

HEALTHY SCHOOLS NETWORK NEWSLETTER

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Healthy Schools Network News

HSN Feature School: Healthy Cookies Help Build a Community

This year at Randerson Ridge Elementary in Nanaimo, Terrill MacDonald's Grade 3 class and Mary-Lynn Epps' Grade 4/5 class engaged in a student inquiry question



that helped to deepen the social-emotional learning of students throughout the school

community. Their student question read, "How can we continue to develop a healthy living community of learners so we can all live a balanced lifestyle?"

It was February, and Valentine's Day was quickly approaching. The school wanted their students to feel a sense of belonging and connection throughout the school.

Their intention was to sell Valentine cookie-grams and donate the proceeds to charity, so they



selected four healthy cookie recipes from the [Bake Better Bites](#) resource. Much to the school's surprise, they received 1500 cookie-gram orders. Teachers throughout the school made orders for their entire class and many students did the same as they did not want to leave anyone out.

Organizers were thrilled with the enthusiastic response but had to think quickly about how to accommodate the demand. They enlisted parents as bakers

and helpers to fill the cookie-gram bags on Valentine's Day. The volunteer response was overwhelming. The school raised \$800.00 for two charities: Loaves and Fishes Food Bank and Agape School in Thailand. In the end, healthy relationships were developed in the school and in the broader community.

Congratulations 2010 -2011 Network Schools

HSN/NPBS/AESN network celebrations have been underway throughout May and June.



From Smithers to Castlegar, Sooke to Fort St. John, HSN schools all over BC have been showcasing learning that

students and teachers have gained through inquiry and action approaches to comprehensive school health.

Congratulations to all network schools for their thoughtful engagement with healthy inquiries that enhance student learning, healthy behaviours and sense of belonging to the school community. Watch the [HSN website](#) this summer for links to inspiring HSN Year-End Reports from schools.

The HSN would also like to extend a special thank you to all the regional leaders throughout BC. These committed volunteers share their time and expertise to support, guide and encourage schools throughout the HSN process. The networks would not work without you! [Click here](#) to see a list of the 2010 - 2011 HSN leadership team members.

DASH BC Update

iWalk 2011 - Registration Now Open!

International Walk to School Week registration has only been open for a month and already more than 100 schools have registered for iWalk, which is set to take place October 3-7, 2011. Hosted by [DASH BC](#), iWalk is an annual, school based event that takes place across the province. Each October, the event encourages students, parents, staff and community members to celebrate the many benefits of walking to school together. [Click here](#) to register!

Last year, L'École Bilingue Elementary celebrated iWalk for the full month of October. In preparation for iWalk month, the PAC Sustainability Committee introduced a Google map that families could join in order to form additional Pédibus (Walking School Bus) routes, bicycle trains and carpool groups.



École Bilingue students showing off their decorated sneakers.

Many events took place throughout the month of October. The student council did a wonderful job producing and hosting the iWalk assembly to inform students about Take Transit Tuesday, L'École Bilingue's 2nd Annual Pédibus (Walking Schoolbus) to celebrate International iWalk Wednesday, and Whacky Wheels & Stylin' Sneakers.

The principal, Burt Frenzell, invited students, especially those who relied on car travel that morning, to Walk the Block until first bell, giving all an opportunity to enjoy some of the perks of walking: fresh air, community and rosy cheeks.

The second week was designated Carpool to School Week. The third week was Random Week. They encouraged families to come to school a different way each day of the week. The final week was called Car Free Block Week. They asked parents to park a block or two from the school in the interest of clean air and safety. With an ever-changing installation in the school foyer, students were invited to locate their house on an aerial photograph of the school catchment and trace their route to school.

The PAC Sustainability Committee and Student Council at L'École Bilingue would like to thank DASH BC for their support and look forward to fun events and activities for iWalk 2011.

Healthy Fundraising a Success in Chase, BC

Students at Haldane Elementary School in Chase, BC proved the success of healthy fundraising this past month.

In a yearly Fruit and Veggies Challenge by Haldane teacher, Rocco Marchese, he proposed the idea of a fruit and vegetable sale to his class and they loved it. The students got right to business planning and promoting the sale. Posters went up all over the school and daily skits performed by the students ran on the announcements.

As the day of the sale approached, students became worried that not many people would participate in their fundraiser.

Marchese stepped in to remind the students that even if they didn't raise any money they were doing a positive thing, trying to help fellow schoolmates make healthy choices.

