

Secretariat Update – 2017

NOVEMBER

MEETINGS / CONFERENCES

National Healthy School Communities Forum: Katherine and Susan attended this two-day conference in Ottawa November 2-3 and gave two presentations: ‘How Can Comprehensive School Health Improve Student Achievement?’ and “School Community Wellness: The newly-revised JCSH Positive Mental Health Toolkit.” Speakers for this meeting included [Jody Alexander](#), [Amanda and Alexis Jetté Knox](#), [Dr. Michael Ungar](#), and [Dr. Peter Gamwell](#).

Towards a Better Way Summit: Katherine and Susan attended this one-day meeting of organizations and leaders working in wellness in school communities. The groups included policy, practice, and research. The purpose was to identify ways to align initiatives to support knowledge exchange, advance thought leadership, share existing resources, and understand the levers of wellness in school communities. The forum was held in Ottawa November 1, in advance of the Healthy School Communities Forum. The next collaboration meeting of this network will be held in conjunction with the Shaping the Future 2018 conference in Lake Louise, AB in January/February 2018.

Health Promoting Schools M.Ed. Course: Katherine presented a session through Skype on November 7 to an online course of 50 students who are taking a Health Promoting Schools course in the M. Ed program (Sustainability, Creativity, and Innovation) offered through Cape Breton University. Students are all practicing teachers from BC, AB, MB, ON, and QC.

Partnership Symposium on Cannabis Public Education and Awareness: Katherine was invited by Health Canada to attend this day-long forum, November 10 in Ottawa. The purpose of this event is to bring together partner organizations, provincial and territorial representatives, and federal departments and agencies to collectively identify priority areas for action and opportunities for partnership in raising awareness and educating the public about the risks and harms of cannabis use.

OCTOBER

MEETINGS / CONFERENCES

FPT Working Group Concussions: Katherine attended a two day meeting in Ottawa on October 03 – 04 to discuss progress on the tasks of this working group.

EdCan Network (CEA) 2017 Symposium: Katherine attended this annual event, held in Toronto October 05-06.

Developmental Evaluation: Katherine and Susan had a teleconference with Jamie Gamble October 24 to discuss current monitoring strategies for the Evaluation Framework and an in-person meeting of the Secretariat with Jamie in Moncton in February 2018. This ongoing work with Jamie assists with the developmental evaluation approach the JCSH uses to capture strategic directions, gains made, gaps, and next steps.

TOOLS

Youth Engagement Toolkit: Contract to update the Youth Engagement Toolkit. Sharif Mahdy and his team at the Students Commission will complete a small revision of the toolkit (2014) by breaking the current kit into individual modules and adding a further module on Youth Who Thrive, based on a literature review and work the Students Commission did in the past couple of years with Dr. John Freeman.

SEPTEMBER

MEETINGS / CONFERENCES

CPHA Expert Reference Group: As a member of this reference group on cannabis, Katherine participated in a September 27 teleconference to share the results of three community consultation pilot sessions held in Ontario. The focus of this group is “A public health approach to cannabis: Prevention, health promotion, surveillance and capacity building”. Katherine will circulate a calendar of the upcoming community consultation sessions to be held across the country along with the slide deck and the discussion questions to be used at the consultations.

CMHA – Canadian Mental Health Association national conference: Mental Health for All:

Katherine and Susan gave two presentations and a poster during this conference, held in Toronto September 18-20. The presentations were on the new Positive Mental Health Toolkit and on the Core Indicators Model of Comprehensive School Health and Student Achievement; the poster was on JCSH resources.

The Students Commission: Centre of Excellence for Youth Engagement: While in Toronto, Katherine and Susan met with Stoney McCart and Sharif Mahdy to update on the work of both organizations and discuss possible review and refresh of the Youth Engagement Toolkit.

Core Indicators Model: Katherine and Susan met with researcher Alicia Hussain in Toronto on the Core Indicators Model of Comprehensive School Health and Student Achievement and the potential development of a set of questions to help further discussion.

