

Best wishes for a healthy, happy and successful 2009!

Happy New Year to all Healthy School Network members from the Healthy Schools Branch, Ministry of Education and DASH BC.

As the new year begins, we set intentions for the best results for our students. Healthy Schools Network members are leading the way in BC with innovative, smart, effective and creative solutions to increasing

students' awareness, knowledge, skills and behaviours related to healthy living learning outcomes.

We hope that you feel confident and inspired as you return to your schools and your school inquiry questions. Steps in the HSN inquiry process that will support your success as you move forward are featured on page two of this newsletter.

Healthy Schools Network - Regional Meetings

January 19, 2009

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

January 30, 2009

*North Central Region Network Meeting, Prince George
Prince George Secondary School, 2901 Griffiths Ave.
8:30 a.m. – 3 p.m.*

February 3, 2009

*East Kootenay Region Network Meeting
Location T.B.A.*

February 4, 2009

*Kamloops Thompson Region Network, Kamloops
Henry Grube Education Centre, 245 Kitchener Cres.
3:30 p.m. – 5:30 p.m.*

February 5, 2009

*Sunshine Coast Local Network, Sechelt
Chatelech Secondary School, 5904 Cowrie St.
3:45 p.m. – 5:30 p.m.*

*North East Region Network, Fort St. John
District Development Centre, 10112 105 Ave.
4 p.m. – 7 p.m.*

February 10, 2009

*Extended Lower Mainland Region
Eaglequest Golf Course, 7778 152nd St.
4 p.m. – 6 p.m.*

February 12, 2009

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

Okanagan South Region, Penticton

*Parkway Elementary Library, 225 Kinney Ave.
3:30 p.m. – 4:45 p.m.*

North Shore and Sunshine Coast Region, West Vancouver

*Inglewood Curriculum Centre, 1735 Inglewood Ave.
4 p.m. – 6 p.m.*

February 16, 2009

*North Vancouver Island Region, Courtenay
Mark Isfeld Secondary Library, 1551 Lerwick Rd.
3:30 p.m. – 5 p.m.*

February 17, 2009

*Mid Island Region, Parksville
Parksville Community and Conference Centre, 132 E. Jensen Ave.
4 p.m. – 6 p.m.*

February 20, 2009

*North West Region, Terrace
Location T.B.A.*

February 23, 2009

*South Vancouver Island Region, Mill Bay
Frances Kelsey Secondary, 953 Shawnigan-Mill Bay Rd.
4 p.m. – 6 p.m.*

West Kootenay Region, Castlegar

*Castlegar Community Recreation Complex, 2101 6th Ave.
4 p.m. – 6 p.m.*

*For more information, please contact: Healthy Schools Branch office: 250-356-6055
<http://www.bced.gov.bc.ca/health/hsnetwork>*

As a Healthy School Network member, has your school:

Created a Healthy School Team?

Using a team approach to select, plan and carry out strategies to improve school health is critical to achieving success. The assessment and planning will be more meaningful, more widely accepted, and much easier to implement if the team consists of a selection of key stakeholders. Healthy school teams should ideally include a school administrator, teacher, parent, student (strongly recommended at the secondary level) as well as health promotion and community resources partners.

Conducted the “Creating Healthy Futures: BC Healthy Schools Network Assessment”?

A key HSN requirement is to conduct the Healthy Schools Network Assessment of your school. Please establish your first year results, and then track your progress over years two and three to document changes and successes you have had through your focus on healthy living outcomes at your school. The tool and online worksheets can be accessed at

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

Established your School Inquiry Question?

Each HSN school's 2008-09 inquiry question was due December 12, 2008. Thank you very much to schools that have submitted their question for the year. If you have not already submitted your school inquiry question, please review the template and school questions at <http://www.bced.gov.bc.ca/health/hsnetwork/resources.htm>. We hope to have all the HSN inquiry questions available on our website by mid-January.

Reviewed the Healthy Schools Network Timeline?

The HSN Timeline is a quick reference for both new and continuing members to maintain positive momentum on your action research.

If you haven't already done so, January is the month to:

- ✓ Consider what evidence you need to measure student learning;
- ✓ Decide how you will collect the evidence and make it meaningful;
- ✓ Link your school inquiry question to an aspect of the Healthy Living Performance Standards; and
- ✓ Attend the mid-winter HSN/NPBS meeting in your region.

You can view the HSN Timeline at

http://www.bced.gov.bc.ca/health/hsnetwork/hsn_timeline_oct_2008.pdf

The Network of Performance Based Schools has developed a toolbox that, when used with the HSN Timeline, can provide outstanding support for your school's progress. The NPBS Toolbox can be picked up at www.npbs.ca

Linked your inquiry question to an aspect of the Healthy Living Performance Standards?

Once you've selected your inquiry focus, such as healthy eating, have a look at the draft Healthy Living Performance Standards for the aspect of healthy eating, at your grade levels, to see if you can link student learning and your school focus. Using performance standards as well as formative assessment strategies will help students to understand healthy choices, and to meet or exceed healthy living learning outcomes in the areas of health and career education, physical education, planning and graduation transitions, and home economics.

Please contact Susan Garvey, Manager, Healthy Schools Network, with your questions or concerns, at Susan.Garvey@gov.bc.ca. She will be able to assist you, or direct you to a Network School or resource that might support your school's efforts.

DASH BC January Update

The DASH BC e-newsletter keeps you informed about healthy resources and happenings throughout the province. To view the January edition, please visit <http://www.dashbc.org>, and click on “resources”.

Richmond students hit the mark!

Over 2,200 Richmond students submitted entries for the Richmond Health Department's 2008 bookmark contest. This year's theme was “reading books and active play are a part of every healthy day”. Nine winning designs were selected, and over 20,000 bookmarks were distributed in October to schools, libraries and community health partners throughout the city. The 2009 contest will be launched in March. Below is a winning design from Jill, a student at Daniel Woodward Elementary.

