

# HEALTHY SCHOOLS NEWSLETTER

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## Healthy Schools News

### 2012: Partnerships in Action

DASH BC members make up a network of stakeholders committed to improving school health. You are all keenly interested in promoting a comprehensive school health approach to encourage learning and health for BC students. While DASH advocates for, and mobilizes, school health initiatives in BC, it is our members and partners who carry out the work on a daily basis. As the end of another school year is quickly approaching, we at DASH would like to acknowledge some of the efforts of our members from the previous year, specifically in the area of partnerships.

In a collaborative effort between the [Ministry of Health](#), [Ministry of Education](#) and DASH BC, 2012 saw the creation of the [Healthy Schools BC web portal](#). A one stop access point for healthy schools information in BC, the site continues to grow and consolidate resources, providing helpful programs for BC teachers and school communities.

DASH's 2012 [Healthy Schools Leadership Symposium](#) in May provided an opportunity for collaboration between two of our largest partners, the health and education sectors. The annual event allows teachers and health representatives to meet, in some cases for the first time, and engage in meaningful discussion around school health.



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### Physical Activity in BC Schools



Active Healthy Kids Canada (AHKC) asks the question "Is active play extinct?" in their [2012 Report Card on physical Activity](#) for Children and Youth in Canada. AHKC produces an annual report in an ongoing effort to make physical activity a major priority in the everyday lives of Canadian families. Currently in its eighth year, the data and findings from the Report Card are the organization's primary tool for influencing stakeholders, and are used as an advocacy tool for change.

DASH is proud to highlight several of the programs that support physical activity in British Columbia. First of all, focusing on the belief that people and communities who spend time in nature are healthier and stronger, [Healthy by Nature](#) is an annual forum that raises awareness of the critical relationship between health and access to natural areas.

In the classroom, [Action Schools! BC](#) is a trusted partner that supports school communities in protecting and improving health by increasing physical activity levels. The Action Schools! BC Playground Games program gets kids moving with professional development opportunities and lesson plan ideas for teachers. Action Schools! BC also provides a comprehensive resource guide called [Action Pages](#) which links teachers and coaches to a multitude of physical education resources across Canada. Kindergarten specific resources are also available within the document, such as Daily Physical Activity Pages!, Education and Sport workshops and Music and Movement in the Classroom, to name a few.

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## DASH BC Update

### iWalk 2012 Registration Now Open



International Walk to School Week registration has only been open for one month and already more than 100 BC schools have registered! Hosted by DASH BC and HASTe BC, iWalk is an annual, school based event that takes place across the province from **October 8-12, 2012**. The event encourages students, parents, staff and community members to celebrate the many benefits of walking to school together. Click [here](#) to register!

iWalk 2011 was a huge success in BC schools. Below are a couple of stories we received from last year's participants on how to make iWalk a fun, schoolwide celebration.

#### Cayoosh Elementary School, Lillooet

"As the majority of our students ride the school bus to and from school, we planned our iWalk event for during the school day. The entire school (as well as parents who were able to join us) went for a walk around the community and then returned to the school for a healthy snack. This iWalk event has been so popular that we have incorporated a monthly iWalk into our school calendar each month for the past two years."

#### Puntledge Elementary, Courtenay

"We had a walk to school week, but had a special celebration on the Wednesday. We called it 'Wacky Wheelin Walkie Wednesday.' We closed the school parking lot before school and at recess, and had students wheeling around the parking lot. We had muffins and juice for everyone and the music was pumping. The leadership students were giving out stickers and all students who walked or wheeled were entered in a draw for prizes!"

Register online [here](#) to receive your free iWalk package, which includes posters, stickers and practical planning resources such as iWalk lesson plans to help organize an iWalk to School Week in your school or community. The first 200 schools that register before June 30th 2012 will be eligible to receive additional iWalk promotional resources!



### Help Us Help you!



What do you think about our Healthy Schools Newsletter? Is it as helpful and relevant as it could be? Click [here](#) to take a short survey and tell us your ideas! Watch out for a new format in our next newsletter coming September 2012. Completed surveys will be entered in a draw to receive Action Schools! BC gift packs! Thank you for your interest in shaping the healthy schools movement.

### Healthy Schools Network Update



Another school year with the HSN is drawing to a close. 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. Stay tuned over the summer to read all the HSN reports for the 2011-2012 school year! They are rich with information and inspiring stories.

The HSN would 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 network would not work without you! Thank you to our wonderful team: Kim Boettcher, Lynn Brown, Jacquie Poulin, Jill Cook, Nicole Davey, Linda Fehr, Ian Grbavec, Colleen Gurney, Debbie Koehn, Kari Kroker, Tricia Labrie, Janelle Zebedee, Michelle Miller-Gauthier, Heather Roach, Sharon Sola, Wendy Varley and Cheryl Woods.

