

BC Healthy Schools Network

Throughout the province, BC Healthy Schools Network members are providing positive leadership, locally and provincially, by:

- recognizing the benefits of provincial strategies for healthier students;
- supporting healthy schools targets which actively promote healthy lifestyle choices;
- championing healthy lifestyle initiatives such as food and beverage guidelines for food sales in schools, daily physical activity and smoking legislation as it applies to schools;
- using strategies that help students feel more connected to school to encourage learners to stay in school longer; and
- using assessment for learning strategies, as well as networking to connect people, ideas and resources that focus on improving student learning.

This year we are welcoming 118 new and continuing member schools, from 33 school districts and authorities in B.C., to the Network.

If you are interested in joining the Healthy Schools Network for the 2009-10 school year, it's not too late to [apply online](#). We are accepting applications until September 30, 2009.

Healthy Schools Network pages are now available on the [DASH BC website](#), where you can view Network information, HSN case studies and more.



Healthy Living Performance Standards

The healthy living performance standards are now available in draft on the B.C. Ministry of Education assessment page. They have been created *by* teachers *for* teachers to support student achievement in BC curricular areas that have healthy living concepts: Health and Career Education, Planning, Graduation Transitions, Physical Education, Daily Physical Activity, Foods and Nutrition, and Family Studies.

These draft standards do not represent *all* the prescribed learning outcomes in the related curricular areas.

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Rather, they support teachers in addressing some of the provincial curriculum requirements, as well as provide a framework for ongoing formative classroom assessment of healthy living concepts which exist as part of classroom programs and curricula.

The standards are intended to provide a resource that schools and families can use to focus and monitor their efforts to enhance health knowledge, skills, attitudes, and behaviours among students while providing a foundation for student achievement in general.

With the development of the performance standards for healthy living, educators will have an assessment resource that will enable students to participate fully in their own learning in the areas of healthy living, to clearly communicate about student learning to parents, and to plan for students' learning needs in the classroom.

The healthy living performance standards may be viewed on the [Ministry of Education website](#). Comments and suggestions are very welcome – there is a feedback form provided.

DASH BC Update

Tips and Recipes for Quantity Cooking: Nourishing Minds and Bodies

This resource assists people who prepare food for sale to students in implementing the Food and Beverage Guidelines for B.C. Schools. It includes tips for choosing recipes, making substitutions and now includes **75 recipes** that meet the Guidelines. The resource is available on the [Making it Happen: Healthy Eating at School website](#), and was produced by the School Guidelines Support Initiative, Dietitians of Canada – B.C. Region.



Schools for Health, Education and Development: A

Call to Action - In collaboration with the World Health Organization (WHO), the United Nations and other international organizations, the Joint Consortium for School Health (JCSH) co-authored the article based on the results of an international review of school health evidence conducted during the 2007 WHO Technical meeting, co-hosted by the JCSH in Vancouver B.C. For more information visit the [JCSH website](#).

New Report from Resilience to Risk

Ensuring that our young people are valued, safe, connected and engaged will nurture their resilience and build a strong foundation for success in school and beyond. But not all children grow up feeling these things. This report, produced by The Learning Partnership for the Canadian Council on Learning, offers an invaluable snapshot of what we know, what we need to know and what can be done to foster resilience in youth across Canada. [View the report online.](#)

2010 Olympic and Paralympic Tickets Contest for Schools

This fall, 2010 Legacies Now wants to share the excitement of the 2010 Winter Games with B.C. schools! Educators are invited to enter to win one of two prize packages to the 2010 Winter Games by using school resources available from 2010 Legacies Now, with support from the Province of British Columbia.

The 2010 Olympic and Paralympic Tickets Contest for Schools runs until Nov. 14, 2009. It showcases classroom resources available to teachers across B.C. and celebrates educators who are promoting healthy living, arts participation and social responsibility.

How a school may enter:

By using the following classroom resources on or before October 30, 2009, teachers and administrators are eligible to enter the 2010 Olympic and Paralympic Tickets Contest on behalf of their school:

- Action Schools! BC™ - a model that assists schools in creating action plans to promote physical activity and healthy eating;
- Heroes Live Here™ - a guide for youth to discover what makes a hero heroic, to celebrate their everyday heroes, and to act heroically themselves through projects that reach out to their community;
- SportFit™ - a free, online interactive program that encourages children and youth to discover sports and activities that suit their individual interests and strengths;
- Infusion™: Arts in Education – a framework that provides teachers with strategies to use the arts in all subject areas to enhance classroom learning.

The prize packages:

- One 2010 Olympic prize package of four tickets to Men's Ice Hockey Bronze Medal Game (Vancouver);
- One 2010 Paralympic prize package—four tickets to Men's and Women's Alpine Skiing Downhill and four tickets to Men's and Women's Alpine Skiing Super-G (Whistler).

