

Upcoming Events

August 21 and 22, 2008:

Action Schools! BC Summer Institute,
Vancouver Museum, 1100 Chestnut Street,
Vancouver, B.C.

October 6 and 7, 2008:

HSN Foundational Meeting (for new members), Richmond, B.C.

October 8, 2008:

Walk to Breakfast/ iWalk, a province-wide event.

October 24, 2008:

Nothing More Precious or Important: Child Health in BC Forum 2008, Victoria, B.C.

November 6, 2008:

Healthy Schools: Improving Learning, Health and Literacy Conference, Vancouver, B.C.

For more information, please contact:

**Healthy Schools Unit
Office: 250-356-6055**

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



BC Healthy Schools Network, Year 2: Working Together

As we reflect on the interesting challenges and successes we experienced while engaging in inquiry this year, we understand that much of what was accomplished occurred as a result of collaboration, teamwork, partnerships and generosity across the Network.

With that in mind, Healthy Schools, Ministry of Education, would like to thank the following individuals, groups and organizations for their contribution to the Network's success this year:



Thank you to...

- The 2007-08 Healthy Schools Network members for their outstanding and innovative results through a comprehensive school approach to creating healthier students and school environments;
- The Directorate of Agencies for School Health (DASH BC) and Kathy Cassels, Executive Director of DASH BC, for leadership, partnership and support for Healthy Schools Network initiatives;
- Linda Kaser and Judy Halbert, NPBS leaders, for their vision and dedication, inspiring the teachers and students of BC by creating and sustaining inquiry networks that promote strategies that work and deepen learning for all;
- Donna Weaving of the NPBS for her knowledgeable support and

organizational expertise in assisting Network members provincially;

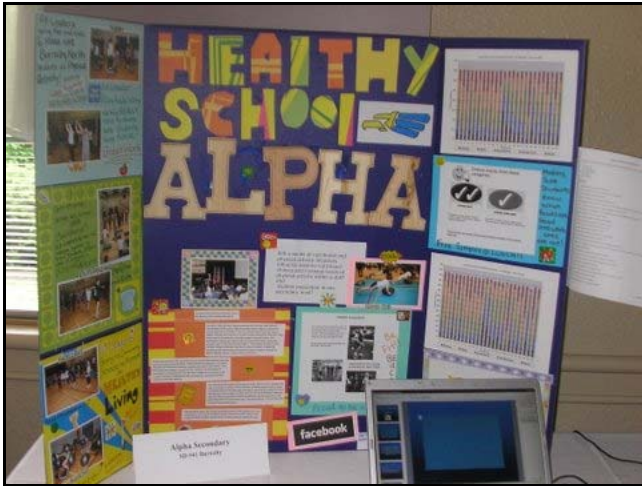
- The individual regional leaders who organize and facilitate the networking opportunities and celebrations locally, as well as provide support to educators and their inquiry efforts throughout the year;
- The Healthy Living Performance Standards Steering Committee members, from the Healthy Schools Network, who have provided knowledge, experience and commitment to the creation of the early draft of the standards for use by Network schools in the fall;
- The seven Healthy Schools Network schools who volunteered to be Daily Physical Activity (DPA) Early Leader Schools, providing leadership for implementation of this provincial initiative; and
- All the health promotion and community partners throughout the province who worked side-by-side with schools to achieve common goals of increasing students' health and creating healthier school communities.

We look forward to another engaging year of collaboration, inquiry, partnership, and networking starting in the fall of 2008.

Healthy School Network Year End Celebrations

The excitement, energy, and creativity displayed at every Network of Performance Based Schools' celebration reflected the enthusiasm schools brought to their inquiry projects.

Given the nature of action research, where not every inquiry will lead to immediate success, and surprising results occur in every school, it is imperative that open and honest discussion and reflection are encouraged to deepen and extend the learning of both teachers and students.



At Network Celebrations, each Healthy Schools Network school created a colourful and informative display highlighting their school inquiry question, the strategies used, the outcomes achieved, as well as the unintended learning along the way.

Despite the diversity of schools in many regions within the Network, and the variety of inquiry questions undertaken, a number of themes emerged:

- Schools are finding innovative ways of measuring student learning, including developing rubrics for physical activity and healthy eating
- Partnerships with health educators, and health promoting individuals and organizations, have been very helpful in achieving shared goals and outcomes;
- Parents bring expertise and support to their schools' health initiatives;
- Schools are reporting that attitudes towards healthier choices have shifted and students are genuinely interested in becoming healthier; and
- Healthy Schools Network members are connecting with each other throughout the province to share and learn from one another's experiences.

In the month of August 2008, the Healthy Schools Network 2007-08 case studies will be available for viewing on this link:

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

We invite you to read the case studies once they are published on this site. Healthy Schools Network members will be pleased to discuss their action research with you; contact numbers are listed in the reports.