AUGUST

MEETINGS / CONFERENCES

SIECCAN – The Sex Information and Education Council of Canada: Katherine and Susan had a teleconference meeting with the executive director, Dr. Alex McKay, and have been asked to join the Working Group developing the new edition of the Canadian Guidelines for Sexual Health Education.

Atlantic Summer Institute: Katherine and Susan gave a presentation on the new Positive Mental Health Toolkit and a poster of JCSH resources during this widely-attended annual conference, held in Charlottetown August 21-23. The conference featured a number of sessions of interest to school health. Of particular note was the keynote presentation by Irish researcher Dr. Margaret Barry: [Think upstream – Are you ready for the promotion revolution?](#) The presentation was focused on the promotion of youth mental health and wellbeing (slide deck is linked).

JULY

Cannabis Legalization: School health coordinators and colleagues throughout the country met by teleconference July 4 to discuss PT actions and planning for the legalization of cannabis in July 2018, specifically referencing school processes, curricular changes, and school and public education needs.

MEETINGS / CONFERENCES:

Council of Ministers of Education, Canada (CMEC) Meeting: During the July meeting of CMEC in Charlottetown, Katherine presented an overview of JCSH and its cross-sector work to support health, well-being, and success outcomes for children and youth. The presentation also reviewed JCSH tools and resources, including the Positive Mental Health Toolkit, the Youth Engagement Toolkit, the Healthy School Planner, and the Core Indicators Model of Comprehensive School Health and Student Achievement.

Unfortunately, the Honourable Carla Qualtrough, Minister of Sport and Persons with Disabilities, had to cancel her plans to attend the CMEC working lunch to speak on the federal provincial and territorial working Group on Concussions and Head Injuries. She was called away at the last minute to support her home province of BC during the forest fire crisis. Director General Dan Smith, Sport Canada, Canadian Heritage will attend. It was important to CMEC that a federal Minister attend but given this was an unforeseen situation, it was agreed that the lunch would go ahead as planned.

CASSA: Canadian Association of School System Administrators Annual Conference Katherine and Susan gave two presentations during this annual meeting, held in Halifax July 5-7: (1) Core Indicators Model (CIM) of Comprehensive School Health and Student Success: A Framework for Schools, and (2) Promoting Healthy Relationships in the School Setting: The newly-revised JCSH Positive Mental Health Toolkit.

JUNE

Core Indicators Model: Susan and John Freeman met in Toronto during the Federation of the Humanities and Social Sciences Congress; Katherine joined by telephone. A draft slide deck was developed. The new draft designs of the graphic for the circular model of the CIM was reviewed with feedback shared. Discussion continued on the benefit of developing a Research Group of those researchers working directly in the area of comprehensive school health.

Positive Mental Health Toolkit: During the Federation of the Humanities and Social Sciences Congress, Susan was able to meet with Kevin Lamoureux regarding his review of the new Positive Mental Health Toolkit. Kevin expressed that he is interested in being involved in the process of providing an Indigenous perspective for the toolkit.

MEETINGS / CONFERENCES:

2017 Federation of the Humanities and Social Sciences: On Indigenous Lands: Susan attended this conference in Toronto May 27 – June 2. With almost 70 associations involved and over 10,000 participants, this week-long event showcased numerous presentations on decolonizing academic and educational institutions, as well as highlights of research into the social sciences.

MAY

Positive Mental Health Toolkit

Katherine and Susan had a telephone meeting with Bill Morrison and Patti Peterson of WMA Wellness Inc. to discuss final changes to the Toolkit. The most significant news is the toolkit has now been posted to the public side of the JCSH website; the French toolkit will be posted very soon, as soon as final translation work is complete. The homepage will be changed to provide an introduction to the eBook, some links to content, and statement on the toolkit's audience. These reflect the latest feedback. Any further changes will be able to be made while the link is active.

