



JCSH

Joint Consortium for School Health

Governments Working Across the Health and Education Sectors

WINTER 2009

VOLUME 3, ISSUE 1

Calendar Highlights

see inside for details

April 30 – May 2, 2009

Moving Mountains Conference

Hosted by Physical and Health Education Canada (formerly CAHPERD - Canadian Association for Health, Physical Education, Recreation and Dance)
Banff, Alberta

May 7 – 10, 2009

1st Annual National Obesity Summit

Hosted by the Canadian Obesity Network
Kananaskis, Alberta

May 11 – 12, 2009

Body Image and Self Esteem: Shades of Grey Conference

Hosted by the National Eating Disorder Information Centre
Toronto, Ontario

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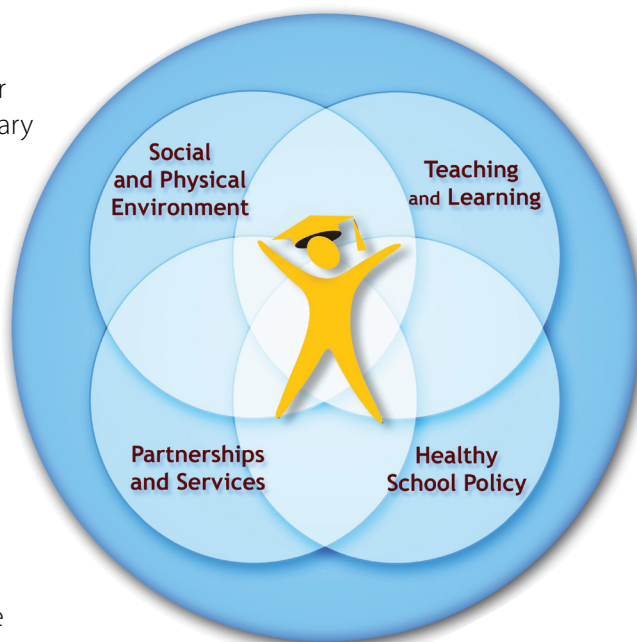
Message from the Executive Director

"How are we doing?" That's a question we'll be asking a lot in 2009. Four years into the Joint Consortium's first five-year mandate, we are conducting a preliminary evaluation of our achievements.

This evaluation is mandatory, as part of our Terms of Reference and offers a good opportunity for reflecting on our work to date. It's always important to stand back and ask ourselves: What's working well? What needs improvement? And how can we better support our members?

Schools from across the country will be taking part in a similar self-assessment process in the coming months. They are part of a pilot project, testing the new JCSH Healthy School Planner. The planner is an online tool for assessing a school's health and for developing an action plan for making improvements. Results from the pilot will inform the development of an online tool that will be available to all schools in Canada.

Since the last issue of our newsletter went to print, the Consortium has also developed a new, two-page Comprehensive School Health Framework. It's available on our website at www.jcsh-cces.ca. Depending on the work you do, you may find it helpful to print and display the framework in your workspace, or distribute copies to partners in schools or the wider community. The more people know about comprehensive school health, the more likely they are to support it – and more support from schools and communities means a healthier future for Canada's children.



We're also proud to support National Nutrition Month – an annual campaign led by the Dietitians of Canada. Since the early 1980s, they have held events in March of each year to reinforce the importance of nutrition in achieving health and wellbeing. Read on to find out what some of our member jurisdictions are doing to support healthy eating in our schools. You can also learn more about National Nutrition Month at www.dietitians.ca/public/content/eat_well_live_well/english/nutritionmonth/about.asp.

–Claire Avison

British Columbia

Healthy Eating and Physical Activity Learning Resource

The Ministry of Healthy Living and Sport, in partnership with the Ministry of Education, has developed the Healthy Eating and Physical Activity Learning Resource for use in kindergarten through grade 10 classrooms. The resources are grade-by-grade sets of classroom-based lesson plans that are designed to help students develop age appropriate healthy eating and physical activity goals to live healthier



lives. The resources for grades 8 through 10 were sent to all public, independent and alternative schools last year, and the recently released kindergarten – grade 7 resources are currently being distributed. Copies of these resources can also be downloaded from the Ministry of Education's Healthy Schools website at www.bced.gov.bc.ca/health/active_living/physical_activity_learning.htm.

BC Healthy Schools Network

The 3rd annual Healthy Schools Network foundational meeting was held this past October in Richmond. Network members from across the province shared their expertise with new members on how to implement health promoting action

research in schools. The Healthy Schools Network is an organization of 110 public and independent schools from across British Columbia. Network members share a commitment to creating healthy learning environments for students through a comprehensive approach to school health and provide leadership in school health promotion. Members also contribute to the development of Healthy Living Performance Standards for voluntary use in British Columbia schools. More information about the Healthy Schools Network can be found online at www.bced.gov.bc.ca/health/hsnetwork/.

Walking School Bus / Bicycle Train

In the 2008 Speech from the Throne, the government of British Columbia committed to developing an active transportation program for students, and the Walking School Bus and Bicycle Train program was launched on October 8, 2008, International Walk to School Day. This new initiative was developed by the ministries of Education and Healthy Living and Sport, the Directorate of Agencies for School Health (DASH BC) and the Hub for Action on School Transportation Emissions (HASTE). Program resources include guides for schools on how to set up walking/wheeling school bus programs, interactive training webinars, mapping tools for planning safe routes to school, road safety tips and an online provincial map to showcase walking school bus and bicycle train programs across the province. Starter kits and incentives will be available in 2009 to support schools in establishing their walking school bus and bicycle train programs. More information on the program can be found online at www.hastebc.org/walking-school-busbicycletrain.

