



Healthy Living, Youth and Seniors

Healthy Schools
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Healthy Schools is pleased to introduce the **Environmental Health Campaign**

Over the past eight years, Healthy Schools has provided funding to participating schools in seventeen successful campaigns, with topics including safety and injury prevention, physical activity, healthy eating, and mental health promotion.

The Healthy Schools campaign this spring focuses on **ENVIRONMENTAL HEALTH**. Participating schools will receive \$100.00 plus an additional \$0.35 per student for an activity that promotes environmental health in their school community. Sample activities are attached to help you develop the best activity for your school.

Any school representative (administrator, teacher, support staff, parent council member, or student council representative) is eligible to apply. *Please note that only one application per school will receive funding.* **You have until March 9, 2012 to apply!**

To apply for the Environmental Health Campaign, please complete the attached application form and send it to Healthy Schools by mail, fax, email OR you may also **apply directly online** at www.gov.mb.ca/healthyschools/campaigns. For further information about this initiative, contact Kaley Maksymyk (healthyschools@gov.mb.ca or 204-788-6394).

*If you are interested in this Healthy Schools campaign then your school may also be eligible to receive **additional funding** through the Manitoba Education/Manitoba Hydro Grants for Education for Sustainable Development, or through the ESD Categorical Grants (<http://www.edu.gov.mb.ca/k12/esd/grant/index.html>)*

Best regards,

Kaley Maksymyk on behalf of
The Healthy Schools Team
Healthy Living, Youth and Seniors
Manitoba Education
Healthy Child Manitoba Office

*P.S. – To help you plan for the 2012/2013 school year we are pleased to inform you that the **Fall 2012 Healthy Schools Campaign** will be focused on **healthy eating**. Watch for the application package in September 2012.*

Environmental health addresses all the physical, chemical, and biological factors external to a person, and all the related factors impacting behaviours. It encompasses the assessment and control of those environmental factors that can potentially affect health. – *World Health Organization*

Funding Criteria

Initiatives must be school-based. They must highlight the importance of environmental health and increase the awareness of environmental health in the school community.

Sample Activities

- Purchase resources (ex. books, videos, programs)
- Bulletin board displays
- Parent information evening
- Clubs or groups
- Guest speaker on any of the eligible campaign topics
- Art displays (pictures, poems, posters, cartoons, mural)
- School assembly
- Skits, plays, puppet shows
- Reward program (ex. Caught-you-caring, wall of honour)
- Workshops/in-service/forum (for student, parent, or teacher) on any of the eligible campaign topics

Eligible Topics



School Yard Greening/Naturalization

Greening school grounds can help in energy conservation if green space is created close to the school. It also attracts insects and birds that can be constructively used for nature-based education. Ideas include:

- Plant trees, plants, shrubs
- Try organic gardening
- Compost
- Create a butterfly garden
- Create outdoor learning opportunities connected to the curriculum
- Create an outdoor classroom
- Create a Greenhouse



Waste/Energy Reduction

Schools are places where a lot of resources are consumed and a lot of waste may be generated. Ideas include:

- Implement a recycling program
- Use local food producers
- Conserve water (ex. sensor taps, low-flow toilets, low-flow shower heads)
- Use recycled paper and art materials
- Compost/Vermicomposting in class or school-wide
- Use cafeteria serving material alternatives (ex. Compostable/reusable plates) - www.wastereductionstore.com
- Encourage litter-less lunches with no garbage - www.wastefreelunches.org
- Environmental retrofitting of school grounds/maintenance/buildings (ex. low flow toilets, motion sensor lights, more efficient windows, non-toxic and biodegradable cleaning products, 100% post-consumer recycled paper, etc.)
- Conserve energy (ex. wind energy, sensor lights, window retrofitting for efficiency, improved lighting)
- Host a book/toy/clothing swap
- Perform a school or classroom waste audit(s) with the students to assess impact and improve efficiencies in waste reduction
- Waste reduction Week - <http://greenactioncentre.ca/program/seasonal-programs/waste-reduction-week/>
- Check out Green Action Centre's waste reduction ideas for schools <http://greenactioncentre.ca/content/waste-reduction-week-for-schools/>



Active Transportation

Walking and cycling to school not only contributes to a healthy environment by reducing greenhouse gas emissions, but can also help students meet their required physical activity each day. Ideas include:

- Participate in special events:

