

Parent Engagement



What is Physical Literacy All About?

When children are confident and competent in their ability to perform key movement skills like throwing, catching, running, jumping, and kicking, they are better prepared to make healthy, active choices throughout life. This is what physical literacy is all about. It supports learning readiness, positive behaviours, creativity, academic performance, increased attention span, and decreased school absenteeism and bullying.

As a parent, it's important to be active and to be a good role model. It is also important to help your children learn physical literacy skills. Planning family events such as hiking, biking or going to the park can all contribute to supporting and increasing your child's physical literacy. For more information, visit www.physical-literacy.ca or contact your local health unit at www.hkpr.on.ca or www.simcomuskokahealth.org.

Source: Haliburton, Kawartha, Pine Ridge District Health Unit and the Simcoe Muskoka District Health Unit.

Mental Health Minute

MindUP and Resilience

Children are having more and more difficulties coping with daily frustrations and stress which can affect their school performance. Some school staff are now teaching students how to "bounce back" when they are challenged. The MindUP curriculum teaches students that it is okay to feel sad, angry and let down but that it is not the end of the world. Students also learn about how the brain works during stressful times, as well as ways they can control their reactions to frustration through mindfulness.

Contact your school for more information on the MindUP curriculum or visit The Dawn Foundation website www.thehawnfoundation.org/about-us.

How to Use Canada's Food Guide to Plan a Meal

Canada's Food Guide is a valuable resource to help you plan meals. Follow these steps to create a balanced meal with Canada's Food Guide:

- Start meal planning with a vegetable or fruit to help increase your servings per day.
- Meals should include at least 3 of the 4 food groups. *Example: asparagus + chicken + rice + milk.*
- Snacks should include at least 2 food groups. *Example: blueberries + yogurt.*
- Children can help with planning meals and snacks. Make meal planning fun and creative.

Tip: Keep a list of meals and snack ideas on the fridge.

For more information, visit www.healthcanada.gc.ca/foodguide.