



On the Home Front

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2015 Scholarship Program

This year Newfoundland and Labrador Housing Corporation (NLHC) will award a total of twelve scholarships valued at \$1000 each. This will include nine Youth Scholarships (three in each of the following regions: Avalon/ East, Central, Western/ Labrador), and three Adult Scholarships (one in each of the three regions). The deadline for applications for the Youth Scholarship program was August 31, 2015. For the Adult Scholarship Program, the deadline is September 30, 2015. Check out our website at www.nlhc.nl.ca for more information. ■

The deadline for submissions for the next On The Home Front newsletter is Monday, October 26, 2015. We want to hear about what's happening in your neighbourhood. Please submit your photos and consent forms to use photos and stories to Danette at drfox@nlhc.nl.ca



Fun with Veggies and Fruits in the Classroom

The Heart and Stroke Foundation is pleased to announce the launch of their **I HEART Veggies and Fruit** province-wide Back to School health promotion campaign. This year's program launch takes place on September 21st at Helen Tulk Elementary School in Bishop's Falls.

As part of the Back to School program, the Heart and Stroke Foundation will provide all grade four students in the province with a workbook that teaches them how to incorporate a variety of vegetables and fruit into their diet. The teachers will receive a resource booklet to help them plan healthy eating classroom activities; students will also receive a lunch bag containing a veggie and fruit container, a tomato-growing kit and a booklet of fun information to complement the curriculum.

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West Heights Tenant Association

West Heights Tenant Association has been very busy. They celebrated Mother's day with all the moms by having a hot lunch and yummy sweets! Activities included bingo games with lots of prizes as well as gift bags full of goodies and a rose for every mom.

St. John's Clean & Beautiful and West Heights Tenant Association held a very successful clean up day in June. The children were very helpful and cleaned up everything from trees to car parts. Wow, Great job!

The group also held their annual Canada day event, which was very well attended. Everyone, young and old had a great time. There was lots of chatting, racing games, food and prizes. There was SUN that day!

West Heights and Bridges to Hope are now getting ready to collect names for back to school book bags.

The group is also planning their annual NL Day in August which is always an event that everyone looks forward to. The event will include fish and brews, music, bouncy castles, Newfoundland and Labrador dogs and, fingers crossed, Newfoundland Ponies! That sounds like a lot of fun!

West Heights now has a community outreach person, Stephen Ross. He is a great help with everything and provides the group with lots of helpful information. The group is looking forward to the NL Housing Bi-annual Tenant Conference in September and are currently working on their display. ■



Tenant Conference

The 2015 Tenant Conference is scheduled for September 18-19 at Hotel Gander. The theme for this year's conference is 'Volunteers Rock'. Information packages have been mailed out.

Literacy Fundraiser

The Community Centre Alliance's 4th annual Youth Achieve Run for Literacy raised more than \$12,000 on Sunday, August 16th, in St. John's. It was a five kilometer run/walk and 287 people participated. For each person that crossed the finish line, the Fry Family Foundation and VOCCM donated \$20. Funds raised from the event will be used to provide literacy tutoring to youth ages 12 to 16 that are still in school but require literacy support to graduate. A sincere thank you to everyone who supported the cause. ■

Crisis Phone

Mental Health Crisis Line
Telephone: 1-888-737-4668
Toll-Free: 1-877-753-8550
Website: www.cmhanl.ca/

Kids Help Line
Telephone: 1-800-668-6868

Financial Information Help Line
Telephone: 855-723-8140
Monday to Thursday
4:00 pm to 8:00 pm
Island time
Website:
www.creditanddebtsolutions.ca

Community Sector Council
Website:
www.communitysector.nl.ca

Office of the Citizens Representative
Telephone: 1-800 559-0079
Email: citrep@gov.nl.ca

Meet the new face of Community Centre Alliance

Community Centre Alliance is changing their logo to the new one as follows:



They also have a new website — check it out at www.ccanl.ca

Community Centre Alliance provides programming focusing on employment, economic development, education and literacy through partnerships and policy developments.

For information on programs and services,
contact 709-753-3670

(Fun with Veggies and Fruits continued)

Sponsored by NL Hydro, the program will teach students about the important role vegetables and fruit play in a balanced, healthy diet, through the use of fun facts, classroom activities, experiments, recipes, games and classroom taste-testing. Recent statistics from the Canadian Community Health Survey and Statistics Canada show that seven in ten children do not meet the minimum daily servings of vegetables and fruit as recommended in Canada's Food Guide.

The Foundation's Director of Health Promotion, Heather Percy, commented on the rationale behind programs like **I HEART Veggies and Fruit**. "An important part of our mission is to prevent disease. Lifestyle factors are putting our children and youth at serious risk for developing heart disease, stroke and other chronic diseases, and at a younger age than previous generations.

There is evidence that shows that a healthy diet rich in a variety of vegetables and fruit may help reduce the risk of heart disease. By encouraging healthy choices in the classroom, we hope that children will make positive associations with vegetables and fruit and continue to enjoy them in the future."

Anyone interested in learning more about the Heart and Stroke Foundation's Back to School program is welcome to contact Heather Percy at (709) 753-8521 or heather.percy@heartandstroke.ca. ■

Eight back-to-school tips for parents

- 1. Shop Strategically**
Don't overbuy — do your kids need several new outfits? Buy only what they need to replace what they've outgrown. When it comes to shopping for school supplies, it might be best to wait until after the first day of school.
- 2. Create a Schedule**
Kids like routine. Get everyone on a schedule for doing homework, going to bed, getting up, taking showers and eating breakfast. Schedules create less chaos.
- 3. Get Organized**
Decide where school bags and supplies will be stored and have your kids put their own things away so they can easily put their hands on it the next morning. Have plenty of lunch options available and let your kids pack their own lunch.
- 4. Make Time for Breakfast**
Continue to remind your kids that breakfast is the most important meal of the day.
- 5. Choose Extracurricular Activities Carefully**
Select just a couple extracurricular activities for your children that won't create parental overload.
- 6. Schedule 'Me Time'**
Make parental down time mandatory. Take a hot bath, go to a movie, or curl up with a good book. Time for yourself is key to restoring vitality and alleviating stress.
- 7. Laugh**
Studies have shown that laughter crushes cortisol and epinephrine, our brain's stress hormones and boosts our immune systems.
- 8. Get Quality Sleep**
Your brain needs to slow down before bedtime so that you can fall asleep quickly and snooze soundly. Aim for between seven to nine hours of sleep and cut out caffeine before bedtime.

Source: Canadian Living