

**Environmental Scan:  
Activities/Programs/Initiatives  
Addressing the Promotion of  
Healthy Weights in the School Setting**

**June 2012**

## **Background:**

In 2011, the Directorate of Agencies for School Health British Columbia (DASH BC) conducted an online scan of Activities/Programs/Initiatives across Canada addressing the promotion of healthy weights in the school setting. This scan was then further refined by the Joint Consortium for School Health, in consultation with its membership, to include additional Activities/Programs/Initiatives not captured in the online scan.

In 2012, the Joint Consortium made further updates to the scan.

The scan's results are presented by using the four pillars of the Pan-Canadian Joint Consortium for School Health Comprehensive School Health Framework:



**Social and Physical Environment**



**Teaching and Learning**



**Healthy School Policy**



**Partnerships and Services**

## ***Methodology***

The scan originated as an online scan of Activities/Programs/Initiatives listed on Provincial and Territorial government websites, as well as websites of a subset of large Canadian municipalities and the Public Health Agency of Canada's "Best Practices Portal", addressing the promotion of healthy weights in the school setting. The search included websites of provincial and territorial Ministries of Education and other Ministries with a priority of health promotion in the school setting.

Once the online scan was complete, additional Activities/Programs/Initiatives addressing the promotion of healthy weights in the school setting were identified by the JCSH membership for inclusion in the scan.

Please note that the Activity/Program/Initiative listed did not have to be proven as effective. Moreover, note that while the Activity/Program/Initiative may have been listed on a government website, this does not guarantee that the initiative in question was government-funded or government-endorsed.

It is also to be noted that that this scan represents information at a fixed point in time and does not represent an exhaustive list of Activities/Programs/Initiatives underway across the country addressing the promotion of healthy weights in the school setting.

**Inclusion/exclusion criteria**

The following criteria were utilized to determine whether or not an activity/program/initiative should be included in the scan results:

***Inclusion***

<b>Topic addressed</b>	Physical activity; healthy eating; food security; healthy body weight; positive body image
<b>Intervention</b>	Policy and guidelines; programs and initiatives; grants; resources – written, website, classroom based, school based; curriculum
<b>Setting and Timing</b>	School; during school hours; after school activity if offered at school facility
<b>Target</b>	Students; teachers, staff, administrators; parents; elementary, middle, secondary schools

***Exclusion***

Preschool; postsecondary
Children/youth community programs not connected to school
Specialized medical programs
Public health Healthy Weight programs not connected to school

# Provinces and Territories

## British Columbia

### Daily Physical Activity



We know that active, healthy students are happier and learn better. They also develop good habits that can contribute to longer, healthier lives.

To help students achieve their best, the Ministry of Education has implemented Daily Physical Activity for all schools and students in B.C.

Schools will provide 30 minutes of daily physical activity for students up to Grade 7; students in Grades 10 to 12 will engage in a minimum of 150 minutes a week of physical activity as part of their graduation requirements. For students in Grades 8 and 9, schools have the flexibility to use either the 30 minute daily requirement (K-7) or the 150 minute weekly requirement (Grades 10 to 12)



Healthy School Policy:

- DPA requirement



Teaching and Learning:

- Healthy living Standards

### Resources:

- LearnNow BC DPA Log – interactive tool for students in Grades 10-12
- Program Guides for Schools
- Catalogue of Activity Ideas K to 9

### URLs:

- LearnNow BC DPA Log
- [http://www.learnnowbc.ca/services/DPALog/Daily Physical Activity website](http://www.learnnowbc.ca/services/DPALog/Daily%20Physical%20Activity%20website)  
<http://www.bced.gov.bc.ca/dpa/>

## **Guidelines for Food and Beverage Sales in BC**



The *Guidelines for Food and Beverage Sales in BC Schools* are designed to maximize students' access to healthier options and fully eliminate the sale of unhealthy foods and beverages in BC schools. The Guidelines align with the most current Canada's Food Guide (2007) and distinguish food and beverage options into four categories: Choose Most, Choose Sometimes, Choose Least and Not Recommended. The Guidelines require all schools to eliminate the sale of foods and beverages meeting the Choose Least and Not Recommended categories.



### **Healthy School Policy**

- Guidelines for food and beverage sales in schools

### **Resources:**

- Brand Name Food List
- HealthLink BC Dietitian Services
- Healthy Fundraising For Schools (DASH BC)
- Bake Better Bites! Recipes and Tips for Healthier Baked Goods (Dietitians of Canada)
- Healthy Eating at School (BC Dairy Foundation)

### **URLs:**

- Guidelines for Food and Beverage Sales in BC  
[http://www.bced.gov.bc.ca/health/healthy\\_eating/food\\_guidelines/](http://www.bced.gov.bc.ca/health/healthy_eating/food_guidelines/)
- Healthy Eating at School  
<http://healthyeatingatschool.ca/>

## Action Schools! BC

A best practices physical activity and healthy eating model designed to assist schools in promoting healthy living. Six action zones: school environment; classroom action; scheduled physical education; extra-curricular; school spirit; family and community.



### Social and Physical Environment:

- Posters and action cards to be placed in the school



### Teaching and Learning:

- Planning guide for schools
- Classroom Action Guide for teachers – Physical Activity and Healthy Eating
- Curriculum connections



### Healthy School Policy

- Supporting development and implementation of healthy school policies



### Partnerships and Services:

- Creating and fostering partnerships with community organizations; other healthy living programs and initiatives; families

**Resources:**

- Classroom resources (include physical activity, healthy eating and positive body image)
- School level resources
- Teacher training
- Website

**URLs:** [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca)

## **BC School Fruit and Vegetable Nutritional Program**



Fresh BC fruits and vegetables are supplied to kindergarten to grade 12 public and First Nations schools around the province 13 times during the school year. Nutrition program provides fruit and vegetable snacks to school children every other week for 13 weeks.



### Social and Physical Environment:

- Provides access to vegetables & fruit for students



### Teaching and Learning:

- Lesson ideas for teachers



### Partnerships and Services:

- Partnerships created with local grocery store and local growers

### Resources:

- Coordinator guide
- Teachers Guide

URLs: <http://www.aitc.ca/bc/sfvnp/>



Sip Smart! BC is an educational program that helps teach children in grades 4 to 6 about sugary drinks and about making healthy drink choices.



Teaching and Learning:

- Lessons
- Curriculum Connections

**Resources:**

- Teacher Resource Guide
- Supplementary materials for schools and families

**URLs:** <http://www.bcpeds.ca/sipsmart/>

# Alberta

## Alberta Healthy School Community Wellness Fund



The Alberta Healthy School Community Wellness Fund is a joint initiative between the Centre for Health Promotion Studies in the School of Public Health (University of Alberta), the Alberta Coalition for Healthy School Communities (ACHSC), Alberta Health and Alberta Education.

The key objective of the Wellness Fund is to support school communities in planning, implementing and evaluating comprehensive school health approaches. The Wellness Fund has supported over 750 schools, impacting more than 250,000 K-12 students across Alberta. This equates to over 40% of all Albertan students.



