

Healthy Schools Network - NEW! Online Resources to Get Started

Visit the new [online resources](#) including the [HSN Timeline for Success](#) that provide references and support for both new and continuing Network members to maintain positive momentum and action during the Healthy Schools Network process.

Click here to view a [Feature Case Study](#) from AW Neill Middle School in Port Alberni which focuses on forming a Healthy School Committee and completing the Healthy Schools Assessment Tool.

View all the [2008-09 Case Study/Year End Reports](#).

Visit the new [Healthy School Planner](#) – developed by the Joint Consortium for School Health, the 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. The Planner also includes a listing of school health resources and provides a customized school feedback report.



2010 Spirit Schools

Enter to be a part of the 2010 Spirit Schools competition before October 31st and be eligible to win some great prizes including having the 2010 Road to Community Tour come to your school (this includes an interactive ski machine, a real bobsleigh and other cool pieces) as well as the Olympic torch prototype, the Olympic mascots and much more. Every school that enters will receive a complimentary class set of Olympic pedometers for their school. To enter, visit the [2010 Spirit Schools website](#).

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Healthy Schools Branch Contact Info:
Tel: 250-356-6055
www.bced.gov.bc.ca/health/

Physical Activity Tool Kits for School and Community Leaders

The Joint Consortium for School Health has just released a series of tool kits and fact sheets on Physical Activity within a Comprehensive School Health Model that provide plain-language summaries of research, guidance on what works, and what we can do to increase physical activity in students. The targeted tool kits and fact sheets include:

- Best Practices tool kit
- School Policy Makers' tool kit
- Decision Makers' tool kit
- Researchers' tool kit
- The Benefits of Physical Activity fact sheet
- The Rationale for School as a Setting for Physical Activity fact sheet
- The School Community's Role in Physical Activity fact sheet

- Populations with Additional Barriers to Physical Activity fact sheet

These resources are available in English and French at the [JCSH website](#).

NEW! Healthy Eating and Physical Activity Learning Resource 11-12

Want a simple and easy Learning Resource to support the Prescribed Learning Outcomes for the Graduation Transitions curriculum?

The [Healthy Eating and Physical Activity 11-12 Resource](#) is a set of healthy eating and physical activity classroom-based lesson plans for teachers to use. The resource includes lessons that help students develop knowledge and skills to plan age appropriate healthy eating and physical activity goals to live healthier lives.

View the complete [K to 12 collection](#).

DASH BC Update

The [DASH BC eNews Update](#) offers the latest resources to support comprehensive school health in B.C.

Are Your Students Heart Smart™?

Teaching students about healthy lifestyles is vital to their health and wellness, and it's easy with the help of HeartSmart Kids™!

HeartSmart Kids™ is a curriculum-based program that provides a fun, interactive way to teach children the basics of heart-healthy habits, focusing on the areas of healthy eating, active living and being smoke-free. The grades K-3, 4-6, and Aboriginal 4-6 programs link with the IRPs in the Health and Career Education and Physical Education curricula.

Once you've attended a FREE one hour workshop, you will receive an Educators Guide with lesson plans; a class set of student materials; and supplementary resources such as the new Sip Smart BC! Teachers Resource Guide to promote healthy beverage choices.

After-school, lunchtime or Pro-D day workshops can be arranged at your school with a minimum of 10 teachers, depending on the presenter's availability and geographic location.