- Car Free Day - <http://greenactioncentre.ca/content/international-car-free-day/>
- International Walk to School Month - www.iwalktoschool.org and <http://greenactioncentre.ca/content/iwalk/>
- Year Round Commuter Challenge - <http://greenactioncentre.ca/content/year-round-commuter-challenge/>
- Clean Air Day Walk to School - <http://greenactioncentre.ca/event/clean-air-day/>
- Encourage vehicle trip reduction to and from school through the Active and Safe Routes to School Program - <http://greenactioncentre.ca/program/asrts/>
- Create a School Travel Plan - <http://greenactioncentre.ca/program/asrts/school-travel-planning/>
- Make infrastructure changes around the school to enhance active transportation options (ex. lockers for clothing/shoes, showers, bike racks, secure bike cage, hooks, storage room/safe lock up for scooters, skateboards and in-line skates)
- Host a sustainable transportation film night or show movies - kind of like a mini-film festival (ex. cycling, walking, skateboarding, etc.)
- Organize a bike safety course/ bike repair workshop
- Designate No Idling Zones - www.climatechangeconnection.org/Solutions/TurnYourKey-ThisSchoolIsIdle-Free.htm



Environmental Literacy

Understanding how environmental issues relate to individual health is not always evident, but with everything interconnected, one small change can make the difference. Ideas include:

- Bring in a speaker to address specific environmental topics or general environmental literacy.
 - Environmental Speakers Bureau - <http://greenactioncentre.ca/program/environmental-speakers-bureau/>
 - Active and Safe Routes to School - <http://greenactioncentre.ca/program/asrts/>
 - Composting Information - <http://greenactioncentre.ca/learn/composting-2/>
 - No Idling Program - www.climatechangeconnection.org/Solutions/TurnYourKey-ThisSchoolIsIdle-Free.htm
 - Climate Change Connection - www.climatechangeconnection.org/Resources/Presentations.htm
 - Oak Hammock Marsh - www.oakhammockmarsh.ca/programs/youth/index.html
 - Green Kids - www.greenkids.com/
 - Fort Whyte Centre - www.fortwhyte.org/index.php?pid=12
 - Sustainable Food Systems - <http://greenactioncentre.ca/learn/food/>
- Work towards a “Green School” designation - www.seedsfoundation.ca/greenschoolslistingmb.html
- Apply for recognition from Manitoba Education’s Eco-Globe Schools annual recognition program - http://www.edu.gov.mb.ca/k12/esd/eco_globe/index.html
- Plan an environmental awareness campaign to educate parents, businesses, and the community – this may include a public information night, flyer distribution, encouraging local businesses to reduce packaging, etc. Topics such as Idle-Free Zones, organic lawn care, recycling/composting can be covered.



Toxic Chemical Reduction

Many of the products we use in schools are non-biodegradable, toxic or contain volatile organic compounds. These toxic products can aggravate or cause health problems like asthma, bronchitis, headaches, and eye, ear, nose and throat irritation. Ideas include:

- Use alternative cleaners and soaps
- Use eco-friendly white board markers and cleaners
- Use toxic-free art supplies
- Reduce or eliminate school yard pesticides and herbicides
- Use green building materials in any renovations. This could include recycled materials (ex. wood, windows, flooring, strawboard, etc.)
- Use organic lawn care treatment
- Re-paint with low VOC [volatile organic compounds] paints and finishes

For more information and ideas:

Manitoba Education ESD - <http://www.edu.gov.mb.ca/k12/esd/index.html>
 Living Green Living Well – www.livinggreenlivingwell.ca
 Green Action Centre - <http://greenactioncentre.ca/>
 Green Manitoba - www.greenmanitoba.ca
 Manitoba Eco-Network - www.mbeconetwork.org/

Environmental Health Campaign

Application Form (Deadline – March 9, 2012)

School Division		School Name	
Contact Person		Position <i>(parent, teacher, etc)</i>	
Mailing Address <i>(street, town, postal code)</i>			
E-mail Address			
Phone Number		Fax Number	
School Grades		School Population	

Topic Selected: School Yard Greening/Naturalization Waste Reduction Sustainable Transportation
 Environmental Literacy Toxic Chemical Reduction

Description of Event *(Please use only the space provided to describe your proposed activity):*

The funding will be used for (please check all that apply):

Staff time Purchase Materials/Supplies Program Event (e.g. workshop; in-service)
 Guest speaker Purchase Resources Prizes Other: _____

Date(s) when the event will be held: _____

Partners Involved *(e.g. community groups, students, parents, school staff, public health, etc):*

Please note that only one application per school will receive funding.

Principal/Director's Signature:

Successful applicants will be contacted and funding will be provided in May 2012.

Please submit applications
by **March 9, 2012** to:

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