

Pan Canadian



Health Behaviour in School-Aged Children (HBSC) study

—Louise Aubrey, PHAC

The Joint Consortium for School Health (JCSH) has been a key partner in the 2009/10 cycle of the Canadian Health Behaviour in School-Aged Children (HBSC) study.

The HBSC is a cross-national, school-based survey conducted every 4 years in Canada and 42 other countries in collaboration with the World Health Organization Regional Office for Europe. The study obtains data on the health, well-being, and health

behaviours of young people (aged 11 to 15 years) and their social contexts. Funded by the Public Health Agency of Canada, the survey has been conducted in Canada by the Social Program Evaluation Group at Queen's University since 1989. The 2009/10 data collection represents Canada's sixth cycle.

The 2009/10 HBSC study includes an expanded sample size. This will allow a number of jurisdictions to receive results pertaining to

their populations. With additional funding from Health Canada, the research team at Queen's University has surveyed over 26,000 students across Canada, an increase from 9,000 participants in previous cycles. The JCSH has played an important role in making the expansion a success. Members provided input into the survey questionnaire at the start of the cycle and aided in data collection in their respective jurisdictions.

(Cont'd on Page 2)



Inside this issue:

National Child Day -Nov 20	2
Labrador City Soup in School	3
NB Wellness Grant Program	5
BC Neighbourhood Learning Centres	6
Drop the Pop Gearing Up for another campaign	7
ON releases School Food & Beverage Policy	8
NL District Collaborations	10

Special points of interest:

- ♦ *Students get active in communities*
- ♦ *The Power of Mentors*

Message from the Executive Director

Happy Holidays from the Joint Consortium for School Health Secretariat!

As 2010 draws to a close, we at the Secretariat are taking time to reflect upon some of the extraordinary work being carried out in our member jurisdictions in the name of healthier children and youth.

Looking ahead, we are keen to embrace 2011 as a chance to build upon existing partnerships, and to continue work on a host of exciting initiatives: a Positive Mental Health project with the University of New Brunswick that will provide schools and school districts with practical tools and materials to improve and support positive mental health for all students; continued work with the University of

Waterloo and School Health Coordinators to make improvements to the Healthy School Planner; knowledge exchange at the next National Roundtable on Comprehensive School Health; and many more.

All the best for a safe and healthy new year.

—Katherine Eberl Kelly

Volume 4, Issue 2

December 2010

National Day of the Child — November 20

—Louise Aubrey, PHAC

National Child Day, November 20th, marks the day the United Nations adopted its [Convention on the Rights of the Child](#) in 1989. The Convention spells out the basic human rights to which all children under 18 are entitled.

By ratifying the Convention in 1991, Canada made a commitment to ensure the health and well-being of all children. This commitment requires all children be treated with dignity and respect, protected from harm, given a voice in issues of concern to them, provided with their basic needs and be given every opportunity to reach their full potential.

Every year, the Public Health Agency of Canada provides leadership for National Child Day by coordinating federal government activities and disseminating educational and promotional materials on child rights to schools, community groups, families and

others who work with children across the country.

The National Child Day website has a number of resources to help raise awareness about children's rights for use by children, youth, parents, caregivers and educators. These resources include a fun poster for

kids to colour as well as an activity guide to help educators raise awareness and understanding about child rights.



Since the Joint Consortium for School Health (JCSH) members are the link to ministries of health and education, they can help raise awareness of child rights by disseminating National Child Day promotional materials to their provincial and territorial partners.

To download promotional materials please visit www.childday.gc.ca. To request a hard copy of the National Child Day kit, please contact us at 613-952-1220 or <http://www.phac-aspc.gc.ca/hp-ps/dca-dea/publications/yjc/index-eng.php>

HBSC Survey

(continued from Page 1)

To help with HBSC, the Consortium established a HBSC research advisory committee to provide input to Queen's University on PT-level issues, including dissemination activities.

