

# HEALTHY SCHOOLS NEWSLETTER

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## Healthy Schools News

### Healthy Schools BC Website



Have you ever tried finding information about healthy schools in BC and are left frustrated when you can't find what you're looking for? Do you wish there was one website that had all the information in one spot? Well DASH has some exciting news!

This kind of feedback from the health and education sectors has led to the creation of the [Healthy Schools BC](http://www.healthyschoolsbc.ca) web portal – a one stop, online access point for all healthy schools information, programs and resources in BC.

The Healthy Schools BC web portal serves as a consolidated resource for the education and health sectors, as well as the wider community, that assists in accessing the array of school health resources available in BC.

The portal also demonstrates how these programs and resources can work together in a planned, coordinated way under the comprehensive school health framework. Using this framework, identified by the World Health Organization (WHO) as an evidence-based approach to improve student health, the portal is a dependable and up-to-date resource that brings together existing programs and resources searchable by topic, individual needs and geographic location.

The portal has information for a variety of audiences and can be of interest to many different user groups including, but not limited to, educators, administrators, parents, students, health authority staff, community service groups, program leads and government. Individuals who lead programs for school-aged children can sign up and post their programs/resources. Educators may search for programs and resources on specific topics to implement in their classrooms or schools. Health authority staff may find educators from their area and connect with them to provide support.

We are pleased to announce the site is now live and encourage you to not only visit [www.healthyschoolsbc.ca](http://www.healthyschoolsbc.ca), but also to [become a member](#) in order to add programs or resources you'd like to share with the community.

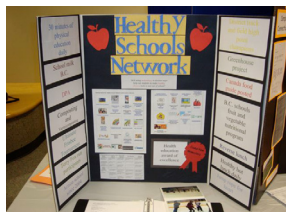
As the portal continues to evolve, it will include tools to support school communities in moving through a comprehensive school health planning process - assessing where they are at, identifying where they want to go, implementing the changes and evaluating their progress.

Over the coming months, DASH will also be improving functionality, enhancing the user experience and adding even more healthy schools information. These enhancements are set to go live in Fall 2012 so stay tuned!

## DASH BC Update

### Healthy Schools Network Update

Over 40 HSN schools from all regions of BC are actively engaged in their healthy school inquiries this year. For a full list of participating 2011 – 2012 schools, click [here](#).



Be sure to check out the next [Healthy Schools Newsletter](#) for more information on year-end reports and celebrations. We are looking forward to sharing stories about your great work and success!!

### DASH and NOII Seminar - May 6th, 2012

The Networks of Inquiry & Innovation (NOII) and DASH BC are gearing up for the annual Network Seminar on May 6th, 2012. This year's theme is "Deepening Inquiry and Building Curiosity for a Healthy Learning World". The day will be full of great speakers and ample opportunities for participation, discussion, and networking. If you are interested in attending this great event, read more about the program and speakers [here](#). To register online, click [here](#).

### Action Schools! BC Student Leadership Session on Outdoor Games

With spring on the way, it is a great time to activate your school's playground with Action Schools! BC's Student Leadership Session on Outdoor Games. In this two hour complimentary session, student leaders (up to 20 Grade 4/5/6 students selected by the school) will be provided with outdoor playground game leadership training by an Action Schools! BC Regional Trainer.

Action Schools! BC will provide leadership schools with one Outdoor Leadership Bag filled with equipment and resources. Student leaders will learn to lead tag games, hopscotch, four square, long rope skipping, and Chinese jump rope, and will develop and utilize essential basic leadership skills. To book your session, contact the Action Schools! BC Support Team at 604-738-2468, 1-800-565-7727 or [info@actionschoolsbc.ca](mailto:info@actionschoolsbc.ca).



### Healthy Families BC

Healthy Families BC (HFBC) is a new health promotion strategy that expands on the efforts of the former ActNow BC, providing a broader range of information and resources to help British Columbians live healthier lives.

In addition to providing excellent healthy schools resources, HFBC provides access to services like physician-supported lifestyle planning, and physical activity and dietitian call services. A resource kit to help communities host their own Walking Challenge is in development and will soon be available online.

Check out the new online resource at [www.HealthyFamiliesBC.ca](http://www.HealthyFamiliesBC.ca) to learn more about healthy eating and physical activity, discover some fast, easy and healthy recipes, and take part in blogs. Many of the resources from the ActNow BC website will be moved to this website shortly.

Your support and enthusiasm for promoting the benefits of healthy living has been integral in helping the Province of BC move forward with this initiative. Healthy Families BC will continue to work across government, and with their community partners, to inspire British Columbians to live healthier lives.

If you have any questions, please contact them at their new email: [HealthyFamiliesBC@gov.bc.ca](mailto:HealthyFamiliesBC@gov.bc.ca).



### Connect with DASH on Social Media

DASH has entered the world of social media! You can now find DASH and plenty of healthy school tips and resources on Facebook, Twitter and LinkedIn. Make sure you like us on Facebook, follow us on LinkedIn or tweet about our daily Twitter feeds. It's a great way to stay connected to the healthy schools community. We look forward to hearing from you!



## Helpful Resources

### Think & Eat Green @ School

The Think & Eat Green @ School Project is a Community-University Research Alliance promoting change in what public school students eat, learn and do at school in relation to food, health, the environment and sustainability. By working closely with school authorities, teachers, parents, and youth, the project aims to engage students with the sources of their food through growing, preparing and sharing food, and sustainably managing food waste, at school.



