

## Healthy Happenings

**November 30, 2007**  
*2<sup>nd</sup> Healthy Schools Leadership Symposium*, Richmond, BC  
for district Healthy Schools Coordinators

## Important Dates

**December 14, 2007**

Submit your school question to NPBS ([Donna Weaving](#)) and HSN ([Susan Garvey](#)). When your question is received at HSN, we will post it at this link: <http://www.bced.gov.bc.ca/health/hsnetwork/resources.htm>

*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/>



## Daily Physical Activity (DPA) Early Leader Schools

DPA will be a requirement for all BC students in September 2008. The Ministry of Education announced that "Early Leader Schools" will implement the DPA in January 2008 and has established a partnership with the BC Principals' and Vice Principals' Association (BCPVPA) to recruit schools as early leaders and to administer, in partnership with the Ministry, this phase of the DPA initiative.



The purpose of the leader schools is to develop models for the system to enhance school capacity to fully implement the program in 2008. Schools will be required to report to the BCPVPA the various methods they put in place to meet the new program requirements.

Congratulations and thank you to the seven Healthy Schools Network schools who volunteered to be early leaders for the DPA initiative:

- *Discovery Passage Elementary, School District 72*  
Contact: Gary Falck
- *Simonds Elementary, School District 35*  
Contact: Dave Peck
- *Beairsto Elementary, School District 22*  
Contact: Marilyn Merler
- *Cilaire Elementary, School District 68*  
Contact: Jacquie Poulin
- *George Bonner Middle, School District 79*  
Contact: Ted Zinkan
- *Thomas Haney Secondary, School District 42*  
Contact: Dennis Tjemagel
- *Timberline Secondary, School District 72*  
Contact: Sheila Johnsrude

## Did You Know?

- Anxiety has the highest prevalence rate of all mental disorders in children and youth, affecting approximately 65,000 children in BC...
- Mental disorders affect 14 % of children and can cause significant long-term disability, and are arguably the leading health problems that Canadian children face after infancy...
- Expanding childhood emotional and social education is crucial for later well-being and mental health, as well as learning and academic success...<sup>1</sup>



The FRIENDS For Life program is a classroom-based program delivered by teachers to grade 4 & 5 students that is shown to reduce anxiety symptoms in children and also build resilience. Up to 80% of children showing signs of anxiety no longer display those signs for up to 6 years after completing the FRIENDS program, and for children who are not anxious, FRIENDS significantly increases their level of self-esteem while reducing their feelings of worry and sadness.

The FRIENDS program addresses many of the Health and Career Education K – 7 prescribed learning outcomes, grade 4 & 5, and is being offered universally to all grade 4 & 5 students in our province, in support of the Child and Youth Mental Health Plan for BC. Resources such as student workbooks, leaders manuals, 1-day training and other activities are provided free of charge to teachers and students from the Ministry of Children and Family Development.

For more information, visit: [www.mcf.gov.bc.ca/mental\\_health/friends.htm](http://www.mcf.gov.bc.ca/mental_health/friends.htm).

<sup>1</sup>Ministry of Children and Family Development. (2003). *Child and youth mental health plan for British Columbia*. Victoria, BC: Ministry of Children and Family Development.

## Healthy Happenings Around BC: A School's Perspective

### Young Lungs at Work Awareness Campaign, South Kelowna Elementary School, Kelowna, BC

The staff of South Kelowna Elementary School has always been strongly committed to teaching, promoting and modeling healthy living. We see the effects that healthy eating and physical activity have on helping students learn and promoting a positive school culture.

We are interested in particularly addressing the physical needs of young boys who have more difficulty settling for long periods of learning. In this way, we hope that this goal will also help us achieve our focus on boys' achievement in literacy.

This year, through the collaborative efforts of staff and parents, we have established, as our main goal, to become the "healthiest school in the province!"

The South Kelowna Elementary Healthy Schools Team conducted a Healthy School assessment and established the following specific objectives for 2007-2008:

*Objective # 1: To reduce the number of vehicles with engines idling while loading or unloading students.*

*Objective # 2: To provide additional opportunities for students and parents to participate in the development of school nutrition policies, practices and nutrition awareness initiatives.*

*Objective # 3: To maintain student participation in physical activity (active living) within the daily curriculum as well as through extra-curricular activities.*

We have a number of initiatives planned this year to meet these objectives.



*Students at South Kelowna Elementary promote "idle free" zones as part of their Young Lungs at Work Awareness Campaign.*

## Student Health Teams Lead the Way in Victoria

November 7, 2007 marked the Greater Victoria School District's 13th annual Healthy, Safe and Caring Schools Planning Forum. Health teams from 25 schools gathered to enjoy an evening that included interactive activities on the theme of ***Be the Change***, students showcasing their last year's projects and time to begin planning for 2007-2008. Schools that attend the forum are eligible to receive a small grant to assist them in the implementation of their projects. This process provides students with the opportunity to test their values and beliefs about health, to work with others and to make a difference! For further information visit: [www.healthyschools.sd61.bc.ca](http://www.healthyschools.sd61.bc.ca).

