

Healthy Happenings

Upcoming NPBS and HSN Regional Meetings

January 19, 2009

Langley Network

Langley School Board Office, 4875 222 Street, Langley

4:00 p.m. - 5:30 p.m.

January 30, 2009

North Central Network

Prince George Secondary School, 2901 Griffiths Avenue

8:30 a.m. - 3:00 p.m.

February 4, 2009

Kamloops Thompson Region Network (Kamloops)

February 5, 2009

North East Network (Fort St. John)

Sunshine Coast Local Network (Sechelt)

February 10, 2009

Extended Lower Mainland Region Network (Surrey)

February 12, 2009

Okanagan Central/North Region Network (Kelowna)

Okanagan South Region Network (Penticton)

North Shore and Sunshine Coast (West Vancouver)

February 17, 2009

Mid Island Region (Location TBA)

February 20, 2009

North West Region (Terrace)

February 23, 2009

Vancouver Island South (Mill Bay)

For more information, please contact:

Healthy Schools Unit

Office: 250-356-6055

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

Healthy Eating and Partnerships - A Healthy Schools Network Feature Story

At Bert Ambrose Elementary (SD #60 Peace River North), Grade 6 and 7 students in the Student Leadership Team are working with chef training students at North Peace Secondary School (NPSS) to learn basic cooking skills, how to work safely in a kitchen environment and how to prepare healthy meals.

Doug McCracken, principal of Bert Ambrose Elementary, is really pleased with his students, stating that they're really enjoying working with the older kids and learning how to work in the environment of the NPSS kitchen.

Bert Ambrose students first have to go through the

FOODSAFE program before taking part in the project. Then they can work with instructor and chef Andrew Paumier to learn basic cooking skills, knife skills and how to develop recipes.

When Bert Ambrose opens up its own canteen in the new year, it will be student operated with an adult supervisor, and the students taking part in the chef's program will run the kitchen.

Making all the delicious food and getting to eat it after is one of the perks of the training, according to the younger students.

Older students appreciate how keen the younger students are and how quickly they learn new skills.



Bert Ambrose students preparing a healthy feast.



As a BC Healthy Schools Network member, Bert Ambrose Elementary has submitted its school inquiry question for the 2008-09 school year:

Can the students at Bert Ambrose Elementary improve the healthy food choices they make at recess break and lunch time?

Utilizing the Student Leadership Team, which has successfully completed the FOODSAFE program and the Chef Orientation Program at North Peace Secondary School, the three step plan is:

1. Survey all student using the “My Food Guide” from the Canada Food Guide, to find what the students are presently bringing to school to eat at recess and lunch;
2. The Leadership students will prepare and deliver a presentation on the healthy food requirements for particular age groups; and
3. Survey all students, as above, to determine if the students are making healthier food choices.

If you'd like to find out more about this project, contact Doug McCracken at dmccracken@prn.bc.ca



DASH BC Update for December 2008 - Highlights

Achieving Health Promoting Schools: Guidelines for Promoting Health in Schools

International school health expert Dr. Lawrence St. Leger shared the second version of **Guidelines for Promoting Health in Schools** at the *Healthy Schools: Improving Learning, Health, and Literacy* conference, held in Vancouver on November 6, 2008. The Guidelines draw on the best available research, evidence and good practice in school health. They were produced through a process of discussion and consultation with health and educational professionals around the world.

The Guidelines are available for viewing on the DASH website at http://www.dashbc.org/upload/HPS_Guidelines_2008.pdf

Students Go Green with Walking School Bus

The Province of British Columbia is challenging BC schools to go “green” by setting up a walking school bus or bicycle train to reduce their carbon footprint and increase physical activity. A walking school bus and bicycle train functions like a conventional school bus by making predetermined stops to pick up and drop off students on the way to and from school. A partnership with DASH will bring incentive supplies to participating schools. For more information about the Walking School Bus or Bicycle Train initiative, visit <http://www.hastebc.org/walking-school-busbicycletrain>

School Community Connections provides grants!

The School Community Connections program provides grants of up to \$8,000.00 to assist in transforming school facilities into vital, lively hubs for community activities and services. Applications must be submitted jointly by a school district and a local municipality. The deadline for submissions has been extended to the end of February 2009. For more information, or to learn about the types of projects that have been funded, visit <http://www.schoolconnections.ca/>.

