

## Upcoming Network Meetings

### March 5, 2009

Thompson River Region,  
Cache Creek

Cache Creek Elementary  
1260 Cariboo Hwy.

3:30 p.m. to 5 p.m.

Contact: Shirlee Anne  
Johnson

[sajohnson@gw.sd74.bc.ca](mailto:sajohnson@gw.sd74.bc.ca)

### March 30, 2009

Langley Region, Langley

Langley School Board  
Office

4875 222<sup>nd</sup> St.

4 p.m. – 5:30 p.m.

Contact: Suzanne  
Hoffman

[shoffman@sd35.bc.ca](mailto:shoffman@sd35.bc.ca)

**For more information,  
please contact:**

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

[http://www.bced.gov.bc.ca/  
health/hsnetwork/meetings/  
membership08.pdf](http://www.bced.gov.bc.ca/health/hsnetwork/meetings/membership08.pdf)

*If you have a meeting that  
you would like us to  
include in our March  
newsletter, please email  
[Susan.Garvey@gov.bc.ca](mailto:Susan.Garvey@gov.bc.ca)  
no later than March 13<sup>th</sup>,  
2009.*



## Healthy Living at Simonds Elementary

Simonds Elementary, a Healthy Schools Network member in School District 35 (Langley), was recently featured in the Langley Times, for promoting a culture of health awareness among students, parents and teachers.

“It’s the simple changes that make a difference,” Tanya Rogers, a Grade 1 teacher at Simonds Elementary was quoted as saying.

Simonds implemented Daily Physical Activity (DPA) as part of the Early Leader Schools DPA pilot program in 2008. All 190 students participate in 30 minutes of DPA before the school day starts, and teachers incorporate 5 minute fitness breaks throughout the day.



*Being active isn't a stretch for these students at Simonds Elementary*

DPA activities at Simonds include walks through the neighbourhood and nearby forest, and parents often join the students on their morning jaunts. Grade 4 and 5 students also encourage younger students to take part in indoor and outdoor activities.

The school has also implemented a “reverse lunch” policy, which allows students to go outside and play before eating lunch. Teachers and parents report that more students finish their lunch as a result of this schedule change.

Simonds Elementary also participates in Action Schools! BC, the School Fruit and Vegetable Nutritional Program, and SportFit, an initiative of 2010 Legacies Now, which teachers use to help track students’ participation in physical activities.

The article also noted that “staff, parents and teachers agree that Healthy School initiatives are changes that are benefiting students’ learning and behaviour.”

**Have you got a great school story to tell?  
Want to share a healthy living tip? Email  
[Susan.Garvey@gov.bc.ca](mailto:Susan.Garvey@gov.bc.ca)**

## Healthy Living Performance Standards – Online Forum

The Healthy Living Performance Standards provide formative assessment for the curricular areas of Health and Career Education, Planning, Graduation Transitions, Physical Education, and Home Economics. Now in their second year of development, a preliminary draft of the standards has been distributed to Healthy Schools Network members for further teacher contribution and feedback.

To facilitate this process, the Ministry of Education is developing an online forum for release later this spring. The forum will provide teachers and education stakeholders with the opportunity to post questions and comments, and will be offered in addition to other channels for submitting feedback on the draft standards.

Contributions from the Healthy Schools Network members will be considered for incorporation into the document, in preparation for the publication and distribution of a provincial draft in September 2009. Following the validation and feedback interval for this provincial draft, the final standards are scheduled for release in early 2010.

## Heart Healthy Tips from the Heart and Stroke Foundation

In celebration of February as Heart Month, the Kids and Teens Zone of the Heart and Stroke Foundation website features a wealth of tips and tools for promoting heart healthy habits in children all year long, including lesson plans for teachers, activities for kids, and kid-friendly recipes.

Visit [www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca) for more info.

## Randerson Ridge Presents at ICSEI Congress

The 22<sup>nd</sup> annual International Congress of School Effectiveness and Improvement (ICSEI) was held January 6-9 in Vancouver. ICSEI is a group of researchers, policy makers and practitioners whose work focuses on school improvement strategies and school effectiveness research. Dr. Judy Halbert and Dr. Linda Kaser of the Network of Performance Based Schools were the conference convenors, and the British Columbia School Superintendents Association (BCSSA) provided the organizational framework. This year's conference theme was "New Departures for a Learning World of Quality and Equality".



Randerson Ridge students hard at work making healthy connections.

Five Healthy Schools Network member schools presented on student achievement during a special session highlighting B.C. schools. Two teachers from Randerson Ridge Elementary (SD 68, Nanaimo-Ladysmith), Lynn Brown and Mary Lynn Epps, presented on their school's work regarding literacy, health and Aboriginal literacy. Randerson Ridge's 2008 Inquiry Question focused on integrating health and science in a Grade 7 class, and Aboriginal literacy with humanities in a Grade 6/7 class.