As schools complete their Network requirements for the 2007-08 school year, the Healthy School Network grants are issued in recognition of meeting the requirements of membership in the network:

- developing a Healthy Schools Team;
- conducting the School Health Assessment Tool;

- developing an Inquiry Question and a Healthy School Improvement Plan;
- working closely with local health promotion professionals;
- attending local NPBS meetings; and
- completing the year end Case Study report.

Congratulations to all our Network schools who received their grants this year!

And Now...Year 3!

We are pleased to welcome 57 new schools to the BC Healthy Schools Network for the 2008-09 school year. In addition to the regions involved last year, we have added schools in Northwest BC as well as the region of Peace River North and South.

Welcome to all our new schools, and welcome back to those schools returning for their second or third year in the Healthy Schools Network!

BC Healthy Living Performance Standards

The performance standards for healthy living will be provided in an early draft working document to the Healthy Schools Network members in the fall of 2008, at either the Foundational Meeting for new members, or at the fall regional meetings for all HSN members.

Healthy Happenings

Partnerships are healthy!

Healthamongus, an annual one day event promoting exercise and healthy eating, took place in Nanaimo recently.

Throughout the day, more than 5,000 children between the ages of 5 and 12 danced to rap music, ran obstacle courses, battled out tug-of-wars and played the part of plastic soccer players in a life-size game of foosball.

Healthamongus is a joint venture between Nanaimo school district and Nanaimo parks, recreation and culture.

It features fun, non-competitive activities designed to challenge children, get them outdoors and stretch their muscles with events focussed on running, jumping, throwing, balancing and pulling.

The performance standards are being created to reflect a health literacy framework and provide formative assessment for the curricular areas of Health and Career Education, Planning, Graduation Transitions, Physical Education, and Foods and Nutrition. There will be four aspects to the performance standards:

- healthy eating;
- active living;
- healthy relationships; and
- healthy practices

The Attributes of a BC Graduate [<http://www.bced.gov.bc.ca/graduation/attributes.htm>], an integral part of the Graduation Transitions program, has provided a learning destination for BC students in order to incorporate healthy lifestyle choices into their lives beyond secondary school.

Opportunities for contributing to the development of the performance standards will be offered to all Healthy Schools Network members. In order to ensure the healthy living performance standards reflect the professional judgment of BC teachers, a variety of contribution and feedback options will be available to add expertise to the hundreds of teacher hours already invested in the creation of the standards.

School Health Resources

Looking for ways to meet the Daily Physical Activity requirement?

The Gymnastics BC **Kids CanMove** program for elementary schools throughout British Columbia provides teachers with daily physical activities that help develop endurance, strength and flexibility while also building a foundation for an active and healthy lifestyle.

The Kids CanMove program uses basic equipment that most schools already have available. In addition, the program was designed to ensure that teachers with no previous gymnastics experience can safely teach the skills. Program options feature a Kids CanMove resource package, including a Teaching Manual, Lesson Plans and Task Cards as well as Kids CanMove certified instructors coming into the school to instruct teachers on how to deliver the program themselves!

For more information on the Gymnastics BC Kids CanMove program and the benefits of gymnastics, please visit the Kids CanMove website (www.kidscanmove.com), or call Gymnastics BC (604-333-3GYM or 1-800-556-2242).

DASH BC June 2008 Update:

Access helpful school health resources and upcoming events in the latest news update from the Directorate of Agencies for School Health BC at <http://www.dashbc.org/article.asp?c=37>.

Network of Performance Based Schools (NPBS) June 2008 Newsletter:

The latest NPBS newsletter is now posted online at <http://www.npbs.ca/2008-elements/Newsletter%20NPBS%20June%202008.pdf>.

Healthy Events

Walk to Breakfast, Wednesday, October 8, 2008:

The Directorate of Agencies for School Health (DASH) BC and Breakfast for Learning BC are very excited to announce their first annual **Walk to Breakfast Wednesday** in conjunction with the International Walk to School Week 2008, promoting the benefits of good nutrition and physical activity to children across the province. The Walk provides schools with the opportunity to enhance their implementation of Daily Physical Activity (DPA). The event is planned for **October 8, 2008**; more information will be forthcoming very soon, but for now, please be sure to mark this date on your school calendar! For more information, call Carrie Locke at 604-957-2763.

Healthy Schools: Improving Learning, Health and Literacy Conference:

The Directorate of Agencies for School Health (DASH) BC celebrates 25 years of advocating for comprehensive school health and mobilizing school health initiatives province-wide by hosting a conference on **Thursday, November 6, 2008** featuring Dr. Lawrence St. Leger, International School Health & Health Literacy expert. The conference will focus on the progress made to date in BC schools implementing a school health approach and the latest in health promotion in the school setting. For more information, visit www.dashbc.org.

All the best for a happy, healthy and relaxing summer vacation to all our Healthy Schools Network members, partners and supporters!

