

Healthy Schools Network - Timeline for Success

Healthy Schools Network teams are nearing completion of this year's inquiry and will be sharing their learning at [Network Celebrations](#) across the province and through their [Case Studies](#).

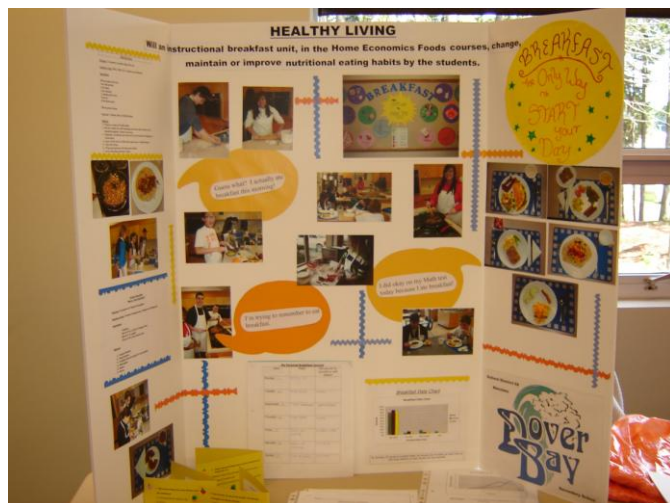
Here is a summary of actions that Healthy Schools Network teams are undertaking this spring:

April

- Healthy School Team members meet to plan for year-end Network activities
- Distribute Network responsibilities within the team
- Compile your inquiry question results and make ready for review, interpretation and reflection by your Team

May

- Share your inquiry results with staff, students, parents, other interested educators and community partners
- Finalize your school story board display for the NPBS/HSN Celebration
- Attend your regional NPBS/HSN Celebration with team members to share with and learn from other Network teams



June

- Celebrate your school's learning and successes gained through your Healthy School Network Assessment and Inquiry process and use of formative assessment strategies
- Reflect on your learning and plan for September

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Healthy Schools Branch Contact Info:
Tel: 250-356-0194
www.bced.gov.bc.ca/health

- Write your HSN Case study report and submit to DASH BC by June 11, 2010
- Receive your school's grant for completing the HSN requirements for the year.

Note: The Healthy Schools Network Case Study template is undergoing revision at this time. HSN schools will receive the new template directly in early May.

Walking School Bus and Bicycle Train Program - Free Incentives for Schools

Walking and cycling to school provides an excellent opportunity for students to engage in daily physical activity and reduce their carbon footprint.

BC's Walking School Bus and Bicycle Train Program supports school communities in establishing active transportation programs by providing a variety of resources, including "how-to" guides, interactive training webinars, safe route mapping tools, and road safety tips.

In addition, [free program incentives](#) (including starter kits, reflective safety gear, bicycle racks and pedometer sets) are available to schools that set up regular active travel programs.

For the 2009/10 school year, the eligibility criteria was expanded beyond traditional walking school bus and bicycle train models to include other types of regular active travel programs (e.g. Walking Wednesdays, Bike clubs, etc.), so that more schools could take advantage of the program.

132 schools and 19,998 students are currently participating in the program. There is room for over 300 additional schools to access the remaining incentive supplies, and the online resources (mapping tools, safety sheets, how-to guides, etc.) are accessible to all schools.

For more information on the program, visit the [Walking School Bus and Bicycle Train website](#).



Parents at **Hastings Elementary** in Vancouver run a before and after school walking school bus and bicycle train program.

More active travel programs in BC schools:

At **Captain James Cook Elementary** in Vancouver, Grade 7 students are educated on the health and environmental benefits of walking, and are encouraged to walk as much as possible throughout the year. The students log their distances and carbon footprint, graph their results, and explore ways to increase their active transportation.

At **Casorso Elementary** in Kelowna, every 3rd Wednesday is “Walk Like a Coyote to School Day”, where students receive prizes and a coyote stamp as they arrive at school on foot.

At **Ecole Cleveland Elementary** in North Vancouver, students and families receive weekly newsletter submissions on the benefits of walking and the basics of pedestrian safety. The school promotes Walking Wednesdays, and measures the progress of their walking program via three annual counted walks to school – between December 2007 and April 2009, the percentage of students walking to school increased from 26% to 61%. The school community also successfully lobbied the municipality to upgrade the crosswalk at a key intersection to improve the safety of pedestrians.

