

## Healthy Schools Network

*Inquiry = an interest in developing and collectively pursuing significant learning improvement questions in depth and over time.*

Read more on inquiry on the [Network of Performance Based Schools website](#) and the [Great Inquiry Questions](#) page on the DASH BC website.

Healthy Schools Network members have conducted school wide assessments, identified their area of focus for the school year and have submitted their school inquiry questions.

Developing a meaningful inquiry question is a thoughtful process. Here are some examples of the thinking behind the inquiry questions of three HSN schools:

*"We are working with our students to increase their engagement and involvement in DPA. By including them in the planning process, we are deepening their understanding of the importance of physical activity in their daily lives. We are looking forward to having students engage in deeper thinking about DPA and seeing gains in their connectedness."*

The school inquiry question: If students are asked to provide input into planning school wide daily physical activities, will student engagement and satisfaction with these activities increase?

*"After completing the assessment tool, we see the need to strengthen parental involvement in reaching our healthy eating goal, as well as the need to reach out to more community partnerships for our quest of promoting healthy choices."*

The inquiry question: Will a focus on nutrition, implementing ideas from Action Schools Healthy Eating program and parental involvement, increase the number of fruits and vegetables in students' snacks and lunches?

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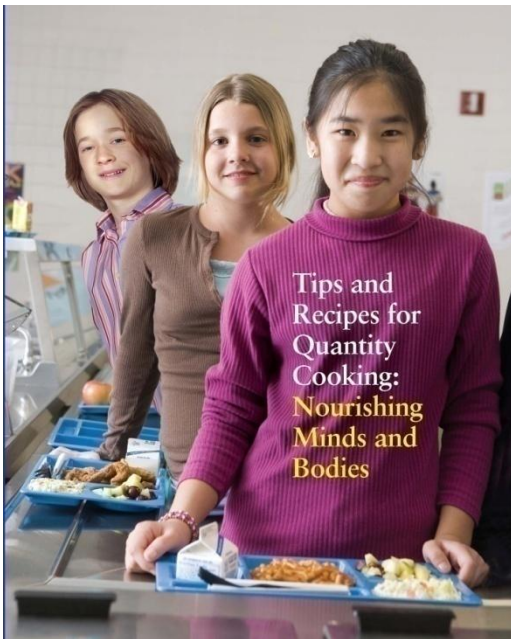
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*"While several areas were identified as potential focuses of inquiry, staff agreed that the focus of inquiry should continue in the areas of healthy eating and physical activity this year for longitudinal data. However, a sub-committee will begin some informal initiatives in other identified areas with the possibility of shifting the inquiry focus next year."*

The inquiry question: Will a cross-curricular, cross-grade approach through education of DPA enhance the participation rate of staff and students in the DPA program?



## Healthy Eating at School



Dietitians of Canada's newest resource - **Tips and Recipes for Quantity Cooking: Nourishing Minds and Bodies** – has been sent to all BC schools this fall. This resource assists people who prepare food for sale to students in implementing the *Guidelines for Food and Beverage Sales in BC Schools*. It includes tips for choosing recipes, making substitutions and now includes over 75 recipes that meet the *Guidelines*, taste great for students, and provide opportunities for schools to feature local and seasonal foods. It can be accessed on-line at [www.healthyeatingatschool.ca](http://www.healthyeatingatschool.ca).

A reminder of the other resources available to support the implementation of the *Guidelines for Healthy Food and Beverage Sales in BC Schools*:

- [Brand Name Food List](#) – this online tool helps you find packaged and franchised food and beverages that meet the Guidelines.
- [Dietitian Services at HealthLink BC](#) – call 8-1-1 to get answers to your school nutrition questions and links to appropriate tools and local supports.
- [Bake Better Bites](#) - developed for parents, volunteers, staff and students to use when preparing baked goods for sale to students. It includes recipes that meet the Guidelines as well as tips to make favourite recipes healthier.
- [Healthy Fundraising for Schools: A Practical Guide for Parents and Educators](#) – provides fundraising ideas for sales, services and events using difference themes such as healthy eating, physical activity, arts, environment and community involvement. Includes tips, quotes and success stories from BC schools.
- Rack Cards – cards that promote the above resources and services. Available in bulk to distribute to your school community, by calling Dietitian Services at HealthLink BC at 8-1-1.
- Success Stories – learn about the successes and challenges other schools throughout BC have experienced implementing the Guidelines at [www.healthyeatingatschool.ca](http://www.healthyeatingatschool.ca).

Print copies of Tips and Recipes for Quantity Cooking, Bake Better Bites, Healthy Fundraising for Schools can be obtained by calling Dietitian Services at HealthLink BC at 8-1-1.

### Sip Smart Seasonal Tips

#### Watch out for sugary drinks this holiday season!

Students might like to know that...

- hot chocolate is rarely prepared with milk and is considered a sugary drink that contains 6 sugar cubes per cup!
- 500 ml of their favourite flavoured latte contains 12 sugar cubes\*!
- a cup of eggnog adds up to 9 sugar cubes\*!

