

## Healthy Happenings

**May 29, 2007** *West Kootenay Network Celebration.* Location: Castlegar Recreation Center, Castlegar, B.C. 4:00-6:00 p.m.

**June 4, 2007** *Lower Mainland Celebration.* Location TBA

**June 4, 2007** *Island Network Showcase.* Location TBA

**June 11, 2007** *Central Island Network.* Location : Nanaimo Hornets Rugby Football Club, 6700 Dover Road, Nanaimo, B.C.

**June 6, 2007** *Okanagan North/South Network Celebration. SD #23 (Kelowna)* Location: TBA

**June 10-15, 2007** *The 19<sup>th</sup> IUHPE World Conference on Health Promotion and Health Education*  
Location: Vancouver Convention & Exhibition Centre  
For more Info:  
[www.iuhpeconference.org/en/conference](http://www.iuhpeconference.org/en/conference)

For more information, please contact

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

## Network News

Having completed the BC Healthy Schools Network Assessment Tool, member schools are taking the insights gained from the process and moving into action. Many new and exciting school-based initiatives are taking place across the network and students will be the direct beneficiaries. Areas of focus include healthy eating, community partnerships, active living, physical environment, tobacco free living and the development of learning resources.

Food options are changing in vending machines, cafeterias and hot lunch programs. Schools are building partnerships with organizations such as the BC Cancer Society and regional health authorities. Network schools are developing learning resources in the areas of tobacco prevention and healthy eating and nutrition. It is especially exciting to see several student led initiatives, such as clubs or student led businesses which focus on enhancing school connectedness.

Opportunities for secondary students to speak to elementary students are helping raise the profile of healthy living in the school setting.

A number of member schools have targeted increased physical activity as their priority. Available resources and a healthy measure of creativity are being employed in the development of strategies to address this issue. Strategies include, "Walking Wednesdays" (a school-wide house team program including all students, staff and parents), partnering with local recreation facilities to provide swimming lessons, combine grades to increase gym time, family fun/games nights and implementation of BC's Action Schools! framework.

All of these activities, resulting from Network Assessment Tool use, will have a direct and positive influence on student health, as well as contribute to a lifetime of healthy lifestyle choices.

## Project Status Report (March/07)

Member attendance Foundation Mtg.	97%
School Health Teams in place	100%
Health Authority member on team	61%
School Health Assessment completed	90%
Assessment Tool Evaluations Returned	77%
Area for improvement determined	87%
Attendance at NPBS network meetings	90%

**DID YOU KNOW:** In 2003, 76% of 12 to 14 year-old males and 71% of 12 to 14 year-old females were moderately active or active in leisure-time physical activity; among youth aged 15 to 19 years, rates decreased slightly for males to 74% and decreased significantly for females to 61%. (Canadian Institute for Health Information, 2005)



## Resource of the Month

“Welltown” is a site that is designed to be used by children. This website, developed in the UK provides an entertaining and interactive program that will engage primary students in looking at the major components of a healthy school. While some explanation will be necessary to interpret the cultural differences, there is merit in its use, both in school and at home. A succinct summary for parents and teachers gives a useful overview of content. Its worth checking out at : [www.welltown.gov.uk/](http://www.welltown.gov.uk/)

## Other Resources



State of Learning in Canada – No Time for Complacency:

[www.ccl-cca.ca/CCL/Reports/State of Learning](http://www.ccl-cca.ca/CCL/Reports/State%20of%20Learning)  
(search for Chapter 3 – Healthy Schools)

World No Tobacco Day 2007 (May 31) – support materials available at :

<http://www.who.int/tobacco/resources/publications/wntd/2007/en/index.html>

A one-stop shop for information on health and lifestyle issues: [www.healthycanadians.ca](http://www.healthycanadians.ca)

## Success Stories

### Health Promoting Partnerships

Spearheaded by a school trustee, School District #23 (Central Okanagan) developed a policy around health promoting schools in 2006. This policy, supported by senior staff and a district committee, led to the need for a Health Promoting Schools Coordinator position to work with the district committee in developing an initial implementation plan, supporting the schools and providing a communications site to promote best practices.

Developing partnerships was seen as an effective way to create this position. With some creativity and diligence, a four-way partnership was born. School District #23, with the support of the Kelowna General Hospital Foundation, Community Link and “Community Action for Health”, (grant funded by KickStart Kelowna in partnership with Interior Health), was able to create a 0.6 FTE position to support this policy.

This is an outstanding example of the power of partnerships and is one of the three key components of the Healthy Schools Network. Congratulations to Janelle Zebedee, who won this position and now provides support, not only to the network members in School District #23 (KLO Middle School and Okanagan Mission Secondary School), but to all the schools in Central Okanagan.



### Simonds Spring Tune-Up

The students and staff at Simonds Elementary School in the Langley School District have been very busy putting together a 'Spring Tune Up' which was celebrated on March 13th. “Based on our school assessment and school team members we thought it would be great pulling the community and school together for an event” says vice principal, Tanya Rogers. The event involved displays, booths, demonstrations and speakers from public and private groups, such as, Running Room, Langley Parks and Recreation, Fraser Health Authority, Jump Rope for Heart, Heart Smart and Action Schools! BC. The Simonds Parent Advisory Council provided a 'Healthy BBQ' while parents and students worked on their “Hip Hop” steps or golf swing.

Seminar topics included:

- The importance of wearing the right footwear,
- Dressing appropriately for west coast weather,
- Packing healthy snacks and lunches, and
- The importance of keeping hydrated during exercise and life.

The event was commemorated by publication of The Simonds Healthy Schools Cookbook, which is a collection of 'healthy recipes' from school families. What a great way to jump-start a more healthy and active lifestyle for the Spring Break!