For more information about the study or to download a copy of the 2005/06 cycle report, please visit PHAC's website at <http://www.phac-aspc.gc.ca/hp->

The official newsletter of the Pan-Canadian Joint Consortium for School Health

December 2010

Published for:

The Pan-Canadian Joint Consortium for
School Health

Holman Centre

250 Water Street, Suite 101

Summerside, PE

C1N 1B6

Executive Director: Katherine Kelly

Cross-Sector Engagement: Susan Hornby

Partnerships and Initiatives: Jo-Ellen Sterling

Bilingual Admin Coord.: My Linh Tran-Thomas

Program Officer: Vernon Doyle

Management Committee Chair: Linda Lowther

School Health Coordinators' Committee —

Co-Chairs: Sterling Carruthers,

Carol Ann Cotter

[ps/dca-dea/publications/yjc/index-eng.php](http://www.phac-aspc.gc.ca/hp-ps/dca-dea/publications/yjc/index-eng.php)

To learn more about the national HBSC project or to access international HBSC reports, please visit <http://www.hbsc.org>. If you are

[EN.pdf](#)



Healthy students — one soup bowl at a time

—Lester B. Simmons, Principal

There is plenty of research out there which indicates the benefits of good nutrition. Unfortunately, students regularly come to school without having breakfast and many more skip lunch. Some leave school during the day to buy JUNK food.



Whether it be poor eating habits, or the inability to afford at least one nutritious meal during the school day, we realized this needed to change in our school.

Menihék High School is a grade 8 to 12 school with a population of approximately 600 students. We are located in Labrador City, a northern mining community in Western Labrador, Newfoundland and Labrador. In recent years we recognized that there was a need in our school to provide at least one nutritious meal a day to needy students.

We looked at the possibility of offering a breakfast program, but, for a number of reasons we decided this was not the most effective way to reach the most students at our school. We then focused on offering something at lunch time. The two major issues were what to serve and how to serve it so that those in need would not feel embarrassed. We decided on a free bowl of soup and whole wheat roll.

We piloted the project last spring by buying two turkeys and all the vegetables needed to make home made soup. We wound up with enough stock and meat for 4 hearty pots of soup. A combined effort among the principal, home economics teacher and custodian produced the soup. Our business education class who manage our canteen served the soup.

We ran 2 days then waited for two weeks and ran another 2 days. Anyone who wanted a bowl of soup



could take one. We saw the same thing each trial. 50 bowls of soup and rolls quickly disappeared each time. From our own knowledge of our students, many who needed a meal got it. We decided to go forward in the fall.

We approached the school board for assistance in the form of heaters for the soup. Our program specialist responsible for healthy living, Mr. Merv Parsons, quickly responded with 4 professional heaters.

Health Canada describes **Readiness to Learn:**

—Readiness to learn is enhanced when children and youth are well-nourished.

—Being hungry in school can have a negative impact on student performance. It can lead to irritability, disinterest in the learning situation and an inability to concentrate.

We opened our kitchen on October 1st and have been serving soup and a roll to up to 90 students on a daily basis. Yes we ordered 50, but our chef is a very generous man and has been sending much more than was ordered. The idea of free, nutritious soup has been an instant hit with the students. We have served up all the soup that has been supplied each day.

We originally approached 11 businesses in our community soliciting support for our project. The plan was to seek funding, \$1000 each for a period of three years. The reason we looked for a three year commitment was to provide stability to the program. All 11 businesses came on board and we now have funds secured to operate our soup kitchen for the next 3 school years.

Given the right circumstances, we are hoping this will become a permanent fixture in our school.



AB

The Alberta Healthy School Community Wellness Fund is a joint initiative between the University of Alberta's School of Public Health, the Alberta Coalition for Healthy School Communities and Alberta Health and Wellness.

The Wellness Fund was established in 2007 with the goal of enhancing the health and wellness of school-aged children and youth within Alberta school communities. This has been achieved



through the funding of projects that address healthy eating, active living and positive social environments through a Comprehensive School Health approach.

Now in the fourth year, the Wellness Fund has received 470 applications and approved 102 projects that facilitate healthy living in school communities. The Wellness Fund has provided \$2,662,578 in

Wellness Fund grants to school communities across Alberta, enabling projects to leverage \$3,306,461 through in-kind contributions and additional sources of funding and has impacted 213,963 students across 646 school communities.