### Social and Physical Environment:

- Grant recipients are required to address both the social and physical environments of their school community to support healthy eating, active living and positive environments
- Grant opportunities are also available to address healthy relationships including responsible sexual behaviour



### Teaching and Learning:

- To ensure sustainability all projects are encouraged to embed wellness within the classroom teaching and the culture of the school community
- Grant funding has been made available to school districts to explore how best to embed health and wellness into all areas of the high school curriculum



### Healthy School Policy:

- 48% of all wellness fund projects report have developed or fully implemented a policy that supports an aspect of wellness in their school community. Projects have reported that while policy is not essential, it can help create sustainability ensuring that practice becomes embedded within the culture of the school



### Partnerships and Services:

- All applicants are required to connect with their local Alberta Health Services representative and develop community partnerships

- School communities are strongly encouraged and supported to build community and families connections

**Resources:**

- Provides funding and facilitated support to individual school communities, districts or community groups to enhance school wellness
- Handbook - “Developing Healthy School Communities”
  - to support school communities in implementing a comprehensive school health approach
- Research
  - A soon to be published academic paper on *elements identified as necessary for the successful development of healthy school communities*
- Website including:
  - Videos of success stories
  - Summary reports highlighting project successes targeting different stakeholders
  - Supportive resources

**URL:** <http://bit.ly/wellnessfund>

## **Alberta Nutrition Guidelines**



Alberta's nutrition guidelines, released in June 2008, and revised in March 2011, provide advice for childcare, schools and recreation/community centres.



### Healthy School Policy

- Examples of School Nutrition Policies are provided in the Guidelines.



### Partnerships and Services:

- Alberta's Food for Health Awards - A Premier's Award recognizes and rewards food processors, producers and researchers for their work to create healthy food for Albertans. Since 2009, 94 companies have participated and eight companies have received awards to support further investigation into the development of healthy foods. Program criteria are based on Alberta's nutrition guidelines.
- The Alberta Food for Health Awards - A Premier's Award in 2009. This program recognizes food processors, producers and researchers for their work in creating healthy food for Albertans. The food products being submitted for an award must meet the specified fat, sodium and sugar nutrition criteria, in addition to others, as per the Alberta Nutrition Guidelines.

### Resources:

- Health Canada's Nutrition Facts table (NFt), which appears on almost all processed and packaged foods. Alberta uses the NFt as the format for outlining the nutrition criteria in the "choose most often", "choose sometimes" and "choose least often" food categories of the Alberta Nutrition Guidelines for Children.
- The Healthy U Food Checker, an on-line, smartphone-accessible NFt tool, is being used by schools, health promotion coordinators, dietitians, food industry manufacturers and suppliers to assess if a food or beverage fits the nutrition guidelines.
- Low literacy resources to assist childcare centres, schools, recreation facilities and community centres to read the Nutrition Facts table and apply the Alberta Nutrition guidelines in their facilities.

URLs: <http://www.health.alberta.ca/documents/Nutrition-Guidelines-Children-AB-2011.pdf>

## Curriculum

Alberta Education is currently reviewing its curriculum standards and processes for all curricula through the *Curriculum Redesign Project*. *Curriculum Redesign* is aimed at ensuring Alberta’s curriculum (programs of study, assessment, and learning and teaching resources) remains responsive and relevant for students.

Development of wellness-related curricula will be guided by both the *Framework for Student Learning: Competencies for Engaged Thinkers and Ethical Citizens with an Entrepreneurial Spirit* and the *Framework for Kindergarten to Grade 12 Wellness Education*.



### Teaching and Learning

- Curricular outcomes will be written to allow for an inquiry-based approach and encourage students to transition from personal to social responsibility.
- Topics and content in the new wellness-related curricula will be responsive to emerging student and societal needs, ‘real life’ and relevant to the needs of students, while allowing for opportunities for community connections.



### Social and Physical Environment

- In the development of the new wellness-related programs of study, learning outcomes will encourage students to apply the skills and concepts to benefit their own community and contribute to building a culture of wellness in society as a whole.



### Healthy School Policy

- Alberta’s Kindergarten to Grade 12 curriculum is outlined in legal documents called programs of study (including K–9 Health and Life Skills, K–12 Physical Education and high school Career and Life Management). The programs of study outline what students are expected to learn and the basic principles about how students are to achieve the required knowledge, skills and attitudes.



### Partnerships and Services

- The Framework for K–12 Wellness Education highlights that enhancing student wellness involves a coordinated effort among students, teachers, administrators, parents and community members.

- Current health education curricula encourages collaborative partnerships among students, parents, educators, health care professionals and other community supports to address social and environmental factors that influence and determine optimal health.
- Current health education curricula highlight that home, school and community partnerships are critical to the delivery of this program of studies.

**Resources:**

Framework for Student Learning: Competencies for Engaged Thinkers and Ethical Citizens with an Entrepreneurial Spirit is the culmination of Alberta Education’s work involving engagement with stakeholders and experts, review of trends and research, and development of ideas and recommendations. This document describes a future in education that acknowledges the need for competencies to be more central in the education of Alberta’s young people in the 21st century.

Framework for Kindergarten to Grade 12 Wellness Education - This framework outlines the fundamental concepts and inherent values of wellness education and provides guidance for the future development and implementation of K–12 wellness programs of study in Alberta. The framework is holistic, student-centered and meets the needs and priorities of Alberta students living and learning in the 21st century.

**URLs:**

- <http://www.education.alberta.ca/department/ipr/curriculum/framework.aspx>
- [http://www.education.alberta.ca/media/1124068/framework\\_kto12well.pdf](http://www.education.alberta.ca/media/1124068/framework_kto12well.pdf)

## **Daily Physical Active Initiative**



Alberta Education is committed to helping students develop positive daily physical activity habits and recognizes the contribution of teachers, schools and school authorities in implementing the Daily Physical Activity initiative. The goal of Daily Physical Activity (DPA) is to increase students' physical activity levels. DPA is based on the belief that healthy students are better able to learn and that school communities provide supportive environments for students to develop positive habits needed for a healthy, active lifestyle.

Students in Grade 1-9 will be physically active for minimum of 30 minutes each day through school organized activities



### Healthy School Policy

- DPA requirement

### Resources:

- Website Resources
- Activity Resources

**URLs:** <http://www.education.alberta.ca/teachers/resources/dpa.aspx>

## Ever Active Schools Program

Ever Active Schools (EAS) is a provincial program that supports the implementation of healthy school communities. The program provides resources to help implement daily physical activity, build healthy eating environments and promote positive mental health in the school environment.



### Social and Physical Environment:

- Provide access to well-priced equipment for PE
- Ever Active Schools has created Daily Physical Activity Bins to support the DPA Initiative
- Healthy Active School Symposiums offered across the province



### Teaching and Learning:

- Curriculum support through professional development workshops
- Ever Active Schools has created Daily Physical Activity Bins to support the DPA Initiative



### Healthy School Policy

- Offer support to school districts to develop wellness policy



### Partnerships and Services:

- Connections with community and family
- Shaping the Future conference

### Resources:

- Professional Development
  - Resource Development
- Implementation
  - HATS, Action Plans
  - Success Stories and Sharing

- Communication
  - Website
  - EverACTIVE! Newsletter
  - Member Updates
- Research
  - District implementation model (Battle River Project)
  - Updates and latest studies

**URLs:** <http://www.everactive.org/>

Healthy U was developed as a public information and education campaign in 2002 to support and encourage Albertans to lead healthier lifestyles by providing them with access to information on healthy eating and active living. Now going strong for 10 years, Healthy U has grown and expanded. The 2012-2014 campaign supports parent and their children up to 12 years to make healthier choices that will develop healthy habits that will last a lifetime. The campaign also targets practitioners who are in a position to influence children's healthy eating and active living behaviours in childcare, recreation and school settings.



