

# HEALTHY SCHOOLS NETWORK NEWSLETTER

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## Healthy Schools Network News

Happy New Year from the Healthy Schools Network! With 2011 now underway, Healthy Schools Network members across the province are busily implementing healthy strategies geared specifically to the individual needs of their school community.

The development of these healthy strategies, however, started well before the beginning of 2011. Over the past few months, HSN Inquiry Stream members have been thoughtfully developing school inquiry questions to guide their healthy actions throughout the school year. To ensure that these inquiry questions are meaningful, and tailored to their particular school communities, each HSN Inquiry Stream school conducted a school wide health assessment to inform their area of focus for the school year, and guide their inquiry question development.

### **'Walking the Talk' of Comprehensive School Health**

Through the inquiry process, HSN member schools are 'walking the talk' of comprehensive school health. Below is a small sample of some of the inquiries being carried out across the province this school year. To view all of the 2010 – 2011 school inquiry questions, [click here](#).

***"Will educating students about road safety throughout all aspects of our weekly walks and other off-grounds activities, increase student understanding and use of road safety practices as measured by the BC Healthy Living Performance Standards?"*** Edgewood Elementary, School District #10 – Arrow Lakes



***"Will participation in the Primary Class Cooking Program promote learning of Healthy Eating along with practical cooking skills that are observed in the students' homes?"*** False Bay School, School District #69 - Qualicum

***"Will students be able to accurately describe the individual and classroom student benefits of daily physical fitness on their learning activities in the classroom?"*** Mundy Road Elementary, School District #43, Coquitlam

***"Will participating in Buddy DPA and learning about Aboriginal culture enhance student connection to the school community and with each other?"*** W.L. McLeod Elementary, School District #91 – Nechako Lakes)

## DASH BC Update

### DASH BC Working with Action Schools! BC

The Directorate of Agencies for School Health (DASH BC) is pleased to announce a new and exciting endeavour involving Action Schools! BC. Effective September 1, 2010, the administrative management of the Action Schools! BC initiative transferred from 2010 Legacies Now to DASH BC. We are pleased to confirm the delivery responsibilities for Action Schools! BC programming remains in the capable hands of JW Sporta's Action Schools! BC Support Team. DASH BC would like to thank both 2010 Legacies Now and the Province of BC for continuing to ensure Action Schools! BC delivers quality programming for schools across the province.

In addition, DASH BC is pleased to welcome Sue McKinnon in the role of Healthy Living Liaison to continue her outstanding work in support of the Action Schools! BC initiative.

The addition of the Action Schools! BC initiative strengthens DASH BC's ability to provide programs and services that positively influence the health and learning of students in BC.

Action Schools! BC is a best practices model that is designed to assist schools in creating individualized action plans to promote healthy living and was created in partnership with 2010 Legacies Now, the University of British Columbia and the Province of BC as a legacy of the 2010 Olympic and Paralympic Games.



### Spotlight: Schools That Participated in International Walk to School Week

More than 270 schools participated in International Walk to School Week 2010 and here are some highlights.

West Vancouver's École Pauline Johnson had volunteers from their grade 5 class handing out iWalk stickers and resources. By using the school's bright yellow umbrellas, the school was able to bring attention to the iWalk events. Well done, École Pauline Johnson Elementary!



In Kelowna, Casorso Elementary decided to have "Crazy Hat Day" during International Walk to School Week. The students and Cody the Coyote, the school's mascot, were joined by Kangaroo from Big White on their walk to school. Casorso Elementary would like to thank Big White for giving them some great prizes to hand out to the more than 450 students who participated in iWalk this year. Keep walking, Casorso Elementary!



## Healthy Schools Resources

### Sip Smart! BC News

**Would you like to teach healthy drink choices but don't have time to do the full program this year?**

At Sip Smart! BC, we've recently updated our website and you can now download ready-to-use activity packages right off the page! If you're looking for fun activities to do with sugary drinks, these activity packages are the way to go.

Every package includes all the resources you need for the given activity, including overheads, handouts, etc.

Choose as many as you want! 15 fun activities are already up at <http://dotcms.bcpeds.ca/sipsmart/teachers/activity-packages.dot>.

