

Important Dates

December 3, 2008

Thompson River/Gold Trail
NPBS/HSN Regional
Meeting, Cache Creek,
Cache Creek Elementary,
3:30 p.m. to 5:00 p.m.

January 4-7, 2009

**22nd Annual International
Conference for School
Effectiveness and
Improvement (ICSEI),**
Vancouver, BC. Information
and Registration at
www.icsei2009.org
Theme: *New Departures for
a Learning World of Quality
and Equality*

January 19, 2009

Langley Network Meeting,
Langley School Board Office
4875 222 St., 4:00 p.m. to
5:30 p.m.

January 30, 2009

**North Central Regional
Network Meeting**
Prince George Secondary
School, 8:30 a.m. to 3:00
p.m.

*For more information,
please contact:*

Healthy Schools Unit
Office: 250-356-6055
<http://www.bced.gov.bc.ca/health/hsnetwork/>

Healthy Schools Network School Stories: Daily Physical Activity

L.V Rogers Secondary School SD#8 (Kootenay Lake)

L.V. Rogers Secondary School enrolls 830 students in Grades 9 through 12. The school is stressing the importance of regular, enjoyable physical activity. Principal Mike McIndoe states: "The premise is that we want to give the whole student body the chance to buy in to positive lunch hour activities in addition to traditional intra-mural sports."

Fitness at Lunch (F.A.L.) is a collection of physical activities in which students can participate. The activities include such diverse options as weight lifting, Pilates, dance and traditional "open gym." Fitness at Lunch is under the supervision of a P.E. teacher who has been assigned a block of time for that purpose. F.A.L. activities are fitness options that students can use to fill a number of requirements including D.P.A. hours.

Another teacher has been assigned time to work out the details of a tracking system for students in the Grad Transitions program. The tracking will consist of self-declaration confirmed by parents, coaches or F.A.L. staff.

L.V. Rogers is clearly interested in providing students with healthy opportunities to integrate sustainable physical activity into their everyday lives.

Kalamalka Secondary SD#22 (Vernon)

At Kalamalka Secondary teachers of students in Grades 8 and 9 have committed to incorporating 15 minutes of Daily Physical Activity into their



period 1 and 4 classes. The teachers are supported by members of the PE department. PE teachers have given suggestions to teachers on the types of activities they might care to use and the school has bought some equipment such as exercise bands.

At the beginning of the year all of the Grade 8s and 9s were brought to the gymnasium for an assembly. The Head of the Physical Education Department demonstrated to the students various types of activities that showed that DPA needn't be inconvenient or "sweaty".

In the first and fourth period classes, teachers have been quite creative in getting students active. Some have put students in pairs and assigned review exercises for them to do as they go on a school walk. One French teacher has students doing "French relays" where students run to the board to put up answers.

Like some other secondary schools, Kalamalka is using the Health and Careers component of the curriculum to encourage students to be more physically active. The school has purchased pedometers for all the students in Health and Careers and challenged them to take their 10,000 steps per day.

Forest Park Elementary – SD#68 (Nanaimo-Ladysmith)

This is principal Jacquie Poulin's first year at Forest Park Elementary. In preparation for this year she and the staff discussed the importance of Daily Physical Activity for their



students and also reviewed the requirements of the program. During these discussions they considered whether to schedule a set time for all students school-wide to participate in DPA or whether teachers would schedule activities individually. They chose the latter and teachers are showing on their timetables where they have structured DPA into their daily schedules.

As it has worked out, most mornings between 9:45 and 10:15 every class takes 15 minutes for DPA. Activities vary. Some teachers take their classes for a walk around the school and others use a classroom activity. Many of the activities are derived from the classroom action kits from ActionSchools! BC – chair aerobics, flexibands and so on. Two classes are walking or jogging a neighbouring trail near the school building.

Some teachers are using their gym time for additional DPA or they have an additional 15 minutes of activity scheduled in the afternoon. Some students, particularly the older students are monitoring their own progress. DPA is staying on the staff meeting agendas as an ongoing item so the conversation will carry on over the entire year. For example staff will talk about the necessity to incorporate the three elements of strength, endurance, and flexibility.

Parents are aware of DPA through a number of means. DPA is included in overviews which are sent home. Principal Poulin has talked about DPA at PAC meetings and a district-wide newsletter went out at the end of October that stresses the importance of DPA and that it is a new requirement.

The school is really stressing increasing physical activity. They're looking forward to making sure that their students are more active this year than last.

Anne McClymont Elementary SD#23 (Central Okanagan)

Anne McClymont Elementary School is a large (749 students) elementary school on two sites. They have been involved in planning for DPA for a year – ever since the policy was announced. Last year the school worked through the Healthy Schools Assessment tool, even though they are not a Network school. Staff decided that they wanted to break away from the thought that DPA had to happen in the gym and, in May and June when the final plan was presented to the staff, it was adopted.