#### Social and Physical Environment:

- The Healthy U website ([healthyalberta.com](http://healthyalberta.com)) provides resources to help make the places where we live, learn, work and play into environments that support healthy eating, physical activity and positive mental health.
- Resources downloadable from the website include: school, community and workplace-focused articles, and policy supports such as the Alberta Nutrition Guidelines for Children and Youth.
- Through the Healthy U campaign there will be a Healthy U Crew (young Albertans with nutrition and physical activity expertise), providing healthy living messaging and materials to Albertans in grocery stores and community centres across Alberta (June-August 2012 and 2013), and video PSAs (as of September 2012) that will showcase school community leaders who champion healthy eating and active living. See [healthyalberta.com](http://healthyalberta.com) for more information.



#### Teaching and Learning:

- Munch and Move: the Fit Kit for Kids targets childcare providers, after school care and program leaders, encouraging them to be health champions by teaching kids the importance of healthy food and physical activity. Four playful, interactive resources (games) within the kit make it easy for practitioners to incorporate healthy living information and opportunities into daily programming. This new healthy eating and active living practitioner resource will be introduced as part of the 2012 Healthy U campaign.



#### Healthy School Policy:

- Resources and information available from the Healthy U website help school communities implement healthy school policy, such as the Daily Physical Activity (DPA) initiative and the Alberta Nutrition Guidelines.
- The Healthy U Food Checker, is a tool to compare the nutrition criteria from a Nutrition Facts Table to find out if a food or beverage choice is a **Choose Most Often**, **Choose Sometimes** or **Choose Least Often** according to the Alberta Nutrition Guidelines.



### Partnerships and Services:

- Many organizations and agencies (many noted on [healthyalberta.com](http://www.healthyalberta.com)) collaborate on the Healthy U initiative and contribute to providing Albertans with reliable information on healthy living.

### Resources:

The [healthyalberta.com](http://www.healthyalberta.com) website provides Albertans and practitioners with access to current, evidence-based information about healthy eating and active living choices and factors that affect health.

- Teacher resources
- Parent Resources
- Whole school resources

### URLs:

<http://www.healthyalberta.com>



Alberta Health Services supports healthy food environments in schools. School nutrition education resources were developed to help teachers, educators, parents and health professionals working in schools teach and encourage young Albertans to make healthy food choices and live a healthy lifestyle.



### Social and Physical Environment:

- Tools and resources to support healthy eating environments in schools and promote the implementation of the Alberta Nutrition Guidelines for Children and Youth



### Teaching and Learning:

- Lesson plans that meet Alberta Education's Health and Life Skills Curriculum Outcomes for Kindergarten to Grade 9.



### Healthy School Policy:

- Tools and resources to support healthy eating environments in schools and create and implement healthy school nutrition policy



### Partnerships and Services:

- AHS Nutrition Services (Population & Public Health), Alberta Healthy Weights Initiative (Health Promotion and Disease Injury Prevention).

## Resources

- Website with links and information for teachers, parents, and students, and whole school resources
- Links on website for nutrition resources (handouts and presentations)

URLs: <http://www.albertahealthservices.ca/2925.asp>

## Alberta Health Services – Healthy Weights Initiative Health Promotion Coordinators



Many Alberta Health Services staff members support the health of children and youth, including the Healthy Weights Initiative Health Promotion Coordinators (HPCs). The HPCs use a Comprehensive School Health approach to promote healthy eating, active living and positive well-being in school-aged children and youth. HPCs are located across the province and focus on working with school districts, as well as school communities.



### Social and Physical Environment:

- Assist school districts with identifying priority areas for action and then support the development, implementation and evaluation of action plans.
- Suggest assessment tools and help schools through the process.



### Teaching and Learning:

- Provide professional development opportunities around healthy eating, active living and positive well-being.
- Connect schools and communities to educational resources that support healthy school environments.



### Healthy School Policy:

- Provide support for health and wellness policy development and implementation and assist with interpreting and implementing the *Alberta Nutrition Guidelines for Children and Youth*.



### Partnerships and Services:

- Complement the work of and connect schools to other health professionals (e.g. Public Health Nurses, Dietitians, School Health Facilitators) and organizations who support the development of healthy school communities.
- Participate on local, regional and provincial committees that focus on healthy eating, active living, and positive well-being

## Resources

- HPCs connect schools and communities to relevant educational resources.
- HPCs provide information on funding opportunities that support school health.

**email:** [HealthyWeightsTeam@albertahealthservices.ca](mailto:HealthyWeightsTeam@albertahealthservices.ca)

# Saskatchewan<sup>1</sup>

## Nourishing Minds

The Government of Saskatchewan is committed to working with school boards to ensure healthy food in schools. It is expected that boards of education, in collaboration with schools, youth, School Community Councils, parents and community, will adopt and fully implement policies consistent with the guidelines provided in this document, and limit the availability of products high in salt, sugar and fats. Adopting and fully implementing policies based on these guidelines and aligned with the health education curricula will ensure a consistent nutrition standard for all Saskatchewan schools.



### High-quality Teaching and Learning

- Provincial health education curricula
- Powerful instructional strategies
- Culturally and developmentally appropriate resources
- Cross-curricular learning opportunities
- Informal learning opportunities for students/families



### Healthy School Policy

- Eat Well Learn Well Live Well Document



### Community Engagement and Partnerships

- Public Health Nutritionists of Saskatchewan
- Collaboration of Ministries of Health, Education, and Social Services.

### Resources:

- Online guide, several online tools, resources and links

URLs: <http://www.education.gov.sk.ca/nourishing-minds>

---

<sup>1</sup> Please note that for the purposes of this scan, Saskatchewan has chosen to present its activities/programs/initiatives using the pillars of its “Comprehensive School Community Health” framework, which aligns with the JCSH Comprehensive School Health framework.

## Inspiring Movement

The Government of Saskatchewan is committed to working with school boards to ensure that children and youth engage in 30 minutes of moderate to vigorous physical activity daily. This physical activity mandate does not replace a high quality physical education program; the focus of physical activity is to promote this health enhancing behaviour in all subject areas and all areas of school life.



### High-quality Teaching and Learning:

- Provincial physical and health education curricula
- Holistic development of the mind, body, heart and spirit
- Goal setting
- Effective instructional strategies
- Developmentally and culturally appropriate resources



### Healthy Physical Environments and Supportive Social Environments:

- Support has been provided in the guidelines and online to support healthy school environments.



### Healthy School Policy:

- Play Well Learn Well Live Well Document



### Community Engagement and Partnerships

- Saskatchewan in Motion
- Ministries of Education, Health, and Tourism, Parks, Culture, and Sport

### Resources:

- **Daily Physical Activity Is...**
- **School Division Checklist for Planning Daily Physical Activity**
- **Daily Physical Activity Rubric**
- **Possible Adaptations for Physical Activity**
- **Daily Physical Activity in Our School**

URLs: <http://www.education.gov.sk.ca/physicalactivity>

## **Renewed Curricula**

The Ministry of Education has renewed the K9 Physical Education, K9 Health Education Curricula, and Wellness 10 with a strong focus on students' understanding of and planning for healthy active lifestyles; recognizing the impact of inequities on one's well-being; and addressing the attitudes/norms/determinants that influence the health and well-being of self, family, and community. Grades 10-12 are currently under renewal.



