

## JCSH Healthy School Planner

The [Joint Consortium for School Health \(JCSH\) Healthy School Planner](#) is a tool that schools can use to assess the health of their school at any point in time, and build a plan for improving the key components of a healthy school.

The Healthy School Planner consists of:

- A step-by-step process that takes you through the tool in the most effective way;
- A series of questions (“the assessment”) to determine the current status of the health of your school;
- Results of your assessment and help in interpreting those results;
- A planning process to help you develop goals and an action plan for making improvements to the health of your school;
- Links to resources to help you develop and implement your action plan; and
- A comprehensive feedback report which includes the results of your assessment, your action plan, and recommendations and resources for those areas you have selected for action.



### Why use the Healthy School Planner?

The Healthy School Planner will:

- Give your school an organized and thoughtful approach to improving its health;
- Help your school make decisions on what actions to take;
- Help identify untapped resources in the community;
- Help increase support for change; and
- Provide a means by which progress can be measured and demonstrated over time.

### How does a school get started?

All a school needs is:

- An interest in improving the health of its school environment;

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[www.bced.gov.bc.ca/health/](http://www.bced.gov.bc.ca/health/)

- Support from key stakeholders, such as the school administrator; and
- A champion to lead the process.

The time commitment can be managed by choosing one or more modules, and by the number of people involved. The action plan can be as ambitious as the school wants it to be, fitting the capacity of a school to take on new initiatives.

### Alignment with the Comprehensive School Health Framework

The Healthy School Planner is based on the Comprehensive School Health framework. This framework is not just about what happens in the classroom. Rather, it encompasses the whole school environment with actions addressing four distinct but inter-related pillars that provide a strong foundation for comprehensive school health:

- social and physical environment;
- teaching and learning;
- healthy school policy; and
- partnerships and services.

When actions in all four pillars are harmonized, students are supported to realize their full potential as learners – and as healthy, productive members of society.

[Watch an introductory video](#) about the Healthy School Planner.

### Attention Healthy Schools Network Members...

**New members** are using the Healthy School Planner this year to conduct their school wide assessment.

**Continuing members** may choose to use [Creating Healthy Futures - BC Healthy Schools Network Assessment Tool](#) or switch to the Healthy School Planner.

Both assessments offer individual schools a way to assess the overall health of their school as well as the choice to zero in on one or more specific topics such as healthy eating, physical activity, school connectedness or tobacco use.



### Positive Mental Health Themes within a Comprehensive School Health Strategy

The [Investigating Positive Psychology Themes in School Health](#) resource provides website links to positive mental health initiatives in schools across Canada. Developed by researchers for the Joint Consortium for School Health (JCSH), the resource aims to increase understanding by organizing the numerous terms related to positive mental health – including school connectedness, resilience, caring schools, and strength-based approaches – into themes.

Positive mental health initiatives, also known as positive psychology practices, are applications that assist in enhancing the quality of life of children and youth, as well as preventing or reducing the risk of development of mental health related concerns.

### Did You Know?

[Comprehensive school health](#) is an internationally recognized framework for supporting improvements in students' educational outcomes while addressing school health in a planned, integrated and holistic way.

Health and education are interdependent: healthy students are better learners, and better-educated individuals are healthier.

Research has shown that comprehensive school health is an effective way to tap into that linkage, improving both health and educational outcomes and encouraging healthy behaviours that last a lifetime.

In the classroom, comprehensive school health facilitates improved academic achievement and can lead to fewer behavioural problems.

In the broader school environment, it helps students develop the skills they need to be physically and emotionally healthy for life.



Given that children and youth spend more than six hours daily and over 180 days a year in school, the educational setting provides opportunities for prevention and intervention activities related to positive mental health.

The resource identifies the major themes of positive mental health in schools:

Creation of healthy school climates and interaction:

- Promoting safe and supportive school environments
- Investigating and exchanging positive mental health practices

Enhancement of student readiness for and engagement in learning:

- Strengthening school connectedness
- Integrating positive mental health themes in curriculum-focused activities

Promotion of healthy lifestyle changes:

- Building integrated school health models

Design of tailored resiliency or wellness focused initiatives for student and their families:

- Developing targeted positive mental health approaches
- Providing positive supports for students and families

For educators considering plans for developing school-based initiatives to enhance student wellness, mental health and resilience, this resource could be a useful starting point.

## BC Athletes in Schools

Ever wonder who you're passing in your school hallways? Could it be the next Steve Nash, two-time MVP of the National Basketball Association? Or possibly the next Carol Huynh, 2008 Olympic Champion in wrestling?

Keep your eyes open because the next wave of provincial, national and international athletic stars are likely standing at a locker in your school. They may be athletes representing your zone at a BC Games, members of Team BC or Aboriginal Team BC and potential future Olympians and Paralympians. It's time to start watching them now!

Take for example several graduates of Claremont Secondary School in Victoria, BC. Ryan Cochrane and



ActNow BC Athlete Ambassador Robert Esmie with students from Uplands Elementary School in Terrace

## /EDU Project Showcase

The [/EDU Project Showcase](#) features school projects that relate to the Vancouver 2010 Olympic and Paralympic Winter Games or the Pillars of sport, culture and sustainability.