Healthy Choices[®]

The Vancouver Island Health Authority has developed the Healthy Choices[®] program as a coordinated, integrated curriculum-based program for students in Kindergarten through Grade 12. Healthy Choices[®] aims to improve the health of school-aged children and youth by focusing on health issues that affect children and youth today including: healthy eating, physical activity, body image, friendships, relationships, sexual development, communicable diseases, and sexual decisions.

Healthy Choices[®] is based on the principles of Comprehensive School Health (CSH) which seek to improve students' health by providing classroom resources, promoting a healthy school environment, encouraging access to health services and promoting community action. This free resource is available for download at <http://healthychoices.viha.ca>

For more updates from DASH BC, please visit <http://www.dashbc.org/article.asp?c=37>



Did You Know?

The **Healthy Eating and Physical Activity Learning Resource** for students in Kindergarten through Grade 7 is now available!

The **Healthy Eating and Physical Activity Learning Resource** is a Kindergarten to Grade 10 (grade-by-grade) set of healthy eating and physical activity classroom-based lesson plans. The resource includes lessons that help students develop knowledge and skills to plan age appropriate healthy eating and physical activity goals to live healthier lives. The lesson plans also support the Prescribed Learning Outcomes for the Health and Career Education and Planning 10 curriculum. Find the resource at:

http://www.bced.gov.bc.ca/health/healthy_eating/physical_activity_learning.htm

Announcing a new initiative from ActNow BC!

Share your secondary school's success stories on your road to healthy living and your school could receive 60 FREE PEDOMETERS!

Is your secondary school finding exciting ways to promote healthier food choices? Maybe you've started a lunchtime walking club or partnered with a community recreation service provider to broaden your physical activity options.

Tell us about the people and programs inspiring your staff and students to lead healthier, more active lifestyles. **Ten submissions will be randomly drawn each month, and each school will receive 60 pedometers!**

At **Thomas Haney Secondary in Maple Ridge**, students and staff keep active by participating in alternatives outside the classroom, such as ski and snowboard clubs and a new walking club which has proven fun and social as well as healthy. Students are also using technology to add activity to their day, swinging video game racquets and playing virtual tennis on their breaks.

"All over B.C., we're hearing success stories about secondary schools large and small, who are finding creative ways to inspire their staff and students to move more, encourage better eating habits and generally adopt healthier lifestyles," said Hon. Shirley Bond, Minister of Education.

"We want to recognize these leaders and share ideas which may inspire healthy programming for other schools – because every move is a good move," said Hon. Mary Polak, Minister of Healthy Living and Sport.

The pedometer incentive is a 2010 Legacies Now initiative supported by ActNow BC through the Ministry of Education and the Ministry of Healthy Living and Sport.

To learn more about our pedometer incentive, the successes of secondary schools around B.C. and ideas and resources for healthy living in your school, please visit <http://www.healthyeatingatschool.ca> and click on the "Success Stories" tab.

Resources and Events

WinterActive

Are you looking for ways to help kids stay active during the winter? Do you have a healthy community event that you'd like everyone to know about? The Government of Canada has partnered with provincial and territorial governments to develop the WinterActive initiative.

The WinterActive website provides useful information and tools to help Canadians of all ages get physically

active, eat healthily, live tobacco-free and participate in sport opportunities during January and February. For more info, visit <http://www.winteractive.ca>



Let's Play: Accessible Play Spaces Program

In partnership with the Ministry of Education, the Rick Hansen Foundation is offering grants for the creation of accessible, public play spaces for children ages 0-6 in BC. Grants are available to qualified community groups for outdoor or indoor accessible play space projects involving new construction, renovation of an existing space, and/or the purchase of equipment. The deadline for applications is **January 23, 2009**. Want to know more? Visit <http://www.rickhansen.com>

Daily Physical Activity (DPA) Planning Grants

DPA Planning Grants of up to \$2,000 each are now available via the British Columbia Recreation and Parks Association to support cooperation between secondary schools and community recreation organizations. The purpose of the grants are to bring stakeholders together to discuss, learn and plan for cooperative action to increase access to physical activity opportunities for grade 10-12 students, primarily those who are currently inactive or vulnerable. The application deadline for this program is **February 6, 2009**. More details are available at: http://www.bcrpa.bc.ca/recreation_parks/facilities/nework.htm