\* - There is variation between different brands of lattes and eggnogs and therefore the numbers listed above are an average of commonly consumed brands.

With the help of our Sip Smart! BC resources you can raise your students' awareness about sugary drinks while teaching them to make healthy drink choices all year long!

While the holiday season is always a very busy time you might still find 5 minutes to show your class [our videos](#) that give answers to questions like: "How do you know which drinks are healthy?" and "What's the big deal about sugar in drinks?"

The Sip Smart! BC project office wishes you and your students a great holiday season and a good start into the year 2010!



## School Gardens

*“School food gardens are a simple yet powerful response to the complex health, environmental and educational challenges affecting Canada’s children and youth today. We live in a society that consumes vast quantities of processed convenience food that’s high in fat, sugar and salt. Poor diet, combined with inactivity, has created an epidemic of obesity and related disease – over 26 percent of Canadian children and youth are either overweight or obese. On top of this, more than 1.2 million Canadian children – one child out of every six – lives in poverty, and 10 percent face food deprivation at least once a month. We can do better. We must do better.”*

- [Growing Healthy Food on Canada’s School Grounds](#), Evergreen Foundation, March 2006.

If your school community is interested in starting a school garden, there are many resources to learn from and a growing number of school stories to inspire you:

- Lord Roberts Elementary School, Vancouver, has been gardening for 23 years - [watch the video](#) to enjoy a student gardener’s tour.
- Windermere Secondary School, Vancouver, started a successful garden initiative in 2007 that is still producing today.



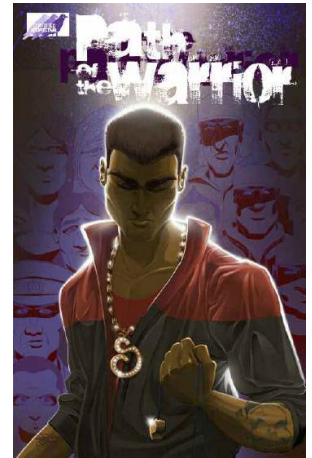
- [School Year Gardens – a toolkit for high schools](#) is a Richmond BC resource that contains the rationale and how-to for starting and maintaining a year round school garden at a secondary school. This resource is a partnership of many community organizations.
- [BC Schools: Ready, Set, Grow!](#) highlights schools around the province who are addressing healthy eating through the BC Farm to School Salad Bar Initiative, including current Healthy Schools Network members:
  - [Ntamtqen snm’a?aya?tn School](#) (Cawston, BC);
  - [Oliver Elementary School](#) (Oliver, BC); and
  - [Sen Pok Chin School](#) - Osoyoos Indian Band (Oliver, BC)

## Healthy Aboriginal Network

The Healthy Aboriginal Network offers a variety of health and social literacy comic books:

### Physical activity / gang prevention comic book

In Path of the Warrior, Cullen gets rolled out of his gang and is forced to reconnect with his family and community. Team sports and his culture become his new support system.



### Gambling awareness short on DVD

Copies of the animated short On the Turn, based on the sold out comic book, are available at a cost of \$15 including shipping in Canada.

### Youth in care comic book

The Healthy Aboriginal Network welcomes your feedback on their new youth in care draft story. The focus group short is on their [YouTube channel](#). Send your comments to [sean@thehealthyaboriginal.net](mailto:sean@thehealthyaboriginal.net) before the end of December.

If you are interested in learning more about these resources, visit [www.thehealthyaboriginal.net](http://www.thehealthyaboriginal.net) or contact Sean Muir, Executive Director, at [sean@thehealthyaboriginal.net](mailto:sean@thehealthyaboriginal.net).

## DASH BC E-News

The Directorate of Agencies for School Health’s [DASH E-News](#) is a source of comprehensive school health news and resources from around the province.



## Sharing the Dream

Watch for the Ministry of Education's 2010 Olympic and Paralympic Winter Games December newsletter on the [Sharing the Dream website](#). The newsletter will highlight opportunities for schools and students to

- become a Paralympic torch bearer
- register as a Spirit School
- adopt a country
- view student webcasts, and more!

Check out the [Games Town 2010 website](#) to submit a Spirit School story or read how other schools in your community are engaging in sport, healthy living and environmental sustainability.

## Action Schools! BC Updates

### Action Schools! BC Daily Physical Activity Idea – Start an Action Room

Riverside Elementary in Maple Ridge has created an "Action Room", a multi-purpose room dedicated to Daily Physical Activity. The room is set up so that there is no preparation for teachers, and a variety of creative strength, endurance and flexibility activities using resources and equipment from the Action Schools! BC Classroom Action Bins are offered. This Success Story and others are downloadable at [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca) under Quick Links – Success Stories.

