



Students at Bolton C. Falby Public School rethink their drink



A group of intermediate students on a health team at Bolton C. Falby Public School in Ajax noticed a lot of students drinking sugary drinks.

Here are the facts:

- 38% of elementary and secondary students in Durham Region drink pop/sports drinks 2-4 times a week (OSDUS, 2010-2011).
- Sugary drinks are the main source of added sugar in the daily diets of children and youth.
- Too many sugary drinks can lead to tooth decay, weight gain and obesity.

The health team was motivated to help staff and students live healthier. With support from the school's public health nurse and the Oral Health division, they developed a "Rethink your Drink" school health plan.

Are you looking for support with your school's health plan?

Contact your school's public health nurse, or call Durham Health Connection Line at 1-800-841-2729.



"Every day at school I see students drinking pop, energy drinks, sports drinks and juice boxes. Just look in the recycling bin and you will see all the empty containers. This is too much sugar!"

Goals

- To raise awareness about the negative health effects of drinking too many sugary drinks.
- To encourage the school community to "Rethink your Drink".

Actions

- The health team developed fun presentations for primary, junior and intermediate students. The presentations included: a skit, cartoon clips, an action song about drinking water, the sugar shocker activity and a student quiz.
- In the sugar shocker activity, students had to guess how much sugar was in different sugary drinks. This promoted skills in counting, reading the nutrition facts table and calculating which drinks had the most sugar. Students were excited to be involved and shocked to find out how much sugar they were drinking.
- To test their knowledge and engage the entire school community, a contest was held where students developed posters promoting water as the best choice. The top winners received prizes and the posters were displayed on the healthy schools bulletin board.
- Students also delivered morning announcements promoting healthier choices and all students brought home a Health Department "Rethink your Drink" resource to share with their parents.

Results

- The team raised awareness about the health risks of drinking too many sugary drinks.
- Staff and students are excited to "live healthier" and choose water more often.
- This student engagement opportunity was a great way for youth to actively contribute to school health, their learning and well-being.