### High-quality Teaching and Learning

- Professional Learning Opportunities
- All publicly-funded schools in SK are required to teach the provincial curricula. Health Education and Physical Education are required areas of study.
- Support Materials
- Understanding Outcomes Document



### Healthy Physical Environments and Supportive Social Environments

- Policies, procedures, and regulations regarding the health and safety of children and youth
- Access to and inclusion of well-balanced nutritious food, opportunities for physical activity, universally available extra/co-curricular activities, etc.
- Broad Areas of Learning and Cross-curricular Competencies
- Focus on Inquiry and on learning within and from the local community
- Relationships that influence and are influenced by the family, cultural perspectives, and the entire community
- Informal role-modeling, peer support, leadership, and nurturing families and communities



### Community Engagement and Partnerships

- Reciprocal relationships that share resources and services within the school and the community
- School as the hub for guidance and counseling services.

Comprehensive School Community Health (CSCH) is identified and explained as the foundation of effective health education in SK.

**Resources:**

- Online Documents and Support Materials

**URLs:** <https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?lang=en>

## Community Education



The Government of Saskatchewan is committed to Community Education philosophy and practice for all schools. Community Education is founded upon the principles of lifelong learning and community development. Community Education strives to build strong relationships with families, community members and organizations to improve educational programs, opportunities, and to strengthen communities. Students learn best when their holistic needs such as food security, safety, and stability in their families and communities are being met. As part of the Supports for Learning funding pool, schools receive additional funding to support equitable opportunities.

Nutrition programming is part of the comprehensive approach to providing supports for learning and equitable opportunities in schools.



### Healthy Physical Environments and Supportive Social Environments

- To remove barriers to their learning, a diverse range of social, health, cultural, justice and other services are provided



### High-Quality Teaching and Learning

- A high quality, culturally affirming learning program.



### Healthy School Policy

- Nutrition and Food Safety recommendations for Nutrition Programs in [schools](#).



### Community Engagement and Partnerships

- Community Education philosophy and approach includes the expectation of authentic partnerships with family and community.

## ***Building A Healthier SK: A strategy to reduce tobacco use ----Amendments to The Tobacco***

### **Control Act**

As of August 15, 2010, tobacco use is no longer permitted in schools (K to 12) or on school grounds. This includes both smoked and smokeless tobacco products (i.e. cigarettes, chew, snuff, etc.), but does not apply to the sacred or ceremonial use of tobacco.



### Healthy Physical Environments and Supportive Social Environments

To support schools, a range of resources including signage, sample letters, and communication tools are available. A public awareness campaign has also been run.



### High-quality Teaching and Learning

- To support the renewed provincial Health Education, resources that build on Comprehensive School Community Health are available for classroom teachers and community educators.



### Healthy School Policy:

- Legislation has been proclaimed that further limits youth access to tobacco and tobacco products, and supports healthy role modeling in regards to tobacco use.



### Community Engagement and Partnerships

- Increased alignment of vision for those working with children and youth
- Increased priority for youth leadership opportunities

### Resources:

- Online Documents
- Support Materials

URLs: <http://www.health.gov.sk.ca/smoking-and-your-health>

<http://www.health.gov.sk.ca/tobacco-free-schools>

<http://www.sk.lung.ca/index.php/got-lungs-home>

# Manitoba

## Healthy Schools

Healthy Schools is Manitoba’s provincial school health initiative promoting the physical, emotional and social health of school communities. The Healthy Schools Initiative recognizes that good health is important for learning and that schools are uniquely positioned to have a positive influence on the health of children, youth and their families. The initiative supports progress towards enhanced health and education outcomes for all students.

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)

### Targeted Provincial Campaigns

Provincial campaigns fund schools each year to undertake projects that support important health and wellness issues (physical activity, healthy eating, injury prevention, positive mental health promotion, sexual health, and substance use and addictions). Two campaigns are offered each year.

[www.manitoba.ca/healthyschools/campaigns](http://www.manitoba.ca/healthyschools/campaigns)

### Healthy Schools Community-Based Funding

School Divisions and independent and First Nations schools receive funding to support local Healthy Schools plans and priorities. These funds have created an opportunity for School Divisions and local schools to work with community partners, including local regional health authorities, to develop plans and activities consistent with the Healthy Schools Framework. Activities are to be selected based on identified needs within the school community.

[www.manitoba.ca/healthyschools/community](http://www.manitoba.ca/healthyschools/community)



#### Social and Physical Environment:

- Supports to create healthy school environments.



#### Teaching and Learning:

- Curriculum connections.



#### Healthy School Policy:

- Funding and resources provided to support school divisions and schools in their Healthy School planning and priority setting.



### Partnerships and Services:

- A number of partners involved, including government, school communities, and regional health authorities.

## Healthy Schools *in motion*



Healthy Schools and Manitoba *in motion* have partnered to offer Healthy Schools *in motion*. Manitoba *in motion* is a provincial strategy to help all Manitobans make physical activity part of their daily lives for health benefits and enjoyment. *In motion* activities focus on families, children, youth, adults, and older adults in the home, community, **school**, and workplace settings.

A Healthy School *in motion* values the benefits of physical activity and ensures that it is a visible priority in the daily life of the school.

[www.manitobainmotion.ca/schools](http://www.manitobainmotion.ca/schools)

### ***Becoming an “in motion” school***

Schools can become “in motion” by working towards the goal of 30 minutes of physical activity every day for every student, which can include walking to and from school, lunch-time activities, physical education, physical activity breaks, physical activity programs and special events. In order to assist schools in meeting their goal, Healthy Schools *in motion* provides the following free resources:

- the Healthy Schools *in motion* Resource Manual with ideas and suggestions on how to provide physical activity opportunities at your school
- an activity bin full of physical activity equipment
- resource DVDs
- ongoing support and information to develop an action plan for your school
- an annual Healthy Schools *in motion* Champions Workshop



#### Social and Physical Environment:

- Supports to create healthy school environments.
- Creating increased physical activity opportunities.



#### Healthy School Policy:

- Provides tools to create action plans at school to increase physical activity opportunities.



#### Teaching and Learning:

- Curriculum connections.



#### Partnerships and Services:

- A number of partners involved, including government, school communities, recreation, and regional health authorities.

## Mandatory Physical Education



Physical Education / Health Education is compulsory for Kindergarten to Grade 12 students in Manitoba as of September 2008. A minimum instructional time is mandated for both physical education and health education, varying with the grade level. A new, flexible approach is taken for Grades 11 & 12 combining both in-school and out-of-school delivery; the curriculum promotes home, school, and community involvement and may include competitive sports and recreational pursuits. The intent is to encourage the student to take ownership of his/her physical activity.

### URL:

[www.edu.gov.mb.ca/k12/cur/physhlth](http://www.edu.gov.mb.ca/k12/cur/physhlth)



#### Healthy School Policy:

- Compulsory requirement for K-12



#### Teaching and Learning:

- Curriculum
- Compulsory requirement for K-12



#### Partnerships and Services:

- Community, sport, and recreation partnerships.

## Joint Use of School and Community Facilities



Manitoba Education issued a policy requiring school divisions to review or update their facility use policies and procedures. A handbook was developed and shared with school divisions and municipalities to support community use of schools and school use of community facilities, and is based in part on the results of a related survey of Manitoba school divisions and municipalities. The policy statement, handbook and survey report are available at:

**URL:**

[www.edu.gov.mb.ca/k12/docs/reports/use\\_facilities](http://www.edu.gov.mb.ca/k12/docs/reports/use_facilities)



### Healthy School Policy:

- School divisions to review or update their facility use policies and procedures.



