

Healthy Schools Network News

The Healthy Schools Network is in full swing for the 2010 – 2011 school year and there is a lot to be excited about! The new HSN website has been launched and schools can apply for HSN membership using the online registration form. The website provides detail around HSN membership requirements and benefits, resources for members, as well as information about the Comprehensive School Health approach and how it can make a major contribution to achieving educational and social goals.

This year the HSN will offer two different program streams – the **ACTION** stream and the **INQUIRY** stream.

The **Inquiry Stream** is designed for those schools using healthy school approaches combined with assessment for learning strategies. Join the *Inquiry Stream* if you have been working on school health promotion for some time and want to look deeper into ways to strengthen students learning, attitudes and behaviour towards healthy living.



Why join? Participants are eligible for *grants*, get the benefit of the *best ideas* from around the province, access *leading resources* and receive *membership* in the Directorate of Agencies for School Health.

Join us as we create healthy schools through . . .

INQUIRY STREAM:

- A comprehensive school health approach
- Assessment for learning strategies
- Networking and results sharing

ACTION STREAM:

- A comprehensive school health approach
- Action strategies tailored to school context
- Networking and results sharing

Healthy Schools Network is a component of the Network of Performance Based Schools (www.npbs.ca) a voluntary action research learning community in BC designed to improve student learning.

TO LEARN MORE ABOUT THE HEALTHY SCHOOLS NETWORK, CLICK HERE
or visit www.healthyschoolsnetwork.org

DASH BC
Directorate of Agencies for School Health

The BC Healthy Schools Network is a program of the Directorate of Agencies for School Health BC with funding by the BC Ministry of Education.

The **Action Stream** is for those schools using healthy school approaches that employ specific strategies tailored to the school community that target at least two of the components of Comprehensive School Health. Join the *Action Stream* if you have an interest in starting school health activities **OR** continuing existing school health activities going on in your school and you want to coordinate and connect your activities more effectively.

To sign up or learn more about HSN membership, [click here](#) or visit www.healthyschoolsnetwork.org

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Healthy Schools Network | 600-890 West Pender Street, Vancouver, B.C., V6C 1J9 | phone 604.681.0600 | fax 604-681-0602

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International Walk to School Week

International Week to School Week (iWalk) took place the week of October 4-8, 2010 and a total of 275 schools participated in this year's event to promote and celebrate the many benefits of walking. Just a reminder that evaluations are due by October 30, 2010 and can be mailed or faxed in or completed online. Those schools who complete their evaluation before October 30th will be entered into a draw for one of ten \$250 cash prizes to be used towards a physical activity program at the school.

For more information about iWalk and the evaluation, please visit www.dashbc.org. We look forward to hearing about your event – remember to send us your iWalk-related pictures and stories.

West Vancouver School District #45 Recognized for Comprehensive School Health

On May 10 2010, the West Vancouver School District was presented with the Healthy Community Hero Award by the *Active North Shore Network (ANS)* at the Move for Health Day event in the City of North Vancouver. This annual award that recognizes those who support one or more of the three pillars of ANS: active living, healthy eating and living smoke free on the North Shore. "The West Vancouver School District is a leader in promoting health for their students and the community," observed Jennifer Fenton, current ANS Chair.

Some of the partnerships and initiatives in which the District fosters and provides community leadership include:

- A unique partnership with Vancouver Coastal Health to utilize the services of the community dietitian and substance misuse prevention consultant to work with all constituents in support of comprehensive school health.
- A Healthy Schools Committee, where members work together on the District Comprehensive School Health

Survey to include specific questions that relate to resiliency and reducing risk-taking behaviours. Survey results track the progress of health objectives and are included in the District's annual Achievement Contract to the Ministry of Education.

- The very successful Parent Education Series – *"Understanding Adolescence – The Incredible Journey"* will again be featured in the upcoming school year. These events often attract between 200-300 participants.
- *The North Shore Education Committee for the Prevention of Disordered Eating* support schools that employ evidence-based practices to prevent disordered eating. This committee includes members from the West Vancouver and North Vancouver School Districts, Vancouver Coastal Health, Family Services of the North Shore, as well as community members, and serves as an advisory committee to the provincial, Jessie's Legacy Eating Disorder Prevention Program.

More information about the District's comprehensive school initiatives can be found at

<http://www.sd45.bc.ca/ps/student-services.html>

School Connectedness

The BC Healthy Living Performance Standards suggests that "school connectedness is recognized as students' active engagement in the academic and social opportunities at their school based on their understanding that teachers and other adults at school care for them as individuals, as well as for their learning. School connectedness contributes to students' inner strengths, life-long resilience and positive mental health."

Healthy Schools Network members are encouraged to address the promotion of school connectedness through their inquiry and action plans during the school year. Below are some current resources you may find helpful:

Dr. Kimberly Schonert-Reichl has conducted a plethora of research related to child and adolescent social and emotional learning. Her most recent work involves the groundbreaking 2010 Middle Years Development

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Instrument. [Click here](#) to learn more about this instrument, or visit Dr. Schonert-Reichl's website at: <http://educ.ubc.ca/research/ksr/index.html>.

