

Upcoming NPBS & HSN Celebrations

Monday, May 26, 2008:

Extended Lower Mainland, Langley, North Shore, Eaglequest Coyote Creek Golf Course, Surrey, 4:00 p.m. – 5:30 p.m.

Tuesday, May 27, 2008:

West Kootenay, Castlegar Recreation Centre, 4:00 p.m. – 6:00 p.m.

Thursday, May 29, 2008:

Okanagan – North/Central/South, Summerland Resort – Ballroom, 3:45 p.m. – 5:45 p.m.

Monday, June 2, 2008:

South Vancouver Island, Frances Kelsey Secondary, Mill Bay, 4:00 p.m. – 6:00 p.m.

Thursday, May 5, 2008:

Mid Vancouver Island, Parksville Community and Conference Centre, 4:00 p.m. – 6:00 p.m.

Thursday, June 5, 2008:

Sunshine Coast, Sunshine Coast Golf Course, Roberts Creek, 4:00 p.m. – 6:00 p.m.

Friday, June 6, 2008:

Thompson River Region, Sun Rivers Golf Course, Kamloops, 4:00 p.m. – 6:00 p.m.

Monday, June 9, 2008:

North Vancouver Island, Crown Isle Golf Course, Courtenay, 5:00 p.m. – 6:30 p.m.

Wednesday, June 11, 2008:

North Central Region, Art Space, above Books & Company, Prince George, 3:30 p.m. – 5:00 p.m.

Tuesday, June 24, 2008:

North East Region, O'Brien Teacher Centre, Dawson Creek, 4:00 p.m. – 6:00 p.m.

For more information, please contact:

**Healthy Schools Unit
Ministry of Education
Office: 250-356-6055**

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

Celebrations of Success!

Presentations, conversation, laughter, applause and the enjoyment of light refreshments are all part of the Network of Performance Based Schools (NPBS) year end celebrations. The Healthy Schools Network (HSN) members will be participating in 10 of these events throughout the province in May and June. The excitement and energy that is present at the celebrations reflects the enthusiasm and commitment that schools have towards their inquiry work and their healthy school focus.



HSN schools will each highlight their inquiry question learning on a display board, showing by way of stories, graphs, photos, artifacts as well as student, parent and teacher anecdotes, the school's health improvement initiative. The display board serves as a catalyst for conversation and sharing at the celebration.

With 70 schools participating this year and up to 110 schools in 2008-09, we look forward to expanding and deepening the focus on comprehensive school health in all schools through the leadership of the HSN teams in British Columbia.

Kudos to Action Schools! BC

The Joint Consortium for School Health (JCSH) (<http://www.jcsh-cces.ca>) recently identified best practices in physical activity, substance use, and systems integration in Canadian school health for the Public Health Agency for Canada (PHAC).

The first best practice is now up on the PHAC Best Practices site:

Action Schools! BC (http://cbpp-pcpe.phac-aspc.gc.ca/search/adv_search_e.cfm).

On the Advanced Search Page (link above) select Country = Canada, Population Focus = Population-Health Level and Topic = Physical Activity Promotion, and Action Schools comes up first.

JCSH is planning to identify and highlight more best practices in Canada, but Action Schools! BC is the first, and one that we in BC are well acquainted with. Isn't it great for everyone across the country to see what a terrific program it is!

Healthy Happenings in the Healthy Schools Network

On April 16, 2008, **South Kelowna Elementary (SD#23 Okanagan Central)** hosted its first ever Healthy School Expo. The afternoon, designed to educate students and parents about healthy choices, kicked off with a presentation by former student and Olympic hopeful Kelsey Serwa, a member of the Canadian National Development Ski Team.

Students then made “anti-idling” flyers that will be placed on vehicles reminding visitors to the school to turn off their engines. Afterwards, students learned about reading nutrition labels on food packages and participated in a taste test of 5 healthy snacks. They voted on their favourite choices and the results were revealed on a large bar graph in the gym.

After recess, 16 Grade 4 and 5 leadership students visited each classroom and taught the students some traditional outdoor playground games that they learned from the school district’s Healthy Schools Coordinator, Janelle Zebedee. The afternoon wrapped up with some draw prizes and, of course, a 5 minute “Action Schools” workout in the gym.

The Expo was a joint effort by teachers and the Parent Advisory Council and all the healthy food was donated by the Hill Family, owners of Lakeview Market.



For more information, contact James Minkus, Principal, South Kelowna Elementary School, or go to the school website at www.ske.sd23.bc.ca where you can see what ‘working together to be the healthiest school in the province’ can look like!

Every spring **Chimney Hill Elementary (SD#36 Surrey)** holds its annual Running Club four days a week for six weeks. It has continued to be a great success with 75% of the school population taking part. Each day after school, students, parents, grandparents, and

preschoolers walk, run, or jog. About 500 runners are taking part this year. Even children from the morning kindergarten classes come back after school to join in the activity. The Running Club has not only served to increase the level of fitness in the school, but has become a community event as well.

