

BC Healthy Schools Network: Year Three

The Healthy Schools Branch, Ministry of Education/Ministry of Healthy Living and Sport would like to thank the following individuals, groups and organizations for their contribution to the Network's success in its third year:

- The 2008-09 Healthy Schools Network members for their thoughtful and innovative work through a comprehensive school approach to creating healthier students and school environments;
- The Directorate of Agencies for School Health (DASH BC) and Kathy Cassels, Executive Director of DASH BC, for leadership, partnership and support for Healthy Schools Network initiatives;
- Linda Kaser & Judy Halbert, Network of Performance-Based Schools (NPBS) leaders, for their vision and dedication, inspiring BC teachers and students by sustaining inquiry networks that promote strategies that work and deepen learning for all;
- Donna Weaving of the NPBS for her enthusiastic support of all Network members;
- The provincial regional NPBS leaders who organize and facilitate the networking opportunities and celebrations locally, as well as provide support to teachers and their inquiry efforts throughout the year;
- The Healthy Living Performance Standards Steering Committee members, from the Healthy Schools Network, who have provided knowledge, experience and commitment to the creation of the final draft of the Standards for voluntary use by BC teachers in the 2009-10 school year;
- The Healthy Schools Network teachers who participated in a collaborative planning day to develop student performance tasks using the new Healthy Living Performance Standards; and
- The health promotion and community partners throughout the province who worked side-by-side with schools to achieve common goals of increasing students' health knowledge and creating healthier school communities.

As we move into September, we look forward to another energized year of HSN inquiry, assessment for learning, and partnerships and networking throughout BC.

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Prime Time for No Screen Time

There's no doubt that the after-school period between 3 and 5 p.m. is "prime time" for BC's children and youth to be physically active. Evidence, however, suggests that this after-school window of opportunity is often "prime time for screen time". (cont.)



The Healthy Schools Network is accepting applications for membership in 2009/10. [Apply now](#) and join a network of BC public, independent and band schools who are exploring ways to improve student achievement through a comprehensive school health approach.

Across the country, Ministries responsible for sport are working with education, health and community partners to address physical activity targets and are using the 3 to 5 p.m. time period as a prime time for intervention. Schools and/or community recreation facilities can be prime settings for action.

The [BC Sport Participation Program](#) (BC SPP) – an initiative to increase participation in sport and recreation – offers programs designed and coordinated by provincial sport organizations which have the expertise, community connections and trained leaders ensuring the programs provide age and skill appropriate instruction.

Examples of BC Sport Participation's after school programs include:

- [RunJumpThrow](#) (BC Athletics) teaches the fundamentals of running, jumping and throwing which form the basis of all land-based sports;
- [YouthCanMove](#) (Gymnastics BC) targets at risk youth by combining circus arts with gymnastics;
- [High School Rowing League](#) provides technical resources, coaching support, promotional tools and safety equipment to assist schools in the development of a quality rowing league.

These programs are offered in 48 communities across BC.

In-school programs offered bring trained coaches/instructors into the school to teach the FUNDamental sport skills to children and youth as well as providing resources and training for teachers. The sports that are currently offered in schools through the BC SPP are golf, hockey, karate, soccer, badminton, volleyball, tennis. These programs are offered in 88 communities across BC.



Did You Know?

Marks improve when kids are active.

According to the [2009 Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth](#), children who are physically active perform better in school than those who are not.

The Report Card notes that by improving memory, concentration and attention span, physical activity positively impacts children's achievement in math, reading, grades, perceptual skill and overall academic readiness. Physical activity has also been shown to increase a child's self-confidence, self-esteem, self-image and connection to school.

Interestingly, academic performance improves even when academic learning time is reduced to allow time for physical activity.

2010 Winter Games Contest

[2010 Legacies Now](#) will launch its Olympic and Paralympic Tickets Contest for Schools this September, encouraging schools to bring the excitement of the 2010 Winter Games into the classroom.

Teachers who use the following classroom resources will be eligible to enter the Olympic and Paralympic Tickets Contest in the fall on behalf of their school:

- Action Schools! BC™
- SportFit™
- Heroes Live Here™
- Infusion™

2010 Legacies Now, with support from the Province of B.C., will award two prize packages to the Olympic and Paralympic Winter Games. Each prize package consists of four tickets to events at the Olympic and Paralympic Games, including costs associated with travel and accommodation for schools outside the Greater Vancouver Regional District and the Whistler area.

The Olympic and Paralympic Tickets Contest for Schools showcases classroom resources available to teachers across BC, and celebrates educators who are promoting culture and sport in schools.