The school is focusing on the 10-10-10 endurance-strength-flexibility aspects. They are using materials from the Ministry of Education and have received training from Janelle Zedebee, the Health Promoting Schools Coordinator in Kelowna.

Every teacher has DPA written into his or her daily lesson plans. As she travels around the school principal Brenda Leimert sees students engaged in all sorts of activities – in some classes students are doing DREAM (drop everything and move) exercises in their chairs; the primary staff has designed an outdoor circuit for their students and she regularly sees youngsters “lunging” around the school. She says that students at the school are getting at least 150 minutes per week in instructional time. The challenge now is to ensure that physical activity is sustained in students so that it becomes part of the daily routine for both teachers and students for the rest of their lives.

Teacher reaction has been positive, and they are already seeing an improvement in students' concentration.

Collectively the staff has generated a lot of ideas to keep the program fresh and the DPA committee will continue to meet at least once per term. Time has been set aside at each staff meeting for discussion of DPA and at the next meeting they'll be talking about tracking.

Both the PAC and the SPC is supportive of DPA and the school community is informed of the program through the monthly newsletter that contains an update for the parents and photos of the activities. The PAC is being approached to help fund the Action bins from Action Schools! BC.

Healthy Schools Network Foundational Meeting 2008

New members of the Healthy Schools Network gathered in Richmond for the 3rd Annual Foundational Meeting on October 6 and 7, 2008. The program was varied and active, and new members had many opportunities to learn from each other and from experienced Network members, who shared their expertise on comprehensive school health and how to implement health promoting action research in schools.

Highlights of the 2 days included keynote speaker Linda Kaser, co-leader of the Network of Performance Based Schools, as well as HSN school stories from Simonds Elementary (Langley), Dallas Elementary (Kamloops), Randerson Ridge Elementary (Nanaimo-Ladysmith), Glenview Elementary (Prince George) and Alpha Secondary (Burnaby).

Did you know?

You can share DPA implementation ideas and connect with educators across the province via the DPA implementation listserv, hosted by the BC Principals' and Vice-Principals' Association. To learn more, visit <http://www.bcpvpa.bc.ca>.



Leadership students at Alpha Secondary School in Burnaby promoted healthy lifestyles at the HSN Foundational Meeting.

The preliminary draft of the Healthy Living Performance Standards was debuted and new members were encouraged to look for ways to link their school inquiry question to student learning using one of the 4 aspects of the standards for clear criteria and assessment for learning in their classrooms.



Healthy School Network members enjoying an energy break at the Foundational Meeting.

New Resources on the BC Healthy Schools Network Website:

Healthy Schools Network Timeline
http://www.bced.gov.bc.ca/health/hsnetwork/hsn_timeline_oct_2008.pdf

Healthy Schools Resources 2008-09
http://www.bced.gov.bc.ca/health/hsnetwork/hs_resources_08_09.pdf

Healthy Living Performance Standards Preliminary Draft
http://www.bced.gov.bc.ca/health/hsnetwork/hl_performance_standards_08.pdf

DASH BC Update Healthy Schools: Improved Learning, Health and Literacy Conference

DASH BC celebrated 25 years of advocating for comprehensive school health and mobilizing school health initiatives province-wide by hosting this very successful conference on November 6th in Vancouver. The conference focused on the progress made to date in BC schools implementing a healthy school approach, the latest in health promotion in the school setting and developing the concept of healthy literacy for those working in and with schools.

It was attended by district healthy school coordinators, school decision makers, educators, health promotion specialists and DASH BC members.

Dr. Lawrence St. Leger, an international school health expert, presented compelling evidence about what really works in promoting health in schools.

Dr. Linda Kaser and Dr. Judy Halbert, co-leaders of the Network of Performance Based Schools, shared their knowledge and insight about the important topic of school connectedness, a key element in comprehensive school health.

Five leading school health implementers from the BC Healthy Schools Network shared their stories of implementing healthy school approaches in the assessment areas of healthy eating, active living, school connectedness and partnerships:

- Ballenas Secondary School, School District 69, Qualicum – Healthy Eating, Active Living
- Montgomery Middle School, School District 43, Coquitlam – School Environment and Connectedness
- KLO Middle School, School District 23, Central Okanagan – Partnerships
- Ralph Bell Elementary, School District 73 (Kamloops) – Healthy Eating
- Alpha Secondary School, School district 41 (Burnaby) – Healthy Eating, Active Living

To find out more about these school stories, go to http://www.bced.gov.bc.ca/health/hsnetwork/hsn_year_end_case_studies_08.pdf.