### Healthy Schools BC Site Continues to Grow



Are you looking for new ways to increase the exposure of your organization's healthy school programs? DASH can help! The Healthy Schools BC website was created to be a one stop access point for healthy schools information in BC. By creating a personal profile [here](#), you'll have the ability to add programs and resources that are used by health and education professionals to promote healthy school programs that support a comprehensive school health approach. If you have any questions, please contact DASH [here](#) for support.

## Helpful Resources

### Registration Now Open for the 2012 Summer Institute

Join teachers, school counsellors, school support staff, school administrators, district staff, parents, students and school community partners on August 23-24, 2012 to:

- exchange knowledge and ideas about how to build school connectedness and improve mental well-being;
- learn practical information and strategies for addressing mental health challenges in classrooms and communities; and
- network with colleagues and partners in mental health and education.



For details and registration, please visit the Kelty Mental Health website [here](#).

### BC Forms Partnership with ParticipACTION



The Province of BC has announced the first provincial partnership with the national non-profit organization **ParticipACTION** to further promote healthy living and physical activity in British Columbia.

ParticipACTION will work with BC's **Ministry of Health** in the planning and development of ParticipACTION's new social marketing campaign that will continue to inspire and support parents to motivate children and families to be more physically active.

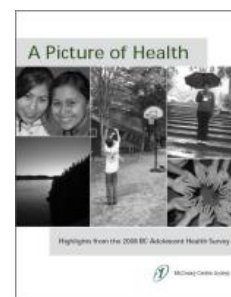
Since 1971, the ParticipACTION name has been the brand behind which millions of Canadians have rallied to promote activity, fitness and healthy living. The partnership also supports **Healthy Families BC** health promotion strategies. For more information please click [here](#).

### Action Schools! BC Support Services

Click [here](#) for the new list of complimentary support services available through **Action Schools! BC** in the 2012-2013 school year. Contact the Action Schools! BC Support Team at 1-800-565-7727 or [info@actionschoolsbc.ca](mailto:info@actionschoolsbc.ca) to book your school's Healthy Eating or DPA (Daily Physical Activity) Workshop for teachers, Student Leadership Session, Teacher Mentorship with a Trainer, and more.

### The BC Adolescent Health Survey

The **McCreary Centre Society** will be conducting the fifth **BC Adolescent Health Survey** (BC AHS) in the spring of 2013. The BC AHS is a province-wide questionnaire for students in Grades 7-12, and has been conducted approximately every five years since 1992. It has become the most comprehensive source for BC-based information on youth health.



The previous BC AHS, conducted in 2008, revealed that the majority of BC students were in good or excellent health, and that there have been decreases in the use of alcohol, marijuana and tobacco over the past decade. However, it also showed new areas of concern, including the high number of young people falling short of nutrition recommendations. For more information on the BC AHS, please visit their website [here](#) or contact [mccreary@mcs.bc.ca](mailto:mccreary@mcs.bc.ca).

### iMinds: Re-thinking Drug Education

While there is no magic formula for tackling the complex issue of drug education in schools, evidence suggests the two best ways are to create healthy physical and social environments, and to help students develop their health literacy in a world where substance use is common. Here's a look at a BC learning resource designed to help teachers:

**iMinds** is a free, drug-related health literacy learning resource created by **CARBC** and is designed for students in Grades 4-10. Each module features easy-to-implement lessons that meet numerous Prescribed Learning Outcomes and includes everything teachers need to use it.

**iMinds** is based on the idea that awareness, actions, decisions and behaviours are influenced by multiple factors including: personal factors requiring self-management skills, relationships requiring social skills, and the physical and cultural environment requiring navigational skills.

**iMinds** promotes mental health literacy by engaging students in honest, thoughtful discussions and projects that involve issues relevant to their daily lives and futures. Rather than trying to scare them away from using drugs, the lessons encourage students to both express and think critically. For more information on iMinds, or for a free download, please click visit the CARBC website [here](#).

## Helpful Resources

### The Hands-on Cook-off Contest



video as a summer project.

The **Better Together** third annual **Hands-on Cook-off Contest** is coming this summer from July 9 to September 3, 2012. Get students excited and thinking about putting together their own cooking show

How it works: Make a 3 minute video with a child, grandchild, neighbour, niece, nephew or friend that shows how to cook a favorite recipe, whether it's breakfast, BBQ, pizza, salad, dinner, snack, dessert, whatever you decide!

Submit your video and you could win prizes worth up to \$1,500. Cash alternatives are also available. In addition, random draw prizes such as a KitchenAid Mixer are also up for grabs.

You can check out videos that were submitted in previous contests at [bettertogetherbc.ca/videos](http://bettertogetherbc.ca/videos).

