

## Healthy Schools Network (HSN) News

This year we are welcoming 115 members to the BC Healthy Schools Network for the 2008-09 school year.

### New HSN Schools:

Each new member school will send their representatives to Richmond in early October to participate in the **Healthy Schools Network Foundational Meeting**. There, they will be introduced to the comprehensive school health resources available to support their school inquiry questions in the areas of teaching and learning, school environment, and partnerships. New members will be assisted by a number of HSN teacher leaders who are involved in

writing the new healthy living performance standards and will be providing their experience to assist new members.

The new performance standards will provide clear criteria for students to assess their learning in four aspects of healthy living:

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

The healthy living performance standards draft will be introduced to the new members for their use in connecting their school inquiry question directly to students' learning

## Upcoming Events

### October 2008:

*International Health Literacy Month  
International Walk to School Month*

### October 2, 2008:

*West Kootenays Network Meeting, Castlegar Community Complex, Monashee Room, 4 p.m. – 6 p.m.*

### October 6-7, 2008:

*2008 Healthy Schools Network Foundational Meeting (for all new members), Richmond.*

### October 7, 2008:

*East Kootenays Network Meeting, Cranbrook, SD#5 School Board Office, 940 Industrial Rd. #1, 4 p.m. – 6 p.m.*

### October 8, 2008:

*iWalk to Breakfast, a province-wide event.*

### October 8, 2008:

*Northeast Region Network Meeting, Fort St. John, SD#60 Peace River North SBO, 10112 105<sup>th</sup> Avenue, 4 p.m. – 6 p.m.*

### October 8, 2008:

*Campbell River Regional Network Meeting, Campbell River, Timberline Secondary School, 3:30 p.m. – 5 p.m.*

### October 9, 2008:

*Extended Lower Mainland, North Shore and Sunshine Coast Region Network Meeting, Surrey, Eaglequest Golf Course, 7778 152nd Street, 4 p.m. – 6 p.m.*

### October 17-23, 2008:

*National School Safety Week*

### October 21, 2008:

*Mid Island Network Meeting, location and time TBA.*

### October 24, 2008:

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

### October 27, 2008:

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

### October 28, 2008:

*North Central Region Network Meeting, Prince George, Glenview Elementary, 7310 Cluff Rd., 4 p.m. – 6 p.m.*

### October 29, 2008:

*Sunshine Coast Local Network, Sechelt, Davis Bay Elementary, 3:45 p.m. – 5:30 p.m.*

### October 30, 2008:

*Okanagan South Network Meeting, Penticton, Parkway Elementary Library, 3:30 p.m. – 4:45 p.m.*

### October 30, 2008:

*Okanagan Central/North Network Meeting, Kelowna, Hollywood Road Education Centre, 1040 Hollywood Rd. S., 3:30 p.m. – 5:00 p.m.*

### October 30, 2008:

*Northwest Region Network Meeting, Prince Rupert, location and time TBA.*

### November 4, 2008:

*Vancouver Island South Network Meeting, Victoria, SJ Willis Auditorium, 923 Topaz Ave., 4 p.m. – 6 p.m.*

### November 6, 2008:

*Healthy Schools: Improving Learning, Health and Literacy Conference, Vancouver, B.C. Presented by DASH BC.*

in the classroom. There will be a variety of opportunities for HSN schools to participate in further development of the performance standards. We look forward to the collaboration with the HSN schools in “co-creating” this new formative assessment resource.

### Continuing HSN Schools:

Our returning members will be meeting at their respective fall regional meetings held in conjunction with the Network of Performance Based Schools. For the 2008-09 NPBS meeting schedule, please go to [www.npbs.ca](http://www.npbs.ca).

At the regional meetings, our continuing members will be refreshed on the HSN requirements and introduced to the healthy living performance standards and the variety of ways they can be used to strengthen student learning. Opportunities to contribute to the development of the standards will be introduced to the members.

Sharing of school stories between our experienced and new members is an informative and worthwhile part of the regional meetings, while attending the meetings is one of the requirements of the Healthy Schools Network. For HSN membership requirements please go to: [www.bced.gov.bc.ca/health/hsnetwork/hsn\\_summary.htm](http://www.bced.gov.bc.ca/health/hsnetwork/hsn_summary.htm)

## Provincial initiatives provide support for healthy living learning outcomes in schools

### School Food Guidelines

September 2008 marks the integration of the *Guidelines for Food and Beverage Sales in BC Schools* into all middle and secondary schools in BC. Elementary schools implemented the Guidelines in January 2008.

### School Food Guidelines Support

As part of its larger Healthy Eating Strategy, the [BC Healthy Living Alliance](http://www.bchla.ca) (BCHLA) is providing \$1,000,000 to support BC Schools to implement the Guidelines for Food and Beverage Sales. The School Guidelines Support Initiative is being led by [Dietitians of Canada](http://www.dietitiansofcanada.ca).