### Partnerships and Services:

- Community, sport, and recreation partnerships.

## School Nutrition Policy Initiative



Through written school nutrition policies, schools can create environments and practices that support healthy eating choices. In 2009, new legislation was proclaimed through the *Public Schools Act* requiring every public school to have a written food and nutrition policy, and that foods prepared, sold or distributed in schools do not exceed prescribed artificial trans fat content levels.

The School Nutrition Policy Initiative provides Guidelines for Foods Served in Schools, and a variety of support materials, including an interactive Food in Schools website.

A School Nutrition Support Team has been established in partnership with the Dietitians of Canada, Child Nutrition Council of Manitoba and Dairy Farmers of Manitoba. The team provides custom workshops, mans a toll-free school nutrition information line, conducts site visits and consultations and produces educational material.

### URL:

[www.manitoba.ca/healthyschools/foodinschools](http://www.manitoba.ca/healthyschools/foodinschools)



### Healthy School Policy:

- Guidelines for food and beverage sales in schools

## Farm to School Healthy Choice Fundraiser



Manitoba school fundraising groups now have the option of selling healthy, Manitoba-grown veggies to help them reach their fundraising goals. The Province of Manitoba, Peak of the Market, and the Manitoba Association of Home Economists collaborated to launch this new healthy choice fundraiser in 35 northern, rural, and urban schools across Manitoba. The initiative was expanded province-wide to all schools. The Farm to School Healthy Choice Fundraiser is an opportunity to get fresh, local vegetables at or below supermarket prices, offer healthy food choices, support local producers, and support school nutrition policies.

### URL:

[www.farm2schoolmanitoba.ca](http://www.farm2schoolmanitoba.ca)

# Ontario

## Healthy Schools

Good food, daily physical activity (DPA) and a healthy environment that supports learning and growth are vital to helping students reach their full potential. The government is working in partnership with students, teachers, principals, parents and others to help Ontario's students do their best in school. Together, we are also making our schools healthier places for students to learn and grow.



### Social and Physical Environment:

- Smoke Free Ontario (MHPS), Anaphylaxis prevention



### Teaching and Learning:

- DPA, Swim to Survive



### Healthy School Policy:

- School Food and Beverage Policy



### Partnerships and Services:

- Community Use of Schools

URLs: <http://www.edu.gov.on.ca/eng/parents/healthyschools.html>

## Daily Physical Activity in Elementary Schools



Daily Physical Activity in Elementary Schools was introduced on October 6, 2005 requiring all students to take part in 20 minutes of Daily Physical Activity.

An investment of \$16.7 M was made to assist with the implementation, including \$10.7 M in 2005/06 for training and resources, \$2 M in 2006/07 for teacher training, and \$2 M in 2007/08 and 2008/9 for training and resources.

The ministry has also developed a DPA e-learning module and five resource guides (primary, junior, intermediate, principal, and school boards).

Policy/Program Memorandum No. 138: Daily Physical Activity in Elementary Schools, Grades 1-8, and Health and Physical Education Curriculum changes, Grades 1-8



### Social and Physical Environment:

- Resources for play space and grounds



### Teaching and Learning:

- Curriculum Support



### Healthy School Policy:

- Guide to implementing policy NO. 138



### Partnerships and Services:

- Ophea resources <http://www.ophea.net/programs-services/daily-physical-activity-dpa/ophea-resources>

**Resources:**

- E- Learning Module
- Online Tools

**URLs:** <http://www.edu.gov.on.ca/eng/healthyschools/dpa.html>

## ***Student Nutrition Program***



The Student Nutrition Program provides funding to breakfast, lunch and snack programs across Ontario for elementary and high school students. These programs are developed by schools and community agencies to meet local needs and are run mostly by volunteers, such as parents, teachers and school staff.



### **Partnerships and Services:**

- 15 Lead agencies – Online

### **Resources:**

- Online contacts for school specific program

**URLs:** <http://www.children.gov.on.ca/htdocs/English/topics/schoolsnacks/index.aspx>

## **After-School program**



In 2008, to address government commitments to improve child and youth health issues, the Ministry of Health Promotion and Sport (MHPS) developed a "Child and Youth Health and Wellness After-School Strategy". The Ministry of Health Promotion and Sport partners with a variety of provincial and community organizations in priority neighbourhoods to deliver after-school programs and services. More than 18,000 children and youth in over 300 sites (about 55% sites are in schools) across the province benefit from Ontario's After-School Program.

These programs include: healthy eating and nutrition education to help combat childhood obesity, physical activity to encourage active lifestyles, personal health and wellness education to promote self-esteem, and other activities to address specific priorities based on local community need.

The After-School Program organizations are mandated to deliver physical activity for 30% of their program content, healthy eating for 20% and personal health and wellness for 20%.



### **Partnerships and Services:**

A variety of provincial and community organizations in priority neighbourhoods

### **Resources:**

- Online resources for healthy eating and physical activity

**URLs:** <http://www.mhp.gov.on.ca/en/healthy-communities/afterschool/default.asp>

## ***Healthy Schools Recognition Program***

Launched in December 2006, the program is designed to promote and celebrate healthy behaviours and practices in Ontario's schools. To accept the challenge, the school principal, school council chair and a student representative must identify at least one activity — in addition to any current activities — to undertake to make their schools healthier places to learn. Over the last four years, more than 2,200 schools have participated. In 2009/10, 1,066 schools participated.

### **Resources:**

- Online sign up

**URLs:** <http://www.edu.gov.on.ca/eng/healthyschools/challenge.html>

## **Quebec**

### ***The Wellness-Oriented School Program***

The Wellness-Oriented School program is intended primarily to improve young people's performance in school through physical activity and healthy eating habits. Schools submit wellness projects for funding by the provincial ministry.

#### **Resources:**

- Funding
- Online registration

**URLs:** [http://www.mels.gouv.qc.ca/ecolesFormeSante/index\\_en.asp](http://www.mels.gouv.qc.ca/ecolesFormeSante/index_en.asp)

## New Brunswick

### Healthy Learners in School program

The Healthy Learners in School program aims to improve the health, wellness and learning potential of New Brunswick's students by promoting healthy behaviours which will be carried into adulthood. The program goals are that the school-community\* will:

- Acquire knowledge, attitudes and skills to achieve wellness;
- Create healthy and safe learning environments;
- Have access to services and support.

The program is led by the Health Committee which identifies priorities, and then develops, implements and monitors action plans. Members come from the school-community, Public Health, and other partners.



#### Teaching and Learning:

- Provides or coordinates activities that increase health knowledge and awareness.



#### Healthy School Policy:

- Encourages and supports development of healthy policies and resources for schools.



#### Partnerships and Services:

- Other Partners includes agencies, businesses, community leaders, community organizations, service providers, etc.

#### Resources:

- Upon Request

URLs: [http://www2.gnb.ca/content/gnb/en/services/services\\_renderer.10595.html](http://www2.gnb.ca/content/gnb/en/services/services_renderer.10595.html)

## School Wellness Grant



The grants provide financial resources to schools to support the implementation of Comprehensive School Health (CSH) approaches to increase mental fitness, healthy eating, physical activity and tobacco free living among their students and within their community. Schools submit wellness projects for funding by the provincial ministry. In the application process, schools are led through best practices in community mobilization, comprehensive school health, and evidence based decision making.



