



## Calendar Highlights

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### June 5–8, 2007

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

*Vancouver, BC*

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

Promoting Healthy Child and Youth Development

*Vancouver, BC*

### June 10–15, 2007

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

*Vancouver, BC*

### Contact the JCSH:

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

## Message from the Executive Director

In the coming months the work of the Joint Consortium for School Health will be showcased on the world stage. We will be actively participating in the **International Union for Health Promotion and Education (IUHPE)** Conference in Vancouver, June 10th to 15th, including a 90 minute presentation on our unique intergovernmental, pan-Canadian partnership model.

Immediately preceding the IUHPE Conference, the Consortium will host the World Health Organization (WHO) technical meeting on health promoting schools from June 5<sup>th</sup> to 8<sup>th</sup>. This meeting, entitled “Building School Partnership for Health, Education Achievements and Development” is part of the WHO initiative launched in 1995 to advance the Health Promoting Schools approach. This event is an opportunity to demonstrate international leadership on school health issues and provides profile for the Consortium as Canada’s mechanism to address school health promotion issues in an integrated and cohesive manner. I encourage Consortium members to attend this meeting as it offers both a rare opportunity to work directly with international colleagues and a chance to give feedback on the proposed

outline for the WHO policy framework for the prevention of chronic diseases in schools.

In the meantime work is progressing on many of the Consortium’s communications tools. Design of our new logo – one that will communicate more energy and enthusiasm – is close to completion and we look forward to hearing your views on the new look. Work is also well underway on enhancements to the Consortium’s website. We are anticipating that the new site will be operational in both French and English by early June, in time for the IUHPE Conference.

The development of a healthy schools assessment tool is an exciting new project that will get underway shortly, beginning with the assembly of an advisory committee which includes experts from both the education and health sectors.

By actively facilitating communication and collaboration, both amongst our members and with other national and international organizations, the Consortium is helping to advance the national and the global school health agendas.

–Claire Avison

## Federal/Provincial/Territorial Exchange

### Federal Government

#### Renewal of ParticipACTION

The Federal government announced on February 19th, 2007 that it will provide \$5 million over two years to support the renewal of ParticipACTION.

“Canada’s New Government recognizes the challenges facing Canada with regard to rising

obesity levels and declining physical activity rates, and we know the ParticipACTION name continues to resonate with many Canadians as a motivator to be active,” said Minister Clement. “ParticipACTION <http://www.usask.ca/archives/participaction/> and our new web site [www.HealthyCanadians.ca](http://www.HealthyCanadians.ca) are two measures that our government believes will help Canadians develop healthier lifestyles.”

## Manitoba

### New Credits for High School Physical and Health Education

In April, Education, Citizenship and Youth Minister Peter Bjornson announced grade 11 and 12 students will soon require additional credits to graduate as physical education/health education (PE/HE) becomes mandatory in Manitoba in the fall of 2008.

A policy document has been developed to support and provide direction for the implementation of the Grades 11 and 12 Physical Education/Health Education (PE/HE) credits. The English document is available online at [http://www.edu.gov.mb.ca/k12/docs/policy/imp\\_pehe/index.html](http://www.edu.gov.mb.ca/k12/docs/policy/imp_pehe/index.html). The French version is available at <http://www.edu.gov.mb.ca/m12/progetu/epes/index.html>.



Students in Nunavut learn how yoga helps to prepare their minds and bodies for learning.

The design of this new Grade 11 and 12 curriculum focuses on health and personal planning and physical activity participation. It also encourages parents/guardians, students, and schools to work together to determine what will work best in their community to:

- help youth take greater ownership of their own physical fitness
- promote the discovery of activities suited to their own individual interests
- encourage active lifestyles that persist into their futures

## Nunavut

### Building Resiliency for Youth through Yoga

In 2002 Kerry Lawson, a certified yoga instructor made a presentation to a School Board in Nova Scotia about using yoga techniques as coping tools for youth. The presentation was in response to the high incidence of detentions and suspension in the schools due to anger, bullying and substance abuse among youth.

Kerry knew from her studies and experience that the breathing and stretching techniques of yoga were a very positive

and effective way to help youth deal with the challenges in today's world. As a result Kerry began teaching yoga in several schools with excellent results.

An opportunity arose for Kerry to go to Nunavut to teach in the schools in Iqaluit and Kugluktuk and the program is now called "Building Resiliency for Youth through Yoga." The benefit noticed by teachers is how quickly students become calm, and are in a better state of mind for learning after yoga. Students also shared with their classmates how they felt "calm", "happy", "not angry any more".

