Positive

Healthy choices in Repulse Bay

Drop the Pop a fun, educational time for Tusarvik students

by Darrell Greer
Northern News Services
Repulse Bay

Students and staff at Tusarvik School in Repulse Bay wrapped up their annual Drop the Pop campaign recently.

The students spent the past month doing their best to stay away from soda pop and eating healthier meals during the campaign.

The theme to Tusarvik's campaign was Drop the Pop for strong bones.

COFFEE Break

Senior high teacher Marianne den Haan said the campaign encourages students and their families to consume healthier beverages and foods, learn new skills and knowledge, and foster long-term healthy intakes to maintain and improve overall well-being.

She said the program included door decorating contests, a Drop the Pop art challenge, lesson activities, and an afternoon for students to participate in interactive games to learn about healthy eating.

"The students had an opportunity to win prizes and recognition for their healthy choices," said den Haan.

"Each day for the month, the Grade 7 class prepared tasty, healthy smoothies, cheese and fruit for each classroom.

"A special thanks goes to Carol (Kennedy) for organizing the campaign, and the Grade 7s for delivering the healthy treats each day."

The Northern store partnered with Tusarvik for the campaign by donating food products, and preparing and serving a delicious hot-and-healthy breakfast for the students on Feb. 24.

Store manager Colin Laidlaw and his management team encouraged students to drop unhealthy drinks for other options by giving out coupons for a free Yop or milk product at the Northern store.

Kennedy said the efforts by the Northern store team were greatly appreciated by students and staff.

She said the Drop the Pop campaign is always an exciting time around the school.

"The students learn about the importance of having healthy bones," said Kennedy.

"They also learn how to choose food and drinks that support them, as well as receiving snacks of milk, smoothies, yogurt, cheese and fruit each day.

"It's a great way to promote the healthy living that's necessary for students and their growing bodies."

ᓂᐅᕕᖅᕕᖕᒥ ᐊᖓᔪᖅᑲᐅᑎᑦ ᕌᓐᑎ ᖁᐸᒃ, ᓯᓐᑎ ᑐᕈᒃ, ᓯᑎᐲ ᒫᑦ, ᑳᓕᓐ ᓚᐃᑦᓚ (ᓂᐅᕕᖅᕕᖕᒥ ᐊᖓᔪᖄᖅ) ᐊᒻᒪᓗ ᐲᑕ ᑐᕈᒃ, ᓴᐅᒥᐊᓂᑦ ᓯᕗᓂᐊᓂ, ᖁᕕᐊᓱᒃᑎᑦᑕᐅᖃᑦ ᐃᓕᓐᓂᐊᖅᑎᓂᒃ ᑐᓴᖅᕕᒃ ᐃᓕᓐᓂᐊᕐᕕᖓᓂ ᓇᐅᔮᓂ ᐆᓇᖅᑐᓂᒃ, ᓂᕿᓯᐊᕐᓇᖅᑐᓂᒃ ᐅᑦᑑᕐᑎᑦᑎᖅᑎᑦᑐᑎᒃ ᑕᖅᑭᐅᓚᐅᖅᑐᒥ.

photo courtesy of Marianne den Haan

The Northern store management team of Randy Kopak, Cindy Torok, Stacey Maud, Colin Laidlaw (store manager) and Peter Torok, from left, lit up the faces of students at Tusarvik School in Repulse Bay with a hot, healthy breakfast this past month.