

HEALTHY SCHOOLS NETWORK NEWSLETTER

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Healthy Schools Network News

NEW! HSN Vision, Mission and Value Statements

The Healthy Schools Committee, in collaboration with HSN regional leaders, has established new Vision, Mission and Value statements to capture the shared work of members of the HSN. After much deliberation, we are proud to share these with you! [Click here](#) to view these new statements, and share them with anyone interested in learning more about the HSN.

Special thanks to HSN Leaders Lynn Brown, Ian Grbavec and Mike Johnson for leading this initiative.

HSN Feature School: Grandview/?uuqinak'uuh School

How do you get a six year old to like bean soup? Start by telling the story of the Three Sisters and their importance in aboriginal



Grade 1, Dylan Auger, trying some Three Sisters Soup.

cultures. Follow that with a trip to the school garden to see the towering corn stalks, and to pick a fresh squash. Add fresh healthy ingredients, like beans, corn, squash, vegetable stock, chopped before the students' eyes, each student having a chance to add something to the mix. Let the soup simmer while the students draw the steps to make the soup, with the smell of the broth wafting through the classroom and down the hall.

Celebrating Anti-Bullying Day!



Students at Burnaby Central enjoy a healthy snack while celebrating Anti-Bullying Day. For more on Anti-Bullying Day celebrations, see page 2!

Students in the Kindergarten/Grade 1 class at Grandview/?uuqinak'uuh School in east Vancouver are part of an Earth School concept, where the curriculum is embedded in experiential learning and time spent in the garden. They participated in a unit about the Fall Harvest, which culminated in making Three Sisters (squash, corn, beans) soup. Taught over a series of three weeks, their study of the Three Sisters interwove teachings from the social studies, science, language arts and math curriculums while incorporating aboriginal cultural themes. Students learned about the importance of squash, beans and corn and how they can be grown together. They participated in the growing of the squash and in the preparing of the soup. These experiences allowed the students to taste the delicious goodness in the soup. Every student enthusiastically tried the soup and almost all enjoyed it and asked for more. There were no leftovers!

Way to go, Grandview/?uuqinak'uuh School, for thoughtfully linking school health to student learning! Thank you to teacher Lori Prodan for submitting this great story!

DASH BC Update

What Do You Pink of My Shirt?

The "Day of Pink" was celebrated by youth at King George Secondary School, supported by a partnership of the West



A picture mural at King George Secondary of students and staff supporting anti-bullying day.

End Community Centre Youth Programs and the King George Community School Team. Youth allies like the community school team staff, youth program staff, and the Vice Principal and Principal of King George proudly wore their pink shirts to stand up against homophobia and bullying. Youth and youth allies donned cotton candy coloured t-shirts with the aptly phrased: "What do you pink of my shirt?"

The activities and shirt were designed by youth volunteers, and those who visited the humble, but energetic table in the King George lobby won prizes, participated in interactive games, and enjoyed a spirit of inclusion!

The Youth Clinic team also had a community nurse around to hand out information on youth clinics and LGBTQ-friendly services.

Healthy Schools Leadership Symposium

The 2011 DASH Healthy Schools Leadership Symposium is shaping up to be an exciting event! The morning will be led by our HSN Leadership – experts in school health promotion and connecting school health to student learning. Meeting attendees will learn from specific field-based contexts, including healthy inquiries focusing on vulnerable learners, student engagement, and strategies to develop school health inquiries at the level of the school, district and region. We are also excited to have Bill Gordon join us as our keynote speaker. A high school teacher and counsellor with Elk Island Public Schools in Alberta, Bill has travelled across Canada speaking to thousands of students, teachers, parents and organizations on topics such as Self Esteem, Leadership, Communication, Suicide Prevention, Organizational Excellence, Comprehensive School Health, and The Power of Kindness. Attendance is limited. Email hsn@dashbc.org for more information.

Helpful Resources

"Raise Your Voice" Video Essay Contest

Announcing Environmental Youth Alliance's 1st annual "Raise Your Voice!" video essay contest! They're kicking off this new competition to get youth thinking about pressing environmental issues and sharing their ideas for a better future. Youth aged 16-24 can submit a short video essay in response to the question:

"Should bananas be available in British Columbia in 2025?"

The contest winner will be awarded a \$1000 scholarship to support entrance into a post-secondary program with an environmental focus. The contest runs from March 7th - May 7th 2011. To find out more, visit www.eya.ca/contest.html.

The Kelty Mental Health Resource Centre Pinwheel Education Series

The Kelty Mental Health Resource Centre hosts a monthly Pinwheel Education Series. Every month they pick a hot mental health or healthy living topic, and bring together a panel of experts to educate you about that topic. You will have a chance to interact with the speakers and ask questions during the second half of the program.

The monthly learning sessions are FREE and open to everyone. See below for the March topic, as well as information to learn more about future sessions.

Topic: The Mental Health of Aboriginal Youth

Date & time: Tuesday, March 22, 2011 - 12-1pm

Registration: Not required, just join us!

