

## Healthy Happenings

**December 14, 2007**

*HSN School Inquiry  
Questions submitted*

**January 10 & 11, 2008**

*Healthy Living  
Performance Standards  
Committee, Richmond*

## Upcoming NPBS & HSN Regional Meetings

**January 14, 2008**

*Langley, Langley SBO,  
4PM-5:30PM*

**January 31, 2008**

*Mid-Island, Nanaimo,  
Randerson Ridge  
Elementary, 4PM-6PM*

**January 31, 2008**

*Okanagan Mainline  
North, Kelowna,  
Hollywood Education  
Centre, 3:45PM-5:30PM*

**February 1, 2008**

*North Central, Prince  
George, Heather Park  
Middle, 8:30AM-3PM*

*To tell us about a healthy  
happening in your  
district, or for more  
information, please  
contact:*

**Healthy Schools Unit**

**Office: 250-356-6055**

<http://www.bced.gov.bc.ca/health/hsnetwork/>

## Healthy Fundraising in Schools

[Healthy School Fundraising: How to raise funds while promoting health and having fun!](#)

is presented by DASH BC for Parent Advisory Councils, Principals, Teachers, School Staff and Students to use when fundraising for schools, school supported teams, and clubs.



### Why Healthy Fundraising?

- ✓ **For healthier students who learn better** – research shows that healthy lifestyles are linked to better behaviour and academic performance
- ✓ **To support classroom learning** – fundraising that reinforces healthy lifestyle choices also reinforces your school's curriculum goals
- ✓ **For a healthy school environment** – making healthy choices the easy choices will shape healthy habits
- ✓ **For more than monetary returns** – schools that put health first discover that they are also supporting learning and development of students, building community, and social inclusion

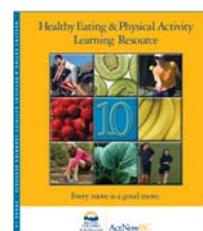
Healthy fundraising shows that your school is **committed to promoting healthy behaviours** among students, staff, families and the community at large.

*"Schools have a wide range of non-food and healthy food fundraising options to choose from, and experience shows that these options can raise as much or even more money than junk food sales."*

- Centre for Science in the Public Interest

## Healthy Eating and Physical Activity Resources 8-10

Grades eight, nine and ten of the Healthy Eating and Physical Activity Learning Resource were recently delivered to your school for your use. This classroom resource is an ActNow BC initiative



intended to support teachers to help students gain the knowledge and skills to support lifelong healthy habits in healthy eating and physical activity. The lesson plans meet the minimum mandated expectations of Health Career and Education Grade eight and nine, as well as Planning Ten. Electronic versions of the resource are also available online at [www.bced.gov.bc.ca/health/health\\_publications.htm](http://www.bced.gov.bc.ca/health/health_publications.htm). Stay tuned for Fall of 2008, when Kindergarten to Grade seven, eleven and twelve will be released.

## New Online Resources for the Food and Beverage Guidelines

### Quick Reference for Healthier Food Choices

A one-page overview of the criteria for Choose Sometimes and Choose Most items from the Guidelines for Food and Beverage Sales in BC Schools (revised 2007). Visit [www.bced.gov.bc.ca/health/quick\\_ref.pdf](http://www.bced.gov.bc.ca/health/quick_ref.pdf).

### Complete Criteria Charts for Food and Beverage Sales Guidelines

Find these helpful reference charts online at [www.bced.gov.bc.ca/health/criteria\\_charts.pdf](http://www.bced.gov.bc.ca/health/criteria_charts.pdf).

## Healthy Schools Network Inquiry Questions 2007-08

Network schools have been busy this fall, conducting the *Creating Healthy Futures: BC Healthy Schools Network Assessment Tool* for a systematic assessment of how their school is doing with respect to key components of comprehensive school health. Once the assessment is completed, schools will have identified priority areas of focus.



### *A HSN School Inquiry Question*

At **Howe Sound Secondary School**, in **Squamish**, their Assessment identified a priority area for their focus: **Active Living**. Their inquiry question is:

***Does a Get Active, Stay Active card increase access and knowledge of opportunities for students in Squamish and does this influence student activity habits?***

Students will be surveyed regarding their activity habits at the beginning of their grade 11 year (Sept 2007) and again at the end of their grade 11 year (June 2008). This data will be used to examine the inquiry question and judge the effectiveness of the project. This project will also help students meet the personal health requirements of the graduation transitions program.

A Squamish Foundation grant of \$1500 and a contribution from the District of Squamish provide funding for this project, while SD # 48 provides support for development of the Get Active, Stay Active card and management of the survey.

In summary, this project directly benefits the youth of

### Network News

The Healthy Schools Network teams have submitted their inquiry questions for the 2007-08 school year. View these questions online at [http://www.bced.gov.bc.ca/health/hsnetwork/inquiry\\_questions.htm](http://www.bced.gov.bc.ca/health/hsnetwork/inquiry_questions.htm)

Thank you to all the Healthy Schools Network teams for their commitment to a comprehensive school health approach this year. Well done!

Squamish by helping to remove the barriers to physical activity. It also directly benefits the community as a whole by supporting youth and helping them connect with their community.

School District # 48's Health and Fitness Coordinator will coordinate the project with Squamish Recreation Staff. Physical Education teachers at Howe Sound Secondary and Don Ross Secondary Schools will execute the surveys and distribute the *Get Active* cards.

The Active Communities Team will evaluate the effectiveness of the project. They are a team of partners who represent organizations who support healthy living outcomes for youth:

- School District # 48 Howe Sound – Howe Sound Secondary and Don Ross Secondary
- District of Squamish – Recreation, Parks and Tourism staff
- Squamish Foundation
- Vancouver Coastal Health
- Sea to Sky Community Services
- Squamish Nation
- Mountain FM Radio
- Shaw Community Cable

Please contact Eric Jones, SD #48 Health and Fitness Coordinator, for more information on this inquiry question. You can reach Eric at [ejones@sd48.bc.ca](mailto:ejones@sd48.bc.ca).

### Did You Know?



**Stan & Fran's  
Health Hints**



If you're searching for ideas for your next month's school newsletter, take a look at Interior Health's website and click on the link for the Stan and Fran School Newsletters. Catch up on lively kid-centred health information with "Stan & Fran" on such topics as healthy snacks, winter activities and accessing local foods. Print it up for your next Parent Advisory Council meeting, include it in your newsletter or post it on a school bulletin board. There's something new every month!

View the Stan & Fran newsletters at [www.interiorhealth.ca/information/News/Newsletters/Stan/](http://www.interiorhealth.ca/information/News/Newsletters/Stan/)