Think & Eat Green @ School aims to foster food citizenship by providing the entire community of learners—from students, professors, teachers, chefs, farmers, gardeners, restaurateurs, and nutrition and health professionals—with opportunities to participate in the development of healthy and sustainable school food systems.

To learn more about this project, visit the [Think & Eat Green @ School](#) website, or click [here](#) to see the Think & Eat Green @ School 2010 – 2011 School Report.

### Become a Transit Hero with BC Transit

BC Transit's [Go Green](#) website aims to connect people, schools, and communities with a network of integrated and sustainable transportation options. The website encourages readers to not only choose transit, but to also consider the health and community benefits of walking and biking to work or school.

Interested in the opportunity to become a Transit Hero and win free bus transportation for a whole day for a class field trip? Schools can submit transit related stories at [www.transithero.ca](http://www.transithero.ca) in text, audio or video formats. Students can also win prizes like GoPro cameras and iPads!



### Do You Have Immunity?

Did you know that immunization has saved the lives of more babies and children than any other medical intervention in the last 50 years?

That's why Immunize BC created the [I Have Immunity](#) campaign to raise awareness about the value of immunization against deadly and infectious diseases.



The campaign encourages readers to share stories, resources and information and, of course, to get immunized! Spread the word about the I Have Immunity campaign in your school or community through letter-sized posters found [here](#).

### 5 Gives You 50: Cancer Prevention Strategies

Did you know that more than 50% of cancers are preventable? The [BC Cancer Agency Prevention Programs](#) (BCCA PP) are partnering with Prevention Educational Leaders (PELs) to spread the message that "5 Gives You 50." By avoiding five main preventable risk factors - sun/tanning bed exposure, tobacco use, being overweight, poor nutrition, and inactivity - more than 50% of cancers can be prevented.

Karen Barnstable, a high school teacher and PEL from Kelowna, explains, "It's a simple message, but not one that most young people realize. Many people do not know that more than 50% of cancers can be prevented. Through the BCCA PP's evidence-based resources and programs such as [Healthy Living Schools](#), [Hi5Living.org](#), and [Suntips.ca](#), the difference that healthy behaviours make in both the short- and long-term are emphasized."

The BCCA PP's offers a range of programs and resources for schools that complement and support other healthy school initiatives including an emphasis on comprehensive school health. "We align the five main risk factors for cancer prevention with the pillars of health," says Andrea Winckers, a PEL from Rossland.

If you are interested in connecting with a Prevention Educational Leader in your district for resources or information for healthy schools initiatives such as inquiry-based projects, please click [here](#).

## Kathy's Corner

### Comprehensive School Health in Action

Spring is finally here! As the weather continues to warm and we spend more time outdoors, we are reminded of how beautiful the world is around us, and how important it is to both take care of and appreciate it. April 22nd is **Earth Day** and this is a great opportunity to reflect on how we can make a difference in our community and care for both the environment and our health. In the school community, healthy eating is a fantastic way to address these topics through the use of sustainable food practices. For example, the creation of school gardens, as well as participation in programs like **BC Agriculture in the Classroom** and **Farm to School**, help foster healthy eating in an eco-friendly manner. This month, I'm featuring a story from SenPokChin School in Oliver, BC to highlight their amazing efforts to reconnect their students to their roles as caretakers of the land around them.



The strategies used to address this inquiry were very thoughtful. In addition to working with the school garden, students also picked up garbage, planted trees, prepared for planting and harvesting, learned how to compost and how to use compost in the garden, and recycled.

To complement these actions, the school has a breakfast program that uses some of the food from the garden, and is supported by the collaborative assistance of parents, the community and the local health authority. Not only were their efforts coordinated within all four pillars of **comprehensive school health**, but Assessment for Learning and the **Healthy Living Performance Standards** (HLPS) were used in measuring the results of their inquiry question. A survey using the HLPS was able to demonstrate a big shift in students' learning over the year as many students progressed into the "Accomplished" category! Overall, school connectedness increased, and students learned how to care for the land.

Well done on your efforts, SenPokChin School! To view their full year-end report click [here](#).

### Featured School: SenPokChin

SenPokChin is a small rural independent school that is located in a community full of agriculture, vineyards and orchards. Their school garden mirrors their community surroundings. They not only plant fruit and vegetables, but also keep chickens, whose eggs they collect, and harvest traditional foods such as bitter root and other herbs. They even raise salmon eggs and release the fry into the Okanagan River, taking part in a traditional ceremony sponsored by the Penticton Indian Band. As they continue to nurture and grow their garden for the third year, the Healthy Schools Team is using this opportunity to connect their actions to learning by working on the following inquiry question, "How will involving students in the garden reconnect them to the land and their understanding of their traditional roles as caretakers of the land?"

Kathy Cassels  
Executive Director, DASH BC

### In the Next Issue

- **DASH Leadership Symposium May 7, 2012**
- **Healthy Schools Network Year End Reports**
- **Aboriginal Awareness Week May 25 to 28, 2012**



**Healthy Schools Network**  
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The Healthy Schools Newsletter is distributed monthly throughout the school year, keeping readers apprised of developments in school health in BC. Please visit [www.healthyschoolsnetwork.ca](http://www.healthyschoolsnetwork.ca) for publication dates and submission deadlines for 2012.