

Healthy Happenings

February 8, 2007

North East Network Mtg.
Ron Brent Elementary
Prince George,
3:30-5:00 pm

February 12, 2007

Island Network Mtg.
SD #79 (Cowichan Valley)
Location: To Be Announced
4:00-6:00 pm

February 13, 2007

Central Island Network Mtg.
SD #68 (Parksville)
Location: Parksville
Community Centre
4:00-6:00 pm

February 13, 2007

West Kootenay Network Mtg. SD #8 (Nelson)
Location: To Be Announced
4:00-6:00 pm

February 20, 2007

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

*For more information,
please contact*

**Bruce Mills, Manager,
Healthy Schools Network**
Bruce.Mills@gov.bc.ca

Office: 250-356-6055
Cell: 604-418-2617

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

The Foundation

On December 6, 2006, 33 schools from 18 school districts attended the initial meeting of the *Healthy Schools Network*. The buzz in the room indicated a high level of enthusiasm and excitement about this new opportunity. The day was opened and facilitated by Bobbi Plecas, Lead Director for this exciting new initiative, and presentations were provided by ministry staff, members of the Network of Performance Based Schools (NPBS), and the BC Provincial Health Officer.

Who is in the Network?

- Public schools - 18 elementary, 4 middle and 9 secondary schools.
- Independent schools – 1 elementary-junior high, 1 elementary-secondary and 1 middle school.
- 18 school districts in total are represented in the pilot phase of BC's new Healthy Schools Network. See page 2 for a complete list member schools.

Membership Benefits!

- Opportunities to formally connect, share and link with members during NPBS meetings
- Opportunities to informally connect with other member schools throughout the school year. For member contact information visit:
http://www.bced.gov.bc.ca/health/hsnetwork/attend_district.htm

Next Steps

During the month of January, member schools were tasked with working through the BC Healthy Schools Assessment Tool to identify their goal and establish an Inquiry Question. The inquiry question will direct each school's action for the year.

Once schools complete their assessment they will have baseline data which they can use to measure success at the end of the school year.

A schedule of NPBS meetings has been forwarded to each member school. At these meetings, Healthy Schools Network members receive support from NPBS, the Ministry and the Directorate of Agencies for School Health (DASH).

Partnerships:

Partnerships are a critical element for healthy school development. At the Ministry level, the Ministries of Education and Health partner on all work related to BC's Healthy Schools Unit and this particular initiative is also supported by DASH.

Looking for help to connect with health partners for your school team? Contact Kathy Cassels, DASH Executive Director. Kathy can be reached at: kcassels@shaw.ca.



DID YOU KNOW: Smoking continues to be the leading cause of preventable death in Canada?

- A 2006 public opinion survey assessing public positions on implementation of smoke free school grounds found 87% of BC respondents supported banning tobacco use on school grounds.
- Although BC continues to have the lowest smoking rate in Canada, 14% of BC's youth (aged 15 to 19) reported smoking in 2005.
- Previous studies have found that approximately 83% of smokers start smoking before they turn 19.
- According to BC's Provincial Health Officer, young people are less likely to start using tobacco products when they have not already smoked by the age of 19.
- Initiatives to reduce the number of school aged children starting a tobacco habit will significantly impact prevalence rates as adults.

Network Membership:

SD #8

- Adam Robertson Elementary
- LV Rogers Secondary
- Rosemont Elementary
- Trafalgar Junior Secondary
- Blewett Elementary

SD #20

- Castlegar Primary

SD #22

- Vernon Secondary

SD #23

- KLO Middle
- Okanagan Mission Secondary

SD #34

- Fraser Middle

SD #35

- Simonds Elementary
- Willoughby Elementary

SD #38

- RA McMath Secondary

SD #41

- Morley Elementary
- Douglas Road Elementary

SD #47

- Edgehill Elementary
- Oceanview Middle

SD #48

- Howe Sound Secondary

SD #53

- Oliver Elementary
- Tuc-el-Nuit Elementary

SD #60

- Alwin Holland Elementary
- Bert Bowes Jr. Secondary

SD #61

- James Bay Community
- Lampson Elementary

SD #63

- Sidney Elementary

SD #68

- Cilaire Elementary
- Nanaimo District Secondary

SD #73

- Ralph Bell Elementary
- Dallas Elementary

SD #79

- Mount Prevost Middle

SD #91

- Lakes District Secondary

Independent Member Schools:

- Beacon Christian
- MEI Middle
- Penticton Christian

Members in the News!

Implementing BC's Guidelines for Food and Beverage Sales

Some schools in Fort St. John are already leading the pack. When students came back from the Christmas break to **Alwyn Holland Elementary**, they found a canteen with many shelves bare - shelves that used to hold less healthy foods such as mini-pizzas, pizza pops, chips, and instant soup cups. Now, students have healthier choices to buy including fresh fruit salad and fresh-baked muffins. Instead of pop, the refrigerator holds juice boxes, water and milk (Alaska Highway News, January 2007)

Implementing Healthy Living Initiatives

Jacquie Poulin, principal at **Cilaire Elementary School**, continues to spearhead healthy living initiatives throughout the Nanaimo-Ladysmith school district. Poulin recently outlined the different programs that aim to curb the growing number of obese and overweight students at all grade levels.

An increasing number of students have also started using pedometers and heart monitors to track their physical activity. Some elementary students have set goals of taking 10,000 steps in a day and use the pedometers to ensure they reach their goals. Heart monitors are also popular among high school students. "It's not just about what happens in the classroom. We need to look at the community as a whole," Poulin said. "The more times people see healthy choices, the more likely they are to make that choice." (Nanaimo Daily News, January 2007)