Full eligibility and contest details will be announced in August 2009. Stay tuned for an update this summer!

The Olympic and Paralympic Tickets Contest and school resources are brought to you by 2010 Legacies Now, with support from the Province of BC and other partners. For more information on these school resources, visit www.2010LegaciesNow.com/schools/.

iWalk to Breakfast 2009

The [Directorate of Agencies for School Health BC](#) (DASH BC) along with their partners invites your school to register for International Walk to School Week (iWalk), October 5 – 9, 2009.

Schools across BC will be taking part in iWalk to promote and celebrate the many benefits of walking. iWalk activities are different in every school and community. Some walks promote safety, some promote healthier habits and some conserve the environment. Whatever the reason, iWalk events encourage a more “walkable” world, one school and community at a time.

DASH offers participating iWalk schools:

- A central registration process that is quick and easy
- Information, communications and resources to help you plan an iWalk event that works for your school community

Visit the [DASH website](#) to register for the school-based activities that will be happening during International Walk to School Week. Your school can register for one or all of the following activities:

- International Walk to School Week October 5 – 9, 2009 hosted by HASTE BC
- International Walk to School Day October 7, 2009 hosted by DASH BC

Every participating school will receive useful planning resources and information. To be eligible for the early bird prize packages, please [register your school online](#) by June 30, 2009. Be sure to register no later than September 18 in order to receive your information packages.

iWalk is one of the many provincial school-based healthy living initiatives that DASH coordinates in collaboration with key health and education partners. For further information about iWalk or other DASH initiatives, visit www.dashbc.org. For questions/comments, contact: Carrie Locke, Special Projects Coordinator, by email at iwalk@dashbc.org or by phone at 604-957-2763.

Action Schools! BC - Healthy Eating Evaluation Results

Action Schools! BC is an evidence-based model designed to assist elementary schools in creating individualized action plans to integrate physical activity and healthy eating into the school environment.

Action Schools! BC – Healthy Eating utilizes the Action Schools! BC whole-school framework to affect eating behaviours, and specifically the intake of vegetables and fruit, of BC elementary school children. The 18-month Action Schools! BC – Healthy Eating pilot was facilitated in 5 schools throughout BC with students in Grades 4-6. The pilot results showed that the model is effective at increasing students’ consumption of vegetables and fruit, increasing variety of vegetables and fruit eaten, and improving students’ willingness to try new vegetables and fruit. These results are significant in light of the 2004 Canadian Community Health Survey that showed that 59% of Canadian children and adolescents consume vegetables and fruit less than five times per day. The Action Schools! BC - Healthy Eating pilot showed that it effectively contributes to the efforts to reverse this trend, towards increased vegetable and fruit consumption. The final report can be found at www.actionschoolsbc.ca.

During the first year of provincial dissemination of Action Schools! BC - Healthy Eating, an evaluation was conducted to better understand teachers and administrators’ perspectives of implementing the initiative. The results of this evaluation showed that schools reported having success in the implementation of Action Schools! BC- Healthy Eating and that the initiative created positive impacts in school culture and their surrounding communities. Schools also noticed positive changes in the attitudes and behaviours of the students.

Action Schools! BC is now an integrated physical activity and healthy eating initiative. As of April 30th, 2009 there were 1643 total registered Action Schools, of which 542 were registered Healthy Eating Action Schools.



Health Assessment of School-Aged Children (HASAC) 2009

The Health Assessment of School-Aged Children is a project to help BC schools gather information on the nutrition, physical activity, smoking behaviour, and self-perception of grade six students to help BC schools plan their health improvement activities. The health assessment process consists of two parts, both focused on grade six students:

- A student questionnaire, in collaboration with the Centre for Behavioural Research and Program Evaluation at the University of Waterloo
- Height and weight measurements

19 BC schools (15 from the Healthy Schools Network) participated in the HASAC project this year. [View the 2008/09 Assessment All Schools Feedback Report.](#)

See Dick and Jane Run, Jump and Throw

"Reading, 'Riting and 'Rithmetic" are fundamental ingredients to life-long learning. "Running, Jumping, Throwing" (and other movement activities) are fundamental to life-long enjoyment and participation in sport and physical activities. A new Canadian Sport for Life resource - Developing Physical Literacy - helps teachers and coaches teach the skills that help children move confidently and competently.

Much like the alphabet and phonics are fundamental skills needed to learn to read, the learning and practice of fundamental movement skills are the building blocks for the development of physical literacy. Fundamental movement and sport skills are critical for children/youth to feel confident and engaged whether they participate in physical activity for fun, health, competition or the pursuit of excellence.