In the end, the fundraiser was a huge success! The students sold 165 bags of fruits and vegetables during recess and lunch. Fundraising was a secondary goal, however; the real accomplishment was getting a school of 300 students to consume 165 bags of raw fruits and vegetables. Needless to say, the students were very proud and excited about their achievement and Marchese is even thinking of making it a monthly event.

NEW! Action Schools! BC Complimentary Support Services for the 2011-2012 School Year

Action Schools! BC's complimentary support services have been updated for the 2011-2012 school year - [click here](#) for more information. Note the new additions: a combined Physical Activity and Healthy Eating Workshop for Full Day K; a Classroom Action Healthy Eating Workshop with an enhanced focus on vegetable and fruit consumption, sweetened beverage reduction, sodium reduction, and media awareness; Healthy Eating Student Leadership training; and the Healthy Living Day with a Trainer. Please contact the Action Schools! BC Support Team at info@actionschoolsbc.ca or 1-800-565-7727 with any questions.

DASH Hosts Successful Symposium

DASH BC hosted its annual Healthy Schools Leadership Symposium on Friday, May 13th, 2011 at the Delta Airport in Richmond, BC.

The day brought together education and health promotion professionals to engage in discussion of powerful ideas and strategies around the interdependence of health and learning.

The morning included great sessions by Healthy Schools Network Leaders. The day started with Sharon Sola, a principal from Penticton, providing an informative and engaging framework for school districts entitled "School Improvement Using Inquiry-Based Planning." This overview set the stage for powerful field-based presentations. Lynn Brown and Ray Andrews, both teachers from Nanaimo, shared their valuable strategies for "Building Healthy Relationships Through Peer Coaching." Following this, Debbie Koehn and Colleen Gurney, teachers in Prince George, and Nicole Davey, a teacher in Smithers, exemplified how they are creating healthy connections between schools and regions. They also shared their experiences in cultivating student inquiries. As a wrap-up to the morning learning, participants engaged in facilitated group discussion focussed on collaborative approaches to connecting school health and student learning. Special thanks to Debbie Keel and the Action Schools! BC team for leading the morning energy breaks!



Symposium participants discussing one of the many topics of the day.

In the afternoon, Bill Gordon delighted participants with his keynote address, "Healthy Schools, Healthy People." Using story-telling, humour, and real-life experiences from his many years as a high school educator and counsellor in Alberta, Bill shared his top ten list of positive social-emotional qualities with Symposium participants, qualities that are very much a part of outstanding friendships, families and schools everywhere.

The Symposium was a huge success! To view the Symposium agenda, presentations, and learnings from the day, please [click here](#).

Helpful School Resources

Do Your Students Know That Milk Beats Sports Drinks?



For an easy and healthy way to replace the sodium and potassium lost in sweat, active children can drink chilled milk or fortified soy beverages, which provide all the electrolytes young athletes need, with less added sugar. Milk and fortified soy beverages also contain calcium for healthy bones.

Sports drinks are generally made up of water, sugar and a small amount of sodium and potassium. They also often contain artificial colours and/or flavours.

Sip Smart! BC teaches children from Grades 4 to 6 what they need to know to make healthy drink choices. All teaching resources are available for FREE [download](#). Print material such as posters, drink cut outs and a set of 30 booklets for families can be ordered by contacting the Heart and Stroke Foundation of BC & Yukon at healthpromotion@hsf.bc.ca.

Show your students the **Sip Smart! BC video**: "Sports & Energy Drinks - Will These Drinks Help You Run Faster and Jump Higher?" to teach more about sports drinks and alternatives.

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). **Sip Smart! BC's** resources make up some of the best practices used by Action Schools! BC.

Nutritionist Tips: Packing a Healthy Lunch

Wondering how to create a healthy packed lunch for school days? Check out this helpful [video](#) with BC Provincial Nutritionist Lisa Forster-Coull to get started. For more healthy living tips, visit www.actnowbc.ca or call 8-1-1 for Dietitian Services at HealthLink BC.

Promoting Positive Mental Health Among BC Students



McCreary Centre Society recently launched its new report "Making the right connections: Promoting positive mental health among BC youth." The report uses quantitative data from 29,400 Grade 7-12 students who completed the 2008 BC Adolescent Health Survey and qualitative data from 617 youth who took part in

focus groups across the province.

The role of supportive adults including teachers, counsellors and other school personnel is discussed, as well as youth's suggestions for improving access to mental health services in schools. The report also explores the mental health benefits associated with school connectedness, engagement in extracurricular activities, feeling skilled and competent and having supportive peers.