In November 2006, Kerry facilitated a two day yoga workshop for teachers from other communities in Nunavut.

Yoga helps teach students how to make positive choices and be respectful towards themselves and others. Children are often told to "behave", "be respectful", "don't fight", "don't eat junk", "addiction is bad", but they are not shown what needs to change, and how to do it. It is relatively simple once they know the basic techniques. Children are surrounded by things going on in their lives that they cannot control or change. Through yoga they learn how to deal with these issues and how they have the power within themselves to make better choices than the examples they see around them.

For more information visit Kerry's website at [www.arjuna.ca](http://www.arjuna.ca) or contact Carol Gregson at the Department of Health & Social Services in Nunavut [cgregson@gov.nu.ca](mailto:cgregson@gov.nu.ca)

### Canada's Food Guide for First Nations, Inuit and Metis

In February, Health Canada Minister Tony Clement released the revised Canada Food Guide which includes a new component reflecting the unique values, traditions and food choices of Aboriginal populations. The tailored food guide includes traditional food from the land and sea, and provides the best, most current information for eating well and living healthy. It highlights the importance of both traditional and store foods as well as providing additional helpful information about numbers of servings

for age groups and gender and providing more directive advice regarding foods of little nutritional value, certain vitamin supplements and healthier fats/oils choices. A resource booklet to assist educators and communicators can be ordered on line at [http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/index_e.html)

## Ontario

### Healthy Schools Challenge

On December 11, 2006, the Ontario Ministries of Education and Health Promotion issued a Healthy Schools Challenge to every school in the province as part of the new Healthy Schools Recognition Program.

Schools across the province were challenged to partner with their school community to do at least one more thing to make their students and schools healthier in the 2006-2007 school year.

Over 1,200 schools in well over half of all Ontario boards accepted the McGuinty government's Healthy Schools Challenge! These schools have committed to introduce over 2,000 new activities to address healthy eating, physical activity, mental health, substance use and abuse, personal safety and injury prevention, bullying prevention and healthy growth and development before the end of the 2006-2007 school year.

Schools responding to the Healthy Schools Challenge have each received a Healthy Schools certificate, Healthy School banner and are listed on the Ministry of Education's website. For more information about the Healthy Schools Recognition Program, go to <http://www.edu.gov.on.ca/eng/healthyschools/challenge.html>

## Research Briefs

### Childhood Obesity

The Spring 2006 issue of *The Future of Children* is focused on childhood obesity. This is a jointly published journal of The Woodrow Wilson School of Public and International Affairs at Princeton University and The Brookings Institution. **Click here for *free access* to this special issue.**

### Lessons from the Tobacco Experience for Obesity Control

Although obesity is increasing to epidemic proportions in many developed countries, some of these same countries are reporting substantial reductions in tobacco use. This 2003 review from the American Journal of Clinical Nutrition outlines the commonalities between factors involved in controlling obesity and tobacco and draws lessons from the tobacco experience for the organization of more successful obesity control. Read the abstract at: <http://www.ajcn.org/cgi/content/full/77/4/1073S>

### Bullying Victims Benefit from Talking to School Nurse

School health services are important tools for health promotion among schoolchildren, but little is known about their effects. This article addresses the effects of dialogues with school health nurses among Danish schoolchildren who were victims of bullying. Read the abstract at <http://hej.sagepub.com/cgi/content/abstract/66/1/58>

## Helpful Links

### Sleep for Kids Site

According to the 2004 *Sleep in America* poll conducted by the National Sleep Foundation, children are not getting enough sleep and many parents are not aware of the risks associated with this problem. Poll results indicate that on average, school-aged children get 9.5 hours of sleep, while experts recommend 10-11 hours. This site references further studies suggesting that sleep deprived children are at risk for health, performance and safety problems; often resulting in difficulties at school. Classroom resources are also available on the site. <http://www.sleepforkids.org/>



## Upcoming Events

### Vancouver, British Columbia

June 5<sup>th</sup>– 8<sup>th</sup>, 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. 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)

### Saint John's Newfoundland

July 4<sup>th</sup> – 6<sup>th</sup>, 2007

#### Assessment & Action for Healthy Settings Conference

#### 2nd Atlantic Networks for Prevention Research (ANPR) Conference

ANPR is a research team funded by the Canadian Institutes of Health Research. This event will focus on healthy environments and will highlight research on disease prevention and health promotion with a special emphasis on approaches and tools for assessing health challenges and opportunities in specific settings as well as for developing and evaluating effective interventions. [conference website](#).

