

Upcoming Events

March 30, 2009

Langley Region, Langley
Langley School Board
Office
4875 222nd St.
4 p.m. - 5:30 p.m.

April 16, 2009

Okanagan South, Penticton
Parkway Elementary library
225 Kinney Ave
3:30 p.m. - 4:45 p.m.

Okanagan Central/North,
Kelowna

Hollywood Rd. Education
Centre
1040 Hollywood Rd. S.
3:30 p.m. - 5 p.m.

April 30, 2009

Sunshine Coast, Sechelt
Davis Bay Elementary
5078 Davis Bay Rd.
3:45 - 5:30 p.m.

April 30 - May 2, 2009

Moving Mountains:
The Annual Conference of
Physical and Health Education
Canada (PHE)
Banff, AB

For further information:

<http://phecana.ca/Banff09/?index.htm>

May 4, 2009

NPBS Annual Seminar
New Departures: Engaging
Learners
Delta Vancouver Airport Hotel.
3500 Cessna Dr. Richmond

Seminar: 9 a.m. - 3:30 p.m.
School Inquiry Celebration:
4:15 p.m. - 6 p.m.

For further information:

www.npbs.ca

Healthy Schools Branch Contact
Info:

Tel: 250-356-6055

www.bced.gov.bc.ca/health

NPBS Annual Seminar New Departures: Engaging Learners

The Network of Performance Based Schools (NPBS) 2009 seminar will be held on Monday, May 4, 2009. The theme of this year's seminar is "New Departures: Engaging Learners"

The BC Healthy Schools Network is a component of the NPBS. NPBS is a voluntary action research community designed to improve student learning and to strengthen public education. Network schools use teacher developed and validated classroom based performance standards in reading, writing, numeracy, and social responsibility.

The seminar will highlight new local and international approaches in the areas of assessment, coaching, partnerships, imaginative aboriginal engagement, inquiry and teamwork. The session promises to be engaging and highly interactive.

"New Departures: Engaging Learners" is designed to help educators to move learning forward in the classroom and school through a variety of methods, including:

- Assessment as learning – using metacognitive strategies every day;
- Assessment issues and perspectives;
- Imaginative learning strategies with Aboriginal and Métis learners;
- Deepening connections through coaching partnerships; and
- Applied whole school practices in elementary and secondary settings

Presenters include **Debbie Leighton-Stephens**, distinguished T'sm'syen educator and District Principal in Prince Rupert and **Dr. Lorna Earl**, author of *Assessment AS Learning*.

Also presenting will be **Dr. Jan Robertson**, author of *Coaching Leadership*, and **Dr. Judy Halbert** and **Dr. Linda Kaser**, co-authors of *Leadership Mindsets: Innovation and Learning in the Transformation of Schools*.

At the end of the formal part of the seminar, there will be a provincial School Inquiry Celebration with space for every NPBS member school to share their work. Schools from the Extended Lower Mainland, North Shore, Sunshine Coast and Langley regions will be featured at this Celebration as well.

For further information, please visit the NPBS website: www.npbs.ca

Walking School Bus Incentives Now Available

To support schools across B.C. in setting up active and safe routes to school, free starter kits and incentives are now available via the Walking School Bus and Bicycle Train Program.



Hon. Ida Chong, Minister of Technology, Trade and Economic Development, Hon. Shirley Bond, Minister of Education and Hon. Mary Polak, Minister of Healthy Living and Sport, joined students from Frank Hobbs Elementary (SD #61 - Victoria) on their walk to school in October 2008.

Starter kits include reflective vests and armbands, safety information, and the Bike Safe, Walk Smart DVD, originally produced by the Autoplan Brokers of British Columbia and the Insurance Corporation of BC.

Schools can also apply for up to a maximum of \$500 of incentive equipment, including bicycle racks, pedometers and bike locks, to help support their continued success.

To apply for free starter kits and incentive equipment, and access a host of additional resources to help you develop your walking school bus, bicycle train, and best routes to school, visit the HASTE website:

www.hastebc.org/walking-school-busbicycletrain.

The Walking School Bus and Bicycle Train Program provides students with the opportunity to meet their daily physical activity requirements and reduce their carbon footprint. The program was launched on International Walk to School Day 2008, and is a partnership between the ministries of Education and Healthy Living and Sport, the Directorate of Agencies for School Health (DASH BC) and the Hub for Action on School Transportation Emissions (HASTE).

News from BCRPA -

Move for Health Day is May 10, 2009

“Since 2002, the World Health Organization has promoted Move for Health Day (MFHD) as a global day of physical activity. The BC Recreation and Parks Association (BCRPA) and partners have led this initiative to bring awareness and life to this campaign in B.C. The day has captured the imaginations of many and is becoming a launching pad for summer activity routines.



