

HEALTHY SCHOOLS NETWORK NEWSLETTER

APRIL/MAY 2011

VOLUME 5 | ISSUE 6

In This Issue

Healthy Schools Network News

- Building Healthy Connections in Fort St. John
- HSN Year End Reports

DASH BC Update

- iWalk 2011
- Action Schools! BC and Full Day Kindergarten Support

Helpful Resources

- Richmond BC Health Promotion Bookmark Contest
- Website Wins Award for Promoting Health
- Student Satisfaction Survey Research Briefs
- Active Healthy Kids Canada 2011 Report
- How to Be a Successful Lunchroom Monitor
- Kids CanMove and Physical Literacy

HSN/NPBS Regional Meetings

- Network Celebrations of Learning

Healthy Schools Network News

Building Healthy Connections in Fort St. John

Three Fort St. John HSN member schools – Alwin Holland Elementary, Robert Ogilvie Elementary and Bert Ambrose Elementary – gathered together in April for a joint assembly to encourage students to live healthier lifestyles, while learning together and building healthy relationships.

The students from the HSN member schools worked together by participating in group activities and singing songs that addressed the nutritional benefits of various fruits and vegetables. There was even some friendly competition



Students working together on some of the challenges at Alwin Holland.

to see which school was the most active. (Alwin Holland Elementary got the bragging rights!)

Alwin Holland's principal, Pat Lang, said the event was a fun way of showing the students that healthy living is not just something being talked about at their individual schools, but is a broader discussion that other students in their community and across the province are engaged in as well.

Lang also noted that educators play a key role in promoting healthy living, and that promoting healthy eating at school often leads to students making better choices at home. "We've noticed that it influences

parents because the students are saying that they need healthy food to bring to school



Students from Alwin Holland, Robert Ogilvie and Bert Ambrose hear about healthy living.

and when they go into their cupboards looking for snacks, they're looking for the healthy snacks we talk about in the classroom," Lang explained.

Way to go HSN schools in Fort St. John! Also, thanks to the Alaska Highway News for covering this great story.

HSN Year End Reports

It's hard to believe that another school year is quickly drawing to a close! As part of HSN membership, schools are required to submit a year-end report. These reports share schools' learning and successes as a result of participation in the network throughout the year. The reports are a rich source of stories, strategies, findings and reflections. They offer advice to schools undertaking similar inquiries and action plans.

This year, HSN member schools can access and submit year-end reports online by logging into their school account. Visit the [Healthy Schools Network website](#) to login, and follow the prompts to access either the Inquiry or Action Stream year-end report. Your school's year-end report is due by June 15, 2011.

Network celebrations are taking place around the province, see the [last page](#) for more details!

DASH BC Update

iWalk 2011 - Registration Opens May 13

It's that time again. Dust off those running shoes and get them ready for International Walk to School Week! iWalk is an annual, school-based event hosted by DASH BC. It is a week-long province-wide event held every year in October that encourages students, parents, staff and community members to celebrate the many benefits of walking to school together. [Register online](#) before June 30th to ensure your school receives its package early. Registered schools will receive posters, stickers and practical planning resources to help plan an iWalk to School Week in their school community. Click [here](#) to register.



École Pauline Johnson students volunteered as traffic monitors during last year's International Walk to School Week.

The first 200 schools to register before June 30th will be eligible to receive an iWalk banner. Use this banner to promote your walking activities year round.

Last year, over 23 938 students from 271 schools spanning 45 school districts participated and enjoyed the benefits of healthy and active living with their parents and peers, while reducing school traffic congestion. For more information, visit www.dashbc.org.

Action Schools! BC and Full Day Kindergarten Support

New for 2010-2011, Action Schools! BC is offering a Full Day Kindergarten Classroom Action Workshop, specifically designed for Full Day K teachers, providing creative daily physical activity implementation ideas in three 10-minute blocks of time. Other workshops, such as the Indoor or Outdoor Student Leadership Training, have become increasingly popular as an active and fun way to socialize Full Day K students during recess or lunch time. Contact the Action Schools! BC Support Team at info@actionschoolsbc.ca with any questions or to book a workshop or training for your leadership students.

Helpful Resources

Richmond BC Health Promotion Bookmark Contest

This year's Richmond BC Health Promotion Bookmark contest is taking healthy partnerships to a new level! For the past seven years, Richmond Public Health has partnered with Richmond School District, the City of Richmond, and Richmond Public Library to lead a bookmark contest for elementary school students. This year, they added a new partner, Richmond Children First, an organization that works to promote children's rights. Working together, these 5 community groups are encouraging elementary school students to think about health in a holistic way.



Winning bookmarks from Alyssa, grade 3, at William Cook School and Audri, Grade 1, from Thomas Kidd School.



More winning bookmarks from Darren, kindergarten, at Richmond Christian School and Maria, Grade 2, from Westwind School.

This year's bookmark contest theme was "Every child has the right to..." Over 2500 entries were received! The contest judges were astounded by the breadth, depth and interpretation of rights represented on the entry forms. It was clear that the children put a lot of thought into their work! Winners were chosen from Kindergarten through Grade 7, with each winner receiving a \$75 gift certificate to Chapters bookstore, and the honour of

having their bookmark professionally printed and widely distributed throughout the community.

This successful annual contest continues to be received with excitement in the community. Partnerships have developed between community groups, and children are engaged in promoting their own health. It truly is health promotion in action!

See the [last page](#) for the rest of the winners!

Website Wins Awards for Promoting Health

[Hi5living.org](http://hi5living.org), a health promotion and cancer prevention website, has recently picked up two awards for youth websites: a Best in Class from the 2010 Interactive Media Awards, and an Outstanding Website Award from the 2010 Web Awards.