### Better Together Wins .CA Impact Award



The Canadian Internet Registration Authority (CIRA) recently announced the winners of the second annual .CA Impact Awards at the mesh conference in Toronto. The .CA Impact Awards celebrate

the people and organizations that use their .CA website to make a difference in one of four categories. **Better Together** won in the Public Sector / Not-for-Profit category. On behalf of DASH and our readers, congratulations Better Together!

### Action Schools! BC Newsletter

Click [here](#) for the latest Action Schools! BC Healthy Together Newsletter, a province-wide school newsletter designed for administrators to integrate into their own school's monthly newsletter. The newsletter is posted on [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca) and provides healthy eating tips/facts and recipes along with a physical activity ideas/facts. Messages contained within will support and align with the government's **Healthy Families BC** campaign.



### 2012: Partnerships in Action

*Continued from p.1*

Finally, a key goal of the **Healthy Families BC Schools** initiative is to support a coordinated, evidence based approach to healthy schools across BC. In a coordination of efforts between **DASH BC**, the **Ministry of Health** and the **Ministry of Education**, DASH will be responsible for facilitating coordination of provincial healthy school initiatives to increase efficiencies, improve outcomes and assist with the implementation of comprehensive school health in BC schools.

DASH would like to thank our partners and members for their continued support in the healthy schools movement, and we look forward to working with you in the upcoming school year.

### Physical Activity in BC Schools

*Continued from p.1*

Finally, **Decoda Literacy Solutions** integrates literacy, education, activity and play through their **LEAP BC** program for young children. A set of resources designed for families and early learning practitioners, the program focuses on learning through play and physical movements such as moving and hopping!

Established in 1994, Active Healthy Kids Canada is committed to inspiring the nation to engage all children and youth in physical activity.

For more information on the Active Healthy Kids Report Card, please click [here](#).

### Dry Grad Guidebook for BC

For Grade 12 students across the province, high school graduation parties are an important rite of passage before entering adulthood. Since the mid-1990s, more and more schools and parents are choosing to stage a "dry" after-grad party. The aim of a dry grad party is to reduce the risk of alcohol-related harm to the graduates, as well as the community at large, on a night when that risk is unusually high.

**Life Starts Now!** describes dry grad planning from start to finish, incorporating information on specific BC legislation relevant to dry grad planning. The resource can help your school organize a night that is safe and fun for everyone.



## Kathy's Corner

### Comprehensive School Health in Action

It's hard to believe another school year has come to an end. Despite the challenges of this school year, I am pleased to see the collective effort in creating healthier schools for our students and school communities. Both myself and the entire DASH team are very grateful to have so many people coming together to work towards our vision of a society where *student participation in a healthy school community is the norm, not the exception.*

### Featured School:

#### Eagle View Elementary School, SD #85



The story I would like to share this month demonstrates the influential strategy of teaching positive relationship traits in fostering healthy relationships.

**Eagle View Elementary** school in Port Hardy focused on healthy relationships

after amalgamating with another elementary school within the area when it became apparent that students lacked the language to discuss healthy relationships amongst peers. As the school has a population of roughly 40% Aboriginal students, the Healthy Schools Team decided the use of aboriginal content was an appropriate way to engage all learners. Choosing from local stories and legends containing a rich source of moral teachings pertaining to healthy relationships, the team selected "Little Bear's Vision Quest" as their resource for inquiry. As the Healthy Schools Team moved forward in their inquiry, they asked, "Will students enter into and identify the characteristics of healthy relationships through direct teaching of healthy relationship traits as demonstrated in Aboriginal legends?"

Within the pillars of the **Comprehensive School Health** framework, students were directly taught vocabulary they would need for classroom discussions about friendship, participated in role playing activities, and actively engaged in problem solving. Whenever problems occurred within the school, students and teachers referred back to the

Little Bear story to make connections to their experience and what they knew about maintaining healthy relationships. Eagle View Elementary also used the **We CAN Be Friends** curriculum from the Canucks Autism Network to help teach the value of friendship. The use of common curriculum amongst students helped to build a common language and shared knowledge that helped students when dealing with issues on the playground. The continual emphasis of an Aboriginal story created a sense of belonging where students saw their culture in the spotlight throughout the year.

All these efforts proved to be effective for Eagle View Elementary. With the use of the We CAN Be Friends assessment, students showed a significant improvement in their ability to identify friendship traits. Keep up the great work, Eagle View Elementary School! To view the full report click [here](#).



Kathy Cassels  
Executive Director, DASH BC

**Watch for our next newsletter in September 2012. Thank you for all your excellent contributions and for another great year!**

**The DASH BC Newsletter Team**



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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 the upcoming school year.