

HEALTHY SCHOOLS NEWSLETTER

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Healthy Schools News

Creating Partnerships — An Overview of the BC Health Sector

One of the key pillars of comprehensive school health (CSH) is Partnerships and Services. This pillar involves developing collaborative working relationships across sectors, where health and education work together towards the common goal of improving student health. We recognize that, when creating healthy schools using a CSH approach, we are asking you to work with a sector that is very different from education. This is why we decided to profile the health sector structure in this month's newsletter. Below is a basic overview of how health care is structured here in BC, and where you might begin if you are looking for information.

The provincial health care system is managed at the highest level by the Ministry of Health, which ensures that quality, appropriate, cost effective and timely health services are available. Those services are generally provided by one of the five regional health authorities – Vancouver Island, Fraser, Vancouver Coastal, Interior and Northern. Together, these health authorities cover the entire province and work to meet the individual health care needs of their residents.

A sixth health authority, the Provincial Health Services Authority, is responsible for managing the quality, coordination and accessibility of services and province-wide health programs, such as cancer care through the BC Cancer Agency, infectious diseases through the BC Centre for Disease Control, and transplant services through BC Transplant.

One area of health care that schools often connect with is public health. Public health generally refers to the protection and improvement of the population's health and well-being – through health promotion, prevention of disease, and protection from environmental and other hazards. Each regional health authority has a Chief Medical Health Officer (CMHO) who is responsible for managing their area's public health response. The CMHOs are then responsible to BC's Provincial Health Officer, Dr. Perry Kendall.

If you, a student or other staff member at your school has a health related question, your first stop could be a public health unit in your community. Each health authority lists all their public health units on their websites, including their contact information. In addition, to find more information on healthy schools, you can visit the school health section on their websites. You can find the links below to either the public health unit listings or the school health sections for each of the 5 health authorities:

[Vancouver Island](#)
[Vancouver Coastal](#)
[Fraser](#)
[Interior](#)
[Northern](#)



Creating and maintaining successful partnerships between health and education is key. These partnerships ensure school health isn't something extra educators have to take on – instead, it is a different way of working where schools can get support from their health authority partners.

DASH BC Update

DASH Hosts Successful Symposium

DASH BC hosted its annual Healthy Schools Leadership Symposium on Monday, May 7th, 2012 at the Simon Fraser University Campus in Vancouver, BC. The day brought together education and health promotion professionals to engage in discussion of powerful ideas and strategies around school health.

Highlights of the day included a comprehensive school health workshop delivered by Janelle Zebedee and Tricia Labrie of School District 23. Together, they showed examples of CSH in action through a series of videos, found [here](#), with student and teacher interviews.

The day also provided plenty of networking opportunities for participants, who were thankful for a time to meet their respective health or education partners and engage in meaningful discussion. After a lunch break that provided attendees with new DASH lunch bags full of healthy choices, the final presentation ended the day on a high note with world renowned guest speaker Dr. Paul Clarke and his vision of the Pop-Up Farm, an inspiring model for creating sustainable communities.

The 2012 Leadership Symposium was a huge success. Thank you again to all who participated and contributed to the day's positive outcome. See you next year!



Janelle Zebedee and Tricia Labrie of School District 23 discussing CSH in action

HSN Update — Year End Reports

It's that time of year again, HSN year end reports are due! As schools work throughout the year on their inquiry questions, year end reports are a great way to capture all the amazing efforts of their healthy school initiatives and share the learning and successes of their participation and inquiry throughout the year. These reports are a rich source of stories, strategies, findings and reflections. HSN year end reports are due by **Friday, June 1st**. HSN submission reports are now available and you can access them by logging into your member account [here](#). If you are unsure of your username and/or password, please contact us at hsn@dashbc.ca. We are looking forward to reading this year's reports!

iWalk 2012 — Registration Opens May 15th

Prepare your walking shoes and get ready for International Walk to School Week! Registration is now open [here](#)!



Hosted by **DASH** and **HASTE BC**, iWalk is a weeklong event from **October 8th to 12th 2012** that gives children, parents, school teachers and community leaders an opportunity to be part of a global event to celebrate the many benefits of walking to school. The benefits of hosting an iWalk event at your school include:

- **Encouraging physical activity** by teaching children the skills to walk safely, helping them identify safe routes to school, and demonstrating the benefits of walking;
- **Raising awareness of how walkable a community is** and where improvements can be made; and
- **Sharing valuable time with local community leaders, parents and children.**

Register online [here](#) to receive your free iWalk package, which includes posters, stickers and practical planning resources to help organize an iWalk to School Week in your school or community. Register online before June 30th to ensure your school receives its package early.

Early bird prizes! Schools that register before June 30th will be eligible to receive additional iWalk promotional resources!

New to iWalk? Want to make this year's event even bigger than last year's? Please contact DASH [here](#) for more information and questions.



Help Us Improve!