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

Questions? Contact Us!

Email: kelycentre@bcmhs.bc.ca

Visit: www.keltymentalhealth.ca

March Is Nutrition Month

Get your orders in now for 2011 nutrition month posters! For \$10, (to help defray the cost of shipping and handling) you can receive a poster tube containing up to twenty copies of a colourful poster entitled, "Cooking together is the recipe for fun!," this year's Nutrition Month theme.

The poster features a father and daughter wearing aprons loaded with whisks, spatulas and spoons, imagining the meals they'll prepare. This might sound surreal but really, it just looks like a lot of fun. The poster is available in French and English. You can view the poster [here](#).

Click [here](#) for the order form.

Open Up: A Mental Health Literacy Tool

The School-Based Mental Health & Substance Abuse (SBMHSA) Consortium presents Open Up – a video created



by educators, for educators, on the topic of school mental health and substance abuse. This video was produced by members of

the SBMHSA Consortium, the Mental Health Commission of Canada Youth Council, and the Hamilton-Wentworth District School Board. It was created by a passionate group of individuals interested in building awareness about student mental health and the supportive role that educators can play, if they 'open up' to the issue.

The video is licensed for use in school districts throughout Canada. It can be used as part of awareness building and professional development workshops related to student mental health. To gain access to the video and the Open Up User Guide, or if you have questions about Open Up, contact Kathy Short at Kathy.Short@hwdsb.on.ca.

Sip Smart! BC Facts

Kids Don't Need Caffeine!



When a child drinks a can of cola, the caffeine has the same effect as an adult drinking 4 cups of instant coffee!

Learn more about caffeine and energy drinks by watching one of the five Sip Smart! BC [videos](#).

Sip Smart! BC is an initiative to teach children from Grades 4 to 6 what they need to know to make healthy drink choices. Visit www.bcpeds.ca/sipsmart/ for more information.

All teaching resources are available for FREE download.

We'd like to stay current on drink trends and therefore created [five new backgrounders](#).

Find out more interesting facts about tea based drinks and caffeine in tea by reading our new backgrounder, [A Nice Cuppa Tea](#).

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 are also part of the best practices used by Action Schools! BC.

NEW! Promoting Health in Schools Report

The International Union for Health Promotion and Education recently released a report that advocates for the health and education sectors to undertake school health promotion activities based on evidence of effectiveness. The report, "[Promoting Health in Schools: From Evidence to Action](#)," is a helpful resource for anyone interested in effective school health promotion, and supports the need for a whole school, or comprehensive school health approach to strategically plan and implement school health initiatives. It is intended to address policy and decision-makers and education officials in a manner that is understood and applicable to both sectors. Check it out!!

The Active Living Alliance for Canadians with a Disability

Did you know that 56% of Canadians with a disability are inactive, as compared with 30% of non-disabled Canadians? Much of this is due to lack of knowledge about resources. The Active Living Alliance for Canadians with a Disability (ALACD) and its partners are committed to encouraging Canadians with a disability to become more active in their communities; equipping teachers and recreation providers to encourage inclusion; and providing information, resources and training to community members. The ALACD's priorities include: promoting physical activity among youth; inclusion of people with a disability in school based activity; and public and private sector fitness facilities that are inclusive.

The ALACD, through the All Abilities Welcome (AAW) and Moving to Inclusion (MTI) programs, delivers FREE workshops, presentations and guest lectures aimed at various audiences, including teachers, physical activity leaders, occupational therapists, community members with disabilities, and other service providers. The AAW program is delivered by trained speakers across Canada, many of whom are people with disabilities committed to spreading the message of inclusion and sharing their own experiences. The MTI program is designed specifically with physical education programming and school teachers in mind. Recently, MTI Online has been developed as an innovative online forum for all physical activity leaders incorporating concepts, strategies and approaches in leading inclusive physical activities. More information about MTI Online is available at www.ala.ca/mti-iem.

The ALACD is also pleased to provide a variety of informational resources, including a website, weblogs and printed toolkits. For more information please contact the BC office at susan@bcblindsports.bc.ca, the national office ala@ala.ca, or visit their website: www.ala.ca.

HSN/NPBS Regional Meetings

April 2011

Thursday, April 7, 2011	Okanagan North Vernon School Board Office (Boardroom) Vernon, BC 3:30 – 5:00 pm
Tuesday, April 12, 2011	Okanagan Central Hollywood Rd Education Centre (Room #2) Kelowna, BC 3:30 – 5:00 pm
Thursday, April 14, 2011	Okanagan South Carmi Elementary School Penticton, BC 3:30 – 4:45 pm
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

In The Next Issue

- Submitting HSN Year-End Case Studies
- HSN Featured School
- Other Helpful Resources

The Healthy Schools Network Newsletter is distributed regularly throughout the school year. The next newsletter is a double issue for April/May 2011. Article submissions, up to 225 words, are due on Monday, May 2nd, 2011. Please submit your articles to hsn@dashbc.org.



Ministry of
Education

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