Last year, approximately 68,026 British Columbians from all corners of the Province got moving on Move for Health Day. Through the efforts of community programmers and leaders and many other motivated individuals, the goal for 2009 is to have 200 events registered and 70,000 British Columbians getting active!

Order your free BCRPA giveaways when you register your event and get your access code for the Active Communities grant application!

To motivate individuals to celebrate Move for Health Day, BCRPA’s Community Based Awareness initiative has developed a Marketing Action Plan (M.A.P.) with tools and templates designed to promote awareness of your event and increase participation. These tools are easy to use, can be customized to suit your needs with messages that create a buzz. You can download this valuable resource for free from the Physical Activity Strategy website: (www.physicalactivitystrategy.ca)” (Source: www.bcrpa.ca)

True Sport Community Fund

The True Sport Foundation is now accepting applications for the True Sport Community Fund. Grants in the amount of \$5,000 or \$25,000 are available in support of sport programs that create access and promote inclusion for children and youth from Aboriginal, low-income, and new Canadian families.

The True Sport Community Fund is the result of a partnership between the J.W. McConnell Family Foundation and the True Sport Foundation. Funds are awarded to programs that address common barriers to participation, create sport opportunities that have a broader appeal to Aboriginal or new Canadian children and youth, provide volunteer coach and official training, and improve or create new playing surfaces. The next application deadline is **May 31, 2009**.

Information and eligibility criteria as well as the online application form are available at: www.truesportfoundation.ca

March is Nutrition Month® - Stay Active and Eat Like a Champion!

Since the early 1980’s, the Dietitians of Canada have organized an annual campaign promoting healthy eating and nutrition awareness. With the theme of “Stay active. Eat like a champion”, the 2009 campaign focuses on the importance of nutrition and healthy eating for active lifestyles.



The Dietitians of Canada website features a wealth of easy-to-use resources for education and health professionals, as well as links to research articles and recipes. Information about local Nutrition Month® events is also provided on the site.

For more information about Nutrition Month®, visit www.dietitians.ca/eatwell

Update from Action Schools! BC

A Day in the Life of Action Schools! BC

Action Schools! BC Regional Trainers and Support Team Members conducted 26 workshops at schools and district and province-wide conferences on February 20, 2009.

Action Schools! BC Aboriginal Coordinator

An Action Schools! BC Aboriginal Coordinator joined the Support Team in February.

Distributed Learning Pilot Project

In order to best support healthy living in the distance education community, an Action Schools! BC Distributed Learning pilot project with three school districts began in January 2009.

Action Schools! BC Registered Schools Grant

The money received from the national *Speaking of Food and Healthy Living Award* will be divided into 10 grants of \$250, designed to support healthy living in BC schools. The grant recipients, 2 schools per BC Health Region, must be registered for both the Physical Activity and Healthy Eating components of Action Schools! BC. Recipients will be determined by a draw at the end of March 2009. The Speaking of Food and Healthy Living Award, created by the Dietitians of Canada and Kraft Canada, was awarded to Action Schools! BC in June 2008. The annual award honours initiatives that support Canadians in their quest to eat healthier and be more active through sound and integrated nutrition and physical activity messages relevant to today's consumers.

Secondary School Daily Physical Activity (DPA) Model

The Action Schools! BC Support Team is working with 2010 Legacies Now to explore strategies to assist secondary schools in promoting healthy living and the implementation of the Ministry of Education's DPA mandate. Visit www.2010legaciesnow.com and click on "Our Programs."

DASH BC March Update

Stay Active Eat Healthy Initiative Grants

Do you want to work in together with your local Community Recreation Department to improve the healthy food choices outside of school hours? The B.C. Recreation and Parks Association and the Union of B.C. Municipalities are co leading an initiative to encourage the sale of healthy food and beverage options in community recreation facilities and local government buildings through on site vending machines concession, cafeterias and snack bars. Grants up to \$7500.00 each are available to local governments and First Nation communities. Deadline May 1, 2009. For more information contact BCRPA HFBS Coordinator Anna Kirbyson or visit the website:

www.stayactiveeathealthy.ca/managers/info/grants.html

DASH Endorses the JCSH Comprehensive School Health Framework

A colourful version of the Joint Consortium for School Health's Comprehensive School Health framework is available on their website. Endorsed by DASH BC, you may find it helpful to print and display the version in your school and distribute it widely within your school community. The more people know about school health the more likely they are to support it and that support means a healthier future for students.

To view the framework, visit www.jcsh-cces.ca, and click on "What is Comprehensive School Health?"



For Further Reading...

The Joint Consortium for School Health (JCSH) newsletter provides an overview of current research on Comprehensive School Health and highlights healthy school programs in place across Canada. The newsletter is issued six times per year, including special editions. To read the newsletter, and to learn more about the work of the JCSH, visit www.jcsh-cces.ca.