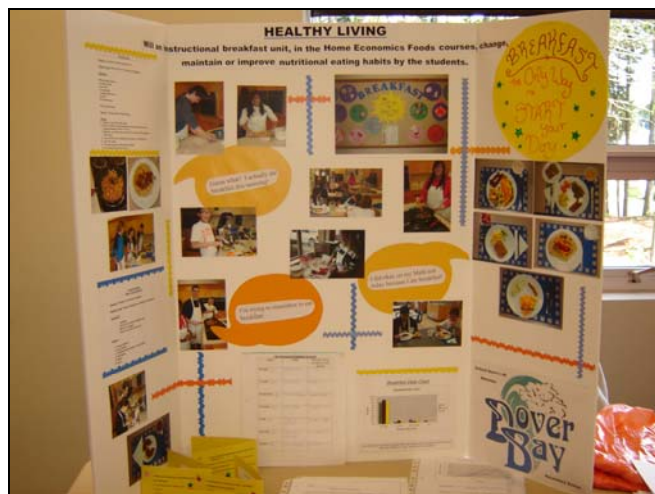


Healthy Schools Network Update: Celebrations and Showcases

With the end of the school year quickly approaching, HSN members are reviewing the results from their year's inquiry, reflecting on the outcomes, considering their options, and planning for next steps. At Network of Performance Based Schools celebrations and showcases around the province, HSN participants are sharing the inquiry-based learning that has occurred, as well as connecting to others who are engaged in improving students' chances of becoming successful learners.

A strengthening trend in HSN inquiry is asking how teachers can connect a comprehensive school health approach with student learning outcomes in the classroom. Areas of improvement are being addressed in a whole school approach and being followed up and assessed in the classroom learning environment.



The practice of introducing Healthy Living Performance Standards rubrics to students as well as incorporating formative assessment strategies into classroom assessment practices is taking hold.

Also noteworthy are the number of HSN schools that have developed school-wide Wellness Fairs. These events raise awareness of opportunities within the school and the local community, and how students and staff can access these resources that contribute to the broadest aspects of healthy living.

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- **Network Update**
- **Anaphylaxis Management in Schools**
- **Safe Kids Week**
- **BCHLA Healthy Eating Strategy Update**
- **Resources**
- **Leadership Matters Conference**

Healthy Schools Branch Contact Info:

Tel: 250-356-6055

www.bced.gov.bc.ca/health

Anaphylaxis Management in Schools

B.C. school districts are required to develop and implement anaphylaxis policies that meet the rigorous provincial standards outlined in the [BC Anaphylactic and Child Safety Framework](#). The Province developed the Framework to provide boards of education with an overview of the key elements required in district policy, procedures and guidelines to ensure appropriate and consistent management of anaphylaxis in the school setting and throughout the BC education system.

Supported by a host of [ministry resources](#), school districts across the province have been working closely with health authorities to implement the guideline requirements in the Framework. For example, following the release of the Framework, the Interior Health Authority (IH) developed the IH Anaphylaxis Teaching Manual for all of their health units. Public health nurses have offered training to every school within the IH region, with a high level of uptake.

IH Program Consultants offered to work with all 16 public school districts in the region to help develop or update their medical alert/anaphylaxis policy in accordance with the Framework. As a result, IH worked directly with 14 of the 16 school districts to help develop or revise existing policy. All of these districts have been very receptive to having public health input on their district policy.

Public health nurses are available to support schools in meeting the guideline requirements outlined in the Framework, including the delivery of annual staff training and implementing school awareness and avoidance

procedures. Contact your [regional health authority office](#) to arrange for a public health nurse to work with your school.

Safe Kids Week

To acknowledge and promote Safe Kids Week (May 25 - 31st) a BC-oriented Fact Sheet was developed by BC Injury Prevention and Leadership Action Network in partnership with BCIRPU, CHIRPP, and Safe Kids Canada, and made available online at http://www.injuryresearch.bc.ca/admin/DocUpload/3_2_0090519_133308product%20safety-%20May%2015th.pdf. Please distribute directly to parents as well as through your education contacts and school newsletters.

BCHLA Healthy Eating Strategy Update

Find out what Vernon Secondary, Maple Ridge Secondary, Sen Pok Chin Elementary, Oliver Elementary, and Tuc El Nuit Elementary are doing to support healthy eating initiatives at their schools: http://www.bchealthyiving.ca/files/HES_Spring_09.pdf.

Did You Know?

Exercise may help people learn. It's an exciting idea, one that is being tested in the US and Canada. One pilot program took place in the spring of 2008 in Saskatchewan, where a Grade 8 class used treadmills everyday during class. Pre and post measurements were taken in behaviour and academics. The results, over a four month period, were remarkable:

- 27% improvement in reading
- 33% improvement in writing
- 17% improvement in mathematics

For more information visit

http://www.cbc.ca/national/blog/special_feature/brain_gains/.

Resources

DASH BC Update

http://www.dashbc.org/index.php?option=com_content&view=article&id=11&Itemid=67.

A Day of Wellness

“Eagle Ridge Elementary School, School District 43 Coquitlam, held its first ever ‘Day of Wellness’ conference on April 23rd. Students experienced five different sessions throughout the day. The following sessions were offered: tai chi, yoga, music, origami, taiko fit drumming, hip hop dance, martial arts, golf, healthy eating, lungs for life, street safety, train safety, mandala art, and indoor leadership. There was nothing but excitement in the building the entire day. Students, staff, and parents were very appreciative of the guest presenters and of our keynote speaker Leah Pells. Everyone is already talking about organizing a conference again next year.”

- Submitted by Don Hutchinson, Vice-Principal, Eagle Ridge Elementary, Coquitlam



Leadership Matters

2009 Summer Leadership Conference, August 23-25, Penticton, BC

How are schools leveraging leadership to enhance 'success for all'? What are the signs of progress? And, how can schools and districts sustain the effort? These are questions that will be explored...along with many other topics of interest.

Plan to attend. Join your colleagues (teachers, parents, trustees, parents and district leaders) in a dynamic learning experience which will energize you for the coming year.

<http://www.sd67.bc.ca/events/summerleadershipconference/SLC%202009%20Final.pdf>.

Editorial Correction

The link to the BC Cancer Agency Prevention Programs web page that was referenced in the April 2009 Healthy Schools Network Newsletter was incorrect. The correct link is www.bccancer.bc.ca/PPI/Prevention/default.htm.



Photo courtesy of Don Hutchinson, Vice-Principal, Eagle Ridge Elementary

Upcoming Events / NPBS & HSN Regional Celebrations

June 1, 2009

South Vancouver Island Region

SJ Willis Auditorium - 923 Topaz Avenue, Victoria
4 p.m. – 6 p.m.

June 2, 2009

Thompson River / Gold Trail Region

Henry Grube Educational Centre - Kamloops
4 p.m. – 6 p.m.

June 8, 2009

North Vancouver Island Region

Crown Isle Golf Course Club House - Courtenay
4:30 p.m. – 6 p.m.

June 11, 2009

North East Region

O'Brien Teacher Centre – Dawson Creek
4 p.m. – 7 p.m.

June 11, 2009

North Central Region

UNBC Campus – Prince George
3:30 p.m. – 5:00 p.m.

August 23-25, 2009

2009 Summer "Leadership Matters" Conference
Penticton