



## Calendar Highlights

see inside for details

### Nov. 20, 2007 Canada's National Child Day

This day marks the adoption by the United Nations of the *Convention on the Rights of the Child*. This year's theme is "The Right to be Active".

### Nov. 27 - 29, 2007 National Prevention and Health Promotion Summit: Creating a Culture of Wellness.

Hosted by the US Department of Health and Human Services, the Centers for Disease Control and Prevention. Washington, D.C.

Contact the JCSH:  
Tel. (250) 356-6057  
www.jcsh-cces.ca

## Message from the Executive Director

For most of us autumn ushers in that "back to school" feeling when we have a renewed sense of energy and inspiration for the work ahead. The Consortium is no exception as we reflect on our achievements and look ahead to interesting and important work planned for the upcoming months.

The Consortium's inaugural annual report was tabled in September in both the health and education sectors, providing an opportunity to reflect on the unique and challenging work conducted by the Consortium and also highlighting the impressive amount of work happening within the member jurisdictions. The JCSH Annual Report can be viewed on our website at <http://www.jcsh-cces.ca>.

September also saw Alberta welcomed to the JCSH. The Consortium will benefit from Alberta's membership and we look forward to their contributions to our ambitious agenda in support of the health and well being of school aged children and youth.

This month the Consortium will publish *Quick Scan on Resilience/Positive Asset Based Social Development in the School Health Context*. I recently met with Dr. Michael Kirby, Chair of the newly established Mental Health Commission of Canada, to talk about areas of shared

interest in the mental health of Canada's children and youth and to explore opportunities for the Consortium to work with the Mental Health Commission and other agencies aligned with similar priorities.

Watch for upcoming announcements on two additional quick scans and several knowledge summaries to be released in the coming months, as well as news from the Healthy Schools Assessment Tool Advisory Group, which is mapping out plans for the development of an assessment instrument designed for use in schools across the country.

As autumn turns to winter it will be time to give thoughtful consideration to the coming fiscal year and how best to focus our resources to further leverage the work already underway in many of our member jurisdictions. I look forward to consulting with School Health Coordinators and members of the Management Committee through the strategic planning sessions that are scheduled to take place in Toronto in November and December. In the meantime, during this season of thanks giving let's remember to pause and celebrate how far we have come as a unique national structure for collaborating across the health and education sectors.

—Claire Avison

## Federal/Provincial/Territorial Exchange

### British Columbia

#### Anaphylaxis Policy Framework

On September 10, 2007, Minister Shirley Bond announced that BC school districts are required to develop and implement anaphylaxis policies that meet new, rigorous provincial standards. The government has put a ministe-

rial order in place that has the force of law, to provide a rapid response to ensure schools are prepared to deal with an emergency situation involving a student with a life-threatening allergy. In addition to the order, the Ministry of Education has developed the *Anaphylaxis Child Health and Safety Framework*, which will assist districts as they develop school-



based policies for managing anaphylaxis in schools. To view the ministerial order, go to <http://www.bced.gov.bc.ca/legislation/schoollaw/e.htm>

### Daily Physical Activity

On September 4, 2007, an announcement was made which included a new Daily Physical Activity (DPA) initiative. By September 2008, DPA will be available for every student in every school. Kindergarten students will do a minimum of 15 minutes of physical activity each day, grades 1 to 9 will do at least 30 minutes each day and grades 10-12 will do at least 150 minutes each week. During the 2007-08 school year a number of early leader schools across BC will be developing models in advance of DPA's full implementation. [http://www.actnowbc.ca/EN/actnow\\_bc\\_for\\_students/actnow\\_bc\\_for\\_students/](http://www.actnowbc.ca/EN/actnow_bc_for_students/actnow_bc_for_students/)

### Guidelines for Food and Beverage Sales in Schools

In 2005, the *Guidelines for Food and Beverage Sales in BC Schools* were developed to help BC schools make informed choices for healthier food provision. In September 2007, the guidelines were further refined to align with the most current evidence (*Canada's Food Guide*, 2007) and with the recently released *Provincial Public Building Food and Beverage Guidelines*. The revised 2007 guidelines require schools to eliminate unhealthy food and beverage choices by January 2008 in elementary schools and by September 2008 in middle and secondary schools. The revised guidelines are also available in French. Visit [http://www.bced.gov.bc.ca/health/health\\_publications.htm](http://www.bced.gov.bc.ca/health/health_publications.htm)

### Implementation Support for Food and Beverage Sales in Schools

In May 2007, as part of its larger healthy eating strategy, the BC Healthy Living Alliance announced funding of \$1,000,000 to support schools in implementing the *Guidelines for Food and Beverage Sales in BC Schools*. This initiative is being led by Dietitians Canada. For more information visit [http://www.bchealthyiving.ca/updates/Backgrounder\\_School\\_Guidelines\\_Support\\_Initiative.pdf](http://www.bchealthyiving.ca/updates/Backgrounder_School_Guidelines_Support_Initiative.pdf)

## Manitoba

### School Nutrition Survey

The *2006 Manitoba School Nutrition Survey* was designed to obtain information about present school foodservice facilities and arrangements, the types of foods sold in schools, and food related policies and guidelines currently in place in Manitoba schools. A report containing the results of this survey is now available at <http://www.gov.mb.ca/healthyschools/foodinschools/documents/survey.pdf>

## Ontario

### Daily Physical Activity Website

The Daily Physical Activity website is now available to help teachers, principals and leaders in health and physical education make the mandated 20 minutes of physical activity a fun, safe and healthy part of the day. The tool provides video clips of students participating in physical activities that show how DPA can be done in the classroom, gymnasium, multipurpose areas and outdoors as well as warm-up and cool-down activities including a range of stretches, and descriptions and mini clips of how to move in a variety of ways (e.g. skipping). The website uses the most recent internet technology to show students and teachers in action. All in all it's a great tool for supporting the implementation of DPA and for getting students moving! The Daily Physical Activity website is available at [www.eworkshop.on.ca/dpa](http://www.eworkshop.on.ca/dpa)

### Northern Fruit and Vegetable Pilot Program Expansion

After a successful first year for Ontario's Northern Fruit and Vegetable Pilot Program, which has been in 25 schools, the program will be expanded for the 2007/2008 school year. Approximately 12,000 students in 61 schools in the Porcupine and Algoma regions of Northern Ontario will benefit from receiving Ontario grown fruits and vegetables three times a week for 28 weeks of the school year.