### Social and Physical Environment:

- School action plans must address all 4 pillars of CSH



### Teaching and Learning:

- School action plans must address all 4 pillars of CSH



### Healthy School Policy:

- School action plans must address all 4 pillars of CSH



### Partnerships and Services:

- School action plans must address all 4 pillars of CSH

## Resources:

- Application Form,
- Application Guide,
- Activity Ideas Chart,
- School Wellness Newsletter

## URLs:

<http://app.infoaa.7700.gnb.ca/gnb/Pub/EServices/ListServiceDetails.asp?ServiceID1=201141&ReportType1=All>

## **School Pedometer Program**

This program is aimed to encourage students to be more active through the integration of pedometer use in both the classroom and the gym to increase motivation and create a culture of physical activity. The program is designed to educate school aged children and others in their school community regarding the benefits of a healthy active lifestyle. Each school will be given pedometers and support material to use in many ways, all designed to increase physical activities in schools and the communities.



### Teaching and Learning:

- Resources for physical activity

### Resources:

- Pedometers
- Activity Guides

**URLs:** <http://app.infoaa.7700.gnb.ca/gnb/Pub/EServices/ListServiceDetails.asp?ServiceID1=201040&ReportType1=All>

## **Healthier Foods and Nutrition in Public Schools**



This policy establishes the minimum requirements for healthy foods in New Brunswick's public schools by setting standards for healthy food awareness, food options available in schools and sale of foods in and through the public school system. Policy 711.



### **Social and Physical Environment:**

- Nutrient criteria and food lists to help determine which foods are allowed and not allowed in school cafeterias, vending machines, etc.



### **Teaching and Learning:**

- Resources for healthy eating in School



### **Healthy School Policy:**

- Policy 711



### **Partnerships and Services:**

- District Education Councils, superintendents, school districts, educators, the Department of Health, public health nurses with the Healthy Learners in School Program, public health nutritionists, and various food and beverage industry representatives.

### **Resources:**

- Handbook Outlining Policy 711

**URLs:** <http://www.gnb.ca/0000/pol/e/711A.pdf>

# Nova Scotia

## **The Food and Nutrition Policy**



The Food and Nutrition Policy for Nova Scotia Public Schools is intended to increase access to and enjoyment of health-promoting, safe, and affordable food and beverages served and sold in Nova Scotia public schools. The objective of the policy is to help make the healthy food and beverage choice the easy choice in the school setting.



### Healthy School Policy:

- The Food and Nutrition Policy for Nova Scotia Public Schools



### Partnerships and Services:

- Parents in developing the policy were; Nova Scotia Health Promotion and Protection, Department of Agriculture, the eight school boards, administrators, teachers, dietitians and nutritionists, the Nova Scotia Teachers Union, the Nova Scotia Federation of Home and School Associations, La Fédération des parents Acadiens de la Nouvelle-Écosse, the Annapolis Valley Health Promoting Schools Program, and the Cumberland County School Food Project.

### Resources:

- Online description of policy
- Support documents
- Funding supports

URLs: [http://www.ednet.ns.ca/healthy\\_eating/](http://www.ednet.ns.ca/healthy_eating/)

## **Provincial Breakfast Program Standards**



Provincial Breakfast Program Standards are intended to ensure quality breakfast programs in Nova Scotia public schools. The primary function of breakfast programs is to provide nourishment to students. However, programs can also provide opportunities for nutrition education, leadership, and socialization, as well as for building relationships and self-esteem. Breakfast programs encourage community, parental, and student engagement and foster a culture of caring and well-being within the school community.



### **Partnerships and Services:**

- The Department of Education, Department of Health Promotion and Protection, Breakfast for Learning Nova Scotia Advisory Council, school boards, and district health authorities were involved in guiding the development and validation of the Provincial Breakfast Program Standards.

### **Resources:**

- Provincial Breakfast Program Standards
- Funding supports
- Food safety guidelines for breakfast programs

**URLs:** [http://www.gov.ns.ca/hpp/healthy\\_development/youth-breakfast-program.asp](http://www.gov.ns.ca/hpp/healthy_development/youth-breakfast-program.asp)

Active Kids Healthy Kids is a strategic and comprehensive multi-year plan for improving physical activity opportunities and increasing participation rates for infants to 18-year olds. It also recognizes the integral role of family and therefore has some emphasis on awareness, education, and entry-level activity for the adult members of family. The strategy aims to serve those who are inactive to be active and those who are already active to remain active through into adulthood. The Active Kids Healthy Kids Strategy (AKHK) sets out to achieve a physically active culture at home, school and community. It promotes unstructured and structured physical activity where we live, learn, play, commute and work.



#### Social and Physical Environment:

- Striving for safe routes to school



#### Partnerships and Services:

- Alliance for Healthy Eating and Physical Activity, Cancer Care Nova Scotia, Ecology Action Centre , Gymnastics Nova Scotia, HeartWood Centre for Community Youth Development, Heart and Stroke Foundation of Nova Scotia, Nova Scotia Fitness Association, Recreation Nova Scotia, Sport Nova Scotia, District Health Authorities, School Boards and Mi'kmaw Kina'matnewey, Acadia University, Cape Breton University, Dalhousie University, St. Francis Xavier University, Atlantic Health Promotion Research Centre, Canadian Parks and Recreation Association, Canadian Fitness and Lifestyle Research Institute, Health Promotion Clearinghouse, Department of Community Services, Department of Education, Department of Health, Department of Natural Resources, Department of Transportation and Infrastructure Renewal, Service Nova Scotia and Municipal Relations

#### Resources:

- Promotional Materials
- Communications and Marketing Campaigns Tools
- Sources of Information for Professionals
- Physical Activity Practitioners and Partners Funding

URLs: <http://www.gov.ns.ca/hpp/pasr/akhk-intro.asp>

## **Strive for Five at School!**



Strive for Five at School! A Guide to Promoting Fruit and Vegetables takes healthy eating in the school system a step further, focusing on promoting and preparing in-season local fruits and vegetables. The program guides students to find ways to eat 5 servings of fruits and vegetables during the school day. With focus being on local produce.



### **Partnerships and Services:**

- Annapolis Valley Health Promoting Schools Program, the Community Health Boards of the Annapolis Valley, Armstrong Food Service and the departments of Health Promotion and Protection, Education and Agriculture.

### **Resources:**

- Month by month guide
- Facilitators guide
- Recipes and recipe binder

**URLs:** <http://www.gov.ns.ca/hpp/cdip/healthy-eating-strive-for-five.asp>

## **Nova Scotia Health Promoting Schools**



The provincial Health Promoting Schools initiative involves a wide range of programs, activities, and services that take place in schools and their communities. Health Promoting Schools combines health instruction; community support and partnerships; and creates supportive environments based on health promoting programs and policies. These actions are intended to develop over time and to strengthen the school community as a healthy setting for learning, playing, working, and living.

Health Promoting Schools provides an overall framework for key school health initiatives in the province including, but not limited to healthy eating, physical activity, youth sexual health, tobacco reduction, addiction, and injury prevention in the school setting. Initiatives and policies such as the Food and Nutrition Policy for Nova Scotia Public Schools, the *Provincial Breakfast Program*, and physical activity promotion in schools support the provincial Health Promoting Schools Initiative.



### **Partnerships and Services**

Nova Scotia Health Promoting Schools is a partnership led by the Department of Education and the Department of Health Promotion and Protection, and comprising Nova Scotia's eight school boards, the Mi'kmaw Kina'matnewey, the province's district health authorities, and community members.