In this video, Dr. Robert Blum discusses his research and makes suggestions around how school connectedness improves student learning and reduces unhealthy risk behaviours.



JCSH Annual Report Available Online

The Joint Consortium for School Health (JCSH) is a leader in supporting the advancement of Comprehensive School Health in Canada. The JSCH's 2010 Annual Report and latest newsletter is now available on their website. Go to <http://www.jcsh-cces.ca/> to download a copy now.

Healthy Eating at School

The <http://healthyeatingatschool.ca> website now has a school food garden section! Click on 'School Food Garden' and you will be taken to a page where you can explore such topics as:

- How-to manuals for starting a garden
- Curriculum links for school food gardens
- Garden success stories from all around BC - where you'll quickly discover that a common theme for success is partnerships between schools and other community groups
- Research on the benefits of school gardens for academic performance and health
- Links to community partners and associations, including sources for funding

- Spread the word about this new section. Now is the perfect time for schools to start thinking about what they might do about a school food garden this year!

Please let us know what you think about this new resource (<http://healthyeatingatschool.ca/in-the-garden>).

Do you have a success story to share? We welcome additional examples - and especially photos - to share with the BC school community.

New Action Schools! BC Workshops for 2010-2011 School Year

NEW workshops available this year include Full Day Kindergarten Classroom Action Workshop and healthy Eating Refresher Workshops.

For more information on Student Leadership Training and the customized Classroom Action Refresher Workshops including Supporting Daily Physical Activity, Chair Aerobics and Classroom Workouts, Dance and more OR to book a workshop contact the Action Schools! BC Support Team at info@actionschoolsbc.ca 604.738.2468 or 1.800.565.7727.

Action Schools! BC 2010-11 Updated Resources for Grades K to 7 and Middle School

Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote Healthy living. The Action Schools! BC Classroom Action Resource, Planning Guide and Action Pages! have been updated. Please contact the Action Schools! BC Support Team at info@actionschoolsbc.ca, 604.738.2468 or 1.800.565.7727 to request new complimentary sets.



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2010 OPHEA &PHE CANADA NATIONAL CONFERENCE

The 2010 Ophea & PHE Canada National Conference is an invaluable networking and professional development opportunity for educators and school administrators. The conference will take place October 21st - 23rd, 2010 in downtown Toronto.

The conference offers workshops and interactive sessions on innovative strategies for health & physical education, development of physical literacy and health literacy, sport & intramural activities, and a selection of health promotion topics that will support your staff in delivering the physical and health education curriculum.

Delegates will be provided with information, tools and strategies to support the implementation of H&PE, and be empowered to share their learnings with their colleagues.

For more information or to register, please visit: www.phecanada.ca/Toronto2010/eng/main.htm

NETWORKS OF INQUIRY INFO SESSIONS

If you are in the Lower Mainland and interested in learning more about the Healthy Schools Network (HSN), the Network of Performance Based Schools (NPBS) or the Aboriginal Enhancement Schools Network (AESN), consider attending one of the following sessions:

DATE: Thurs. Oct. 14, 4pm – 5pm

LOCATION: Van Horne Elementary School

18599 65 Avenue, Surrey

To register, please email Donna Weaving at

dweaving@dccnet.com

INQUIRY and HSN LEARNING OPPORTUNITIES

Calling all inquiry-minded teachers! Gather together for a day of inquiry learning and developing inquiry questions:

DATE: Fri. Oct. 22nd, 8:30am – 2:45pm

LOCATION: Vancouver Island University

To register, please email terillmacdonald@telus.net

The North Central NPBS and the Healthy Schools Network present a morning of inquiry:

DATE: Fri. Oct. 22nd, 9:30am – 12:00pm

LOCATION: Duchess Secondary School, Prince George

To register, please email cgurney@sd57.bc.ca

NETWORK OF PERFORMANCE BASED SCHOOLS MEETINGS - <http://www.npbs.ca/Calendar.htm>

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|-----------------------------|--|--------------------------------|--|
| Monday, October 18, 2010 | Vancouver Island North Comox Valley Local Region Mark Isfeld Secondary Library, Courtenay 4:00 – 5:30 pm | Monday, October 18, 2010 | Okanagan North Vernon School Board Office (In the boardroom) 3:30 – 5:00 pm |
| Wednesday, October 20, 2010 | Extended Lower Mainland Eaglequest Golf Course 7778 152 St, Surrey 4:00 – 6:00 pm | Friday, October 22, 2010 | North Central Regional Symposium Duchess Park Secondary School Prince George, BC 8:30am – 2:30pm |
| Monday October 25, 2010 | Langley Network Langley School Board Office (In the boardroom) 4875 222 St, Langley 4:00 – 5:30 pm | Wednesday, October 27, 2010 | North Shore & Sunshine Coast Ridgeview Elementary School 1250 Mathers Ave West Vancouver 4:00 – 6:00 pm |
| Tuesday, October 26, 2010 | Mid Vancouver Island Port Alberni 4:00 – 6:00 pm | Friday, October 29, 2010 | Northwest Region Prince Rupert |

To register, please email Donna Weaving at dweaving@dccnet.com