2010 Legacies Now, through support from the Ministry of Healthy Living and Sport, is working with organized sport, recreation, education and health to assist in the delivery of the Canadian Sport for Life program (CS4L) in British Columbia. CS4L is an innovative approach to promoting and delivering life-long participation and achievement in sport and physical activity. 2010 Legacies Now is providing planning support, resource materials and presentations to community and school based groups around BC. For more information about CS4L or physical literacy visit www.canadiansportforlife.ca or contact Drew Mitchell, 2010 LegaciesNow at dmitchell@2010legaciesnow.com



Do Bugs Need Drugs?

The Do Bugs Need Drugs? Grade 2 program educates Grade 2 children and their parents/caregivers with three key messages:

1. Wash your hands! Handwashing is the best way to stop the spread of infections.
2. Not all bugs are created equal. Antibiotics work against bacteria, but not against viruses.
3. Use antibiotics wisely! Bacteria can become resistant to antibiotics.

Public health nurses, nursing students, and Overwaitea Food Group (OFG) pharmacists and pharmacy technicians from Save-On-Foods, Overwaitea Foods, Urban Fare, Cooper's Foods and PriceSmart Foods deliver the program to many areas of the province. To book a session at your school, please contact your local OFG pharmacy or inquire with your local health unit.

If you have any questions or concerns, contact Kim Dreher, Do Bugs Need Drugs? Program Coordinator, BC Centre for Disease Control at Kim.Dreher@bccdc.ca or call (604) 660-0966.

For more program information, please visit at www.dobugsneeddrugs.org.

Resources

Joint Consortium for School Health (JCSH): Substance Abuse Tool Kit & Healthy School Planner

The JCSH has recently posted their Substance Abuse Tool Kit to the [JCSH website](#). The knowledge kit is a series of resources based on evidence drawn from published research and practical literature as well as from the experience of educators across Canada. It seeks to set out the strategies most effective in addressing substance use in schools. Each kit in the series is designed to stand on its own and is designed to assist school administrators, teachers, counsellors, health workers and community leaders in their roles.

The [JCSH Healthy School Planner](#) is an online tool designed to help Canadian schools create healthier environments. It offers individual schools a way to assess the overall state of their environment as well as the choice to zero in on one or more specific topics such as healthy eating, physical activity or tobacco.

Sip Smart! BC

Sip Smart! BC is an initiative to teach children from Grades 4 to 6 what they need to know to make healthy drink choices. FREE to BC educators and available to

download September 2009 from www.bcpeds.ca (Teacher Resource). To get one of a limited number of print copies, contact the Heart and Stroke Foundation of BC & Yukon, phone 1-888-473-4636 ext 364 or email healthpromotion@hsf.bc.ca.

Canada Gets Active Community Grants

The call for applications for the Canada Gets Active community pilot is now available. This project provides up to \$15,000 each to a minimum of five communities to increase physical activity involvement of grade 5 students by increasing their access to and participation in community recreation facilities. This will primarily occur by providing every grade 5 child with a free Community Physical Activity Pass for designated times and activities, thereby eliminating one of the major barriers to recreation and physical activity participation.

Letters of interest must be received by July 15, 2009. Detailed information is available online at www.cpra.ca.



Have a great summer!

Upcoming Events

August 23-25, 2009

2009 Summer "Leadership Matters" Conference
Penticton

October 1 & 2, 2009

Action Schools! BC K to 7 Classroom Action Workshop and Display,
Association of Christian Schools International Conference
Abbotsford

October 7, 2009

International Walk to School Day (iWalk)/
2nd Annual iWalk to Breakfast

October 17-23, 2009

Action Schools! BC Indoor and Outdoor Student Leadership,
K to 7 Classroom Action and K to 7 Healthy Eating,
Customized Classroom Action Refreshers and p.s.a.p.
Orienteering,
Sport BC's Power of Sport Tour
Terrace

October 23, 2009

Action Schools! BC Grades 4 to 7 Healthy Eating and
p.s.a.p. Orienteering,
PITA Conference
Surrey

October 23, 2009

Action Schools! BC K to 3 Classroom Action Healthy Eating,
BC Montessori Association Conference
Burnaby

October 23, 2009

Action Schools! BC Outdoor Student Leadership, Circuits,
p.s.a.p. Bow, Flick, Sweep,
PE-BC's QDPE Conference
New Westminster

October 23, 2009

Action Schools! BC K to 3 Classroom Action Workshop and
Circuits and Stations,
BC Primary Teachers' Association Conference
Abbotsford