

Upcoming NPBS & HSN Regional Meetings

February 5, 2008

Extended Lower Mainland, Surrey, Eaglequest Coyote Creek Golf Course, 4PM-6PM

February 5, 2008

Thompson Region, Cache Creek, Cache Creek Elementary, 9AM-3PM

February 7, 2008

North Vancouver, West Vancouver, Inglewood Curriculum Centre, 4PM-6PM

February 11, 2008

Vancouver Island North, Campbell River, Pinecrest Elementary, 3:30PM-5PM

February 11, 2008

Kootenay Boundary - West, Castlegar, Castlegar Recreation Centre, 4PM-6PM

February 20, 2008

Vancouver Island South, Victoria, SJ Willis Auditorium, 4PM-6PM

To tell us about a healthy happening in your district, or for more information, please contact:

**Healthy Schools Unit
Office: 250-356-6055**

<http://www.bced.gov.bc.ca/health/hsnetwork/>

Healthy Living Performance Standards

The Healthy Schools Network is committed to creating healthy living performance standards for formative assessment, created by teachers, for teachers as well as students and parents, that:

- ✓ acknowledge a health literacy framework
- ✓ address key areas of comprehensive school health,
- ✓ reflect healthy living aspects of provincial learning outcomes,
- ✓ recognize the attributes of a BC Graduate as key outcomes for all students

(<http://www.bced.gov.bc.ca/graduation/attributes.htm>)



Committee members brainstorm on the new Healthy Living Performance Standards.

The Healthy Living Performance Standards Committee met in Richmond on January 10th and 11th to provide their knowledge and apply their expertise to the first substantial portion of the Standards' development.

Committee members are:

Kari Kroeker	-	Kootenay Lake
Debbie Koehn	-	Prince George
Jacque Poulin	-	Nanaimo-Ladysmith
Lynn Brown	-	Nanaimo-Ladysmith
Robyn Duggan	-	Langley
Tammy Farrer	-	Langley
Kurt Gurney	-	Burnaby
Cheryl Woods	-	Burnaby
Ian Grbavec	-	Cowichan Valley
Heather Roach	-	Cowichan Valley

The Ministry of Education selected committee members from a list of participants who put forth their names at the Healthy Schools Foundational Meeting in September 2007.

Healthy Happenings

School District #5 – Southeast Kootenay

New in 2008!

Pinewood Elementary School is starting off each day with 15 minutes of cardiovascular exercise led by a fully qualified group fitness instructor. EVERY student, EVERY staff member and EVERY volunteer in the school participates from 8:45-9:00. Our school values daily physical activity and this is a 'jump' on the 2008 Ministry of Education mandate that every child receive at least 30 minutes of activity per day.



Students at Pinewood Elementary get moving with the help of Jane Nixon, School Secretary and a certified Group Fitness & Strength & Conditioning Instructor.

At PINEWOOD, making physical activity a part of the day is FUN and HEALTHY! Encouraging our students to build physical activity into their daily routine helps to create a pattern that may stay with them for the rest of their lives!

For more information, contact Cynthia Stuart, Principal, at cynthia.stuart@sd5.bc.ca.

Partnerships

Partnerships are the basis of successful health promotion and working in partnership is a fundamental principle of Healthy Schools. Successful partnerships with schools:

- ✓ fit with schools' focus on learning;
- ✓ build on links between health and learning;
- ✓ have common aims, objectives and goals;
- ✓ require health and education professionals to understand and value each others' roles; and
- ✓ are flexible.

It is important to remember that building lasting relationships takes time and commitment to a common goal.

This month, we're featuring two partnership stories from Abbotsford: a Network story from W.A Fraser Middle where students are learning about the importance of eating well, and the City Of Abbotsford Pass Program.

School and Community Work Together to Raise Health Awareness

W.A. Fraser Middle School is already supporting B.C.'s Nutritional Guidelines which will officially come into effect in middle schools and high schools in September of 2008.

Jan Lipsett, the school's Home Economics teacher, and Brenda Sowerby, a parent volunteer, head up a team of over 20 other volunteers who open the school canteen every day during the morning break and at lunch. Menu items include not only the usual soups and salads, but also such exotic selections as California rolls and Greek chicken kebabs over rice and vegetables.

November was declared Nutrition Month at Fraser with exciting events occurring all through the school. Catherine Atchison, a community nutritionist for Fraser Health, visited many classrooms, teaching students to watch out for the hidden sugars in many foods.

Sophie Rosen, the teacher-librarian, brought persimmons and multigrain bread for students to sample while writing descriptive essays and researching fruits and vegetables. Classroom teachers explained the connection between nutritious food and brain function. Volunteers patrolled hallways



Catherine Atchison, Community Nutritionist, Fraser Health, joins classes at W.A Fraser Middle school to teach students about the importance of eating well.

DID YOU KNOW?