Each package will provide a travel and accommodation allowance if the winning school(s) is located outside of the event area. Full eligibility and contest rules are posted [online](#).

The 2010 Olympic and Paralympic Tickets Contest and school resources are brought to you by 2010 Legacies Now, with support from the Province of B.C. and other partners including Sport Canada and CTV. For more information, visit the [2010 Legacies Now website](#) or email healthyliving@2010LegaciesNow.com.

2009 Canadian Association of Principals Journal on School Health

The journal features articles from some of Canada's leading researchers in school health, and is the result of a partnership between the Joint Consortium for School Health and the Canadian Association of Principals.

[View the journal online.](#)

Active Healthy Kids Report Card - The [Active Healthy Kids Report Card](#) brings the most current objective assessment of physical activity levels of children and youth in Canada.

Addressing Substance Use in Canadian Schools – A Knowledge Kit for School and Community Leaders –

The knowledge kit is part of a series of resources based on evidence drawn from published research and practical literature as well as from the experience of educators. It seeks to set out the strategies most effective in addressing substance use in schools. A copy of the kit is available on the [JCSH website](#).

Resources

NEW! Action Schools! BC Workshops for 2009-10 School Year

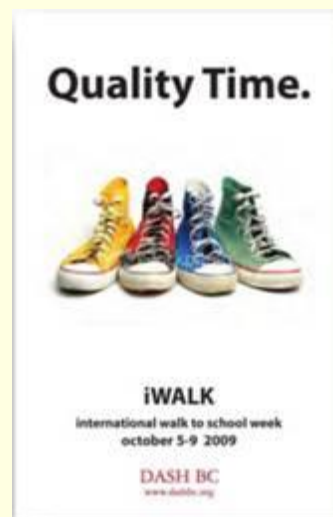
[Action Schools! BC workshops and support services](#) are available to registered schools, at no charge, for the 2009-10 school year. Take advantage of Student Leadership Training and the addition of customized Classroom Action Refresher Workshops including Supporting Daily Physical Activity, Circuits and Stations, Chair Aerobics and Classroom Workouts, Dance, and more. Contact the Action Schools! BC at info@actionschoolsbc.ca, 604.738.2468 or 1.800.565.7727 to book a workshop.

Action Schools! BC 2009-10 Updated Resources for Grades K to 9

The Action Schools! BC Classroom Action Resource, Classroom Healthy Eating Action Resource, Planning Guide and Action Pages! have been updated. Please contact the Action Schools! BC Support Team at info@actionschoolsbc.ca, 604.738.2468 or 1.800.565.7727 to request new complimentary sets of the resources.



International Walk to School Week October 5-9, 2009



The Directorate of Agencies for School Health (DASH) BC is inviting schools province-wide to register for International Walk to School Week to promote and celebrate the many benefits of walking.

Elementary and Middle Schools - REGISTER now to receive information and practical planning resource packages, while supplies are still available.

NEW - SECONDARY SCHOOL program that builds on the strong social incentive of walking by focusing on the creation of WALKING Groups.

The iWalk is supported by partners HASTE BC, Action Schools! BC, and Physical Education – British Columbia. For more information, and to sign your school up for this year's event, please visit the [DASH BC website](#).

Daily Physical Activity for Families Booklets – These booklets include basic information about Daily Physical Activity (DPA), safety tips, and age appropriate suggestions for getting more physically active. The DPA booklets are now available in 13 languages on the [Ministry of Education website](#).

Interactive Wellness Atlas for B.C.

This dynamic and highly configurable atlas allows users greater flexibility to explore the regional variations of B.C. wellness data. The downloadable images are more engaging than static images. The Wellness Atlas presents information in a geographical context (Health Service Delivery Areas), revealing spatial variations and patterns across British Columbia. The complete Wellness Atlas of British Columbia can be downloaded [online](#).

The Healthy Aboriginal Network: Non-profit promotion of health, literacy & wellness

The Healthy Aboriginal Network produces comic books and DVD comics that support aboriginal youth in making healthy choices. Each comic addresses a specific issue:

- **Gambling awareness DVD - *On the Turn*** features a story about a young woman that experiences peer pressure at school, and in order to fit in, starts to play Texas Hold'em. Things get a little out of hand and people get hurt.



- **Physical activity/gang prevention comic book** - A new physical activity/gang prevention comic book is scheduled to be released in early October. It's about a young man that grows tired of the gang lifestyle, gets rolled out and turns to his community as his new support system. [View the rough focus group short.](#)
- **Anxiety / child & youth mental health** – Copies of *Just a Story* are still available. Wendy doesn't have any friends her age and feels overwhelmed at school. Her little brother is more social but he's quick to lose his temper and get into fights. Something is clearly bothering them both. Luckily they're open to getting help and breaking down the stigma of mental health.
- **Dropping out/staying in school** – Only 1,000 copies of *Level Up* are still in stock. Terry is contemplating dropping out of school. But before he does, he's asked to spend some time with his cousin Dave, a successful computer game developer. Rather than lecture Terry, Dave makes the importance of school relatable, comparing education to moving up a level in a video game.

