

## Healthy Happenings

**November 5, 2007**  
*Vancouver Island South NPBS and HSN Meeting, Frances Kelsey Secondary Mill Bay – 4PM-6PM*

## 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: 250-356-6047

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

## Healthy Living Performance Standards

The Healthy Living Performance Standards development is underway! At our September Healthy Schools Foundational Meeting, participants were introduced to the healthy living performance standard framework.

Grouped in school teams at the elementary, middle and secondary levels, they designed a performance task for a healthy living learning outcome from the curriculum for physical education, health and career education, planning, food and nutrition, family studies or graduation transition. Many found it challenging!



*Geoff Burns, Trafalgar Middle School, Nelson, and Heather Hoult, Director, Healthy Schools. Healthy Schools are exceeding expectations in their learning about performance tasks.*

The next stage of development on the performance standards will be the harmonization of the health literacy framework to provincial learning outcomes.

We extend a sincere thank you to those members who have volunteered to continue working on the performance standards with the Ministry of Education.

## BC Healthy Schools Network Foundational Meeting

Last month's Foundational Meeting saw 70 school teams from 28 districts and 9 regions, healthy living coordinators, public health nurses and Ministry of Education representatives come together to collaborate on comprehensive health strategies for the 2007/08 school year.



*Attendees get moving with an Energy Blast!*

Thank you to all of the attendees and speakers for contributing your time and effort to be part of this event, and for the excellent feedback we received on the evaluation forms.

## New on the Website!

Following our Foundational Meeting in September, helpful new information and resources are now available on the Healthy Schools Network website, including:

- Network Membership List
- Network Meeting Schedule
- NPBS School Inquiry Question Template
- Foundational Meeting PowerPoint Presentations
- Public Health & Community/Agency Partnership Contacts

Find these resources and more at:

[www.bced.gov.bc.ca/health/hsnetwork/](http://www.bced.gov.bc.ca/health/hsnetwork/).

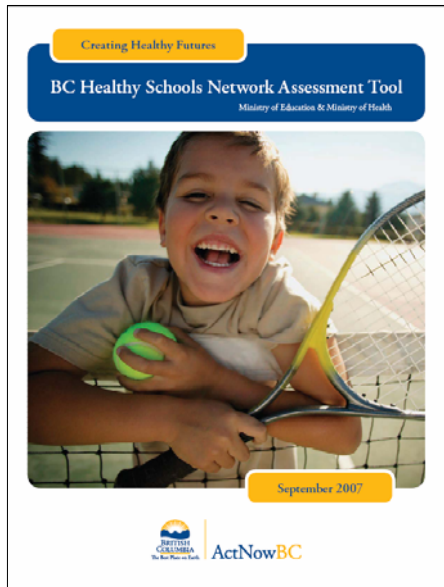
## Health Literacy...

“...entails the ability to make sound healthy decisions in the context of everyday life – at home, at the workplace, in the health care system, in the marketplace and in the political arena. It is a critical empowerment strategy to increase people’s control over their health, their ability to seek out information and to take responsibility...”

*- Dr. Ilona Kickbusch, Global Healthy Consultant*

## Creating Healthy Choices: BC Healthy Schools Network Assessment Tool

The Assessment Tool is now back in Network Schools providing a comprehensive view of school health and helping school teams determine their healthy school focus for the 2007/08 school year. The Assessment Tool enables users to prioritize areas for improvement as well as confirm the value of existing health-promoting policies and practices, and stimulate discussions in the school and with community partners.



*“Useful and user-friendly”, “prescriptive and informative” – comments on the Assessment Tool from returning schools at the September Foundational Meeting.*

### Who is in the Network?

- **School Districts: 28**
- **Public Schools: 61**
  - Elementary - 36
  - Middle – 11
  - Secondary – 13
  - Alternate – 1
- **Independent: 9 – all levels**

For a complete list of all 70 member schools, go to the HSN membership list at [http://www.bced.gov.bc.ca/health/hsnetwork/membership\\_list.htm](http://www.bced.gov.bc.ca/health/hsnetwork/membership_list.htm).

### Did You Know?



The Joint Consortium for School Health (JCSH) is a national organization committed to providing leadership and facilitating a comprehensive approach to school health by building the capacity of the education and health systems to work together. British Columbia is the Lead Province for the JCSH and hosts the Secretariat in the B.C. Ministry of Education.

View the **JCSH newsletters and annual report** at [www.jcsh-cces.ca](http://www.jcsh-cces.ca).

### Directorate of Agencies for School Health

DASH BC ([www.dashbc.org](http://www.dashbc.org)) brings a wealth of resources to the Healthy Schools teams around the province. If you would like assistance in finding health partners for your school team, contact Kathy Cassels, Executive Director of DASH, at [kcassels@dashbc.org](mailto:kcassels@dashbc.org).