The Project Showcase offers an opportunity for teachers to share the imaginative work they're doing with a worldwide audience, and to be inspired by the work of their colleagues.



K-12 teachers and their students can engage in the Olympic and Paralympic movements by highlighting activities that make a difference to them, their schools, their communities and the world.

Submissions can feature classroom projects, extra-curricular club activities or intramural competitions. A [Showcase Toolkit](#) is also available to help educators create and [submit content](#).

Every teacher who submits a project to /EDU receives an official Vancouver 2010 certificate.

Tony Theriault are turning heads internationally; Cochrane ripping it up in the pool following his 2008 Olympic Bronze in the 1,500m freestyle and Theriault, a 2008 Paralympian, in adaptive rowing. Ryan, Tony and Carol Huynh, all ActNow BC Athlete Ambassadors, have shared their BC school memories in a "BC Athletes in Schools" project that recognizes many Olympians and Paralympians in the schools that they attended.

Other Claremont grads include diver Riley McCormick, the youngest athlete ever at the Canada Summer Games (nine years old in 2001) and currently ranked sixth in the world in 10m platform, Rich Harden who has pitched his way onto Major League baseball's Chicago Cubs and Alison Hooper, 2009 Canadian Junior Triathlon Champion and 2009 Canada Summer Games Champion.

"We give athletes a flexible schedule so they can take the time to train," says Claremont vice Principal, Deb Whitten, herself an Olympian in field hockey. "These athletes manage their time well and are academically strong. They all have eyes on post-secondary education and are individually driven."

Currently sitting in Claremont classrooms are two 2012 Olympic hopefuls; diver Rachel Kemp, 2008 World Junior Championships Bronze medallist in tower, and basketball's Shalie Dheensaw, who recently helped her team to a silver medal at the 2009 Canada Summer Games.

And this is only one school! Roam the halls of many of BC schools and you'll find athletes like wheelchair athletics' Eddy Solla from Chilliwack Secondary School, diving's Courtney Hattie from Colquitz Middle School and sailing's Erin Berry of St. Andrew's Regional High school.

But medals, ribbons and records aren't the only things that make these young athletes champions. These Team BC athletes model healthy lifestyles and are exceptional ambassadors to all students who are aiming for their own personal podiums. They are committed to healthy living – eating well, being active, not smoking and not abusing drugs and alcohol – all key ActNow BC initiatives. For information on tips and resources, visit [www.actnowbc.ca](http://www.actnowbc.ca).

## Action Schools! BC DPA Pages

The Action Schools! BC DPA Pages! provide one DPA (Daily Physical Activity) idea per page and are available in the [Support and Resources section](#) of the Action Schools! BC website. There are now 7 DPA Pages! available:

- Classroom Olympic and Paralympic-Themed Physical Activities
- Bands
- Dance
- Get Strong 101 Circuit
- Juggling
- Outdoor Circuit Ideas
- Skipping



The [Action Schools! BC website](#) also features a list of registered Action Schools, downloadable school playground circuits, Action Schools! BC newsletters for schools and families, and supplementary resources for use by teachers and parents including:

- Availability Chart of BC Grown Vegetables and Fruit
- Family Healthy Living Kit Booklet
- Food Fit for Sports and Physical Activity Fun Days
- Healthy Eating Booklist
- Healthy Options for Fundraising
- Healthy Snack Ideas
- Play First Lunch Toolkit

## DASH (Directorate of Agencies for School Health) BC ENews

The always current [DASH BC ENews](#) is where you will find up-to-date school health resources in BC, research findings, and more. This month's ENews is featuring **Heroes Live Here™** - an exciting new resource guide for teachers designed to inspire youth to make healthy lifestyle choices by identifying and celebrating healthy heroes and role models in their community. Made available by the BC Cancer Agency Prevention Programs and 2010 Legacies Now, the resource guide is flexible and will suit a variety of organizations and classrooms including elementary schools and youth centres, as well as Media, Art and Drama, Planning 10 and Physical Education curriculum. For more information on Heroes Live Here, visit the [2010 Legacies Now website](#) or email [healthyheroespilot@yahoo.ca](mailto:healthyheroespilot@yahoo.ca).

## HSN/NPBS Regional Meetings

### HSN School Inquiry Questions

Your school's 2009-10 Healthy Schools Network Inquiry Question is due on or before **December 4, 2009**. Please use our new [Inquiry Form](#).

Nov 23, 2009 – **Okanagan North Region - New!**  
Fulton Secondary School, Vernon  
2:40 p.m. start  
RSVP to [Wendy Varley](#)

Jan 13, 2010 - **Okanagan Central Region**  
Hollywood Road Education Centre,  
Kelowna  
3:30 – 5:30 p.m.  
RSVP to [Linda Fehr](#)

Jan 14, 2010 - **Okanagan South Region**  
Parkway Elementary School Library,  
Penticton  
3:30 – 4:45 p.m.  
RSVP to [Sharon Sola](#)

Jan 19, 2010 - **SD 85 Vancouver Island North Local Network**  
North Island Secondary School,  
Port McNeill  
4:15 p.m. start  
RSVP to [Jill Cook](#)