MEETINGS / CONFERENCES:

2017 NB Wellness Conference: Creating Environments That Support Wellness: Susan and My Linh attended this conference, held May 10-11 in Moncton, NB. They were able to showcase a number of JCSH resources and a poster on comprehensive school health. Susan presented a short introduction on the new Positive Mental Health Toolkit. Marlien is instrumental in the success this conference has had over the years and closed the conference, on behalf of the Government of New Brunswick.

2017 Conference of Physical Education Special Interest Council (PESIC) of Newfoundland and Labrador and Physical and Health Education Canada (PHE Canada): Katherine presented to this conference, held May 4-6 in St. John's, Newfoundland and Labrador, on Supporting Healthy School

Communities Through the Healthy School Planner. While in NL, through coordination with Carol Ann Cotter, she attended meetings with Dr. David Philpott of Memorial University, who is helping to inform the NL government on the review of the K-12 school environment; representatives of the Department of Children, Seniors and Social Development; and members of the Youth Health Risk Assessment Committee.

Canadian School Boards Association: Katherine attended this annual meeting of the CSBA Board of Directors April 30- May 1 in Ottawa and gave a presentation on JCSH, CSH, and JCSH initiatives and resources.

APRIL

Core Indicators Model Next Steps

Following up on a telephone call in March of Katherine and Susan with John Freeman, the three met in Halifax April 28 to discuss dissemination and moving forward on the Core Indicators Model of Comprehensive School Health and Student Success. Among dissemination pieces suggested are (1) a slide deck for presentations to explain the model, (2) a webinar led by John, and (3) completion of a research article, initially developed in 2016 by Alicia, John, and Susan, by one of John's graduate students. The main focus of the Halifax meeting was to develop a Research Group meeting to include some researchers focused on comprehensive school health in Canada, leading to work in an area of the Strategic Plan not undertaken to date: Develop a comprehensive research and knowledge exchange strategy.

HBSC Survey Questionnaire Review

In early April John Freeman sent out a draft Questionnaire for review by members of the JCSH Research Advisory Committee. This draft incorporated earlier review by members of the RAC as well as PHAC representatives, HBSC Canada researchers. Suicide ideation questions were not part of this review as they were going through a separate process. Deadline for review of this draft was April 21. John and Matt King responded to feedback in early May.

MARCH

Annual Report: Launch of the call for jurisdictional submissions is March 14. The first deadline for returning draft submissions of activities in each province and territory is April 11.

HBSC Research Advisory Committee meeting with PHAC: Members of the HBSC Research Advisory Committee, along with John Freeman and guests including Elizabeth Saewyc, met with members of the Mental Health and Suicide Section of PHAC to discuss the possible inclusion of questions in the upcoming national HBSC survey.

Communications Committee: The Communications Committee held its second meeting March 21 for the purpose of reviewing the Communications Strategy. It was decided the document will remain active but will undergo some changes, including a name change to Communications Guide. The purpose of this document is to assist JCSH members in communications about the work of the Consortium; key messages will be updated regularly for use in briefing notes and other forms of communication within jurisdictions and to outside partners and organizations. The first meeting of the Communications Advisory Committee was held March 8. The group is looking at four areas: (1) Annual Report – content, presentation, and optimal use of jurisdictional submissions; (2) Communications Policy and Strategy – review and update; (3) JCSH Key Messages – dissemination through common briefing note and other formats; (4) Website – review.

Evaluation Framework: The JCSH Evaluation Framework was sent to Management Committee and School Health Coordinators' Committee March 8.

Positive Mental Health Toolkit: Final revisions to the draft are being made, with dissemination to School Health Coordinators for review by mid-month.

CPHA Expert Reference Group: Katherine has been invited to sit as a member of an expert reference group for a new CPHA project funded by Health Canada, through the Substance Use and Addictions Program, entitled "A public health approach to cannabis (and other substances): Prevention, health promotion, surveillance and capacity building".

