



2015-2016 DROP THE POP WINNERS

Theme: Celebrating Successes!

All NWT schools participated in Drop the Pop this year and all did a great job. For this anniversary year, we acknowledgeSCHOOLS that are deserving of recognition year for their efforts to encourage students to drink healthy beverages, such as water as the healthiest and best option and/or other activities that motivated students to continue to make healthy choices. Here is a list of the winning schools and highlights of their activities!

District Education Authority	Activity Summary
Beaufort Delta Education Council	
Chief Julius School Fort McPherson Shirley Snowshoe, Principal	Chief Julius provided education to help students choose healthy drinks and made smoothies. The school also held a traditional feast with community elders. Chief Julius would recommend that students (and other schools) spend time with elders, getting <i>sugar snow</i> to make tea and bringing the community together to talk about choosing water and providing education about sugar in pop. The school will collect photos to make posters that will be displayed around the community about drinking less pop. They also plan to continue to present information about sugar in drinks like pop and slushies.
East Three Elementary School Inuvik Deborah Reid, Principal	East Three Elementary promoted healthy drink choices by providing school water bottles and a school-wide milk day. The school provided education about the benefits of water and milk instead of juice and pop. Water was distributed easily by having students fill their school water bottles throughout the day. The school logo (on the water bottles) promoted school spirit and made it 'cool' to drink water. The bottles are kept at school to use regularly.
Helen Kalvak Elihakvik Ulukhaktok Kurt Scheiwiller, Principal	Helen Kalvak students prepared healthy snacks for their peers 5 days a week for 3 weeks. The school took the students out on the land for outdoor activities, such as fishing and hiking. Healthy snacks were eaten during the trip. Fifteen parents also volunteered to help with these events.
District Education Authority	Activity Summary
Sahtu Divisional Education Council	
Chief T'Selehye Fort Good Hope Vince Dikaitis, Principal	Chief T'Selehye developed a program that focuses on creating opportunities to learn and eat healthy foods. Their idea has turned into a culinary program which then became the <i>Eagles Nest Bagel Shop</i> . The students promote their bagels as the best in the NWT, they produced a video and they use only healthy ingredients. The school is interested in sharing their ideas!
South Slave Divisional Education Council	
Princess Alexandra School Hay River	Princess Alexandra introduced students to healthy eating habits, healthy beverages and the importance of physical activity. Students prepared healthy lunches and morning snacks and were challenged



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Carolyn Carroll, Principal	to provide photos of students promoting healthy living for the Drop the Pop bulletin board. Students also provided healthy living tips for morning announcements and awarded prizes to students who Dropped the Pop for 2 weeks.
Joseph Burr Tyrrell School Fort Smith Cora America, Principal	Joseph Burr Tyrrell conducted a school-wide <i>then and now inquiry unit</i> on traditional healthy food/drink activities. Primary students learned about healthy eating and traditional foods that included trying different types of bannock – this helped get the whole community involved. Elementary students were given a topic (foods, drinks or activities) and were asked to interview parents/grandparents to see what they used to eat, drink or do to be healthy. Classes compared what was eaten in the past to the present (then and now). Second language teachers supported Drop the Pop by providing translations in French, Cree and Chipewyan as well as teaching the languages in classrooms.
Deninu School Fort Resolution Kate Powell, Principal	Deninu school conducted several activities, such as a visit from the Regional Dietitian, who provided information on the importance of breakfast and the Community Health Representative who set up an information booth at the school to raise awareness about sugary drinks. The principal also used <i>Sip Smart</i> resources at a booth to raise awareness about sugary drinks. Each elementary class chose, made and presented healthy snacks for the whole school. Proper hydration was discussed with students, such as drinking water after exercise; older students tried a variety of teas every morning for 2 weeks. The Grade 3 and 4 class made smoothies to share school-wide to promote healthy beverages. Students challenged peers and parents to Drop the Pop. Students and staff who promised to Drop the Pop for 2 weeks were rewarded with prizes. These examples help demonstrate the wider impact of Drop the Pop on the community.
Deh Cho Divisional Education Council	
Bompas Elementary School Fort Simpson Kelley Andrews-Klein, Principal	Bompas Elementary held a <i>Health Attack Fair</i> which had students engaged in healthy activities. During the fair, grade 6 students presented power point presentations to the school on the sugar/health content of different beverages. All students and staff received water bottles labeled with the slogan <i>Drink MacKenzie Juice</i> to encourage students to drink water instead of sugary drinks. Fort Simpson’s drinking water comes from the Mackenzie River, hence the slogan. The students were involved every step of the way, including picking out the water bottles.
Louie Norwegian School Jean Marie River Kent Bratton, Principal	Louie Norwegian created a community cookbook based on favorite recipe submissions from community members. A feast was also organized so that community members could prepare their recipe. Each household received a cookbook.
Kakisa Lake School	Kakisa Lake did sugar shocker activities that included using digital



