



## Calendar Highlights

see inside for details

### May 26–29, 2007

Bridging  
Communities  
Saskatoon, SK

### June 5–8, 2007

WHO Technical  
Meeting on Healthy  
Schools and Policy  
Framework (on the  
prevention of chronic  
disease in schools)  
Vancouver, BC

### June 10th, 2007

Promoting Healthy  
Child and Youth  
Development  
Vancouver, BC

### June 10–15, 2007

Health Promotion  
Comes of Age  
Vancouver, BC

### June 24–27, 2007

International  
Conference on  
Physical Activity and  
Obesity in Children  
Toronto, ON

**Contact the JCSH:**  
Tel. (250) 356-6057  
[www.jcsh-cces.ca](http://www.jcsh-cces.ca)

## Message from the Executive Director

Communication will be a key focus for the Secretariat in the months ahead. We're working to develop a visual identity for the Consortium and common, agreed-upon language and tools we can use with a wide range of audiences. We are also developing a new website that can serve as a first point of contact for anyone seeking information on comprehensive school health in Canada.

We are, of course, continuing our work in other areas, including addressing the data needs of the health and education sectors and moving forward with a plan to evaluate the work of the Consortium. Since our last issue, we have also made a written submission to the House of Commons Standing Committee on Health which has now become part of the records of the study. The report on Childhood Obesity was presented in the House of Commons on March 27th.

With a number of major conferences and meetings in the months ahead, we have important opportunities to share information, engage partners, and inform Canadians about the benefits of comprehensive school health initiatives.

One of the best ways to do this is by sharing our successes – whether research-based or anecdotal. Ideally, we should be able to point to successes from coast to coast to coast.

So please let us know what's working in your jurisdictions: what's been done, and what results it's produced. Tell us your stories. Then all Consortium members can use the information (along with the other tools we're developing) to demonstrate the value of healthy schools – and help this movement gain even more momentum nationwide.

–Claire Avison

## Federal/Provincial/Territorial Exchange

### British Columbia

#### **New Physical Education Curriculum**

The Ministry of Education has released a new Integrated Resource Package (IRP) for teachers of K to 7 Physical Education. The curriculum emphasizes daily opportunities for students to participate in a range of physical activities and to develop attitudes which support healthy, active lifestyles.

<http://www.bced.gov.bc.ca/irp/pek72006.pdf>

#### **Tobacco Free School Grounds**

The BC government has introduced legislation banning tobacco and smoking in public places including schools. Many school boards already have policies banning smoking on school

grounds but the proposed legislation broadens the scope of the ban to include all user groups on school property as well as property leased by school boards for the delivery of educational programs. Exceptions can be made for ceremonial use of tobacco in relation to a traditional aboriginal cultural activity.

The legislative amendment is part of B.C.'s Tobacco Control Strategy which includes school-based programming, public education, protection from second hand smoke, support for cessation, legislation and legal action. View the government news release at [http://www2.news.gov.bc.ca/news\\_releases\\_2005-2009/2007HEALTH0019-000222.htm](http://www2.news.gov.bc.ca/news_releases_2005-2009/2007HEALTH0019-000222.htm)

## Manitoba

### Healthy Schools Directory: Services and Supports in Manitoba

Manitoba Healthy Schools worked with CONTACT Community Information (a program of Volunteer Manitoba) to develop a customized online searchable listing of services, programs, organizations, and agencies throughout Manitoba related to child health and education, as well as a variety of other useful topics. The Directory is accessible on the Healthy Schools website at [www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools).

### Low-Cost Helmet Program

The Manitoba government has announced the continuation of the Low-Cost Helmet Program. All preschool and school-aged children throughout Manitoba are provided an opportunity to purchase low-cost bike helmets. Visit [www.manitoba.ca/healthyliving/bikehelmet.html](http://www.manitoba.ca/healthyliving/bikehelmet.html) for details.

## Ontario

### Ontario is Walking to a Record.... And you're invited!

#### **World Record Walk, to be held on October 3, 2007 at 12:30 pm EST.**

The World Record Walk 2007 aims to break the existing Guinness World Record for the largest number of people walking one kilometer simultaneously. The current Guinness record was broken in September 2006 by Western Australia with 105,424 participants.

Green Communities Canada will be mobilizing schools across Ontario to participate in this exciting event by walking on October 3<sup>rd</sup>. They are teaming the event up with their International Walk to School Week celebrations and challenging all students to walk one kilometre that day.

We think it would be cool to spread this event from coast to coast to shatter the record held by Western Australia and give students across the country the chance to be part of something really big! Interested provinces/territories would be required to fund and coordinate their own World Record Walk activities. However, Green

Communities Canada would provide the interactive website as the focal point for the event, incorporating downloadable resources ready for use and easy customization, in addition to the tracking software for cross-Canada results.

So spread the word throughout the communities in your province or territory – everyone can be part of this exciting event: **Schools, Clubs, Community Groups, Workplaces, Municipal Governments and Individuals.**

The **World Record Walk 2007** will start a “walkolution” aimed at creating a culture of walking by:

- Connecting with the WALK21 message of “Putting Pedestrians First”;
- Encouraging Municipal leaders to sign the International Charter for Walking (<http://www.walk21.com/charter/default.asp>);
- Putting the public focus on and educating individuals about the benefits of walking and active transportation.