MEETINGS / CONFERENCES:

Collaborative SPAR-Led Group on physical education, physical literacy and physical activity: JCSH has been invited to a group led by the Ministers responsible for sport, physical education and recreation (SPAR), who have committed to working more closely with the education sector. On March 27, Katherine participated in the first teleconference of a collaborative group led by SPAR and composed of JCSH, PHE, and School Sport Canada.

FPT Work Group on Concussions: Katherine attended a face-to-face meeting of this work group on March 03 in Ottawa at Rideau Hall. Governor General David Johnston attended as an honorary co-chair in recognition of the importance being placed on this work on the issue of concussions across sectors coast to coast to coast. The focus of the meeting was on harmonization of protocols and tools, communication strategies, and surveillance/data collection.

FEBRUARY

Evaluation Working Group: The working group reviewed the Evaluation Framework developed by Jamie Gamble during a meeting on February 23.

HBSC Research Advisory Committee

Lead researcher and principal investigator John Freeman met with this group February 1 to discuss timelines for the 2017-2018 HBSC survey round and consider 12 optional question packages for possible inclusion in jurisdictional questionnaires. Initial timelines for this survey round hope to have the questionnaire complete by the end of April and begin surveys in the schools as early as October 2017.

Joint Management Committee – School Health Coordinators’ Committee meeting in Yellowknife

The planning group for this meeting, to be held in Yellowknife June 6-8 2017, held its first meeting February 6. An agenda is in development, with details to be finalized in the next couple of months.

Meetings/Conferences:

Canadian Conference on Promoting Healthy Relationships for Youth: Breaking Down the Silos in Addressing Mental Health & Violence: Katherine will attend this conference in London, ON February 15-17 and present a 50-minute interactive workshop previewing the Positive Mental Health Toolkit revision. A list of speakers and slide decks from many of them are [available](#).

PREVNet Meeting: Also in London, on February 15 just prior to the Promoting Healthy Relationships conference, Katherine attended a meeting of PREVNet partners and project leads for the current National Centre of Excellence (NCE) Knowledge Mobilization Grant. The meeting was attended by NCE representatives and provided an opportunity to hear updates on the ongoing projects and to make connections with researchers and others working in areas that overlap with JCSH work.

WellAhead: The Secretariat had a call with Mali Bain, BC provincial lead for WellAhead to share to provide her with an outline of the revised Positive Mental Health Toolkit so that she and her team can support dissemination in that province. Discussion centred on how the toolkit can support teachers and administrators in accessing resources that advance positive mental health in school communities.

JANUARY

JCSH Evaluation Framework

The Secretariat and Jamie Gamble have completed a final draft of the Evaluation Framework. The draft framework will be shared first with the Evaluation Working Group during a teleconference planned for with the School Health Coordinators’ Committee and Management Committee for feedback and next steps.

Positive Mental Health Toolkit Revision

The full PMH Toolkit was reviewed by this Advisory Committee during a meeting on January 16. The committee feel the toolkit is close to a final draft, which will be sent out to the full School Health Coordinators' Committee for review.

Wellness Education Working Group

The Wellness Education Working Group is seeking to update the environmental scan; submissions are to be sent by February 10.

Meetings/Conferences:

Shaping the Future-Comprehensive School Health Conference: Katherine attended the annual Shaping the Future conference in Kananaskis, AB January 26-28 where she gave presented an interactive workshop session to approximately 50 keen participants giving a preview of the Positive Mental Health Toolkit. Thanks to Pat Martz (AB SHC) for her support at the workshop. Katherine also presented a poster on the 2016 work on the Core Indicators Model of Comprehensive School Health and Student Achievement.

This year's conference with the theme of "To Be Wisely Aware" had a strong focus on indigenous perspectives, diversity and inclusion and building resiliency in students.

Katherine had the opportunity to meet both formally and informally with attendees from DASH BC, Ophea and McConnell Foundation through meetings organized by Brian Torrance of Ever Active Schools.