### What supports are available?

From services providing direct nutrition support to information on brand name foods that meet the Guidelines criteria, the following great new resources can help you make healthy choices the easy choices for your students.

### Brand Name Food List

[www.brandnamefoodlist.ca](http://www.brandnamefoodlist.ca) provides nutrition ratings for packaged and franchised food and beverages. This list will help you more easily find Choose Most and Choose Sometimes items that meet the Guidelines.



### Dial-a-Dietitian

Expanded Dial-a-Dietitian services can answer your school nutrition questions and link you to appropriate tools and local supports (e.g., community nutritionists).

In Greater Vancouver call (604) 732-9191 or toll-free in BC call 1-800-667-3438. Find helpful school nutrition links at [www.dialadietitian.org](http://www.dialadietitian.org).

### Tips and Recipes for School Food Services

This new draft resource has been created by Dietitians of Canada to assist people who prepare food for sale to students in implementing the Guidelines. It includes tips on how to choose healthy recipes, substitutions to make favourite recipes healthier, and a selection of recipes that meet the Guidelines. The resource is available to download at <http://www.healthyeatingatschool.ca>.

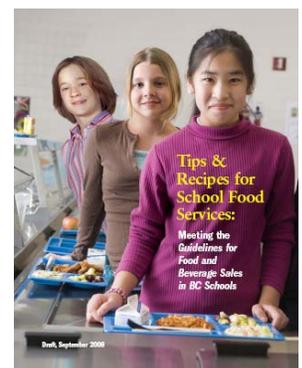
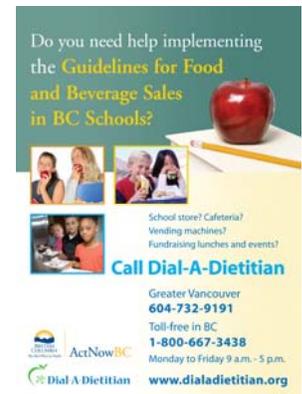
Dietitians of Canada plans to finalize the content of this draft resource by early 2009, and would like to receive your feedback on its suitability. Please provide your suggestions, by completing and submitting the questionnaire located inside the resource (directly after the front cover), before November 15, 2008.

Dietitians of Canada is also interested in including more recipes. Do you have tasty, healthy recipes that students in your school enjoy? Are you willing to share them? If your answers are yes, please contact Andrea Ottem at [aottem@telus.net](mailto:aottem@telus.net).

### Daily Physical Activity

The Ministry of Education's Daily Physical Activity website ([www.bced.gov.bc.ca/dpa/](http://www.bced.gov.bc.ca/dpa/)) and the link to the DPA program guide ([www.bced.gov.bc.ca/dpa/pdfs/program\\_guide.pdf](http://www.bced.gov.bc.ca/dpa/pdfs/program_guide.pdf)) are informative destinations for teachers, students and families looking for facts and resources relevant to the new daily physical activity requirements.

Early Leader School Highlights are posted online so that school models for the implementation of DPA are accessible for information and inspiration. Please go to [www.bced.gov.bc.ca/dpa/early\\_leader.htm](http://www.bced.gov.bc.ca/dpa/early_leader.htm) to access these implementation experiences.



## Take a Yoga Break

*Yoga in Your School* by Teresa Asencia is designed to help teachers integrate simple movement and breathing exercises into their daily classroom schedule to:

- strengthen physical and mental well being;
- enhance energy and concentration;
- create a calm, content, centred classroom; and
- create a more enjoyable and efficient learning process.

Each posture or breathing technique may be practiced in less than three minutes when attention or energy begins to wane. The physical exercises are designed to:

- develop concentration;
- improve motor skills and fitness; and
- develop strength, flexibility and balance.

As students take a few moments to pause between activities to breathe and stretch, teachers are creating a harmonious classroom with calm, alert children who are receptive and eager to learn.

Additional information is available on:  
[www.YogaInYourSchool.com](http://www.YogaInYourSchool.com)

## Action Schools! BC Update

- **Summer 2008 eNews** is now available at [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca)
- **Workshops for the 2008-09 School Year:** All registered Action Schools are eligible next year for the following complimentary services from Action Schools! BC:
  - Classroom Action Workshop – Supporting Daily Physical Activity (DPA)
  - Classroom Healthy Eating Workshops
  - Student Leadership Workshops – Indoor and/or Outdoor
  - Healthy Eating School Food Grant
  - 0.5 day TOC funding

Contact [info@actionschoolbc.ca](mailto:info@actionschoolbc.ca) for details.

