

HEALTHY SCHOOLS NETWORK NEWSLETTER

NOVEMBER 2010

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Healthy Schools Network News

Over the past few weeks, Healthy Schools Network members across the province have been meeting in their regions to discuss their HSN plans for this school year. Network members are sharing stories and resources, building strong working relationships and fostering positive momentum in developing plans around inquiry and action. Well done!

NEW! HSN Resources Now Available Online

Visit the new HSN website for online resources for the [Inquiry Stream](#) and [Action Stream](#) to help your school implement the HSN process. These handy resources include a "Timeline for Success" and step-by-step guides to assist both new and returning HSN schools in year-long healthy school planning.

Submit Your School's Inquiry Question or Action Proposal

School Inquiry Questions (for the Inquiry Stream) and Action Proposals (for the Action Stream) are due on or before **December 10th, 2010**. The Inquiry Question Submission Form and Action Proposal Submission Form will be available on the HSN website **November 19th**. To submit your school's form, you will need to log in to your school account at www.healthyschoolsnetwork.org and select the appropriate form for your school (Inquiry or Action). Based on HSN member feedback, these forms now allow you to start working on your submission, save the form, and return to it at a later date to continue working! Stay tuned for an email update with more detailed instructions!



Developing Your School's Inquiry Question or Action Proposal

When developing your school's Inquiry Question or Action Proposal, collaborate with colleagues and use a school health assessment tool to inform your healthy school planning. These tools offer individual schools a way to think about, integrate and build on the many health promoting ideas and activities that are already going on in their school, as well as assist in identifying areas for action on specific health topics relevant to each school.

Have questions about the HSN? Contact the Healthy Schools Network team at hsn@dashbc.org.

DASH BC Update

iWalk-ed to School with Students in Richmond, Fort St. John and Victoria

This year, between Oct. 4th and 8th, more than 275 schools with over 95,000 students across B.C. celebrated International Walk to School Week (iWalk), an event to promote and celebrate the many benefits of walking... and ActNow BC Athlete Ambassadors were part of the fun.

Mike Nell, an Olympic ski jumper, Jay Morrison, a World Cup Speed Skating medalist and Anna-Maria de Zwager, a two-time Olympic rower, visited their local schools on October 6th, International Walk to School Day.



Jay Morrison at Alwin Holland Elementary on International Walk to School Day on October 6th, 2010

Mike brought his ski jumping equipment to Kingswood Elementary in Richmond and was joined by the former Minister of Education, Honourable Dr. Margaret MacDiarmid, local Richmond MLA Linda Reid and two young hockey players from the Richmond Sockeyes hockey team.

Mike showed off his equipment and coaxed an unsuspecting teacher to give the kids a ski jumping demonstration wearing the full gear. He also got the kids involved and had them actively participate in some imitations of ski jumping techniques.

After sharing his World Cup and Olympic experiences, Mike gave all the students a chance to see his equipment and

the Olympic torch, up close. "I hope this experience has renewed their memory of the 2010 Olympics, and inspired them to stay active and healthy," said Mike. "Maybe, someday, one of them will be giving a similar talk to the next group of young students."

Jay visited students at Alwin Holland Elementary in his native Fort St. John.

The kids at the school are already very active – they do laps of the schoolyard at recess and lunch to get tickets, which they can redeem for monthly prizes. They were very excited to have a local athlete – and an Olympian at that! – visiting their school.

Alwin Holland Elementary has implemented various physical activity and healthy eating initiatives at their school, which very much resonated with Jay's message.

"The kids were receptive to my message of healthy eating and exercise. They also knew a lot about the 'Walk to School Week' already. It was encouraging. The kids' energy is amazing." Jay was still amazed by the kids' response. "They treat me like a celebrity, it is hilarious."

Anna-Marie was in Victoria to visit the 250 students at Tillicum Elementary School.

Anna-Marie's visit created an energetic buzz in the room, which reminded her of her rowing days. "The nerves and excitement I felt reminded me of being at the first rowing regatta of the season," said Anna-Marie.

The buzz continued throughout the talk as she told her Olympic story, and encouraged the kids to eat well, exercise and be healthy so that they too can pursue their chosen dreams with all they have. After showing a video, which makes her emotional each time she sees it, she fielded some great questions from the kids. While spending some time on the playground during recess, she got a chance to meet more of the students, including the daughter of a Men's National Rowing Team coach. She walked home afterwards, like many of the students of Tillicum Elementary. Anna-Marie was very grateful to all the students for their enthusiasm, saying, "Thanks, Tillicum, for being an awesome audience!"

Letter from the Minister of Education



October 29, 2010

I write today to say hello and introduce myself as the Minister of Education. As an educator and parent of three children who have been through the public education system, I share your passion about learning and seeing students succeed.

We have a great education system in B.C. and together we can make it even better. I am excited about the opportunity to work with you, your school districts, your teachers and parents to look at how the system can adapt in order to keep up with the times. In particular, I look forward to exploring the opportunities for personalized learning with our education partners.