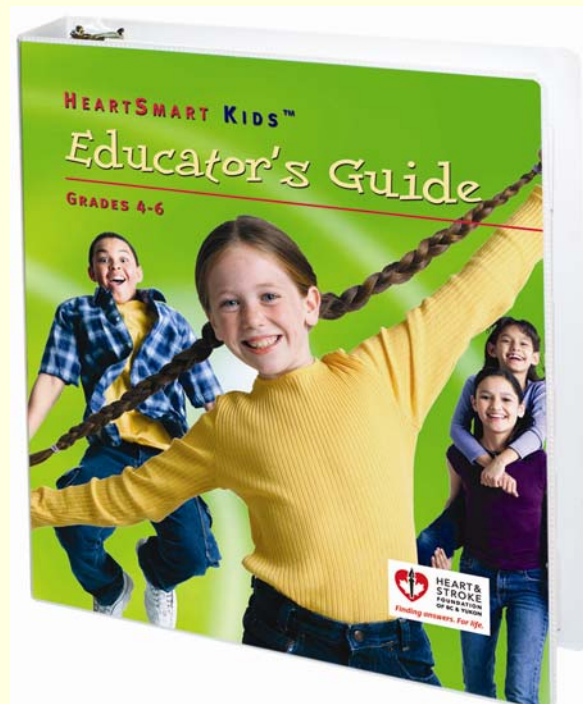
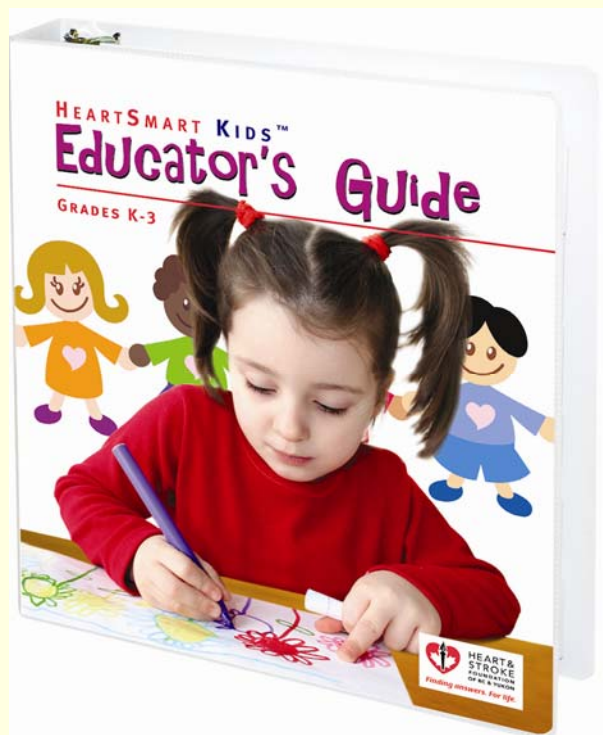
For further information or to organize a HeartSmart Kids™ workshop, please contact Elissa Hill, Health Promotion Initiatives Coordinator, at:

Phone: 604.730.7364

Email: healthpromotion@hsf.bc.ca

Toll Free: 1.888.473.4636 ext. 364

Website: www.heartandstroke.bc.ca/heartsmartkids





Physical Literacy in Canada

“PHE Canada has established www.physical-literacy.ca as a means of offering support to educators to assist them in understanding their critical role in a child’s healthy development, and providing useful tools and resources to assist them in the delivery of quality physical education programs,” says Andrea Grantham, executive director of PHE Canada. “There is also information available to parents to assist them in evaluating their child’s physical education program, advising them on how they can request improvements, as well as tips on how they can nurture physical literacy development through community programs and healthy family practices.”

The corresponding French website is:
www.savoir-fairephysique.ca

Sip Smart! BC

Did you know that when a child drinks a can of cola, the caffeine has the same effect as an adult drinking 4 cups of instant coffee?

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

Check out our new videos, available on the [Sip Smart! website](http://www.sip-smart.ca). A series of short video clips features students from Queen Alexandra Elementary School in Vancouver talking to health professionals about topics such as the amount of sugar in sugary drinks and juices, and whether sports and energy drinks can help students perform better.

To get your free copy of the Sip Smart! BC teacher resource guide:

- Download a copy from the [Sip Smart! website](http://www.sip-smart.ca).
- Contact the Heart and Stroke Foundation of BC & Yukon, to get one of a limited number of print copies. Phone 1-888-473-4636 ext 364 or email: healthpromotion@hsf.bc.ca.

- Include healthy drink choices in your school Action Schools! BC Action Plan. Call 604.738.2468 or 1.800.565.7727 or visit www.actionschoolsbc.ca.

Sip Smart! BC Workshops

Learn about Sip Smart! BC, a program to teach children from Grades 4 to 6 what they need to know to make (or continue to make) healthy drink choices, by attending one of our workshops! Join us in Victoria on October 23rd at S.J. Willis Educational Centre or in Burnaby on October 27th at Montecito Elementary School. Please contact Rebecca Frechette at Rebecca.Frechette@ubc.ca or 250-870-8704 to get more information on workshops – or to set up a workshop for your school.

Healthy Happenings

School Inquiry Questions

Your school’s 2009-10 Healthy Schools Network Inquiry Question is due on or before **December 4, 2009**.

HSN/NPBS Regional Meetings

Oct 26, 2009 - Langley Region

Langley School Board Office,
4675 222nd Street
Langley, 4:00 – 5:30 p.m.

Oct 27, 2009 - Mid-Vancouver Island

Kwialicum Secondary School,
266 Village Way
Qualicum Beach, 4:00 – 6:00 p.m.

School District #85

North Island Secondary School,
Port McNeill, 4:15 – 6:00 p.m.

Nov 2, 2009 - Vancouver Island South

Frances Kelsey Secondary School
Shawnigan Lake – Mill Bay Rd., Mill Bay
4:00 – 6:00 p.m.

Nov 12, 2009 - Northeast Region

SD#60 District Development Centre,
Fort St. John, 4:00 - 6:00 p.m.
Dinner provided.

Nov 19, 2009 - SD#85 Start Up Seminar for New HSN Members

Eagleview Elementary,
Port Hardy, 1:00 – 3:30 p.m.