

Healthy Schools Network

One of the key learning intentions of the Network of Performance Based Schools is to develop stronger connections and links with partner schools.

At winter meetings, school teams have engaged in conversations with partners to learn practical strategies and share their 'notes from the field'.

Here are 5 questions to ask your partner school:

1. *What changes are you making to your practice connected to your inquiry?*
2. *Which of the [six strategies](#) are you applying in a more focused way?*
3. *What's working for you so far?*
4. *How are you involving parents in your inquiry?*
5. *How can we connect with each other over the next few months?*

Reflecting on this aspect of your inquiry will be part of your 2010 Healthy Schools Network case study report.

BC Anaphylactic and Child Safety Framework Available in French

The purpose of the BC Anaphylactic and Child Safety Framework is to provide boards of education with a broad overview of the key elements required in district policy, procedures and guidelines at the board level to ensure appropriate and consistent management of anaphylaxis in the school setting and throughout the education system.



In This Issue:

- **Healthy Schools Network**
- **BC Anaphylactic and Child Safety Framework Available in French**
- **Alcohol and Youth - Facts, Fines and Resources**
- **New Action Schools! BC DPA Pages!**
- **What's New**
- **A Fresh Crunch in School Lunch**
- **Event, Meeting and Celebration Calendar**

Healthy Schools Branch Contact Info:

Tel: 250-356-0194

www.bced.gov.bc.ca/health

The BC Anaphylactic and Child Safety Framework (2007) is now available in [French](#) and [English](#).

The Ministry of Education has developed an array of resources and tools for teachers, parents and administrators, to support the implementation of the Framework and the Anaphylaxis Protection Order. These supporting materials include a sample school anaphylaxis policy, student emergency procedures plans, training information and teaching plans, awareness/avoidance strategies, and a host of additional resources.

All of these resources are available on the [British Columbia School Trustees Association website](#).

Alcohol and Youth - Facts, Fines and Resources

Despite media attention focusing on illegal drug use, alcohol is still by far the drug most commonly used by minors [The BC Adolescent Health Survey (2009)].

- Underage alcohol use is common in BC, with 79 per cent of in-school youth reporting using alcohol at least once by age 17 ("A Public Health Approach to Alcohol Policy" Report of the Provincial Health Officer, December 2008).

- More troubling, risky alcohol use is also common among in-school youth; in 2003, 20% of in-school drinkers (approximately 16% of the overall youth population) reported binge drinking three or more days in the previous month (“A Public Health Approach to Alcohol Policy” Report of the Provincial Health Officer, December 2008).
- Other illegal drug use is far less common. Marijuana is the next most commonly used drug by BC teens, with 37% having ever tried marijuana, and about 20% having used it in the past month. Fewer than 20% of teens have ever tried any illegal drug other than alcohol or marijuana (McCreary Centre Society, UBC, 2009).

Other research indicates that minors are the most vulnerable group for accessing liquor. They are most susceptible to liquor advertising, see the most liquor advertising on TV of any age group, and may not see the harm in over-consumption. Teenagers are the only age group that has shown no moderation in drinking habits over the past 30 years.

The social and health care costs of minors accessing alcohol are severe and, perhaps surprisingly, the increased risk holds true for all youth, not just those from high risk backgrounds. Early drinking and drug-taking raise the risk of:

- harming sensitive parts of the developing brain responsible for higher-level thinking;
- addiction;
- risky alcohol use later in life;
- teenage pregnancies and sexually transmitted infections;
- smoking;
- criminal conviction;
- poor school performance;
- conflicts with family and friends;
- youth suicide rates; and
- death and injury from driving accidents.

New research suggests that individuals who begin drinking alcohol as teenagers are more likely than those who start drinking after age 21 to suffer alcohol-related harm as adults. ([Online Journal of the American Academy of Pediatrics, June 2009](#))

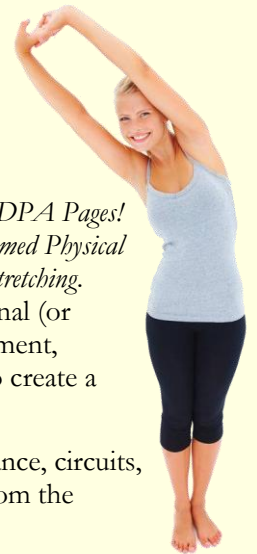
Access by minors to packaged liquor increases the safety risk significantly since large quantities can be obtained in a single visit and then consumed without supervision. Also, packaged products that may inadvertently appeal to minors (such as individual serving size multi-packs of coolers, shots, and pre-mixed drinks, sweetened with fruit and

New Action Schools! BC DPA Pages!

The Action Schools! BC website is host to eight *DPA Pages!* which provide one daily physical activity implementation idea with recommended resources per page.

New additions include the French *DPA Pages!* *Classroom Olympic and Paralympic-Themed Physical Activities* and *DPA Pages! Dynamic Stretching*. Dynamic stretching, unlike traditional (or “static”) stretching, involves movement, momentum, and muscular effort to create a stretch.

These and other *DPA Pages!* (on dance, circuits, skipping, etc.) are downloadable from the [Action Schools! BC website](#).



sugar, that often have a very high alcohol content) are increasingly available in liquor retail stores.