Recent investments in full day kindergarten are the latest example of how we can provide BC students with a strong foundation for lifelong learning. This marks a significant shift, and a great example of why we shouldn't be afraid to pursue new approaches and adjust the system to meet our students' evolving needs.

In his recent provincial address, Premier Campbell reiterated our commitment to education and our intention to invest more in early learning so that we can reach students as early as possible. The Premier laid out a plan that includes:

- Expanding StrongStart BC centres around the province
- Introducing an early childhood learning assessment in kindergarten to understand students' unique needs and tailor their learning in grades 1-4
- Ensuring every student leaving grade 4 will be reading, writing, and doing math at a grade 4 level

Let's talk about taking the next step forward. We want to ensure the unique needs of every child are met and that they thrive and reach their full potential. We want to provide every student with the tools they need to succeed and thrive in a world that is more connected and more reliant on technology, a world where communication is instantaneous and a world that demands creativity and flexibility.

I look forward to working with all of you to undertake the steps needed to offer our young British Columbians the best possible educational experience needed to support their future. It's going to be a tremendously exciting year ahead and I'm anxious to get started. I know that, together, we will take BC education to new heights.

Yours truly,

George Abbott
Minister

Ministry of
Education

Office of the Minister

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Helpful Resources

Action Schools! BC

Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living.

Action Schools! BC \$300 Healthy Eating School Food Grant

The Action Schools! BC Healthy Eating School Food Grant is available to registered schools that have had at least four teachers attend an Action Schools! BC Classroom Healthy Eating Workshop and have submitted their 2010-11 Action Plan.

Action Schools! BC Half-Day TOC

Each school year, Action Schools! BC will cover the cost of one half-day TOC per registered Action School to release a teacher for Action Schools! BC training, a planning session, to organize equipment and resources, or request a trainer for in-class training.

For more information, check out www.actionschoolsbc.ca under Support and Resources or contact the Action Schools! BC Support Team at info@actionschoolsbc.ca or 1.800.565.7727.

NEW! Canadian Journal of Public Health – Special Supplement on Comprehensive School Health

The Canadian Journal of Public Health recently released a special supplement entitled **Supportive Environments for Learning: Healthy Eating and Physical Activity Within Comprehensive School Health**. The coordination and production of this supplement was a collaborative effort among Health Canada, the Public Health Agency of Canada, and the Joint Consortium for School Health. The supplement is comprised of a series of seven articles that summarize the state of knowledge on policy options to support healthy eating and physical activity in the school setting, describe roles of stakeholders, and provide an overview of monitoring and evaluating school policy implementation. Check out this [special supplement today!](#)

Eat Well and Be Active Educational Toolkit

Health Canada (HC) and the Public Health Agency of Canada (PHAC) are pleased to inform you of the launch of the *Eat Well and Be Active Educational Toolkit*.



This Toolkit is designed to support health and education intermediaries to teach children and adults about healthy lifestyle choices using Canada's Food Guide and Canada's Physical Activity Guide.

The Toolkit includes the *Eat Well and Be Active Every Day* educational poster, downloadable activity plans, as well as healthy eating and physical activity images and tips.

The *Eat Well and Be Active Educational Toolkit* is now available at <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/index-eng.php>.



FRIENDS for Life

FRIENDS for Life is an evidence-based resiliency and anxiety prevention classroom program available to students in BC. FRIENDS teaches life skills and coping strategies to help children manage difficult situations. There are two program levels – the child program for grades 4 & 5 (also available in French) and the youth program for grade 7 students. One-day training for teachers, including all program materials (leader manual, student workbooks and supplemental activities) is free of charge to teachers who are committed to delivering the program. FRIENDS fulfills provincial educational learning outcomes in the Health & Career Education K-7 curriculum and is included in the Ministry of Education's Grade Collection. The goal is to reach as many students as possible to improve mental health outcomes. To date, all BC school districts have participated, including many independent schools. For more information about FRIENDS, view http://www.mcf.gov.bc.ca/mental_health/friends.htm.

There is a parent component in FRIENDS, where parents and caregivers are encouraged to reinforce the FRIENDS skills at home. For more information about FRIENDS parent resources, view <http://www.forcesociety.com>.



In The Next Issue

- Interesting HSN Inquiry Questions
- iWalk Evaluation Results
- Other Helpful Resources

HSN/NPBS Regional Meetings

January 2011

Thursday, January 13, 2011	Okanagan Central Room #2 Hollywood Road Education Center, Kelowna 3:30 – 5:00 pm
Thursday, January 13, 2011	Okanagan South Parkway Elementary Library, Penticton 3:30 – 4:45 pm
Thursday, January 27, 2011	Northeast Region District Development Centre, Dawson Creek 4:00 – 6:30 pm
Friday, January 28, 2011	North Central Region Location TBA 8:30 am – 2:30 pm

February 2011

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

The Healthy Schools Newsletter is distributed regularly throughout the school year. The next newsletter is a double issue for December/January 2011. Article submissions, up to 225 words, are due on Tuesday, January 4th, 2011. Please submit your articles to hsn@dashbc.org.



Ministry of
Education

DASH BC
Directorate of Agencies for School Health

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