### **“Be Part of the “Walkolution” ... and break the WORLD RECORD!”**

For more information visit [www.worldrecordwalk.ca](http://www.worldrecordwalk.ca) or contact Harry Sawchuk at [h.sawchuk@sympatico.ca](mailto:h.sawchuk@sympatico.ca)

*(Editor's Note: Read about the WALK21 International Conference in Toronto under Upcoming Events.)*

## Research Briefs

### **Effectiveness of School Programs in Preventing Childhood Obesity.**

Dr. Paul Veugelers of the University of Alberta's School of Public Health has received funding of \$252,000 from the Canadian Population Health Initiative (CPHI) of the Canadian Institute for Health Information for his proposal to study the effectiveness of a school board-wide program promoting health in schools to address obesity

among primary school students. This study will build on his earlier work, published in 2005 in the *American Journal of Public Health*, entitled "Effectiveness of School Programs in Preventing Childhood Obesity: A Multilevel Comparison" co-authored by Paul Veugelers and Angela L. Fitzgerald. Click [here](#) to read the full article.

### Active Living Research

The March/April 2007 issue of the *American Journal of Health Promotion* is devoted to Active Living Research. This special issue highlights some of the papers presented at the third annual Active Living Research Conference in February 2006. Click [here](#) for free access to this issue.

### School Garden Project in Australia

The December 2006 issue of the *Health Promotion Journal of Australia* features an article by Antonietta Viola entitled "Evaluation of the Outreach School Garden Project: Building the capacity of two Indigenous remote school communities to integrate nutrition into the core school curriculum". The project used a school-based garden as an education tool to integrate nutrition into the core school curriculum. Students' knowledge and skills in nutrition and gardening were reportedly increased as a result of the project. The author suggests that this model could be applied in a variety of school environments. Click [here](#) to read the abstract.

## Related News

### Promoting Free Play

Play England, a five-year project to promote strategies for free play and to support play providers in England, has called for a national government play strategy. During Obesity Awareness Week (March 11th to 17th) Play England said that free play may be the key to the "everyday activity" that children need alongside healthier food choices. They cited a report in the *British Medical Journal* that suggests the main solution to the obesity epidemic in young children is to "reduce television viewing and promote playing". Visit the Play England web site at [www.playengland.org.uk](http://www.playengland.org.uk)

## Helpful Links

### Childhood Bereavement Support

The majority of young people will be bereaved of someone close to them by the time they are sixteen. Bereavement is a major life change and children need the support of those around them to help them manage its impact. This site provides resources for *teachers* as well as parents, caregivers and friends to help a bereaved child or young person. It also provides helpful information for young people themselves.

<http://www.childhoodbereavementnetwork.org.uk/griefMatters.htm>

## Upcoming Events

### Saskatoon, Saskatchewan

May 26<sup>th</sup> – 29<sup>th</sup>, 2007

#### **Bridging Communities: Making public knowledge - Making knowledge public. The Annual Conference of the Canadian Society for the Study of Education**

This bilingual conference provides an opportunity for the discussion of educational issues among educational scholars from across the country. Click [here](#) for conference details.

### Vancouver, British Columbia

June 5th– 8th, 2007

#### **WHO Technical Meeting on Healthy Schools and Policy Framework (on the prevention of chronic disease in schools)**

The Joint Consortium for School Health will host over 80 delegates from around the world and various United Nations agencies for the World Health Organization (WHO) technical meeting on health promoting schools prior to the IUHPE World Health Conference in Vancouver. The meeting will set direction and provide leadership to meet the challenges in promoting



health through schools, with a focus on addressing contextual influences such as the social, economic and environmental barriers to health.

### **Vancouver, British Columbia**

June 10<sup>th</sup>, 2007

#### **Promoting Healthy Child and Youth Development**

As a pre-conference symposium of the 19th IUHPE World Conference, the Human Early Learning Partnership (HELP) will host *Promoting Healthy Child and Youth Development*, a research institute of six BC Universities. Keynote presentations will be made by Dr. Clyde Hertzman (Director of HELP), Dr. Hillel Goelman (Associate Director of HELP), and Dr. Lori Irwin (Executive Director of the World Health Organization, Early Childhood Development Knowledge Hub, HELP). Click [here](#) for conference details.

### **Vancouver, British Columbia**

June 10<sup>th</sup> – 15<sup>th</sup>, 2007

#### **Health Promotion Comes of Age: Research, Policy & Practice for the 21st Century. The 19th IUHPE World Conference on Health Promotion and Health Education**

The focus of this conference is to review and critically reassess health promotion's progress since the 1986 Ottawa Charter to

help set the course for navigating through the new challenges facing health promotion in an increasingly globalized world.

<http://iuhpeconference.org>

### **Toronto, Ontario**

June 24<sup>th</sup> – 27<sup>th</sup>, 2007

#### **International Conference on Physical Activity and Obesity in Children**

This symposium will focus on the development of a scientifically-based community strategy to reduce the incidence of childhood and youth obesity through increased sport and physical activity participation.

[www.obesityconference.ca](http://www.obesityconference.ca)

### **Toronto, Ontario**

October 1<sup>st</sup> – 4<sup>th</sup>, 2007

#### **Walk21 TORONTO 2007 - PUTTING PEDESTRIANS FIRST**

8th Annual International Conference on Walking and Liveable Communities.

This conference, featuring **Dr. David Suzuki** as a keynote speaker, will bring together hundreds of delegates from across Canada and around the world, including leaders from government, academia, the private sector, non-profit, community, and advocacy groups. A pre-conference day will include workshops on **Active and Safe Routes to School**. <http://www.walk21.com/conferences/toronto.asp>

