

HEALTHY SCHOOLS NETWORK NEWSLETTER

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Healthy Schools Network News

Winter Network Meetings

The Healthy Schools Network, Network of Performance Based Schools and the Aboriginal Enhancement Schools Network members are holding collaborative meetings this month to share the strategies and ideas being used in their school inquiries.

As one example, member schools from the North Central region of BC recently held their meeting in Prince George, BC on a non-instructional day. School teams from across the region gathered together to participate in educator-led sessions focusing on strategies such as the development of clearly defined learning intentions and criteria for student success, establishing a culture of inquiry across school contexts and tools for students to take ownership of their learning.

These winter sessions are a great way for schools to maintain motivation and momentum as they move through the inquiry cycle. In addition to meetings this month, regional schools meet at least 2 other times throughout the school year. For a list of upcoming regional meetings, check out the last page of the newsletter, or [click here](#) to see a list of all meeting dates.



Linking School Health to Student Learning

A key resource that HSN schools can use to link school health to student learning is the BC Healthy Living Performance Standards (HLPS). The HLPS, developed by BC educators, provide a context within which teachers, students, and families can examine student learning in the area of healthy living. The standards are tools that schools and families can use to focus and monitor their efforts to enhance health knowledge, skills, attitudes, and behaviours among students while providing a foundation for student achievement in general. The HLPS are organized into four categories: Healthy Eating, Active Living, Healthy Relationships and Healthy Practices, and can be viewed [here](#).

DASH BC Update

Shaping the Future Conference

In late January, educators and policy-makers interested in health and wellness in schools attended Shaping the Future, a national health promoting schools conference in Kananaskis, Alberta. Hosted by Ever Active Schools from Alberta and Physical and Health Education Canada (PHE), the purpose of the conference was to bring together individuals from across the country that had a vested interest in the assessment, planning and implementation of Comprehensive School Health. It touched on partnerships, vulnerable populations, delivery/implementation and evaluation/research.



The conference was a great opportunity not only to learn about the healthy school initiatives happening all over Canada, but also to showcase the dedicated and hard work of Healthy Schools Network members across BC. During concurrent learning sessions, DASH BC presented on the work of the Healthy Schools Network, highlighting the [inquiry-based learning cycle](#), the [BC Healthy Living Performance Standards](#), the [assessment for learning strategies](#) that network schools employ to link school health to student learning in authentic, student-centred ways, and how HSN members are using networked learning communities to collaborate, share ideas, and promote the healthy schools approach throughout the province.



The conference began with keynote speaker [Jim Diers](#), a professor with the University of Washington, who kicked off the conference with a passionate presentation discussing the potential in building capacity within communities and getting community

members involved so that they can take ownership of their own successes. Jim also touched upon the concept of recognizing one's abilities, rather than one's perceived shortcomings, and utilizing those positive attributes to get involved. He presented great examples of successful community-led initiatives and left the audience inspired.

Stephen Leafloor capped off the night with a dynamic presentation showcasing BluePrintForLife's unique work in various communities across Canada's north.

[BluePrintForLife](#) uses HipHop as a community development tool and offers appropriate programming designed for First Nations and Inuit youth that utilize traditional culture and is centred on community needs. Stephen told us of his journey in life and how HipHop had had a profound impact. Through his experiences, Stephen realized that his background in social work, combined with his love for HipHop, could be used as tools to reach out to youth and motivate them. He showed the audience engaging examples of how his innovative work has positively impacted youth.



For more information about the speakers and the conference itself, click [here](#).

[HSN Leadership Symposium - May 13, 2011](#)

DASH BC and the Healthy Schools Network are happy to announce the upcoming HSN Leadership Symposium being held on Friday, May 13th at the Delta Vancouver Airport. Regional leaders from all three Networks (NPBS, AESN and HSN) are invited to participate in this event, which will provide networking opportunities and the chance to dialogue and learn from the HSN initiatives happening across the province. Stay tuned for more details, including a list of guest speakers.