To accompany the report McCreary has produced 8 fact sheets profiling the mental health picture of youth considered at risk for not developing positive mental health, including youth with a disability, lesbian, gay or bisexual youth and youth who have been abused. McCreary's Youth Advisory Council has also put together a 'by youth for youth' summary of the key findings.

The report can be downloaded at www.mcs.bc.ca, as can the fact sheets and a power point presentation of the findings.

Healthy by Nature Forum - Registration Now Open!



Healthy by Nature

Registration for the Healthy by Nature forum is now open. Space is limited based on sector, so be sure to book early! For detailed

information or to register, visit www.healthybynature.ca/attend. A program overview is now available at www.healthybynature.ca/program.

If you would like to present at the Healthy by Nature Forum, apply to our call for applications! For detailed information, visit www.healthybynature.ca/showcase.

LearnNowBC - New Mobile DPA Access

LearnNowBC is excited to announce the release of the mobile DPA Student Tracker tool called myDPA mobile. myDPA allows students to log, review and edit their activities using their mobile device wherever they are, whenever it is most convenient.

To get more information, please visit LearnNowBC. Once you've signed up for a LearnNowBC account, you can download the mobile DPA Student Tracker [here](#).



Coming Soon! Hands-on Cook-off Contest

The 2nd Annual Hands-on Cook-off Contest will be launching soon. The BC-wide contest challenges parents, grandparents, aunts, uncles and friends to team up with a young friend or relative to create a short home video cooking show in celebration of making meals together.

Join in the fun – submit a video during summer 2011! Watch for contest details at www.bettertogetherbc.ca.

New CPHI eLearning Course

The Canadian Population Health Institute (CPHI) has developed an eLearning course that defines and promotes positive mental health and outlines components of successful activities that work to promote it. To participate in this hour long, free of charge course, click [here](#) to create an account through the Canadian Institute for Health Information.

Kelty Mental Health Education Series

The Kelty Mental Health Resource Centre hosts a monthly education series on a mental health or healthy living topic. The monthly learning sessions are FREE and open to everyone. See below for the June topic.

Topic: A Deeper Look at Binge Eating

Date & Time: Tuesday, June 21, 2011 - 12-1pm

How to Join: Through teleconference by dialing 1-877-291-3022 and entering the access code 4611577#

Contact: keltycentre@bcmhs.bc.ca

Surrey School District's Healthy Partnerships



The Surrey school district recently introduced the Jumpstart Academy, an after school multi-sport leadership program, to run throughout the school year at inner city schools.

The Jumpstart Academy runs twice a week, 2 hours each session, and combines instruction in fundamental movement skills with training in a wide variety of sport skills. Jumpstart gets inner-city children moving and shows them paths to community and school involvement through increased self-confidence and improved skills. It also provides opportunities for local teens to develop leadership and employment skills. Jumpstart demonstrates how to lead healthy and active lifestyles, how to motivate and affect others and your community, and how to achieve success beyond the playing field: in the classroom, in the community, and at work.

The Jumpstart Academy is supported through a partnership with Sportball. Sportball's highly trained staff provide targeted, effective, age appropriate sport skill instruction to children aged 6 – 12. Through this, they give children the confidence and fundamental skills that will assist them in continuing sport and recreation involvement. Sportball has donated a significant portion of their instruction time to the Jumpstart Academy.

Through the partnership with Sportball, Surrey school district's Jumpstart Academy has grown from an initial enrolment of 400 children in the fall 2010 season, to 690 in the spring 2011 season. These students have benefited from a fun, safe, healthy, non-competitive and educational environment.

Thank You HSN Regional Leaders

The HSN is lucky to have the support and guidance of some of the best educators in the province! Thank you to our wonderful team: Kim Boettcher, Lynn Brown, Jill Cook, Nicole Davey, Linda Fehr, Ian Grbavec, Colleen Gurney, Mike Johnson, Debbie Koehn, Kari Kroker, Michelle Miller-Gauthier, Jacquie Poulin, Heather Roach, Sharon Sola, Wendy Varley and Cheryl Woods. Below are some of the HSN leaders in action.



Ministry of Education



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The Healthy Schools Network Newsletter is distributed regularly throughout the school year. This is the final newsletter of the 2010 - 2011 school year. Please visit www.healthyschoolsnetwork.org for newsletter dates for the 2011 - 2012 school year.