More information on these comic books and DVDs is available on the [Healthy Aboriginal Network website](#).

Embrace It! Run With It! Have Fun With It!

[SD 71's DPA website](#) is a winner!



School District 71 (Comox Valley) hosts a Daily Physical Activity site that will be seeing lots of action this year! Already the site has hits from 33 countries and is preparing for another busy, active school year.

Creators Richard Murphy, SD 71 District Daily Physical Activity Lead Teacher, and Stew Savard, District eLibrarian, have provided a resource for students, teachers, and parents that is a go-to site for bi-monthly themes, (September-October theme is Safe to School), zones for teachers, students and parents, and motivating resources. Teachers like the multiple resources in one location, while parents are pleased to see information and ideas they can use at home to promote physical activity. Students appreciate having their DPA tracking tool as well as upcoming events on their grade-grouped pages.

Check out the [SD 71 DPA website](#) - it's a winner.

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.

Lynne Hastings from Westwind Elementary School in Richmond was involved in the program pilot, and is an enthusiastic supporter of *Sip Smart! BC*:

"It is a fabulous program. It is very much an active learning format where children are involved in hands on activities to illustrate facts about the sugar content of common beverages. The information about the negative effects of sugar and other ingredients in the beverages was an eye opener for the children."

Sip Smart! BC is available NOW and is FREE to BC educators. To get your copy:

- Download the Teacher Resource from www.bcpeds.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.

To arrange a Sip Smart! BC workshop in your school or district, contact Rebecca Frechette at Rebecca.Frechette@ubc.ca or 250-870-8704.

WorkSafeBC Speaker Programs

WorkSafeBC has two speaker programs that are free to secondary schools and parent advisory councils in British Columbia:

Paralympic Speakers

WorkSafeBC and the Canadian Paralympic Committee (CPC) have partnered to form the WorkSafeBC Paralympic Team speaker program on safety.

Each athlete in this program was injured at work. The athletes are available to talk to students and community groups about their lives, their injuries, and workplace health and safety. Their graphic accounts of what they have overcome to be among the best athletes in the world, proudly representing British Columbia and Canada on the international stage, are both emotional and motivating.

To learn more about these inspiring athletes or to book a presentation, [visit the WorkSafeBC website](#).

Young Worker Speakers

WorkSafeBC has a team of injured young workers each of whom can bring the voice of experience to your classroom, parent advisory council, youth group, or workplace.

Book a speaker through the Young Workers Speakers Network and you will hear a first-hand account of what it truly means to live through a serious workplace accident and of the profound impact such a life-changing event has on an injured worker's friends, family, employer, and co-workers.

To learn more about these courageous young workers or to book a presentation, [visit the WorkSafeBC website](#).

Yoga in Your School

Yoga in Your School offers Pro-d workshops for School Teachers and Yoga Teachers. Each workshop participant will receive a copy of an audio-visual presentation of the course material that they may use as a resource in their teaching.

The next workshop will be held on October 23rd from 1p.m. to 4p.m. at the Path Yoga Studio, 2083 Alma Street, Suite 240, Vancouver - Registration is available online via the [Yoga in Your School website](#).

Healthy Happenings

Oct 5-9, 2009 - **International Walk to School Week**
www.dashbc.org

Oct 1-31, 2009 - **Health Literacy Month**
<http://www.cpha.ca/en/portals/h-l.aspx>

HSN/NPBS Regional Meetings

Oct 5, 2009 - **Vancouver Island North**
SD 71 Comox Valley Local Region
Mark Isfeld Secondary Library,
Courtenay, 3:45 pm

Oct 6, 2009 - **North Central Region**
Ron Brent Elementary School,
Prince George, *Time TBA*

East Kootenays
Location and Time TBA

Oct 8, 2009 - **West Kootenay-Boundary**
Castlegar, 4:00 - 6:00 pm

Oct 13, 2009 - **Extended Lower Mainland**
Eaglequest Golf Course,
7778 152 St,
Surrey, 4:00 - 6:00 pm

Oct 15, 2009 - **North Shore & Sunshine Coast**
Inglewood Curriculum Centre,
1735 Inglewood Ave,
West Vancouver, 4:00 - 6:00 pm

Oct 26, 2009 - **Langley Network**
Langley School Board Office (Boardroom),
4875 222 St,
Langley, 4:00 – 5:30 pm

Qualicum District Network
Qualicum Beach Elementary School Library
Qualicum Beach, 3:45 - 5:00 pm

Nov 2, 2009 - **Vancouver Island South**
Hosted by SD #79
Location and Time TBA

Nov 19, 2009 - **Mid-Vancouver Island**
Hosted by Qualicum SD #69
Location and Time TBA