

Sailing Into Summer

Blue skies and warm breezes—for some of us its an invitation to kick back, slow the pace, perhaps catch up on the unfinished work tasks or take time to plan for the rest of the year. For others, especially those involved in summer camps or outdoor programming, it means you're in high gear. And those of us on the Education Committee of the wellness coalition...well, we're getting ready for the coalition's **Annual Gathering taking place in October**. The gathering is a chance for our network to come together to share, connect and celebrate community wellness. Stay tuned for further details, but until then may the blue skies and warm breezes continue!

Heather and Jim, Co-chairs



Welcome New Members

One of the greatest things about our wellness coalition is the diversity of community groups that promote wellness. From the promotion of healthy eating, active living and being smoke-free, to positive mental health, injury prevention and healthy built environments, and a few things in between, our membership has it covered.

And with diversity comes the opportunity to connect, partner and be creative in how we improve the wellness of our communities.

With that in my mind, we'd like to welcome into our Wellness Coalition-Avalon East network the following groups who have recently joined in 2017-2018:

- ◆ [Cricket Newfoundland & Labrador](#)
- ◆ [Home Share 17](#)
- ◆ [New Dimensions Child Care](#)
- ◆ [Pearlgate Track & Field Club](#)
- ◆ [Radhoc Youth Leadership](#)

To see who else is a member and perhaps find a potential wellness partner visit the membership listing on our website at <http://www.wellnesscoalition-avaloneast.ca/membership-listing>.

What's Inside?

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Books by the Beds: Connecting Literacy and Nature

During the summer of 2016, families of young children at the [Association Communautaire Francophone de Saint-Jean \(ACFSJ\)](#) had the unique opportunity of combining gardening with storybook readings and nature-themed play as part of the **Books by the Beds** project. Working with partners such as Réseau santé en français de Terre-Neuve-et-Labrador and Food First NL, ACFSJ designed a program where parents and children aged 0-6 years engaged in raised-bed gardening. Child-friendly gardening tools enabled the children to plant and weed alongside their parents; and stories read by garden volunteers complemented the gardening activities and encouraged further nature exploration. Following their guided garden sessions, the children could often be seen touching and smelling plants and observing how they grew.

The story time component, which started in the garden but continued indoors as the weather cooled, provided further opportunity for children and parents to get to know one another and strengthen their connections.

In addition to the activity components of this project, the grant funding from the Wellness Coalition-Avalon East also allowed for improvements in garden size and accessibility by the creation of garden terraces.



Next deadline: **September 15th**

More info and application at:
wellnesscoalition-avaloneast.ca

Congratulations May 2017 Grant Recipients

- Jimmy Pratt Memorial Outreach Centre: Mall Walkers Club
- New Dimensions Child Care: Summer Gardening & Physical Activity Program
- NL Sexual Assault Crisis & Prevention Centre: NLSACPC & YWCA Volunteer Wellness Day
- Planned Parenthood NL Sexual Health Centre: Camp Eclipse
- Radhoc Youth Leadership: Youth Leadership Summer Camp 2017
- Refugee Immigrant & Advisory Council: Here & There Wellness Group
- St. John's Native Friendship Centre: Cooking Program
- The Arthritis Society: Ease the Pain –Taking Charge of Arthritis
- The greenrock.ca: In Its Place
- Wabana Recreation Committee: Summer Fun Activities

Do You Know? - How to Help Conserve Water in Your Home

-by Katie Power, CCNL

Access to safe and quality drinking water is one of the fundamental building blocks of a healthy community. Learning how to properly manage our water resources is an important part of becoming healthy, responsible citizens. Currently, in Newfoundland and Labrador, we use more water per capita each day than any other province or territory in Canada. The need for public education and outreach may be magnified in the summer months, when the demand on public water hits a yearly high.

As part of our mandate to encourage environmental and cultural heritage conservation, [Conservation Corps Newfoundland and Labrador \(CCNL\)](#) is spreading the word about how we can be more efficient water users in NL. Check out the tips in the graphic to the side.

For more information on CCNL's water conservation initiatives please visit our website: www.ccnl.ca/programs/water-conservation.

To access **free water conservation kits**, please contact CCNL's Water Conservation Coordinator Katie Power, at kpower@ccnl.ca or 709-729-7262.

HOW TO HELP CONSERVE WATER IN YOUR HOME

ST. JOHN'S HAS THE HIGHEST PER CAPITA/PER DAY WATER USE IN CANADA. HOW CAN WE HELP CHANGE THAT?

STOP THE DROP
Leaking faucets are more than just annoying, a leak of one drip per second can waste over 25 L a day! Fix leaks like you'd fix a broken Wi-Fi connection

DON'T RUSH TO FLUSH
Older toilets can use around 13L of water per flush while Low flow toilets use around 6L. Throw tissues into wastebasket whenever possible

SHORTEN THE SHOWER
Challenge yourself by getting a shower timer to cut back on time spent in the shower. While in there, try only running the water when necessary

FORGO THE FLOW
Faucet aerators help to reduce the rate of flow. A flowing tap uses 6L of water per minute. Cut back by not letting the tap run while brushing your teeth!

PASS ON THE PLASTIC
1L of bottled water can use up to 5L to produce it. Why not use a refillable water bottle? Conserve water and personalize your bottle to your own style



Coalition Promotional Items

A limited supply of promotional items are available to coalition members to help support/promote a wellness activity. For more information or to request an item please contact 752-4912 or e-mail heather.powell@easternhealth.ca . Items available include:

- Lunch Bag
- Collapsible Water Bottle
- Skipping Rope
- Food Container
- Small Bouncing Ball
- Magnetic Bookmark
- Tote Bag

Kids Eat Smart Clubs Celebrate a Successful School Year

-by Janel Genge, KES

Summer is in full swing and while our students and volunteers enjoy the beautiful sunny weather, staff at [Kids Eat Smart Foundation NL](#) takes this time to review the 2016-17 school year and prepare for the upcoming school year.

Kids Eat Smart Clubs are run by volunteers who are educators, principals, school administrators, parents, grandparents and community leaders and in many cases, supported financially by local businesses and organizations. Through the financial commitment of the Government of Newfoundland and Labrador and our funding partners, Kids Eat Smart Foundation NL provides financial support and resources to help sustain our **248 KES Clubs**. KES Regional Coordinators, located throughout the province, are equipped with an arsenal of resources including; menu planning, volunteer recruitment, nutrition education and food safety training and fundraising support, to ensure the success of every KES Club.

There are currently 248 KES Clubs, **55** of those are located in **Avalon East**. Of these 55 KES Clubs, we are in 49 schools and 6 community centres. Based on our year end reports, we serve over **8,000** meals every school day in Avalon East, and have **1200+** volunteers that help run KES Clubs....amazing!

As we close the chapter on this recent school year we look forward to the possibilities a new school year has in store.



Wellness Coalition-Avalon East Steering Committee

Contact Coalition Co-chairs if you have any questions, ideas or comments:

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Ruth MacDonalld, Community Sector Council NL

Yamuna Kuty, Multi-Cultural Women's Organization NL

Jeff Pinsent, Recreation Division, City of St. John's

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Melanie Hiscock, Primary Health Care, Eastern Health

Krista Manning, Eastern Health/NL English School District

Jennifer Clarke, Public Health Nursing, Eastern Health

Kimberly Orren, Island Rooms/Fishing for Success