Because of the risk associated with minors and alcohol, the Province recently increased the fines police can issue to the public for liquor-related offences, including the following related specifically to minors:

- Minors purchasing or consuming alcohol - \$230 (previously \$115)
- Minors in a licensed establishment - \$230 (previously \$115)
- Minors presenting false ID - \$230 (previously \$115)
- Minors possessing alcohol - \$230 (previously \$58)

Useful Resources:

- The Healthy Schools Network website lists a selection of [school drug & alcohol programs in BC](#).
- The Joint Consortium for School Health has developed a variety of [substance use toolkits for schools, families and communities](#), which are posted online.
- HealthLink BC is available to provide health advice, services and resources related to alcohol, by dialling 8-1-1 or visiting the [HealthLink BC website](#).
- Information and resources on problematic substance use prevention is available on the [Ministry of Healthy Living and Sport website](#).

For more information please contact:
Liquor Control and Licensing Branch
Ministry of Housing and Social Development
Phone: 250 387-1254 (Victoria) or
1 866 209-2111 (toll free number)
E-mail: lclb.lclb@gov.bc.ca
Web: <http://www.hsd.gov.bc.ca/lclb/index.htm>



What's New

DASH BC E-News

The latest in school health resources and research is available in E News on the [DASH BC website](#).

DASH BC Healthy Schools Leadership Symposium

Mark your calendars for the bi-annual [Healthy Schools Leadership Symposium](#) *Friday April 9, 2010* at Pacific Palisades Hotel in Vancouver BC. "Meeting the Challenge: Ensuring healthy students in healthy schools learn better" is the theme for this upcoming event.

"Building Positive Mental Health in our Students and Schools" is the keynote address, delivered by Dr. Kimberly Schonert-Reichl, a well-respected researcher and educator who has worked collaboratively with educators across BC in the area of social and emotional learning.

Meet other educators and health promotion specialists working in BC schools to share knowledge and experience and foster connections in the field of school health.

You will leave with practical ideas and resources to use in your own school setting.

To register, please email info@dashbc.org.

Network of Performance Based Schools Winter 2010 Newsletter

"Deepening Learning through Inquiry, Innovation and Teamwork" is the theme of the [Winter 2010 NPBS Newsletter](#). Consider this and other resources, featured case studies, links and more, on the [NPBS website](#).

A Fresh Crunch in School Lunch

British Columbia school children are experiencing a new farm fresh crunch in their lunch as Farm To School Salad Bar programs sprout up across the province. The Public Health Association of BC (PHABC) and their many partners want to see more children, more schools, more farms, and more communities enjoy the benefits of this program.

The BC Farm To School (F2S) Salad Bar Guide has been published by the Public Health Association of BC, a member of the [BC Healthy Living Alliance](#), to support communities in their F2S endeavours. It provides practical information, tips, and tools for developing a local program that complies with provincial and federal health regulations and is sensitive to the diversity of schools in BC.

The BC Farm To School Salad Bar Guide is an instructional resource and a reference guide. It has been designed to support anyone who has questions about starting or sustaining a F2S program.

[Download the BC Farm To School Salad Bar Guide](#)

Healthy Schools Network members from Oliver Elementary and Sen Pok Chin School in Oliver, as well as a photo of Grade 7 students from Bert Ambrose Elementary in Ft. St. John, who partnered with the North Peace Secondary chef's training class to support healthy eating, are featured in the Guide.

"More than 6,000 children have an opportunity to feast twice per week from a garden of local greens right at school."



NPBS/HSN/AESN Regional Meetings

- Mar 29, 2010 - **Vancouver Island North Region**
Mark Isfeld Secondary,
Courtenay
3:45 p.m. start
Contact [Lyneita Swanson](#)
- Mar 29, 2010 - **Lower Mainland – Langley Region**
Langley School Board Office,
Langley
4:00 – 5:30 p.m.
Contact [Suzanne Hoffman](#)
- Mar 30, 2010 - **SD 85 Vancouver Island North Local**
North Island Secondary School,
Port McNeill
4:15 p.m. start
Contact [Jill Cook](#)
- Apr 8, 2010 - **Okanagan South Region**
Parkway Elementary School Library,
Penticton
3:30 – 4:45 p.m.
Contact [Sharon Sola](#)
- Apr 14, 2010 - **Okanagan Central Region**
Hollywood Road Education Centre,
Kelowna
3:30 – 5:30 p.m.
Contact [Linda Fehr](#)

Special Events April/May 2010

- April 9 - **DASH BC Healthy Schools Leadership Symposium**
[*Meeting the Challenge: Ensuring healthy students in healthy schools learn better*](#)
Pacific Palisades Hotel, Vancouver
Contact info@dashbc.org to register
- May 16-17 - **Network of Performance Based Schools 2010 Seminar**
[*Networked Learning Going Deeper*](#)
Delta Vancouver Airport Hotel, Richmond
Contact [Donna Weaving](#) to register

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 21, 2010 - **Northwest Region**
Smithers – details TBA
- May 27, 2010 - **Kootenay Boundary West**
Castlegar – details TBA
- 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.
- Jun 1, 2010 - **Mid Vancouver Island Region**
Parksville Conference Centre, 132 East Jenson,
Parksville
4:00 – 6:00 p.m.
- Jun 3, 2010 - **North East Region**
Fort St. John – details TBA
- Jun 3, 2010 - **Okanagan North/Central/South**
UBC Okanagan,
Kelowna
3:30 – 5:00 p.m.
Contact [Sharon Sola](#)
- Jun 7, 2010 - **Vancouver Island North Region**
Comox – details TBA
- Jun 10, 2010 - **North Central Region**
University of Northern BC,
Prince George – details TBA