### Special Thanks...

...to Liz Cramb of Montecito Elementary in Burnaby (formerly at Morley Elementary) and Geoff Burns of Trafalgar Middle in Nelson for agreeing to share their experiences from Year One of the Network at our Foundational meeting. Hearing first hand their stories of comprehensive school health improvement, and successes and challenges, is such a great example of the power of the Network to teach and inspire others.

As you gather in regional meetings throughout the year, take the opportunity to share inquiry stories and pass along effective strategies, resources and outcomes.

**Healthy, active students are better learners...**



Check out [www.sportfitcanada.com](http://www.sportfitcanada.com) for a free, easy-to-use interactive program to get your students interested in sport and physical activity...students receive a certificate listing sports that match their personal preferences and physical abilities.

## Resources for Schools

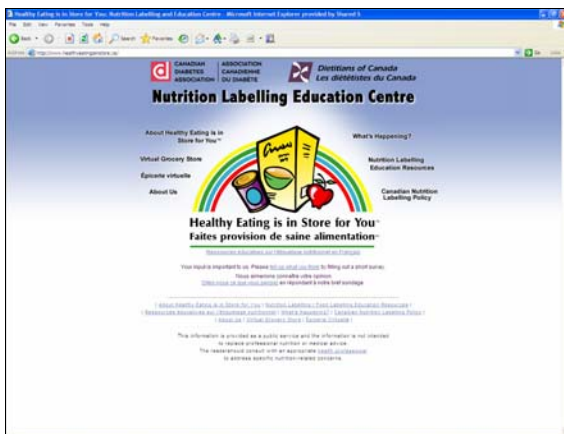
For physical activity and healthy eating... HeartSmart Kids™ workshops and resources are free and available throughout the province, sponsored by the Heart and Stroke Foundation.

The K-6 programs focus on encouraging children to make heart-healthy lifestyle choices in fun and engaging ways within the main areas of heart facts, healthy eating, active living and being smoke-free.

HeartSmart facilitators cater to professional days, district wide conferences and school requests. For more information on the free workshops, educator's guide, student materials and posters, email [healthpromotion@hsf.bc.ca](mailto:healthpromotion@hsf.bc.ca) or phone 1-888-473-4636.

## Great Resources for Supporting Healthy Eating

### Healthy Eating is in Store for You™:



[www.healthyeatinginstore.ca](http://www.healthyeatinginstore.ca) was developed by the Dietitians of Canada and the Canadian Diabetes Association to help consumers of all ages make healthy food choices through better use of the nutrition information on the label of packaged foods. This is your "one stop shopping spot" for educational resources on nutrition labelling, which include both educator and consumer packages, guides, fact sheets, activities and PowerPoint presentations.

Ecole KLO Middle School in Kelowna successfully used this resource with Grade 7 and 9 students in a Healthy Schools Network inquiry that asked the question:

*"If students are shown how to read food labels by their peers, will they be able to demonstrate their understanding of food label information and will having this knowledge help them make healthier food choices?"*

## Mission Nutrition™ - Healthy Eating Curriculum:

Mission Nutrition is a unique program created to engage students in healthy eating, physical activity and positive self-esteem. Curriculum based resources for students in kindergarten to grade 8 are available. Developed by Canadian Dietitians with input from teachers across Canada, Mission Nutrition is based on a commitment to support children's healthy growth and development. [www.missionnutrition.ca](http://www.missionnutrition.ca).

Enter Mission Nutrition's Poster Challenge – the goal is to spark student excitement in healthy living by having students creatively express healthy living messages found in the new Canada's Food Guide. Posters must be received by November 30, 2007.



For more information visit

[www.missionnutrition.ca/missionnutrition/eng/images/pdf/08242007/mn\\_poster\\_challenge.pdf](http://www.missionnutrition.ca/missionnutrition/eng/images/pdf/08242007/mn_poster_challenge.pdf)

## Playground Funding:

Grant criteria and applications for playground funding through BC Confederation of Parent Advisory Councils (BCCPAC) can be found at <http://www.bccpac.bc.ca/>. Deadline for applications is November 30, 2007.

Grant criteria and applications for playground funding through the Ministry of Public Safety and Solicitor General can be found at <http://www.pssg.gov.bc.ca/gaming/grants/playground.htm>. Deadline for applications is November 30, 2007.

## School Food Guidelines Support Initiative:

Don't forget B.C.'s new support initiative to help schools fully implement B.C.'s updated *Guidelines for Food and Beverage Sales in BC Schools (2007)*. For access to supports, including a new brand name website to help you select Choose Most and Choose Sometimes foods, visit our Special Edition Newsletter at [http://www.bced.gov.bc.ca/health/hsnetwork/newsletter\\_oct07.pdf](http://www.bced.gov.bc.ca/health/hsnetwork/newsletter_oct07.pdf).