### **Resources:**

- On line resources
- Funding supports

**URLs:** <http://nshps.ca/>

## *Newfoundland & Labrador*

### **Living Healthy Commotions**

The Living Healthy Commotions Activity Booklet and posters are forwarded to all schools in the fall. The Booklet contains suggestions on how to plan a Commotion, activity ideas, ways to encourage students to participate and information on healthy eating, physical activity and smoke free resources available.



#### Teaching and Learning:

- Provides lesson plans and teacher guides



#### Partnerships and Services:

- Department of Health and Community Services, Department of Education, Department of Tourism, Culture and Recreation, Regional Health Authorities, School Health Promotion Liaison Consultants, school districts, K-12 schools across the province

#### Resources:

- Online activity booklet
- Online evaluation forms

**URLs:** [http://www.livinghealthyschools.com/lh\\_commotions.html](http://www.livinghealthyschools.com/lh_commotions.html)



The Kids Eat Smart Foundation is a charitable organization that supports the education, health, and well-being of school children throughout Newfoundland & Labrador through the support of quality nutrition programs. The goal is to provide children and youth with the nutrition they need to learn, to grow and to be their best.

More than 200 Kids Eat Smart Clubs (Breakfast, lunch & snack programs) 19,000 kids and 5500 volunteers.



#### Social and Physical

- Access to free healthy food and beverage choices.

#### Resources:

- Provides nutrition expertise, funding for programs and resources to schools.

**URLs:** <http://www.kidseatsmart.ca/index.php>

## After School Physical Activity (ASPA) initiative



- The After School Physical Activity (ASPA) initiative supports the goals and objectives of the Provincial Recreation and Sport Strategy and the Provincial Wellness Plan. The goals of the After School Physical Activity initiative are to: increase physical activity opportunities in the after school time period for children and youth ages 9 – 15; increase physical activity opportunities for girls; increase participation in physical activity by children/youth who have limited access to physical activity opportunities in the after school time period; develop partnerships between the school and community; increase the skills and knowledge of volunteers and community leaders; and promote physical activity as an important component of wellness in the after school time period.



### Social and Physical Environment:

- Funding (available for two school years) to support school-community partnerships and help increase opportunities for children and youth (ages 9 – 15) to be physically active.



### Teaching and Learning:

- School and community Group partnerships provide and coordinate activities that increase physical activity, knowledge and awareness.



### Healthy School Policy:

- This initiative complements district and school development plans, and in particular, the Safe and Caring Schools policies.
- This initiative complements the Healthy Students Healthy School initiative, and in particular, Daily Physical Activity (DPA) initiatives in districts and schools.



### Partnerships and Services:

- Department of Health and Community Services, Department of Tourism, Culture and Recreation, Department of Education, Recreation NL, Sport NL, school districts, and community group/recreation organizations.

URLs: <http://www.recreationnl.com/news.aspx?NewsItemId=54>

## **PEI**

### **Breakfast for Learning PEI**



Breakfast for Learning PEI works to advocate for unique, quality, community-based student nutrition programs, to provide expertise and resources to programs, to allocate Breakfast for Learning and Provincial Government funds in Prince Edward Island and to act in an advisory capacity to Breakfast for Learning national office. Breakfast for Learning PEI consists of one half-time staff person and a dedicated group of volunteers with experience in the Nutrition, Health and Education sectors, as well as many parent perspectives.



#### **Partnerships and Services:**

- PEI Department of Education and Early Childhood Development, BFL Canada, PEI Healthy Eating Alliance, President's Choice Children's Charity, Sobeys foods

#### **Resources:**

- Provides expertise and resources to programs to allocate Breakfast for Learning and Provincial Government funds in Prince Edward Island, and to act in an advisory capacity to the Breakfast for Learning national office.

**URLs:** <http://www.breakfastforlearning.ca/en/prince-edward-island/about-us>

## **SHAPES- PEI Student Wellness Survey**



Led by the PEI Department of Education and Early Childhood Development, this bi-annual survey collects self-reported data from students (grades 5-12) regarding their knowledge, attitudes, and behaviours related to healthy eating, physical activity, tobacco use, and mental fitness. Participating schools receive a school-specific health profile report. School board and provincial reports are also created from aggregated data.

Bi-annual data collection for school, school board, provincial level planning



Partnerships and Services:

- Partners include: PEI Department of Education and Early Childhood Development, PEI Department of Health and Wellness, UPEI, University of Waterloo, Health Canada

### **Resources:**

School, school board, and provincial student health profile reports

**URLs:** [http://www.upei.ca/cshr/SHAPES10\\_11](http://www.upei.ca/cshr/SHAPES10_11)

## SHAPES - School Health Grant

Based on their school specific profile reports (as described in the preceding initiative, the SHAPES-PEI Student Wellness Survey ) school communities (student, teachers, parents) are encouraged to identify priority areas/needs and to develop programs or initiatives to address these needs.

Schools develop specific programs to help address needs identified through their SHAPES report.



### Social and Physical Environment:

- Potential impacts at the school level based on individual programming



### Teaching and Learning:

- Potential impacts at the school level based on individual programming



### Healthy School Policy:

- Potential impacts at the school level based on individual programming



### Partnerships and Services:

- Linkages to external supports and resources to help

### Resources:

- PEI Department of Education and Early Childhood Development provides direct funding to schools, one-on-one support to schools, community linkages to resources and other funding sources, Brochures supplied to schools

URLs: [http://www.upei.ca/cshr/SHAPES10\\_11](http://www.upei.ca/cshr/SHAPES10_11)

## **School Travel Planning - Active Transportation**



This pilot project, linked to the CLASP School Travel Planning (STP) project, is exploring how schools can increase the number of students using active transportation to and from the school. The STP projects bring together school/community stakeholders to help make active travel a safe and realistic choice for children at individual schools.

School-specific responses and supports to address priority areas and needs: Walking School Bus, infrastructure improvements, etc.



### Social and Physical Environment:

- Potential impacts at the school level based on individual programming



### Healthy School Policy:

- Potential impacts at the school level based on individual programming



### Partnerships and Services:

- PEI Department of Education and Early Childhood Development, PEI Department of Health and Wellness, Recreation PEI, City of Summerside

### Resources:

- Direct funding to schools to support actions, support from project partners

**URLs: None**

## School Nutrition Policy

Led by the PEI Healthy Eating Alliance, and funded by the PEI Department of Health and Wellness and the PEI Department of Education and Early Childhood Development, these policies (K-12) address the foods provided and/or sold at schools, and provide guidelines for nutrition criteria.

Policy implementation support, resources, training.



### Social and Physical Environment:

- Potential impacts at the school level based on individual programming



### Healthy School Policy:

- Potential impacts at the school level based on individual programming



### Partnerships and Services:

- PEI Health Eating Alliance, PEI Department of Education and Early Childhood Development, PEI Department of Health and Wellness, School Boards

### Resources:

Healthy Eating Toolkit, newsletters, network meetings, etc.

URLs: <http://www.healthyeatingpei.ca/pei-school-nutrition-policy.php>

# ***Nunavut Territory***

## ***Daily Physical Activity***

The *Nunavut Education Act* legislates a mandatory 20 minutes of physical activity for students in kindergarten to Grade 9. There are also requirements for health curriculum to address healthy lifestyles and for large extracurricular sport programs in schools.