**How can you get parents more involved?**

"I took the booklet home and talked to my mom about how much sugar is in drinks. She used to add two spoons of sugar to her coffee and now she only adds one." – Student

Parents play an important role in the choices children make. Hand out the free **Sip Smart! BC** booklets to the parents of your class. If you are out of booklets, you can order a new classroom set at [healthpromotion@hsf.bc.ca](mailto:healthpromotion@hsf.bc.ca).

You can also encourage your Parent Advisory Group to show our informative, ready-to-use presentation in one of their upcoming meetings.

The presentation and the booklet are ready for download at: <http://dotcms.bcpeds.ca/sipsmart/families/>

**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). **Sip Smart! BC's** resources are included in the best practices used by Action Schools! BC.



The students at École Duncan Elementary in Duncan come in from various parts of the district, rather than just the neighbourhood, so many students get driven or bussed in. However, nearly 1/3 of their students walked or biked to school during iWalk, which was very encouraging to hear. Volunteering parents were placed at each entrance to the school grounds and they handed out stickers to all those who participated. The students loved getting the stickers – who doesn't love stickers? Keep it up, École Duncan Elementary!



It was rainy and blustery up in Prince Rupert on International Walk to School Day, but some of the students and parents from Westview Elementary School braved the weather and walked to school anyway! They bundled up and brought their umbrellas out to protect themselves from the elements and made it to school. Way to go, Westview Elementary!



## **National Good Food Hero Contest**

Do you love good food? Do you know how our food system is affecting your body, the environment and the people that work in it?

We want to see your good food ideas and solutions in a comic! Students from across Canada are invited to create their own comic and enter it in the Canada's Good Food Hero Comic Contest. This is your chance to get creative and create awareness about food in Canada!

Winners will receive awesome prizes, and the top 10 entries from each age group will be featured in the Good Food Hero Comic Book, to be printed and distributed across the country in a 32-page colour booklet! For more information, click [here](#).

## **Educator Workshop - Using Bio-Feedback in Physical Education and DPA**

If DPA requirements ask students to spend time exercising at a moderate to vigorous level, how do we evaluate whether or not a student is in that training zone? More importantly, if appropriate training intensity is key to personal fitness goal achievement, how can we expect success for our students if they are unable to accurately self-assess?

This workshop will show how the use of strapless heart rate monitor technology can aid students' learning regarding personal fitness and promote self-motivation amongst all students. Workshop attendees will qualify for a follow-up session in school with a class of their choosing.

To request a workshop, or for further information, contact Art Uhl at [a.uhl@shaw.ca](mailto:a.uhl@shaw.ca).

## **Creating Smart, Healthy School Cafeterias**

Are you looking to make some healthy changes to your school cafeteria? The Centre for Behavioral Economics and Childhood Nutrition at Cornell University have come up with some effective and inexpensive steps schools can take to make big nutritional changes in their cafeterias. Check out the 12 helpful tips by [clicking here](#).

## **NEW! Helping Schools Rethink Drug Education and Enhance Health Literacy**

Traditional drug education programs often fail to influence student behaviours. This may be because they tend to be one-way conversations (from speaker to students) that focus on the dangers of drug use. Similarly, traditional zero-tolerance policies around drug use can have the unwanted consequence of isolating the students who need connection with peers and caring adults the most.

So what might work?

1. Developing health literacy (the knowledge and skills young people need to survive and thrive in a world where drug use is common); and
2. Creating healthy physical and social environments.

To address this need, the Centre for Addictions Research of BC has developed [Helping Schools](#), an online resource for educators and partners, that promotes student health literacy and the fostering of positive school environments. A key feature of Helping Schools is [iMinds](#), an inquiry-based learning resource designed to help students in Grades 6 to 10 explore the relationship between drug use and wellness. The units are easy to implement and include everything teachers need—lesson plans, masters, rubrics and background information—all free of charge. They also meet multiple PLOs of the BC curriculum.

For more information, visit [www.carbc.ca](http://www.carbc.ca) and click on the "Helping Schools" tab or email [helpingschools@carbc.ca](mailto:helpingschools@carbc.ca).