The school community at **Glenmore Elementary** in Kelowna has partnered with students from UBC-Okanagan School of Nursing as part of “Cool Ways to School”, a community initiative promoting active transportation. The nursing students are working with the school to implement a student-led walking school bus, a four week bicycle skills program, and class presentations that promote active and healthy lifestyles.

Laura Secord Elementary in Vancouver has set up a walking school bus to transport students to after school programming at Van Tech Secondary School. The school plans to expand their model to encompass other methods of active transportation such as cycling, scootering, rollerblading, skateboarding and even running.

In Vancouver, **Queen Mary Elementary’s** “Let’s Walk” program includes educating parents about the carbon emissions produced by daily driving to school and encouraging them to reduce vehicle use.

CPR in Secondary Schools

The Advanced Coronary Foundation, or ACT, is a Canadian charitable organization with a mission to promote health and empower Canadians to save lives. Since it began in 1985, ACT has focused on promoting citizen CPR training, early defibrillation programs and paramedic systems.

Action Schools! BC Playground Circuits

Action Schools! BC playground circuits provide an easy way to integrate daily physical activity into your school day. Circuits have students running, skipping, jumping, weaving, and sidestepping over, through, on and off the playground.

View your school’s unique circuit at www.actionschoolsbc.ca under Quick Links and contact the Action Schools! BC Support Team at info@actionschoolsbc.ca or 1-800-565-7727 to have it updated or translated into French.

Information on playground circuits can be found in the Action Schools! BC Classroom Action Resource. Action Schools! BC also offers a complimentary Classroom Action Refresher Workshop on Circuits and Stations - contact the [Support Team](#) for more information.



Now, ACT's primary goal is to establish mandatory high school CPR training in communities across Canada so that all youth will graduate with the skills and knowledge to save lives.

The program has a strong health promotion component and educates youth in the importance of adopting healthy lifestyle habits from a young age.

To learn more about ACT or to bring ACT resources to your school district visit www.actfoundation.ca. Videos of student heroes are also available on [ACT's YouTube channel](#).

Sip Smart! BC Resources

Do you want to show your students which drinks are healthy?

Get the facts by watching one of the fun videos on the [Sip Smart! BC website](#).

Sip Smart! BC is an initiative to teach children from Grades 4 to 6 what they need to know to make healthy drink choices. All teaching resources are available for FREE download or can be ordered by contacting the Heart and Stroke Foundation of B.C. & Yukon at healthpromotion@hsf.bc.ca.

Sip Smart! BC is an initiative of the BC Pediatric Society and Heart and Stroke Foundation of BC & Yukon with funding from ActNow BC, a provincial government initiative through the British Columbia Healthy Living Alliance (BCHLA).

Choose Most
Water
Plain, unflavoured milk/fortified soy beverage

Choose Sometimes
100% Juice (fruit, vegetable or combination)
Flavoured milk/fortified soy beverage

Choose Least or Not Recommended
Fruit drinks
Pop or diet pop, sports drinks and energy drinks
Other sugar drinks
(For example: iced tea, ice slushy, bubble tea)

DASH BC E News

[DASH E News](#) presents school health resources, research, and events in a monthly update available on the DASH BC website.

Secondary Schools Serve Up a Bite of BC

BC Agriculture in the Classroom Foundation's teaching kitchen program, **Take a Bite of BC**, was recently covered by Metro Vancouver's Sustainable Region Cable Television Show.



The 14 teaching kitchens in the Lower Mainland received local seasonal products from turkeys to chicken to beef to mushrooms – 22 products in all for preparation and consumption in their cafeterias.

BC Agriculture in the Classroom Foundation is planning on expanding the program to 40 schools next year.

Visit the [Take a Bite of BC website](#) and scroll to the bottom of the page to see Chef Trevor Randle and his students at Maple Ridge Secondary.

More secondary school resources are also available via the [BC Agriculture in the Classroom Foundation website](#).