Here's how Lynn and Mary Lynn described their school's inquiry:

*"Our approach was to use strategic instruction in literature circles and information circles to build knowledge around health literacy. The students learned many comprehension and writing strategies that enabled them to demonstrate their knowledge of how they transformed their thoughts, beliefs and actions towards healthy living.*

*The connection of healthy living to Aboriginal culture was fostered by students reading picture books in a literature circle structure. Students connected the information they read in the books to the four aspects of the Healthy Living Performance Standards. The culmination was a showcase of learning where the students presented their work to the staff and students of our school as well as invited guests. Many visitors commented on how impressed they were with the level of sophistication the students showed in their ability to explain their work as well as what strategies helped them to complete work of deep meaning.*

*The students demonstrated their high level of understanding of the "Six Big Ideas" and the "Four Things That Matter", as described by Dr. Kaser and Dr. Halbert, who were visitors to our classes. Our students commented that formative assessment helps them to deepen their learning because they know what to improve on. It was a wonderful opportunity for the students to share the exciting work they had produced first term. The showcase of learning also helped us to see the depth of learning our students gained and the confidence that they have as owners of their learning."*

To view Randerson Ridge's presentation, along with presentations from other British Columbia schools <http://www.icsei2009.org/program/BCTeachers.html>

## 'Bits & Bytes' in Interior Health Communities

Healthy, affordable, locally-produced food for all – it's the push behind an innovative project, "Building Community Food Security with Bits & Bytes." This 13-month initiative is supported by Interior Health with funding from the Community Food Action Initiative and the Government of Canada's Social Development Partnerships Program.



The project uses new communications technology to help interior communities – even the most rural and remote – to tap into a wealth of practical and relevant advice around food security. Project coordinator Abra Brynne calls the concept “mentoring at a distance.” One project component involves the creation of an internet-based food security library that will be online later this spring. It will be a living, ever-growing cornucopia of freely-accessible community food security resources, fashioned after Wikipedia.

The Bits & Bytes project also provides mentoring for five Interior Health communities to help them implement food security initiatives. Several instructional videos are being produced on topics such as digital food mapping and food charters, and there will be a documentary film about Dragon’s Eye Farm, an innovative ‘agro-forestry’ farm in Grand Forks.

For more information, contact Abra Brynne at [info@bitsandbytes.ca](mailto:info@bitsandbytes.ca).

### Did you know?

According to Active Healthy Kids Canada’s 2008 Report Card on Physical Activity, girls are significantly less active than boys, and this gender gap increases as children age.

The Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) offers “On the Move” workshops to increase girls’ and young women’s participation and leadership in sport and physical activity. Session topics can vary, and the workshop and service costs are paid by CAAWS.

Want to find out more? Visit the CAAWS website at: <http://www.caaws.ca/onthemove>, or contact Sydney Millar at [snmillar@caaws.ca](mailto:snmillar@caaws.ca) or 613-562-5667.

## DASH BC February Update

### Healthy Schools: Improving Learning, Health and Literacy Conference Video and PPT Resources now available

Lawrence St. Leger’s keynote address, Judy Halbert and Linda Kaser’s plenary session videos and presentations have been posted to the DASH BC website: [http://www.dashbc.org/index.php?option=com\\_content&view=article&id=13&Itemid=63](http://www.dashbc.org/index.php?option=com_content&view=article&id=13&Itemid=63)



### Healthy School Network Inquiry Questions

Read the focus questions submitted by members of the Healthy School Network (HSN). HSN members commit to completing the BC Healthy Schools Assessment Tool and developing an inquiry question focused on health and learning. The list is available at:

<http://www.dashbc.org/upload/2008-09HSNSchoolQuestionAssessmentArea.doc>

### Intramurals - Takin’ it into the Classroom

The Takin’ it into the Classroom program provides students an opportunity to participate in physical activities within the classroom and on the playground. This program is designed to support teachers and administrators in meeting the new DPA requirement. The program requires minimal preparation and equipment. Contact Don Hutchinson at [dhutchinson@sd43.bc.ca](mailto:dhutchinson@sd43.bc.ca) for more information.

### Integrating Health Education and Recreation for Children and Youth

The Healthy Hearts Society mission is to work with others to decrease cardiovascular disease in B.C. Their hearts@school program will be



holding community events throughout spring 2009 in Penticton, Maple Ridge/Pitt Meadows, Langley and Oak Bay. The event includes a Trade Fair, Trivia Games and Activity Stations for students. For more information visit [www.healthyheart.bc.ca](http://www.healthyheart.bc.ca) or contact Carol Stathers [stathers@shaw.ca](mailto:stathers@shaw.ca)

### For further reading:

Check out what **School District 23 (Central Okanagan)** is doing to support healthy schools at [www.sd23.bc.ca/HealthPromotingSchools](http://www.sd23.bc.ca/HealthPromotingSchools)

**Making It Happen: Healthy Eating at School** features success stories, resources, and useful tips. View the website at [www.healthyeatingatschool.ca](http://www.healthyeatingatschool.ca)

Looking for tools to support community capacity building? **The B.C. Healthy Communities** website has a searchable database of resources, along with information on what’s happening around the province. Visit [www.bchealthycommunities.ca](http://www.bchealthycommunities.ca) for more info.