## **NEW! Do Bugs Need Drugs?**

Do Bugs Need Drugs? is a community education program that addresses the problem of antibiotic resistance. Do Bugs Need Drugs? Teacher Resources for Kindergarten to Grade 3, originally developed in Alberta, have recently been adapted to meet the British Columbia Education curriculum. These free resources include teacher materials and lesson outlines, student activities, and suggested links to the BC Curriculum Learning Outcomes. To learn more about the program or to order these support materials, visit the [BC Centre for Disease Control website](#).

## HSN/NPBS Regional Meetings

### January 2011

|                            |   |
|----------------------------|---|
| Tuesday January 11, 2011   | Okanagan South<br>Penticton Secondary School<br>4:00 – 6:00 pm                  |
| Thursday, January 13, 2011 | Okanagan Central<br>Room #2 Hollywood Road Education, Kelowna<br>3:30 – 5:00 pm |
| Thursday, January 27, 2011 | Northeast Region<br>District Development Centre, Dawson Creek<br>4:00 – 6:30 pm |
| Friday, January 28, 2011   | North Central Region<br>Location TBA<br>8:30 am – 2:30 pm                       |

### February 2011

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|-----------------------------|---|
| Tuesday, February 8, 2011   | East Kootenay-Boundary<br>Cranbrook School Board Office<br>4:00 – 6:00 pm   |
| Wednesday, February 9, 2011 | Extended Lower Mainland<br>Eaglequest Golf Course<br>7778 152 St, Surrey<br>4:00 – 6:00 pm                              |
| Thursday, February 10, 2011 | North Shore & Sunshine Coast<br>Inglewood Curriculum Centre<br>1735 Inglewood Ave, West Vancouver<br>4:00 – 6:00 pm     |
| Monday, February 21, 2011   | Vancouver Island North<br>SD 71 Comox Valley Local Region<br>Mark Isfeld Secondary Library, Courtenay<br>4:00 – 5:30 pm |
| Monday, February 21, 2011   | Langley Network<br>Langley School Board Office (Boardroom)<br>4875 222 St, Langley<br>4:00 – 5:30 pm                    |
| Thursday, February 24, 2011 | West Kootenay-Boundary<br>Nelson, Location TBA<br>4:00 – 6:00 pm  |
| Friday, February 25, 2011   | Northwest Region<br>Terrace, Location TBA<br>10:30 am – 2:30 pm   |
| Monday, February 28, 2011   | Vancouver Island South<br>Hosted by SD #79 Cowichan Valley<br>Frances Kelsey Secondary School<br>4:00 – 6:00 pm         |

### March 2011

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|------------------------|--|
| Tuesday, March 1, 2011 | Mid Vancouver Island<br>Qualicum Beach<br>4:00 – 6:00 pm |
|------------------------|--|

### April 2011

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|--------------------------|--|
| Thursday, April 7, 2011  | Okanagan Central<br>Vernon School Board Office (Boardroom)<br>3:30 – 5:00 pm             |
| Tuesday, April 12, 2011  | Okanagan Central<br>Room #2 Hollywood Road Education Centre<br>Kelowna<br>3:30 – 5:00 pm |
| Thursday, April 14, 2011 | Okanagan South<br>Carmi Elementary School<br>3:30 – 5:00 pm                              |

### May 2011

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| May 15 -16, 2011 | NPBS Seminar<br>Delta Vancouver Airport Hotel<br>3500 Cessna Drive, Richmond |
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### In The Next Issue

- Feature HSN School
- A New Look for DASH BC
- More Healthy School Resources!



Ministry of  
Education

**DASH BC**  
Directorate of Agencies for School Health

**Healthy Schools Network**  
[www.healthyschoolsnetwork.org](http://www.healthyschoolsnetwork.org)  
[hsn@dashbc.org](mailto:hsn@dashbc.org)

**DASH BC**  
[www.dashbc.org](http://www.dashbc.org)  
[info@dashbc.org](mailto:info@dashbc.org)  
phone: 604- 681-0600  
fax: 604-681-0602

The Healthy Schools Network Newsletter is distributed regularly throughout the school year. The next newsletter is scheduled for February 2011. Article submissions, of up to 225 words, are due on Tuesday, February 1st, 2011. Please submit your articles to [hsn@dashbc.org](mailto:hsn@dashbc.org).