Here's what some of our projects have to say:

"BY CREATING A CULTURE where students and staff had the opportunity to choose healthier options and socialize in an environment which felt comfortable and safe, without fear of being ridiculed for being poor or different, we inadvertently improved the Positive Social Environment of the school... The links between the Wellness Fund Priorities are now very evident to

This project brought out skills and strengths of students that may have been overlooked in the classroom

us." – Melanie Hunter, École Plamondon School Wellness Initiative

"WE HAVE PURCHASED DPA (DAILY PHYSICAL ACTIVITY) BINS, two for each division and they are consistently being signed out by classes to use when they don't have Phys. Ed. ... Of particular interest has been the yoga. Grade 4 and grade 6 teachers have used this resource most often with their smart boards and have said that the students really enjoy it." – Lauren Lailey, Teaming UP 4 Healthy Learners.

"THIS PROJECT BROUGHT out skills and strengths of students that may have been overlooked in the classroom... From this group emerged some excellent chefs who took pride in a carefully cooked

perogy, a tossed pizza dough crust, or a colourful fruit salad." – Christine Vogan, Better Food, Better Habits, Better Students

Please Note:

The Fall 2010 issue of CASS Connection focuses on Alberta as a national leader in promoting wellness in its elementary, junior high and high schools. For further information on some of these healthy school initiatives, please check out the recent issue of the official magazine for the College of Alberta School Superintendents (CASS) at http://o.b5z.net/i/u/10063916/h/CASS%20Magazine/CASB_Fall_10_FINAL.pdf



NB School Wellness Grant Program Supports CSH

-Hannah Westner, RD

This school year through the Provincial Wellness Strategy, the New Brunswick government is awarding approximately \$445,000 to 324 schools (grades k-12) under a revised initiative known as the School Wellness Grant Program.

And for the first time, the program extends beyond public schools to also support wellness activities at First Nations schools.



Fit Kids Running Program at Summerhill Elementary School, Oromocto.

Replacing several previous programs which targeted specific aspects of wellness promotion, the revised grant program now provides a single grant to support schools in taking a comprehensive school health approach to a variety of wellness issues. Schools identify their own area of focus from among the four pillars of the New Brunswick Wellness Strategy (mental fitness and resilience, healthy eating, physical activity, and tobacco reduction). The application process guides schools through best practices in com-

munity mobilization such as identifying an action team,

using data to identify a current problem in the school, developing a CSH approach to address that problem, identifying possible evaluation criteria, etc.

Schools are assisted in making evidence-informed decisions about what to work on, through access to school- district- and provincial-level data from a variety of sources including the New Brunswick Student Wellness Survey.



The North South Esk Regional High/Middle School near Miramichi. This student-led program has allowed all of the Middle School students the opportunity to walk each day for 20 minutes or 1Km.

A Walk for Wellness

Nada Rousselle

Le Centre scolaire communautaire La Fontaine de Néguaq participated in a Walk for Wellness during the Wellness Week. The vast majority of students (primary and secondary), staff, and 40 members of the community (parents, grandparents and friends), along with children from kindergarten to Grade 4 have walked 1 km around the school. Those in grades 5 and 8 walked 2.5 km near the school.

The high school students traveled 5 km through the streets of the community, with the collaboration of a police patrol car. A total of 1419.9 km has been traveled. In addition, through the School Wellness Grant Program, the Department of Wellness, Culture and Sport was also able to provide apples and bottled water to participants. Moreover, inside the school, professionals set up booths and disseminated information about health.



Le Centre scolaire communautaire La Fontaine de Néguaq

Neighbourhood Learning Centres: Expanding the reach of Healthy Schools

BC's Neighbourhood Learning Centres (NLC) initiative supports schools and districts to use existing and new space to accommodate a wider range of programs and services for students, parents, families and the community both during and outside of school hours.

As with the Comprehensive School Health framework, community partnerships are foundational to the NLC model. Schools adopting the NLC approach can partner with a wide spectrum of organizations to share facilities, exchange services, and establish innovative programs that support healthy behaviours and increased school connectedness.

"The School Community Connections program... encourages co-location of community services within school facilities"

In Boundary, eight Family Centres are located in close proximity to schools, providing family, community and health support services ranging from dental treatment programs to family activity nights.

The HIVE Neighbourhood Centre, based at Eric Langton Ele-

mentary School in Maple Ridge, offers an "Active Kids Club" before and after school program, "Healthy Babies" pregnancy outreach program,



Students working on the school garden at Shoreline Community Middle School, Victoria

and scheduled immunization clinics in partnership with the Fraser Health Authority.

At Shoreline Community Middle School in Victoria, student volunteers help elderly members of a local garden club set up for their meetings and plant shows. In return, the club members work with the students to maintain a school garden, teaching them about caring for the plants and the soil.