Last year, all the participants together ran a total of more than 21,000 km and approximately 30 participants ran more than 100 km, in spite of more rainout days than ever.

The Running Club would not have been successful if it were not for the help of parent volunteers. Approximately 30 volunteers regularly offer their time to help stamp books, hand out ribbons, watch corners, and offer encouragement to all of the students.

For more information, contact James Pearce, Vice Principal, Chimney Hill Elementary, at Pearce_J@sd36.bc.ca.



School Health Resources

DASH BC April 2008 Update

Food Skills For Families is a new and exciting food skills program that provides families with **hands-on cooking experience** to learn and make healthy recipes with a focus on improving healthy food choices for Aboriginal, South Asian, new immigrant and low income families. Schools with an interest in improving the number of students bringing healthy snacks and lunches to school may have a particular interest in this program. Offered **free** (Fall 2008) by trained community facilitators in both school and community based settings, the program is available throughout the province. There is **no cost** to the school or participants. For more information visit: <http://www.dashbc.org> or contact Carrie Locke at 604-580-1068.

Healthy Fundraising for Schools: a practical guide for parents and educators

has a great new look! Download the new and improved version for your school’s fundraisers at http://www.dashbc.org/upload/Healthy_Fundraising_for_Schools.pdf.

Pack a delicious and healthy lunch box!

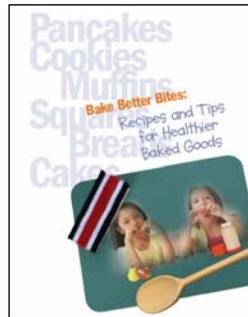
Lunches to Go offers quick hot and cold lunch ideas:
http://www.bced.gov.bc.ca/health/lunches_to_go.pdf.

Hot off the Press!

Bake Better Bites! Recipes and Tips for Healthier Baked Goods

is for parents, community volunteers, school staff and students to use when preparing **baked goods for sale to students**. It includes recipes that meet the Guidelines for Food and

Beverage sales in BC Schools, as well as tips to make favourite recipes healthier. The baked goods are tasty choices for classroom and school celebrations too (<http://www.dialadietitian.org/nutrition/b.pdf>).



This resource is published by the Dietitians of Canada (www.dialadietitian.org) with funding from the BC Healthy Living Alliance (www.bchealthyliving.ca) and support from BC parents and community nutritionists.

Sip Smart!

From sport drinks to pop to fruit “punch”, sugar-sweetened beverages are everywhere. The rate of childhood obesity has reached epidemic proportions nation-wide, with major implications for the health of B.C. children now, and in the future when they become adults. By teaching kids why it is important to drink fewer sugary drinks, Sip Smart! complements other efforts to make healthier choices easier for British Columbians.

To kick this liquid-sugar habit, the BC Pediatric Society and Heart and Stroke Foundation of BC and Yukon have launched an **elementary school education program**. Starting in Fall 2008, Sip Smart! will be delivered to students in **more than 200 classrooms** across the province of British Columbia. They are looking for those classrooms now!

For more information, or to express interest in having the Sip Smart! initiative come to your classroom, call (604)875-3101, or email the regional school liaison in your area:

- Northern BC: Terry Stewart at tstewart82@hotmail.com
- Lower Mainland and Vancouver Island: Jane Storey at jannessb@gmail.com
- Interior BC: Rebecca Frechette at Rebecca.frechette@ubc.ca

View the Sip Smart! program at <http://www.bchealthyliving.ca/node/104>.

Did You Know?

Schools that cut fat and sugar see dramatic results

Schools that get rid of high-fat snacks and pop may see quick results in the battle to prevent children from becoming overweight. A Temple University study, published in the current issue of the journal *Pediatrics*, found that schools that overhauled their nutrition practices saw a 50 percent reduction in new cases of overweight children in two years.

The growing rate of overweight and obese children has driven researchers to get outside of the health clinic and into the schools to study solutions, the study's lead researcher Gary Foster said in a statement. “We focused on school because children spend most of their lives there and eat at least one if not two meals at school.”

The study looked at 10 elementary schools that had adopted a revamped nutrition policy and 5 comparison schools. Pop had been replaced with water, fruit juice and low-fat milk. Snacks were capped at 7 grams of total fat and 2 grams of saturated fat. Candy was eliminated.

Additionally, students received 50 hours of nutrition education a year and were rewarded with raffle tickets for prizes such as jump ropes and bicycles. The study also involved parent participation.

Only 7.5 per cent of the students became overweight in the schools that had transformed their nutrition policies, compared with 15 percent in the control group. The number of new and existing obese students was constant at both sets of schools, suggesting different measures might be more successful for obese children.

While the changes were able to reduce the incidence of new cases of overweight students, Dr. Foster says more needs to be done, such as intensifying physical education in schools and even trying to convince nearby corner stores to stock healthy and single-serving snacks.

And, as the study found, parental involvement is crucial; often students who are overweight also have inactive and overweight parents.

Canadian observers say the findings support efforts being made here to encourage healthy eating in schools.

From the Globe and Mail, by Tralee Pearce, April 22, 2008