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<p>Kakisa</p> <p>Greg Reardon, Principal</p>	<p>scales to show the sugar content of sugary beverages, especially ones that don't look like they contain a lot of sugar. Drop the Pop activities were included in the curriculum: Health: discussed the benefits of proper hydration, diabetes and how the digestion system works; CTS cooking course: a 4 month cooking course focused on healthy food and drink preparation; Dene Kede: the school plans to work with scientists and elders to do a water and ecosystem study. The sugar shocker kit opened the student's eyes to sugar content in drinks and foods.</p>
<p>Charles Tetcho School</p> <p>Trout Lake</p> <p>Steven MacFadyen</p>	<p>Charles Tetcho did Drop the Pop <i>then and now</i> activities. Students increased their awareness of the ill effects of pop and the benefits of water by promoting healthy choices of traditional beverages and choosing traditional foods over packaged store-bought foods to promote literacy by researching symptoms of diabetes. Elders spoke with youth about healthy food choices and less pop, sugary beverage and energy drink consumption. Students completed questionnaires comparing their own diet with that of an Elder. A display was set up demonstrating the acid effects of pop on tooth enamel using a variety of animal bones and teeth. Posters were created to compare <i>Foods Then and Now</i> – these were displayed at the store, health cabin and band office. A feast was prepared for community members offering foods low in sugar.</p>
District Educational Authority	
Tlich Community Services Agency	
<p>Mezi Community School</p> <p>Wha Ti</p> <p>John Sarapnickas, Principal</p>	<p>Mezi held an assembly where the long-term impacts of drinking sugary drinks was reviewed using videos that outlined the effects of type 2 Diabetes and high blood sugar levels which can negatively affect health (such as eyesight and weight gain). Classrooms had daily announcements and classroom lessons on bodily systems. Pop is not allowed in the school.</p>
<p>Jean Wetrade Gameti School</p> <p>Gameti</p> <p>Brendan Mulcahy, Principal</p>	<p>Jean Wetrade focused on dental health and the negative impacts sugary drinks have on teeth. Students learned about plaque and how it uses sugar to grow. K-9 students worked on an experiment that showed how acid damages teeth, using eggs in different solutions and documenting changes in texture and colour and recording their observations of the effects of different sugary solutions. Students learned how to read food labels and measure sugar in foods – their experiments helped the students make decisions on what to drink. Students also tried plain carbonated water to see if it was the carbonation or sweetness that attracts them to these drinks. Students made posters of their findings. Students who Dropped the Pop were entered for a draw with prizes of small blenders.</p>
Yellowknife Catholic Schools	
Territorial Treatment Centre	The Territorial Treatment Centre made a sugary display of how much



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<p>Yellowknife</p> <p>Liz Baile, Principal</p>	<p>sugar is in processed beverages. Being heart smart and active was reviewed to help students make healthy food and drink options. The Centre also examined the cost of sugary beverages and how these costs affect limited budgets. The food label activities helped the students think more critically about the sugar in foods by comparing the amounts per serving or for the whole package.</p>
<p>École Saint Patrick High School</p> <p>Yellowknife</p> <p>Coleen McDonald, Principal</p>	<p>St. Patrick’s provided information pertaining to sugar in various beverages and foods. The beverage sugar kit was used to show the actual amounts of sugar in favourite beverages. The Rock Café now offers vegetable juices and water at cost to promote healthier beverages. Fresh fruit is also offered in the mornings and afternoons.</p>
<p>Weledeh Catholic School</p> <p>Yellowknife</p> <p>Liz Baile, Principal</p>	<p>Weledeh’s Grade 4 Nutrition Ambassadors preformed puppet plays for younger grades (K-3) about the negative effects of pop and positive alternatives. The plays and puppets were created by the students. One group of students recorded a PSA that was shown to elementary and middle school students. Students reported and tallied up their pop consumption, with prizes given out for winners in each division (primary, elementary and middle school). Green screen posters were also developed by the Nutrition Ambassadors. The younger students were engaged in the puppet plays and primary teachers encouraged students to continue to drink healthier drinks. The younger students also developed their own puppet plays.</p>
<p>Yellowknife Education District No. 1</p>	
<p>Mildred Hall Elementary School and YK#1 schools</p> <p>Katey Simmons, Principal</p>	<p>Mildred Hall provided water refill stations (with ‘counters) and refillable water bottles for all students. The counters show how many plastic bottles have been saved by using refillable water bottles. The water is also kept cold and the students have been drinking more water. Students also reduced plastic water bottle use.</p> <p>The success of the water refill stations was shared with other schools in the Education Authority, resulting in more water stations installed in each school that all students can use.</p>
District Education Authority	Activity Summary
<p>Commission scolaire francophone des Territoires du Nord-Ouest</p>	
<p>École Allain St-Cyr</p> <p>Genevieve Charron, Principal</p>	<p>Ecole Allain St-Cyr promoted drinking water by providing water bottles to each K-12 student, which resulted in greater intakes of water. The school adopted a slogan in French to promote Drop the Pop: <i>Bois de l’eau e soise bien dans ta peau</i> (Drink Water and Feel Good in your Body). Other activities included installing a water station, a banner with the slogan and the benefits of drinking water and adding in fruits or herbs for flavourings.</p>