### Live Safe! Work Smart!

A new *Live Safe! Work Smart!* health and safety resource for Ontario elementary

school teachers is now available. The resource was developed by the Ministry of Labour in consultation with *Ministry of Education* elementary school specialists and with support from the *Workplace Safety and Insurance Board*. It provides lessons and activities for pupils in kindergarten to grade 8 that emphasize the fundamentals of health and safety at home, school, work, while volunteering and at play. For more information on the *Live Safe! Work Smart!* series of teacher resources for students from K - 12, visit [www.livesafeworksmart.net](http://www.livesafeworksmart.net)

## New Brunswick

### New Education Plan

The New Brunswick government recently released a new education plan entitled *When kids come first*, which includes commitments, among others, to engage communities and partners in improving schools and to create healthy and safe schools. View the report at [www.gnb.ca/0000/publications/4578\\_report\\_E.pdf](http://www.gnb.ca/0000/publications/4578_report_E.pdf)

## Federal Government

On August 31, 2007, Prime Minister Stephen Harper announced the creation of the Mental Health Commission of Canada. The commission is a key recommendation of a standing senate committee report on mental health, mental illness and addiction in Canada. It is the cornerstone of the government's strategy to address mental health issues in Canada. The 2007 budget commits \$55 million over five years towards the establishment of a mental health commission. The selection of the Board of Directors and Chairs of the cross-country network of advisory committees means the commission is now formally set to launch its activities. For more information, go to <http://www.mentalhealthcommission.ca/newsevents.html>

## Research Briefs

### Adolescent Health Survey

The McCreary Centre Society has produced a series of fact sheets based on research from the latest British Columbia Adolescent Health Survey. Topics include: sexual

behaviour; connections to school; safety and violence; harassment and discrimination; emotional health; and injuries. Visit [http://www.mcs.bc.ca/rs\\_facts.htm](http://www.mcs.bc.ca/rs_facts.htm)

### Study of the Physical Activity Levels of Adolescent Girls

Social-ecological (SE) models are becoming more widely used in health behaviour research. This paper describes an SE framework that was used as the guide for a multi-centre study of interventions to reduce the decline of physical activity in adolescent girls. For free access to the complete article from the Health Education Research journal visit <http://her.oxfordjournals.org/cgi/reprint/cyl059v1>

### The Effects of School on Overweight in Childhood

Research findings published this year in the *American Journal of Public Health* suggest that growth in children's body mass index (BMI) was typically faster and more variable during summer vacation than during the kindergarten and first-grade school years. To read the abstract go to <http://www.ajph.org/cgi/content/abstract/97/4/696>

## Resources/Related News

### Communication Tools for Canada's Food Guide

New tools are now accessible on the Health Canada website that assist educators and communicators in sharing information about *Canada's Food Guide*. Resources include two PowerPoint presentations: the first of which helps to explain *Canada's Food Guide* to consumers and the second which provides more in-depth information for use in presentations to other health intermediaries. Links to these new resources are included below:

#### *Eating Well with Canada's Food Guide*

(for consumers):

[http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/eat\\_well\\_present\\_bien\\_manger\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/eat_well_present_bien_manger_e.html)



*Presenting Eating Well with Canada's Food Guide* (for intermediaries):

[http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/presentation\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/presentation_e.html)

### **New Book on Green Schools**

*Green Schools: Attributes for Health and Learning* published by the National Re-

search Council, examines the potential for school design to improve student health and education. Factors examined include the building envelope, indoor air quality, lighting and acoustical quality. To order a copy visit [http://books.nap.edu/catalog.php?record\\_id=11756](http://books.nap.edu/catalog.php?record_id=11756)

## Upcoming Events

### **Canada**

November 20, 2007

#### **National Child Day**

This day marks the adoption by the United Nations of the *Convention on the Rights of the Child*. This year's National Child Day theme is, "The Right to be Active". The Public Health Agency of Canada encourages you to visit their website and celebrate National Child Day using the tools and tips provided. The website serves as a learning and interactive tool that continues to promote Canada's ongoing commitment to children's rights among all its stakeholders, as well as to raise awareness among parents, caregivers and educators that physical activity is essential to children's health, well-being and proper social development. Visit [www.childday.gc.ca](http://www.childday.gc.ca)

### **Washington, DC**

November 27 - 29, 2007

#### **2007 National Prevention and Health Promotion Summit: Creating a Culture of Wellness**

Hosted by the US Department of Health and Human Services Office of Disease Prevention and Health Promotion and the Centers for Disease Control and Prevention (CDC), this event will focus on fostering a culture of wellness that can help to reduce the disease burden and economic impact of some of the leading causes of death and disability. For more information visit <http://guest.cvent.com/i.aspx?5S,P1,8B1DABED-4F29-41EE-BF63-425AE239BC42>