- **ActionSchools! BC Action Pages – a Physical Activity, Physical Education & Healthy Eating Resource Guide**, organized with teachers in mind. The link is:  
[www.actionschoolsbc.ca/Images/Top%20Menu/Action%20Pages!%20Sept%202008.pdf](http://www.actionschoolsbc.ca/Images/Top%20Menu/Action%20Pages!%20Sept%202008.pdf)

*ActionSchools! BC is an initiative of 2010 Legacies Now, supported by the Province of British Columbia.*



## Healthy Happenings

### iWalk to Breakfast, October 8, 2008

The Directorate of Agencies for School Health (DASH) BC and Breakfast for Learning BC are inviting schools to participate in the 1st annual **iWalk to Breakfast Wednesday**.

The iWalk to Breakfast Wednesday engages students in daily physical activity by walking and cycling to school, promotes the benefits of good nutrition and physical activity, and includes each school in **International Walk to School Day** ([www.iwalktoschool.org](http://www.iwalktoschool.org))

For more information and to sign up your school for this year's event, please visit the [DASH BC website](http://www.dashbc.org).

### DASH BC Celebrates 25 Years!

**Healthy Schools: Improving Learning, Health and Literacy Conference**  
**November 6, 2008 - Vancouver BC**

DASH BC's 2008 Conference features:

- **Dr. Lawrence St. Leger**, International School Health and Health Literacy Expert on "*What Really Works in Promoting Health in Schools*"; and
- **Dr. Linda Kaser** and **Dr. Judy Halbert** well known school improvement coaches, district and provincial educational leaders and co-leaders of the Network of Performance Based Schools on the important issue of "*Engagement, Belonging and Connection: The Power of Learning Partnerships*".

The conference will include:

- BC's leading school health implementers sharing their success stories: Physical Activity, Healthy Eating, School Gardens, Partnerships and more;
- highlighting the progress made to date in BC schools implementing a school health approach;
- the latest in health promotion in the school setting; and
- helping to develop the concept of health literacy for those working in and with schools.

For information and to register visit [www.dashbc.org](http://www.dashbc.org).

*DASH BC (Directorate of Agencies for School Health BC) works in partnership with the Healthy Schools Network to support and encourage a comprehensive approach to school health.*

## Did You Know?

***Physical education, school physical activity, school sports and academic performance* by Francois Trudeau and Roy Shephard, *International Journal of Behavioural Nutrition and Physical Activity*, 2008, 5:10.**

This recent paper reviews the relationship of academic performance and some of its determinants to participation in school-based physical activities, including physical education (PE), free school physical activity (PA) and school sports.

A systematic review of currently available literature from a wide resource of databases has been examined. The data from the 105 individual studies indicates that allocating up to an additional hour per day of curricular time to PA programs does not affect the academic performance of primary school students negatively, even though the time allocated to other subjects usually shows a corresponding reduction in time.

Any additional curricular emphasis on PE may result in small absolute gains in grade point average (GPA) and the overwhelming majority of such programs have demonstrated an improvement in some measure of physical fitness (PF). Cross-sectional observations show a positive association between academic performance and PA, but PF does not seem to show an association. PA has positive influences on concentration, memory and classroom behaviour. Data from quasi-experimental studies points to a positive relationship between PA and intellectual performance.

### **Effects of Physical Activity (PA) on elements considered to favour academic performance**

Many factors like classroom behaviour, self-esteem, self-image, school satisfaction and school connectedness have been postulated as determinants of academic achievement.

A meta-analysis on the effect of exercise prior to classes led to the conclusion that most exercise interventions significantly reduce disruptive behaviours in emotionally- and behaviourally-disturbed children, it was noted.

Other conclusions reached by the authors are:

- Better self-esteem or self-image and body image are commonly associated with high levels of PA. Many of the studies have linked school sport or PA programs with other outcomes such as school satisfaction and school connectedness, regardless of the ethnic group.
- There is evidence of a positive relationship between PA and components of mental health, including self-esteem, emotional well-being, spirituality, and future expectations. When participation in PA/sport also

included parental involvement, the behavioural risk profile became even more positive.

- PA was positively associated with better cognitive function in children, with middle school students particularly seeming to benefit from PA, with an exercise duration of more than 20 minutes as most efficient in increasing the performance of perceptual and decisional tasks.
- Sport is more likely to benefit academic performance if offered in school rather than in other sport contexts, given the proximity of educational resources and environment.
- School sport would appeal to more students if emphasis was placed on its educational potential rather than its competitive side.
- Parents concerned about reduction in study and homework time may be better advised to question the time their children spend on TV and computer games rather than the time they devote to PE, PA or sports in school. The more children watch TV, the greater the decline in their academic results.

The study concludes that **given competent providers, physical activity can be added to school curriculum by taking time from other subjects without risk of hindering student academic achievement.** On the other hand, adding time to academic or curricular subjects by taking time from physical education programs does not enhance grades in these subjects and may be detrimental to health.

You can access the full article at [www.ijbnpa.org/content/pdf/1479-5868-5-10.pdf](http://www.ijbnpa.org/content/pdf/1479-5868-5-10.pdf).