Provincial funding, delivered

through the School Community Connections program, has been supporting the development of NLCs via grants to boards of education and local governments for the development of joint community initiatives.

Grants have been made available to encourage co-location of community services within school facilities, and greater utilization of school space to address shared priorities. The successful applicants for the second round of 2010 grants are expected to be announced before Christmas.



A dental services session at West Boundary Family Centre in Boundary

Developing Healthy Relationships Through Mentoring

Mentoring is the presence of a caring adult who provides a young person with support, advice, friendship, reinforcement and constructive role modelling over time. Many people think it takes



special skills or accomplishments to be a mentor. But the fact is mentors come from all walks of life, have different life experiences and different things to offer. What mentors have in common is the desire to make a positive difference in the life of a child or youth.

The Alberta Mentoring Partnership (AMP) - a partnership of government ministries, government-

funded organizations, community agencies and youth representation - is working together to provide more mentoring opportunities for Alberta's children and youth. Our goal is to develop and implement strategies to increase mentoring opportunities for children and youth.

There is significant evidence pointing to the role mentoring plays in increasing positive behaviours in youth including improved school attendance, social skills, attitude and behaviour with friends and family. It also results in reduced negative behaviours such as involvement in alcohol, drugs and crime. Mentoring is a powerful way of supporting a young person by teaching valuable life skills, listening to their perspectives and fostering in them a sense of belonging.

Few community relations activities or events can create the same legacy as mentoring a young per-

son. Mentoring gives young people the positive role modelling they need to become successful, contributing members of the community. A relatively small investment of time can have a positive, life-long impact on a young person.



For more information about the Alberta Mentoring Partnership and for tools and resources to support mentoring visit us at www.albertamentors.ca

YT/NT/NU: Drop the Pop Campaign gearing up for 2011

In 2010, Drop the Pop in the Yukon joined the Northwest Territories and Nunavut in a pan-Territorial "Strong Bones" campaign.

As well, a pan-territorial evaluation was conducted on the programs in the three territories. This will give an opportunity to look at our strengths and weakness and plan for changes to Drop the Pop in the future.

The program in the Yukon, Northwest Territories, and Nunavut in 2010 was altered from that of the previous four years: instead of a challenge for students to stop drinking pop and sweetened



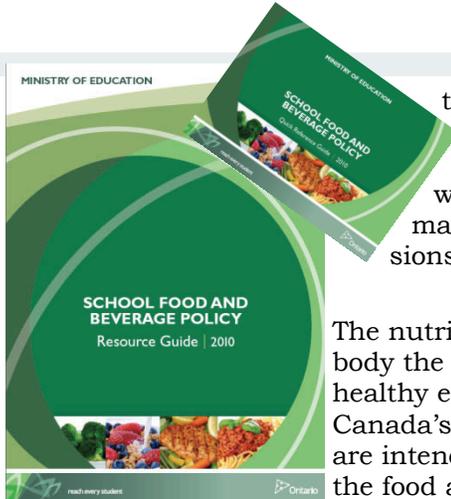
beverages for one week, a new grant program allowed schools flexibility to design their own healthy eating healthy beverage initiative.

This initiative was based on the interests and needs of individual schools. A second significant change was the development of websites to support the grant application process:

www.yukondropthepop.ca
<http://www.dropthepopnwt.ca/>

New School Food and Beverage Policy

On January 15, 2010, Ontario's Ministry of Education released Policy/Program Memorandum (P/PM) 150, School Food and Beverage Policy. All school boards in Ontario are required to ensure that all food and beverages sold on school premises for school purposes meet the requirements of the policy by September 1, 2011.



tion standards. Principals are also encouraged to consult with their students in making these decisions.

The nutrition standards embody the principles of healthy eating outlined in Canada's Food Guide and are intended to ensure that the food and beverages sold in schools contribute to students' healthy growth and development.

A series of e-learning modules have been designed to support

tended for school board staff, principals and vice-principals, and individuals involved in the sale of food and beverages in schools



The nutrition standards in the policy apply to all food and beverages sold in all venues (e.g., cafeterias, vending machines, tuck shops), through all programs (e.g., catered lunch programs), and at all events (e.g., bake sales, sports events). A school principal, in consultation with the school council, may designate up to ten days as special-event days on which food and beverages sold in schools would be exempt from the nutri-

Healthy School Policies leading to Healthy Students

the successful implementation of the Ministry of Education's School Food and Beverage Policy (Policy/Program Memorandum No. 150). The e-learning modules are in-

(e.g., food service providers, public health professionals, teachers, parents, students). The on-line training is available at <http://healthy.apandrose.com/>).

