

Healthy Schools Network News

2010 Case Studies

"Members of the Healthy Schools Network are required to submit a year-end report that shares the learning and successes of their participation and inquiry throughout the year. The reports are a source of rich stories, strategies, findings and reflections. They offer advice to schools undertaking similar inquiries. We hope you will enjoy reading and reviewing them as much as we do!"

- Kathy Cassels, DASH BC, on the HSN Case Studies

The Healthy Schools Network (HSN) case study template has been circulated to all HSN teams. It can also be found on the [DASH BC website](#) – click on "Submit your 2009-10 HSN Inquiry Report!". Your school's case study report is due by June 11, 2010.

Network Celebrations of Learning

Network celebrations are underway around the province to showcase learning that students and teachers have gained through inquiry.

Sharing results at the Network celebrations is another way for HSN school teams to highlight and reflect on aspects of healthy living, assessment for learning practices, and comprehensive school health.

At these celebrations Healthy Schools join other Network of Performance Based Schools (NPBS) schools who are addressing inquiry in areas of reading, writing, numeracy and social responsibility.

For a full schedule of upcoming Network Celebrations, see page 3 of this newsletter.



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Healthy Schools Contact Info:
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www.bced.gov.bc.ca/health

Safe Kids Week 2010 - May 31 to June 5



Activities with wheels are fun and are good ways to get exercise. But it's important to stay safe so that kids can keep active. Head injuries are the #1 cause of serious injury and death to kids on wheels. A helmet could save a child's life!

Most serious injuries and deaths associated with child cyclists involve collisions with a motor vehicle. The most severe injuries are those involving the head and brain; even seemingly minor head injuries may cause permanent brain damage. Other serious injuries include broken bones, facial injuries and serious skin abrasions that require grafts.

For scootering, skateboarding and in-line skating activities, head injuries are often the most serious type of injury for these wheeled activities, but broken bones are the most common. Children suffer injuries during these wheeled activities because of a combination of factors that most

commonly includes inexperience, loss of control, lack of traffic safety skills, high speed, and the tendency to attempt stunts and difficult manoeuvres.

This is why this year Safe Kids Canada has chosen "Got Wheels? Get a Helmet!" as their theme for Safe Kids Week 2010. Safe Kids Week is the largest annual national child injury prevention awareness campaign in the country, brought to Canadians by Safe Kids Canada and their sponsor Johnson and Johnson.

While Canada has come a long way in the development and implementation of helmet standards, practices and laws, there is still a lot more that can be done to keep kids safe. To help you do your part in promoting helmet use, tools and resources are available on the [Safe Kids Canada website](#).

Schools can also apply to the Walking School Bus and Bicycle Train program to receive program incentives and safety gear, if they implement eligible active transportation initiatives. Visit the [HASTE BC website](#) to apply.



PHE Canada Membership

PHE Canada now has multiple membership levels:

1. Professional membership (free) will give access to:

- ongoing news updates
- basic professional services
- the member's portal
- updates on programs, promotions
- In-Touch newsletter



2. Enhanced professional (\$80) and enhanced student (\$50) membership includes all of the above and:

- yearly subscription to the PHE Journal
- the right to hold office, nominate individuals for awards, and have access to all archived monthly activities, articles, and lesson plans
- discounts at the online resource centre www.excelway.ca.

Be part of the Canadian voice for physical and health education, and stay connected on the most current information on school physical activity, physical education and healthy living programs.

Join or renew today on the [PHE Canada website](#).

The **OPHEA and PHE Canada 2010 National Conference: Healthy Schools, Healthy Communities** is taking place on October 21-23, 2010 at the Westin Harbour Castle Hotel in downtown Toronto.

This year's conference offers professional development and practical training in these areas:

- Health and physical education
- Developing physical literacy and health literacy
- Sport and intramural activities
- Community health and health promotion

Conference details and registration can be found on the [PHE Canada website](#).