The school setting is an ideal vehicle for health promotion:

- The school experience is an important part of the daily lives of young people and schooling plays a key role in shaping the physical, emotional, social and intellectual development of children and youth;
- Health affects the capacity to learn (e.g., nutritional deficiencies, tobacco/alcohol/drug use, injury, bullying and violence are all highly likely to curtail or prevent academic success);
- Health-related instruction can be meaningfully linked to other subjects;
- Student knowledge, understanding and behaviour can be monitored on an ongoing basis; and
- Parents (as well as other caregivers or family members) can be engaged via the mutual connection they have to their children's school.

Source: *Review of Research Pertinent to the Evaluation of the Pan-Canadian Joint Consortium for School Health*. Prepared by Dr. Adam Lodzinski & Associates. Revised October 11, 2007.

during breaks, giving out prize tickets to students who were eating healthy foods. During the last week, all three houses at Fraser competed in special events, such as 'Farmer Day' and 'Chef Day', planned by the student nutrition leadership team. They also organized the final event of the month: a giant tuna-sandwich-making competition in the school gym; students cheered on their favourite student/teacher teams to victory.



Mrs. Constant and Derek McKeddie show their kitchen skills in the tuna sandwich making contest during nutrition awareness week at W.A Fraser Middle School.

W.A. Fraser belongs to the provincial "Healthy Schools Network" which was started in 2006 as a joint project between the Ministry of Education and the Ministry of Health. With 34 schools participating during the first year, the initiative has now grown to 72 schools province-wide. W.A. Fraser, one of two schools in Abbotsford to participate in the Network, continues its school-wide emphasis on healthy eating.

Abbotsford Students get an Activity Boost

The City of Abbotsford is hoping Grade 5's will be energized by a new program that offers free recreational passes to help get them active. All Grade 5 students in Abbotsford are now eligible for a complimentary pass that will allow them unlimited swimming and skating from now until the end of August. Abbotsford is an *In Motion* community that is pleased to encourage students to take advantage of the recreational opportunities available at their community centres and to develop healthy lifestyles.

The city says there are a number of reasons for their focus on Grade 5, describing Grade 5 as a pivotal time when children start making their own decisions as well as being more independent and able to participate without parents' involvement. Grade 5 is also the time when there is a reduction in children's active play.

Further information on the pass program is available from City Hall at 604-850-5536.

School Health Resources

Lunches to Go... Bringing variety and fun to packed lunches, this new resource has just been released by the Community Nutritionists Council of BC – School Age Committee for helping parents and students to create nutritious lunch alternatives. Check out the ideas at:

http://www.bced.gov.bc.ca/health/lunches_to_go.pdf.

Note: This resource is not a list of "allergen aware" choices.



Support Materials for School Anaphylaxis Management Plans... Resources to support boards of education in the development of policies, procedures and guidelines regarding the [BC Anaphylactic and Child Safety Framework \(2007\)](#) and the [Anaphylaxis Protection Order](#) have now been posted on the British Columbia School Trustees (BCSTA) website.

These supporting materials include a sample school anaphylaxis policy, student emergency procedures plans, training information and teaching plans, allergen awareness/avoidance strategies, and a host of additional resources. To download these documents, visit www.bcsta.org/anaphylaxis.

DASH BC Monthly Updates... The Directorate of Agencies for School Health issues monthly updates containing a host of information on provincial school health resources, upcoming events, international news and more! To download their latest January 2008 update visit <http://www.dashbc.org/article.asp?c=77>.

District News Corner

Hello from School District #23! As part of our comprehensive approach to health promoting schools in the Central Okanagan, here are a few samples from the 3 Areas for Action that we are addressing:



Area for Action #1: School Policies, Practices, and Environment

All schools are working hard towards offering healthier choices for school stores, hot lunches, school cafeterias, and school fundraisers. Cathy Richards, our Interior Health Community Nutritionist, has facilitated numerous workshops to help support our school staff, parent volunteers, and local vending suppliers, during this transition.

The District's newly formed Employee Wellness Committee has partnered with Kick Start Kelowna to spearhead the Steps Out Pedometer Challenge as a friendly competition between all of our worksites. All participating employees will receive a free pedometer and access to the Kick Start web tracking system.

Area for Action #2: Teaching and Learning

We are excited to announce the launching of our new website at www.sd23.bc.ca/healthpromotingschools. This communication tool provides access to health related lesson plans and important health promoting schools information and websites. We have also added sample hot lunch menus, examples of Choose Most and Choose Sometimes food and beverages, and a new employee wellness section.

A comprehensive District Health Promoting Schools Assessment and Planning Document has been drafted and distributed to all of our Principals for the purpose of fostering healthy schools. Schools are required to report their progress towards implementing healthy school initiatives within their annual School Planning Council Report.

Area for Action #3: Partnerships

Our District Health Promoting Schools Committee has been instrumental in guiding the health promoting schools movement within our district. Last year, the Health Promoting Schools Coordinator position was funded entirely by a tri-partnership between School District No. 23, Interior Health-Community Action for Health, and the Kelowna General Hospital Foundation.

Janelle Zebedee works in School District No. 23-Central Okanagan. She is thrilled to be adventuring through her second year as the full time District Health Promoting Schools Coordinator. Contact Janelle at jzebedee@sd23.bc.ca.