### Action Schools! BC Healthy Eating Grants

The Action Schools! BC Healthy Eating School Food Grant is available to registered schools that have had at least four teachers attend an Action Schools! BC Classroom Healthy Eating Workshop and have submitted a 2009-10 Action Plan. Contact the Action Schools! BC Support Team office at [info@actionschoolsbc.ca](mailto:info@actionschoolsbc.ca) or 1.800.565.7727 to apply for the grant.



## Yoga in Schools

### Enhance physical and mental well-being with yoga



Yoga is an ancient science designed to rejuvenate every part of the body and calm the mind. It involves a series of physical exercises and breathing techniques that develop flexibility, endurance and well-being. Yoga is one of the most comprehensive forms of physical exercise for people of all ages. The stress of daily modern life creates a growing need for ancient, simple Yoga techniques that nourish the body, strengthen the mind and create a feeling of unity.

Taking a few minutes to stretch while concentrating on the breath, helps create calm focused students and a harmonious classroom. While toning the body and focusing the mind, regular Yoga practice also strengthens the nervous system, builds inner confidence and teaches students how to better manage the tensions of daily life. Teachers may share a refreshing "Yoga Break" with their students several times a day.

[Yoga in Your School](#) presents a series of short [Yoga breaks](#) designed for teachers to easily insert into their daily classroom schedule. Each posture or breathing technique may be practiced in less than three minutes, so that they may be used regularly or as needed, when attention or energy begins to wane. These short exercise segments may also be combined to create longer sequences for physical education classes, playgrounds, athletics, recreation centers, camps, and dance schools.

## HSN/NPBS Regional Meetings

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|---|--|
| Jan 13, 2010 - <b>Okanagan Central</b><br>Hollywood Road Education Centre,<br>Kelowna<br>3:30 – 5:30 p.m.<br>RSVP to <a href="#">Linda Fehr</a>   | Feb 8, 2010 - <b>Okanagan North - Vernon</b><br>Location TBA,<br>Vernon<br>3:30 – 5:30 p.m.<br>RSVP to <a href="#">Wendy Varley</a>  |
| Jan 14, 2010 - <b>Okanagan South</b><br>Parkway Elementary School Library,<br>Penticton<br>3:30 – 4:45 p.m.<br>RSVP to <a href="#">Sharon Sola</a>  | Feb 9, 2010 - <b>Extended Lower Mainland</b><br>Eaglequest Golf Course,<br>Surrey<br>4:00 – 6:00 p.m.<br>RSVP to <a href="#">Donna Weaving</a>                                 |
| Jan 19, 2010 - <b>SD 85 Vancouver Island North Local</b><br>North Island Secondary School,<br>Port McNeill<br>4:15 p.m. start<br>RSVP to <a href="#">Jill Cook</a>                          | Feb 11, 2010 - <b>Lower Mainland – North Vancouver Region</b><br>Inglewood Curriculum Centre,<br>West Vancouver<br>4:00 – 6:00 p.m.<br>RSVP to <a href="#">Lynne Tomlinson</a> |
| Jan 29, 2010 - <b>North Central Region</b><br>Heather Park Middle School,<br>Prince George<br>8:45 a.m. – 2:30 p.m.,<br>“Teachers Leading Learning”<br>RSVP to <a href="#">Frances Roch</a> | Feb 15, 2010 - <b>Vancouver Island North Region</b><br>Mark Isfeld Secondary,<br>Courtenay<br>3:45 p.m. start<br>RSVP to <a href="#">Lynetta Swanson</a>                       |
| Feb 2, 2010 - <b>North East Region</b><br>Dawson Creek Teacher Centre,<br>Dawson Creek<br>4:00 – 7:00 p.m.<br>RSVP to <a href="#">Leslie Lahaye</a>   | Feb 16, 2010 - <b>Kootenay East – Boundary Region</b><br>Location and time TBA<br>RSVP to <a href="#">Pat Dooley</a>   |
| Feb 2, 2010 - <b>Mid Vancouver Island Region</b><br>Vancouver Island University,<br>Nanaimo<br>4:00 – 6:00 p.m.<br>RSVP to <a href="#">Leanna Garner</a>                                    | Feb 22, 2010 - <b>Vancouver Island South Region</b><br>SJ Willis Auditorium,<br>Victoria<br>4:00 – 6:00 p.m.<br>RSVP to <a href="#">Pat Duncan</a>                             |
| Feb 8, 2010 - <b>Lower Mainland – Langley Region</b><br>Langley School Board Office,<br>Langley<br>4:00 – 5:30 p.m.<br>RSVP to <a href="#">Suzanne Hoffman</a>                              | Feb 25, 2010 - <b>Kootenay West Region</b><br>Location and time TBA<br>RSVP to <a href="#">Pat Dooley</a>  |
|   | Feb 26, 2010 - <b>North West Region</b><br>Northwest Community College,<br>Terrace<br>Time TBA<br>RSVP to <a href="#">Kathy Eades</a>  |

# HAPPY HOLIDAYS!