When the website launched in 2009, the BC Cancer Agency Prevention Programs promoted it mainly to teachers of Planning 10 for students to complete their Healthy Living plans for Graduation Transitions. A printed Educators Guide and a complete Healthy Living Workbook for students were created to align with the PLOs for Graduation Transitions.

The creators of hi5living.org are finding, though, that the site has caught on with other teachers as well. "We're seeing a wider range of educators using the site, not just Planning 10 teachers," says Sonia Lamont, the Provincial Manager of the Prevention Programs. "Science teachers and even librarians have told us that they like having the printed materials along with the website itself."

Both awards gave their highest marks to the site's content, which pleases Lamont. "The Prevention Programs emphasize evidence-based prevention, so we really try to make sure our information is up-to-date and reliable. But we know that the teens like the website because it's interactive and fun."

For more information, visit www.hi5living.org or contact info@hi5living.org.

Student Satisfaction Survey Research Briefs

The Ministry of Education has developed three research briefs, based on over 110 000 student responses to their annual Satisfaction Survey, which examines the relationships between healthy behaviours and key elements of learning. Self-reported physical activity, consumption of fruits and vegetables, and tobacco use were individually cross-referenced with improvements in reading, writing and math, as well as overall learning satisfaction. All three analyses demonstrated a significant positive relationship between healthy behaviour and academic achievement. [Click here](#) to view the briefs.

Active Healthy Kids Canada Report 2011

The [2011 Report Card on Physical Activity for Children and Youth](#) was released on April 26th by [Active Healthy Kids Canada](#). This year's Report Card notes that Canadian children are missing out on prime physical activity time after school.

How to Be a Successful Lunchroom Monitor

A positive school lunch period can help children to eat healthy foods, build social skills and enjoy their meals with friends. Lunchroom monitors can play a key role in helping children gain healthy eating habits. Check out these [tips](#) to help you be a successful lunchroom monitor.

Kids CanMove and Physical Literacy

The Gymnastics BC **Kids CanMove** program teaches Physical Literacy. Physically literate students understand their body in motion, be it for fun, for health or for building higher level skills in sport.

Kids CanMove puts gymnastics activities into easy to understand terminology, enabling teachers to safely teach gymnastics.

Gymnastics has been classified as one of the three fundamental sports by Canadian Sport for Life in their Long Term Athlete Development Model because it teaches students how to move, rotate, jump and land safely. This develops strength, balance, agility, flexibility and overall body awareness.

The **Kids CanMove** program provides ideas for physical education classes or for Daily Physical Activity and uses basic equipment that most schools already have available.

To learn more, contact Penny Erickson at 250-860-7940 or visit www.kidscanmove.com

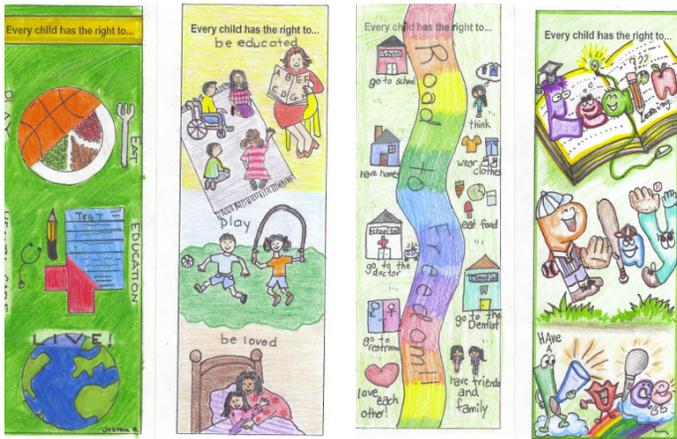


Network Celebrations of Learning

Network celebrations are underway around the province to showcase learning that students and teachers have gained through healthy inquiry. Sharing results at the Network celebrations is another way for HSN school teams to highlight and reflect on aspects of healthy living, assessment of learning practices, and comprehensive school health. At these celebrations, Healthy Schools join other Network of Performance Based Schools (NPBS) and Aboriginal Enhancement Schools Network (AESN) schools in sharing ideas and learning. Please refer to the adjacent schedule for a full list of upcoming Network Celebrations.

More Winning Bookmarks!

Here are rest of the winning entries from Richmond's Health Promotion Bookmark contest!



Winning bookmarks from Joshua, Grade 6, at William Cook School and Kris-Ann, Grade 5, Jessie Wowk School

More winning bookmarks from Rica, Grade 4, at Quilchena School and Manson, Grade 7, from Tomsett School

HSN/NPBS Regional Meetings

| May 2011 | |
|------------------------|---|
| Friday, May 13, 2011 | HSN Leadership Symposium Delta Vancouver Airport 8:00 am – 4:00 pm Registration Required |
| May 15 and 16, 2011 | NPBS Seminars Delta Vancouver Airport Registration Required |
| Tuesday, May 17, 2011 | East Kootenay Celebration Cranbrook School Board Office Cranbrook, BC 4:00 – 6:00 pm |
| Thursday, May 26, 2011 | West Kootenay Celebration Selkirk College Castlegar, BC 4:00 – 6:00 pm |
| Monday, May 30, 2011 | Northwest Celebration Walnut Park Elementary Smithers, BC 10:30 am – 3:00 pm |
| Monday, May 30, 2011 | Vancouver Island South Showcase Spencer Middle School Langford, BC 4:00 – 6:00 pm |
| Tuesday, May 31, 2011 | Okanagan North/South/Central Celebration Location Location TBD 3:30 – 5:30pm |
| Tuesday, May 31, 2011 | Vancouver Island North Celebration Location TBD 4:30 – 5:30pm |

In The Next Issue

- Celebrating HSN Schools
- iWalk 2011 Update
- Other Helpful Resources