School Health Resources

The [DASH BC April 2010 E News](#) features school health resources and events that will support a [comprehensive school health approach](#) in YOUR school.

View [Dr. Kimberly Schonert-Reichl's presentation on social and emotional learning](#) from the DASH BC April 2010 Leadership Symposium.

Active School Travel Newsletter

FASTthinkers is a newsletter for - and from - people supporting children and youth to **Facilitate Active School Travel**.

The current edition of **FASTthinkers** (*April 2010*) includes:

- child engagement in Coquitlam elementary & middle schools
- youth engagement in Calgary high schools
- an interview with... Shane Rhodes, SRTS Program Manager in Eugene, Oregon
- new: E-support from Urbanthinkers
- PROMPT-ing safety for crosswalkers
- new resource: Creative Community Planning (with coupon for 20% off)
- Secondary School TDM Inventory revisited

Download the current edition at;

<http://www.urbanthinkers.ca/content/newsletter>

Sip Smart! BC Resources

Sip Smart! BC aims to raise awareness among Grade 4, 5 and 6 students on the negative health effects associated with the consumption of sugar-sweetened beverages.



Sip Smart! BC is aligned with prescribed learning outcomes for Health and Career Education for grades 4, 5, and 6 and touches on other curricular areas, such as Science.

Check the [Sip Smart! BC website](#) if you haven't ordered your **FREE teacher resources** yet. The comprehensive set of materials and resources in the *Sip Smart! BC* Teacher Resource Guide (TRG) makes it easy for teachers to teach the full program in about 3-4 curriculum hours. View the [curriculum connections here](#).

Good news! If you are one of the teachers who taught the classroom program and ran out of the *Sip Smart! BC* booklet for families, you can now reorder a set for next year by contacting the Heart and Stroke Foundation of BC & Yukon [by email](#) or by phone: 1-888-473-4636 ext. 364.

In Fall 2008, the Social Research and Demonstration Corporation conducted a study of 40 BC classrooms and evaluation results show that *SipSmart! BC* has a positive impact on student learning. Updated results will be on the website in Fall 2010.

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).

Important HSN Network Dates

Jun 11, 2010 - **Submission deadline for 2009-10 Healthy Schools Network Case Study Report**

Jun 30, 2010 - **HSN school grants arrive at schools on or before this date**

NPBS/HSN/AESN Regional Celebrations

May 27, 2010 - **Kootenay Boundary West**

Selkirk College, Castlegar
4:15 p.m. start. RSVP to [Pat Dooley](#)

May 27, 2010 - **Vancouver Island North District**

North Island Secondary School, Port McNeill
4:15 p.m. start. RSVP to [Jill Cook](#)

May 31, 2010 - **South Vancouver Island Region**

Frances Kelsey Secondary, Mill Bay
4:00 – 6:00 p.m. RSVP to [Linda McMenamin](#)

Jun 1, 2010 - **Mid Vancouver Island Region**

Qualicum Beach Elementary School,
744 Primrose, Qualicum Beach
4:00 – 6:00 p.m. RSVP to [Leanna Garner](#)

Jun 2, 2010 - **Kamloops Thompson Region**

Henry Grube Education Centre, Kamloops
4:00 – 6:00 p.m. RSVP to [Mike Johnson](#).

Jun 2, 2010 - **North Central Region**

University of Northern BC – Bentley Centre
Prince George
3:30 – 5:30 p.m. RSVP to [Frances Roch](#)

Jun 3, 2010 - **North East Region**

SD 60 Board Office –
District Development Centre, Fort St. John
4:00 – 7:00 p.m. RSVP to [Sue Schnyder](#) or [Kim Boettcher](#)

Jun 3, 2010 - **Okanagan South/ Central/ North**

UBC Okanagan - Ballroom, Kelowna
3:30 – 5:00 p.m. RSVP to [Sharon Sola](#) (South) or [Linda Fehr](#) (Central) or [Wendy Varley](#) (North)

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](#)