

Healthy Happenings

March 26, 2007

Lower Mainland Network
Mtg. Langley SBO, Langley
4:00-6:00 pm

April 24, 2007

Okanagan North Network
Mtg. SD #23 (Kelowna)
Location: Hollywood Rd
Education Services (Rm 3)
3:45-5:30 pm

April 30/May 1, 2007

A Leadership Learning
Seminar for BC Educators.
Presented by: NPBS
Location: Delta Vancouver
Airport Hotel
9:00-4:30 pm

June 10-15, 2007

The 19th IUHPE World
Conference on Health
Promotion and Health
Education.
Location: Vancouver
Convention & Exhibition
Centre. For more info:
<http://iuhpeconference.org/en>

For more information,
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BC Healthy Schools Network
<http://www.bced.gov.bc.ca/health/hsnetwork/>

The Power of Networking

What is Networking?

“Networking is defined as **developing** an extended group of people with similar interests or concerns that **interact** and **remain** in informal contact for mutual assistance or support. It needs to start well before you need something. Indeed, it is a continuous long-term proposition that's about building positive win-win relationships. At its core, networking is more about giving than taking.” (Catherine Ducharme, 2006) Whether we are talking business or education, the concept of sharing for mutual benefit is the same.

Throughout February and March 2007, the Healthy Schools Network members are meeting in six different locations across the province. These meetings, hosted by the Network of Performance Based Schools (NPBS) are critical to the success of this initiative. Schools are learning about action research and sharing experiences and ideas around the Healthy School Assessment process.

In addition to these structured meetings, members are encouraged to develop informal networks with members in closer proximity, as well as with community partners that can support their school health goals. There is power in the network!

Featured Resources

Beginning with this month's newsletter, a new resource component will be added to the newsletter on a continuing basis. We will highlight websites and documents that will provide insight and support you in developing your healthy school. In addition, these resources will be added to our website as we introduce them. We encourage you to visit our new Healthy Schools Network section of the government's Healthy Schools website. A complete listing of resources can be found at: <http://www.bced.gov.bc.ca/health/hsnetwork/>



New Canada Food Guide

Health Canada launches the new 2007 version of *Canada's Food Guide* -- "Eating Well with Canada's Food Guide". Find out more at: http://www.hc-sc.gc.ca/ahc-asc/media/nr-cp/2007/2007_11_e.html



DID YOU KNOW: Students who are strongly connected to their school are less likely to engage in risky behaviours?

Students most engaged in school:

- perceive themselves as progressing and healthy;
- are less likely to engage in risky behaviours such as smoking and using alcohol and/or illegal substances;
- are less likely to experience emotional distress; and
- are less likely to make choices that are dangerous to their health.

For a full report on Healthy Connections and their contribution to good health visit:

<http://www.mcs.bc.ca/pdf/connections.pdf>

Resource of the Month

“Making It Happen” is a rich on-line resource that supports healthy eating in schools. This website, developed by the Knowledge Network, in conjunction with the BC Dairy Foundation and ActNow BC, provides resources, videos and testimonials regarding nutritional initiatives. Of particular value is *“Ideas for Action”*, which provides practical suggestions to support teachers, principals, trustees and parents in their efforts to create healthy eating environments within the school setting. Check it out at:

www.knowledgenetwork.ca/makingithappen

Additional Resources



My Food Guide: interactive tool to personalize the New Canada Food Guide

www.hc-sc.gc.ca/fn-an/food-guide-aliment/myguide-monguide/index_e.html

Adolescent Health Survey – Healthy Connections

<http://www.mcs.bc.ca/pdf/connections.pdf>

Canada’s Physical Activity Guide for Youth

www.phac-aspc.gc.ca/pau-uap/paguide/child_youth/youth/index.html

Honey We’re Killing the Kids! New season begins in March with Felicia Stoler, MS, RD.

www.tlc.com/honey

Tobacco Facts

<http://www.tobaccofacts.org/>

Interesting Initiatives

Drop the Pop

The Drop the Pop North West Territory (NWT) Challenge is a campaign that encourages students, their families and their communities to make healthier and more traditional beverage choices for a two week period. This year the challenge will run March 12 - 23, 2007 and will feature prizes in a number of different categories, including \$1,000 towards school resources that promote healthy eating or active living for the school from each category with the highest participation rate.

This is the second year of the Drop the Pop NWT Challenge. Last year, two thousand students in thirteen schools participated in this program.

More detail about Drop the Pop can be found at: [www.hlthss.gov.nt.ca/Features/Programs and Services/drop the pop](http://www.hlthss.gov.nt.ca/Features/Programs_and_Services/drop_the_pop)

BC Success Stories

Profitable Partnerships

A local organic grocer contacted the Crawford Bay Elementary Secondary School (Crawford Bay is near Nelson on the east side of Kootenay Lake) principal offering to provide products for their daily Healthy Snack program at cost. This helped the school snack program operate successfully on a cost-recovery sustainable basis.

“Kids really appreciate being able to buy juices, fresh fruit and vegetables and other healthy snacks at the lower prices”, says the principal.

As a result of the program’s success, staff has become more aware of what kids are choosing and reinforce these choices by incorporating more nutrition education in their classroom lessons.

In addition, a local chef volunteer coordinates a lunch program four days per week. The program, funded by Community LINK dollars, provides an excellent lunch for \$2.50. Over 70% of the student body participate in the lunch program (*Look Who’s Making It Happen!*, Interior Health School Food and Nutrition Policy Project, Winter 2005).

Caring Communities

The Cedar Valley Lions Club’s (CVLC) pilot project to support local youth has made an impact on 10 students’ lives. These 10 students, five from Mission Secondary School (MSS) and five from Christine Morrison Elementary School, were selected by administrators to participate in extra- and co-curricular activities with funding provided by the CVLC.

“Programs such as this help bridge the gap between the school and the community”, said MSS principal Jim Pearce, whose five students selected hockey, karate, dance and football. “We wanted to improve our connection to these students.” “Some have made an astronomical change.”

Initial funds were raised for the program at a summer golf tournament, and funds to sustain the program throughout the school year are being raised through the *Lose it for the Kids Project*. Administrators from both schools have signed up to lose some weight and collect pledges (Mission City Record, Jan 18, 2007).