported to the health unit. There is a vaccine now available to prevent chickenpox. Contact your doctor or the health unit for more information.