

Healthy Happenings

December 6, 2006

BC Healthy Schools Network Foundational Meeting Hilton Vancouver Airport, 8:30am-4:00pm

January 15, 2007

Langley Network Mtg. Langley School Board Office at 4875-222 Street, 4:00-6:00 pm

For more information, please contact

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The Launch

October 2006 marked the official launch of the Healthy Schools Network, supported by the Ministries of Education and Health. Network members include public and independent schools that share one goal: improving overall student health through the school setting.

What Is It?

The Healthy Schools Network is a component of the [Network of Performance Based Schools](#), whose members actively work on existing performance standards.

Getting Started

This year Healthy School Network participants will pilot a School Health Assessment Tool that will enable schools to clearly identify their areas of strength and where there is room for improvement.

After completing the assessment, schools will develop a Healthy School Plan to address areas of concern such as healthy eating, physical activity, and improved school connectedness.

Participating schools have committed to:

- Developing a Healthy School Team that will include members from all areas of the school community and the local Health Authorities;
- Piloting the School Health Assessment Tool;
- Developing a Healthy School Improvement Plan; and
- Working closely with the local Health Authority and health promotion professionals.

This year member schools will:

- Meet during the year for orientation and working sessions;
- Receive \$1,000 at the end of the school year for participating in the Network;
- Receive membership in the Network of Performance Based Schools; and
- Select schools will receive an additional \$1,000 to support the Province in developing the Healthy Schools Performance Standard.

As an Extra Incentive...

Starting in the spring of 2008, participating schools are also eligible for a Provincial Healthy Schools designation. That's an additional \$500 annually for schools meeting and maintaining the provincial healthy schools standard.



An eye towards 2010:

Developing the Healthy Schools Performance Standard will contribute towards achieving the Province's goal of becoming the most fit jurisdiction to ever host an Olympic Games.

Breakfast



DID YOU KNOW: students who don't eat breakfast are less able to learn at school, get less iron (an important nutrient) in their diets, and are more likely to have a higher **body mass index (BMI)**, which is a sign they may be overweight.

On the other hand, students who eat breakfast do better in school, are more likely to participate in physical activities, and tend to eat healthier overall. So encourage your students not to run out the door on an empty stomach. Make sure they fuel up with a good breakfast!