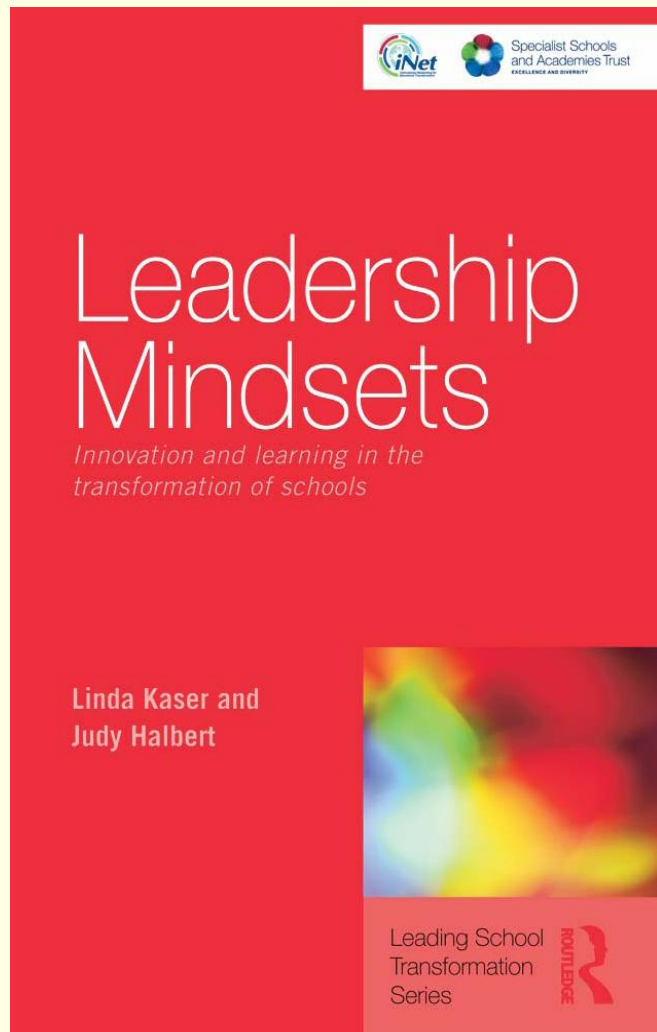


DASH BC members are keenly interested in promoting the [comprehensive school health approach](#), often described as "healthy schools", to encourage lifelong learning, health and well-being for BC students.

DASH BC advocates for and mobilizes various school health initiatives across BC and DASH BC members support the proven belief that "healthy students in healthy schools learn better".

Special Events May 2010

- May 10 - [International Move for Health Day](#)
- May 16-17 - **Network of Performance Based Schools 2010 Seminar**
[Networked Learning Going Deeper](#)
 Delta Vancouver Airport Hotel, Richmond
 Contact [Donna Weaving](#) to register



Leadership Mindsets, written by NPBS leaders Linda Kaser and Judy Halbert may be ordered online at the [NPBS website](#).

NPBS/HSN/AESN Regional Celebrations

- May 17, 2010 - **Extended Lower Mainland / Langley/ North Shore**
 Delta Vancouver Airport Hotel,
 3500 Cessna Drive, Richmond
 4:00 – 6:00 p.m. Contact [Donna Weaving](#)
- May 27, 2010 - **Kootenay Boundary West**
 Castlegar – details TBA
 Contact [Pat Dooley](#)
- May 27, 2010 - **Vancouver Island North District**
 North Island Secondary School, Port McNeill
 4:15 p.m. start. Contact [Jill Cook](#)
- May 31, 2010 - **South Vancouver Island Region**
 Frances Kelsey Secondary, Mill Bay
 4:00 – 6:00 p.m. Contact [Linda McMenamin](#)
- Jun 1, 2010 - **Mid Vancouver Island Region**
 Qualicum Beach Elementary School,
 744 Primrose, Parksville
 4:00 – 6:00 p.m. Contact [Leanna Garner](#)
- Jun 2, 2010 - **Kamloops Thompson Region**
 Henry Grube Education Centre, Kamloops
 4:00 – 6:00 p.m. Contact [Mike Johnson](#).
- Jun 2, 2010 - **North Central Region**
 University of Northern BC – Bentley Centre
 Prince George
 3:30 – 5:30 p.m. Contact [Frances Roch](#)
- Jun 3, 2010 - **North East Region**
 SD 60 Board Office –
 District Development Centre, Fort St. John
 4:00 – 7:00 p.m. Contact [Sue Schnyder](#) or
[Kim Boettcher](#)
- Jun 3, 2010 - **Okanagan North/ Central/ South**
 UBC Okanagan - Ballroom, Kelowna
 3:30 – 5:00 p.m. Contact [Sharon Sola](#)
- Jun 7, 2010 - **Vancouver Island North Region**
 Mark Isfeld Secondary Library, Comox
 4:00 – 6:00 p.m. Contact [Lyneita Swanson](#)
- Jun 11, 2010 - **Northwest Region**
 Walnut Park Elementary School,
 4092 Mountainview Drive, Smithers
 10:30 a.m. - 2:30 p.m. Contact [Elizabeth Wilson](#)