We strive to make the newsletter as relevant and helpful as possible to our valued readers. If you'd like a say in improving the newsletter, please complete a short survey [here](#). We appreciate and welcome your feedback!

Helpful Resources

Action Schools! BC Healthy Together

The new Action Schools! BC Healthy Together Newsletter is a province-wide school newsletter designed for administrators to integrate into their own school's monthly newsletter. Click [here](#) for the May Healthy Together Newsletter which is also posted at www.actionschoolsbc.ca.



The newsletter provides healthy eating tips/facts and a recipe along with a physical activity idea/fact. Messages contained will support and align with government's Healthy Families BC campaign.

Bike to Work Week — May 28th to June 3rd

Mark your calendars! The always popular [Bike to Work Week](#) campaign is happening in schools and communities across BC from May 28th to June 3rd. Last year, over 15,000 participants took part in the week long event, and this year promises to be even bigger. For more information, or to sign up, please visit www.biketowork.ca. Happy cycling!



Summer Institute 2012: Promoting Mental Health in BC Schools

Save the Date — Thursday & Friday, August 23 - 24, 2012

Brought to you by the [Kelty Mental Health Resource Centre](#), the 3rd Annual Summer Institute brings together a wide range of school community partners including teachers, parents and district staff. Participants will exchange knowledge and ideas about how building school connectedness can improve student mental health and well-being. For more information, including registration updates, please click [here](#).



Social Media: What's in It for Me?

Do you work in the health field and want to explore the potential of social media in health promotion? The BC Dairy Association is hosting their 12th annual forum for health professionals on **May 30th, 2012 in Vancouver**. This year's forum is



entitled [Social Media: What's in it for me?](#), and will explore the use of social media at work, at home, at your own pace and on your terms. Learn how to better reach your clients from local social media initiatives. To learn more, or to register for this event, please click [here](#).

Funding Opportunities with FCC AgriSpirit



Farm Credit Canada

If your school or organization is raising money for a project, the [Farm Credit Canada AgriSpirit Fund](#) may be able to help.

The FCC AgriSpirit Fund aims to make life better for people in rural communities with populations of less than 100,000. Successful projects in the past have included playgrounds, libraries, community gardens and childcare facilities.

Between \$5,000 and \$25,000 are available to each successful applicant. **The deadline for online applications is June 18th, 2012.** Please click [here](#) for more information and for the online application.

Titanium Chef Discusses Online Safety

Ready to discuss the riveting world of online safety? Titanium Chef is! The quirky, humorous characters from the award-winning game, Titanium Chef, now offer key messages on safer game sign-up to students.

Brought to you by the BC Dairy Association, visit www.titaniumchef.ca/safety to order your **free poster for the classroom**, learn key principles of safer game sign-up and then play a mini-game to put your new skills to the test.



Kathy's Corner

Comprehensive School Health in Action

It's an exciting time of year for senior students as they prepare and plan for graduation, provincial exams, post-secondary schooling, and, of course, choose dresses and tuxes for their grad celebration. Graduation is not only an exciting time for the graduates, but also for the community around them who are proud to see their students complete this chapter in their life, and are enthusiastic for a bright future ahead. The story I would like to share this month demonstrates what can be achieved when a graduating class in Nelson strengthens community relationships and gives back to their community.

Featured School: Rogers Secondary School

LV Rogers Secondary School of Nelson, BC is a mid-sized school with a diverse student population. Due to some negative incidents with previous graduation classes, the decision to focus on the **Healthy Living Performance Standards** (HLPS) aspect of healthy relationships was driven by the graduating class's desire to improve their relationship with the community. The whole process was based on the students' understanding that they are fully supported by their small community; they also rely on their community for scholarships, jobs, graduation events and prizes. After learning about the HLPS and the inquiry process, the students decided to set forth with the following inquiry question: "If the Grade 12 Recreational Leadership students complete 4 initiatives in the community, will it result in improved relationships between the grads and the school, and the community that supports the graduation class?"

Several great efforts were put forth in all areas of the **comprehensive school health** framework to address their inquiry question. Students were organized into groups and created action plans to enable



them to follow through with their goals. When working in groups, students had to carefully and respectfully negotiate with each other while honouring each member's ideas. They were also encouraged to be self-sufficient and problem-solve amongst themselves before asking for help. Students also worked in various volunteer positions. They organized school races for elementary students in the community; volunteered to serve meals and clean up at a local soup kitchen; partnered with an elementary school leadership class to raise over \$1700 for their local hospital; partnered with a Grade 9 P.E. class to perform community clean-up; and performed "random acts of kindness" within their families and community.

Students were pleased with their efforts to improve the relationship between their school and community and felt proud of leaving a positive image.

Great work, LV Rogers Secondary School! To view the full year-end report from LV Rogers Secondary School, click [here](#).



Kathy

Kathy Cassels
Executive Director, DASH BC

In the Next Issue

- Celebrate Participation
- National Aboriginal Day
- Bike Month
- School's Out for Summer!



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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 for publication dates and submission deadlines for the final issue of the school year..