For more information on the School Food and Beverage Policy and for copies of the resources, please visit www.ontario.ca/healthyschools.

What does CSH look like in your area:

There is much discussion among the members of the Joint Consortium for School Health to have practical application of the four pillars of Comprehensive School Health:

- Healthy School Policy
- Physical and Social Environment
- Teaching and Learning

- Partnerships and Services.

We would like to hear from you. Let us know of a program, practice, or initiative that brings home the meaning of Comprehensive School Health for you!



AB NUTRITION GUIDELINES FOR CHILDREN AND YOUTH

– A Childcare, School and Recreation/Community Centre Resource Manual

The Government of Alberta is committed to promoting healthy eating and healthy weights for children and youth in Alberta. Because many meals and snacks are consumed outside the home, it is important to ensure that children and youth are able to access healthy food choices wherever they go.

These facilities and organizations have a unique opportunity to have an effect on the eating practices and attitudes of Alberta's children and youth. The goal of the Alberta Nutrition Guidelines for Children and Youth, released in June 2008 is to equip facilities and organizations with the tools they need to provide healthy food choices for children and youth.



As of October 2010, the updated Alberta Nutrition Guidelines for Children and Youth are available on-line on the *Healthy U* website at www.healthyalberta.ca.



Revisions to the Alberta Nutrition Guidelines for Children and Youth include:

1. **Mixed Dishes** with Meat/Fish/Poultry Based Dishes, Vegetarian Based Dishes and Soup Based Dishes (pages 19-21).
2. **Sample Day Menus** provided with examples of how healthy food choices are selected according to *Eating Well with Canada's Food Guide* (pages 43 and 61).
3. **School Nutrition Policy** with an example of a new policy that clearly reflects the recommendations outlined in the Alberta Nutrition Guidelines for Children and Youth (pages 78 – 80).

Eating Well with Canada's Food Guide included within the Alberta Nutrition Guidelines for Children and Youth (pages 97 – 102).

Alberta Health Services is pleased to announce that an approved list of school nutrition information and education resources is now available at

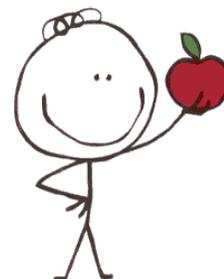
www.albertahealthservices.ca/2925.asp.

All nutrition education resources found on the website meet standards set by the Alberta Health Services Nutrition Services department, and align with the Comprehensive School Health Model, Alberta Education Curriculum, Alberta Nutrition Guidelines for Children and Youth, and Eating Well with Canada's Food Guide.

Alberta Health Services supports healthy food environments in schools, recreation facilities and

The goal is to provide healthy food choices for children and youth.

day cares. School nutrition education resources have been designed, reviewed and/or revised to help school teachers, child educators, parents and health professionals working in these environments teach and encourage young Albertans to make healthy food choices and live a healthy lifestyle.



**Pan-Canadian
Joint Consortium for
School Health**

Holman Centre
250 Water Street, Suite 101

Phone: 902-438-4895

Fax: 902-438-4889

E-mail: inquiry@jcsh-cces.ca
www.jcsh-cces.ca



**Governments working
across the health and
education sectors**



***Living Healthy News: A Successful Collaboration in
Eastern Newfoundland & Labrador***

Collaboration is vital to school health promotion. The success of the daily collaboration that occurs between Eastern Health and Eastern School District in Newfoundland and Labrador is showcased through a joint newsletter titled *Living Healthy News*.

This semi-annual publication is created by both entities to promote aware-

ness of, and increase opportunities for, health promotion in schools in eastern NL. The development and distribution of this resource for school community members provides an opportunity to facilitate the sharing of information and ideas regarding all aspects of living healthy including: best practices, partnerships, programs, policies, activities, and resources.

The pages of this publication are bright and through continued collaboration between Eastern Health and Eastern School District, so is the future of *Living Healthy News*.

For past issues of *Living Healthy News* please visit www.livinghealthyschools.com/healthinaction_district.html