Healthy Schools Resources

Children and Healthy Eating Reports

We are pleased to announce the release of two reports: Improving Cooking and Food Preparation Skills: A Synthesis of the Evidence to Inform Program and Policy Development; and Improving Cooking and Food Preparation Skills: A Profile of Promising Practices in Canada and Abroad. These reports were prepared for the Healthy Living Issue Group of the Pan-Canadian Public Health Network through a collaborative effort between the Public Health Agency of Canada, Health Canada and the Federal, Provincial, Territorial Group on Nutrition.

The literature review synthesizes the current state of evidence related to cooking and food preparation skills and the implications of the transition of skills on nutritional health. It serves as a guide for individuals and organizations for developing cooking and food skills programs in their own communities. They can be found online at: <http://www.hr-sc.gc.ca/fn-an/nutrition/child-enfant/index-eng.php>.

New! Fun FRIENDS

FRIENDS for Life is an evidence-based resiliency and anxiety prevention classroom program available to all BC students. This program teaches children life skills and coping strategies to help them to manage difficult situations.



The FRIENDS program is excited to announce the early years version of FRIENDS — Fun FRIENDS!

Fun FRIENDS is delivered over 12 weeks by teachers, counsellors or other educators to children in kindergarten and grade 1 in BC. There is a one-day Fun FRIENDS training session that is available to teachers, counsellors, and other educators who can deliver this program within a BC kindergarten or grade 1 classroom. There is no cost for the training session or program materials (e.g., facilitators guide, family guide and Fun FRIENDS resource CD).

Fun FRIENDS fulfills provincial educational learning outcomes in the Health & Career Education K-1 curriculum.

To learn more about FRIENDS and Fun FRIENDS, [click here](#). For FRIENDS parent education, [click here](#).

It's Never Been Easier to Become a HeartSmart Kids™ Teacher!



Since the program's launch more than a decade ago, over 8000 teachers have learned to teach HeartSmart Kids™. Now it's even easier to become one of them!

HeartSmart Kids™ new FREE e-learning module makes it easy for educators to learn about the HeartSmart Kids™ program anytime and from anywhere. Teachers who complete the module will also receive FREE classroom resources such as lesson plans, a class set of student magazines and classroom posters.

The program links with the IRPs in the Health and Career Education and Physical Education curricula and encourages children to make heart-healthy lifestyle choices through healthy eating, active living and being smoke-free.

For more information:

Email: healthpromotion@hsf.bc.ca

Visit: www.heartandstroke.bc.ca/heartsmartkids

Phone: 1-888-473-4636 Ext. 364

New Canadian Physical Activity Guidelines

The Canadian Society for Exercise Physiology (CSEP) has announced new Canadian Physical Activity Guidelines. The new guidelines state children (5-11 years) and youth (12-17 years) require at least 60 minutes of moderate- to vigorous-intensity activity per day while adults (18-64 years) and older adults (65 years and older) must get at least 150 minutes of moderate- to vigorous-intensity physical activity per week. To read more, [click here](#).

HSN/NPBS Regional Meetings

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

March 2011

Tuesday, March 1, 2011	Mid Vancouver Island Qualicum Beach 4:00 – 6:00pm
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Network Seminar May 15 - 16, 2011: Save these dates!

Once again this May, the Network of Performance Based Schools (NPBS) and the Aboriginal Enhancement Schools Network (AESN) will be hosting a seminar for Network schools to stimulate collective thinking with colleagues who are leading research and influencing practice. Attendees will learn from the efforts of schools across BC – at all levels and from all regions, in workshops and in ‘lunch and learn’ dialogues. Considerable time will be devoted to learning from the exciting work of lead AESN schools. Watch for registration information later this month.

Presentations by esteemed speakers include:

Focus on Secondary Assessment

Dr. Lorna Earl

Moving Schools Beyond Expectations

Dr. Alma Harris

Teacher Professional Learning

Dr. Helen Timperley

Social and Emotional Learning

Dr. Kimberley Schonert-Reichl

Aboriginal Understandings

Laura Tait

In The Next Issue

- Feature HSN School
- A New Look for DASH BC
- More Healthy School Resources!



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The Healthy Schools Network Newsletter is distributed regularly throughout the school year. The next newsletter is scheduled for March 15, 2011. Article submissions, of up to 225 words, are due on Tuesday, March 1st, 2011. Please submit your articles to hsn@dashbc.org.