To work towards our school goal of being the "healthiest school in the province!", we are starting with a *Young Lungs at Work* awareness campaign to reduce the number of vehicles with engines idling while loading or unloading students. Grade 6 leadership students will kick off the campaign by patrolling the pick up and drop off locations with signs (that are the same as the ones that are posted at each school in the district) asking parents to turn off their engines or thanking them for not idling because there are "young lungs at work."

Students will be trained on safe patrolling procedures and wearing safety vests. 10 students at a time will be assigned a location at 8:15 a.m. and at 2:15 p.m. Once all of the students have had a chance to participate we will then ask Grade 5 students to participate. Grade 6 students will train the Grade 5 students. We would like to see as many grades participate where appropriate.

For more information, contact James Minkus, Principal, at [jminkus@sd23.bc.ca](mailto:jminkus@sd23.bc.ca).

### Action Schools! BC Tri-Mentorship Leadership Training, Brookwood Secondary, Langley, BC

Brookwood Secondary students will soon be working with elementary students to develop playground activities. The Action Schools! BC Tri-Mentorship model is being piloted in each of the Health Regions this year. Brookwood student leaders, trained by an Action Schools! BC Regional Trainer, will mentor students in elementary feeder schools to provide more opportunities for more children to be more physically active on their school playground.

For more information contact Tammy Farrer, Healthy Schools Helping Teacher, at [tfarrer@sd35.bc.ca](mailto:tfarrer@sd35.bc.ca).

### Endless Fruit Basket Project, Salmo Elementary School, Salmo, BC

As part of our Healthy Schools initiative we have gotten support from a local organic produce provider (Endless Harvest) to have an endless fruit basket available in the office for students who do not have fruit in their lunches. At the end of the week, the extra fruit is converted into a healthy snack by one of our teacher assistants along with a group of life skills students. The fruit snack is distributed to students in their home rooms, and the recipe is sent home in our newsletter. All of these activities are designed to provide more households with information and the experience of working with fruits and vegetables.

For more information, contact Dan Miles, Principal, at [dmiles@sd8.bc.ca](mailto:dmiles@sd8.bc.ca).



### Healthy, Helpful Resources

#### Public Health Agency of Canada (PHAC)...

Canadian Best Practices Portal for Healthy Promotion and Chronic Disease Prevention: an online resource for decision makers in practice, policy and research. Determine Good, Better, Best; apply good evidence, make better decisions, and use better practices. Visit the website at [www.phac.gc.ca/cbpp](http://www.phac.gc.ca/cbpp).

#### Making it Happen: Healthy Eating at School...

is a website created by Knowledge Network in partnership with the BC Dairy Foundation and ActNow BC. It provides up-to-date healthy nutrition resources for students including websites, documents and videos. For the complete list of resources, visit the site index at <http://www.knowledgenetwork.ca/makingithappen/>.

#### Healthy and Happy Students...

International research has demonstrated that the health and safety of the school environment is strongly linked to the emotional and social well being of students, staff and educators. A supportive, positive school environment is also associated with better students learning outcomes.

The following link on the Joint Consortium for School Health website provides a quick scan of Canadian resources, programs and activities relating to positive social development in the school health context... <http://jcs-h/cces.ca/upload/Mental%20Resilience.pdf>.

### Coordinator's Column

Greetings from School District 68! I am pleased to say that we have been making great efforts in the move to healthier schools. Here are some of our highlights:



1. *Over the past couple of years there has been ongoing information and education provided to school based administration on the Guidelines for the Sales of Food and Beverages in B.C. Schools. These presentations have included not only the guidelines themselves, but also the background knowledge on why they are important.*
2. *Our district made a bold decision to go full compliance with the 2005 Guidelines in all our schools, elementary and secondary, as of September 2007. Although there are ongoing 'bumps' in this process, schools are making a concerted effort to comply. This will definitely help in our adjustment to the revised 2007 guidelines!*
3. *Many of our schools have taken on a variety of healthy schools initiatives such as being part of the Healthy Schools Network, becoming members of Action Schools! BC, creating more ways to offer physical activity on a daily basis, and promoting parent education through newsletters home each month.*
4. *Through a community initiative, Nanaimo Parks, Recreation, and Culture has organized a 'week of fun, adventure, and healthy activity' for K - 7 students. This event is called "Healthamongus" and services up to 1000 students each day for one full week.*
5. *There are community partnerships that allow us to communicate and interact on many levels to support school and community initiatives in both the Nanaimo and Ladysmith areas.*

These are the highlights of a few things happening in SD68. I look forward to hearing about other districts in future newsletters and 'piggy backing' on many of the great ideas out there. Have a healthy, active school year!

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*Jacquie Poulin works in School District 68 – Nanaimo-Ladysmith, and is the Principal of Cilaire Elementary School, a K – 7 school of 215 students. In addition to that role, Jacquie also has a .2 position with the district as the Healthy Schools Leader to support schools in their moves to becoming healthier places for our children.*

Contact Jacquie at [jpoulin@sd68.bc.ca](mailto:jpoulin@sd68.bc.ca).