Resilience in Youth

In May 2008, the ministries of Education and Healthy Living and Sport co-hosted the BC Roundtable on Resilience in Youth as part of a national project led by

The Learning Partnership. The National Dialogues on Resilience in Youth, which culminated in a national conference in Winnipeg in November 2008, were designed to raise awareness, highlight best practices and increase public engagement and knowledge exchange. More information can be found online at www.bced.gov.bc.ca/health/other/youth_mental_health.htm.

Manitoba

Manitoba Health and Healthy Living is supporting healthy eating in schools through two new initiatives in partnership with the Child Nutrition Council of Manitoba.

Fruit and Vegetable Pilot Project

Fourteen schools from across Manitoba are part of a Fruit and Vegetable Snack Pilot Project. The pilot will be looking at different modalities of providing fruit and vegetable snacks in schools, based on each selected school developing a plan unique for its community. Besides increased consumption of fruit and vegetables for the over 2000 students participating, we hope the project will see increased nutritional awareness for school community members, increased consumption of local produce and increased partnerships between schools and their local communities.

School Nourishment Programs

The school nourishment initiative is geared toward helping students have a healthier start to the school day and enjoy healthy snacks. New provincial funding will enhance programs that help up to 8,000 children across Manitoba including breakfast clubs, snack programs and healthy food promotion.

Ontario

Healthy Schools Recognition Program

Recipients of high school grants to support student-initiated, planned and coordinated tobacco-control projects in Ontario have recently been encouraged to apply for the provincial Healthy Schools Recognition Program. This speaks to provincial efforts to help schools make connections to comprehensive school health by addressing not only isolated health topics but additional health topics as appropriate. We want to help schools to keep building on the good work they're doing to promote health! For more information about Healthy Schools in Ontario, go to www.ontario.ca/healthyschools. For more information about Smoke-Free Ontario, visit www.mhp.gov.on.ca/english/health/smoke_free/default.asp.



Research Briefs

World Health Organization World Report on Child Injury Prevention

Every day more than 2,000 children and teenagers die from injuries that could have been prevented. This 2008 joint WHO / UNICEF report is a plea to keep kids safe by promoting evidence-based injury prevention interventions and sustained investment by all sectors. The report presents current knowledge about the five major causes of unintentional injury – road traffic injuries, drowning, burns, falls and poisoning – and makes seven recommendations for action.

Download the full report at www.who.int/violence_injury_prevention/child/injury/world_report/en/



Physical Activity and Academic Performance

Canadian research published in 2008 in the *International Journal of Behavioral Nutrition and Physical Activity* suggests that physical activity can be added to the school curriculum by taking time from other subjects without risk of hindering student academic achievement. On the other hand, adding time to academic subjects by taking time from physical education programs does not enhance grades in these subjects and may have a negative effect on student health. Read the full article at www.ijbnpa.org/content/5/1/10.

Resources/Related News

Healthy Schools Matter: A discussion paper on making healthy schools a reality in Ontario

In April 2008, the Ontario Physical and Health Education Association (OPHEA) hosted the Healthy Schools Matter Provincial Forum in collaboration with OASPHE (Ontario Association for the Supervision of Physical and Health Education) and OHSC (Ontario Healthy Schools Coalition). Over 160 experts in education, public health, recreation, research, media, non-profit, private and government sectors participated in the forum and a discussion paper outlining key priorities and recommendations related to healthy schools was developed based on the proceedings. The discussion paper is available at: www.livingschool.ca/Ophea/LivingSchool.ca/livingMatter.cfm

The Great Big Crunch

On Thursday, March 5, students across Canada will take one big bite towards healthy living through healthy eating. The Great Big Crunch invites students and teachers to learn about healthy eating and local and global food systems while following the journey from the apple seed, to the harvest, to the market, to the core. Last year over 26,000 students, teachers, staff and parents participated in a cross Canada synchronized apple crunch. For more details on the event including classroom resources, activity suggestions, photos and more visit www.foodshare.net.

Upcoming Events

Physical and Health Education Canada - Moving Mountains Conference Banff, Alberta April 30 – May 2, 2009

This year's conference will mark the 75th Jubilee of PHE Canada (formerly the Canadian Association for Health, Physical Education, Recreation and Dance) in promoting health and physical education for school-aged youth. Over 1,000 participants from across Canada will come together for three days of professional development sessions in both French and English designed to support the implementation of physical education and health curricula; strong athletic and intramural programs; and the development of healthy schools. The Joint Consortium for School Health is pleased to be a sponsor for this year's event. For more information visit www.cahperd.ca/Banff09.

Canadian Obesity Network – 1st Annual National Obesity Summit Kananaskis, Alberta May 7 – 10, 2009

Canada's first all-obesity meeting is set to go in picturesque Kananaskis country. Whether or not you work in health care delivery, research, industry or the policy and not-for-profit sectors, you won't want to miss this four day conference designed to highlight the latest knowledge on the causes, prevention and treatments of obesity – and how it impacts what you do on a day-to-day basis. Details can be found at www.con-obesitysummit.ca.

Body Image and Self Esteem: Shades of Grey Conference Toronto, Ontario May 11 – 12, 2009

At this conference, hosted by the National Eating Disorder Information Centre, leading practitioners, educators and activists will offer opportunities to share experiences, learn new approaches and change perceptions about body image issues. This event will be of interest to educators, health professional and fitness and lifestyle personnel. For details, visit www.nedic.ca/2009ConferenceIntro.shtml.