Mandatory 20 minutes daily physical activity for students K-9



Teaching and Learning:

- Daily physical activity requirement

### **Resources:**

This is an easy-to-use guide that can help you integrate physical activities into your regular routine. It shows what kinds of activities can help you increase your strength, flexibility and endurance, and outlines how much time you should be dedicating to different kinds of exercise.

### **URLs:**

<http://www.edu.gov.nu.ca/apps/authoring/dspPage.aspx?page=71>

<http://www.cley.gov.nu.ca/pdf/PhysicalActGuides.pdf>

## ***Drop the Pop***



Drop the Pop is a school-based initiative that works to increase students' awareness of the effect of sugary beverages on their health. The Drop the Pop campaign runs during the month of February and encourages students and families to make healthier drink, food and lifestyle choices.



### Teaching and Learning:

- Classroom based education about healthy beverage choice



### Partnerships and Services:

- Connecting schools, classrooms, Department of Health and Social Services, families and communities to engage in discussions, and activities to encourage healthy beverage choice

## **Northwest Territories**

### **Drop the Pop NWT**



The purpose of Drop the Pop is to encourage students and their families to consume healthier beverages and foods, to learn new skills and knowledge and to foster long-term healthier food intakes in order to maintain and improve overall well-being.



#### **Partnerships and Services:**

- Aboriginal Diabetes Initiative (Health Canada), Arctic Cooperatives Limited, Canadian Public Health Association - NWT/Nunavut Branch, CO-OP, Department of Health and Social Services, Government of Nunavut -Department of Health and Social Services, Government of Yukon, Food First Foundation- NWT, Northern Store, North Mart, Northern Nutrition Association, NWT/NU Public Health Association, NWT/NU Dental Association; NWT Medical Association; and the GNWT Departments of: Health and Social Services; Education, Culture and Employment; and Environment and Natural Resources.

#### **Resources:**

- Funding opportunities
- Online resources for school projects

#### **URLs:**

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

## **Active After School**



The Active After School funding supports schools, and community organizations that work with schools, to create or expand on programs that get school-aged children and youth physically active with a strong focus on engaging currently inactive or underactive youth.



### **Social and Physical Environment**

- Youth, and particularly inactive or under-active youth, are encouraged to participate in physical activities. Children and youth who are already highly active are encouraged to participate in after school activities as youth leaders and peer-to-peer role models.



### **Partnership and Services**

- Sport and recreation partners, community organizations and school authorities play a vital role in promoting, developing and delivering programs that encourage physical activity.

### **Resources:**

- Funding opportunities

### **URLs:**

- <http://choosenwt.com/programs/active-after-school-2/>

## Regional Youth Sports Events Program



The Regional Youth Sport Events Program provides financial support to sport and recreation organizations and school authorities to organize and host regional youth sports events. The program helps strengthen local programming, supports athletes and coaches in smaller communities, and strives to improve youth participation in physical activity.



### Social and Physical Environment

- Youth, and particularly underrepresented populations of youth, are encouraged to participate in physical activities that lead to positive lifestyle choices, which contribute to the health, well-being and quality of life in our communities.
- Aboriginal youth sport activities are encouraged and supported to help preserve and strengthen northern Aboriginal traditions and culture.



### Partnership and Services

- Sport and recreation partners, community governments and school authorities play a vital role in promoting, developing and delivering sport events for youth in their regions.

### Resources:

- Funding opportunities.
- Support to develop and deliver sport and recreation activities in local communities.
- Support to develop, deliver and/or participate in skill development and/or training opportunities.

### URLs:

- <http://choosenwt.com/programs/regional-youth-sport-events/>

## Sip Smart NWT



*Sip Smart NWT* aims to raise awareness among students in Grades 4 through 6 on the negative health effects associated with the consumption of sugary drinks and to provide children with the knowledge and skills that they need to make healthy beverage choices.



### Teaching and Learning:

- Lessons and activities
- Curriculum connections



### Partnership and Services

- Government of the Northwest Territories, Department of Health & Social Services
- Government of the Northwest Territories, Department of Education, Culture & Employment

### Resources:

- Teacher Resource Guide

### URLs:

- None

## Screen Smart NWT



*Screen Smart NWT* aims to teach elementary school children to manage screen time. With time “saved”, from recreational screen time for example, children can engage in many activities such as creative projects, physical activities and interpersonal communications. Screen Smart strives to raise awareness of screen time (with students, but also with parents and teachers), and to reduce screen time to less than 2 hours per day (or maintain that level if already achieved).



### Teaching and Learning:

- Lessons and activities
- Curriculum connections



### Partnership and Services

- Government of the Northwest Territories, Department of Health & Social Services
- Government of the Northwest Territories, Department of Education, Culture & Employment

### Resources:

- Teacher Resource Guide

### URL:

- <http://www.screensmartschools.ca/>

## School Travel Planning – Active Transportation



*School Travel Planning* is an initiative developed to encourage children to choose a form of active transportation to and from school. This program has helped school staff, parents, and community stakeholders identify barriers to active school travel and develop action plans to overcome those barriers.



### Social and Physical Environment

- Physical environments are assessed to ensure the best and safest route(s) to and from school.
- Further potential impacts at the school level based on individual programming.



### Teaching and Learning

- Mapping activities provide student learning of their neighbourhood.



### Healthy School Policy

- Potential impacts at the school level based on individual programming



### Partnership and Services

- Government of the Northwest Territories, Department of Health & Social Services
- Government of the Northwest Territories, Department of Education, Culture & Employment

### Resources:

- Each school-based plan is customized to the school and neighbourhood's unique needs.

### URL:

- None

# Yukon

## **Foods Education and Service Training (FEAST) Program**

Foods Education and Service Training is a “school-within-a-school” at F.H. Collins Secondary School in Whitehorse, Yukon. FEAST is offered in one or both semesters and is available in the Grade 11 or Grade 12 year. FEAST is taught in an industrial kitchen at FHC. While essentially a “cooking classroom”, our kitchen operates like a commercial restaurant/kitchen. Under the direction of the Foods & Nutrition/Food Services teacher (Ms. McKenna), FEAST students prepare foods for up to 500 students and staff each day. Foods are served at the morning break and at lunch. In addition, many catered events are held throughout the school year where FEAST students can get great experience in specialty food prep and catering.



### Social and Physical Environment

- Healthy choices offered within the school environment
- Supports development of leadership and collegial skills
- Creates supportive working relationships among staff and students



### Teaching and Learning

- Curriculum connections
- Develops food skills

## **School Nutrition Policy**



This policy establishes the principles, standards and procedures for promoting good nutrition and healthy food choices to Yukon students. The policy supports inclusion of First Nations culture and food safe measures.



### Healthy School Policy

- Policy 1025



### Partnerships and Services

- Community Dietitian available to support schools

### Resources:

- Policy available online

URLs: <http://www.education.gov.yk.ca/policy/nutrition.html>

## Whole Child Program

The mission of the Whole Child Program is to improve the well-being and encourage the healthy development and resiliency of children and their families through socially inclusive services that are provided collaboratively in community schools. The Whole Child Program is a school-based, family support & recreation program. They offer free recreational evenings three times weekly to all families: Tuesdays at Selkirk Elementary, Wednesdays at Whitehorse Elementary, and Thursdays at Elijah Smith Elementary. All of the recreational programs are free. Regular activities at the Open School nights can include open gym, open computer lab, crafts or cooking with kids, parenting workshops and monthly free Family Swim Nights.



### Social and Physical Environment

- Provides access to free recreation and cooking activities.
- Contributes to emotional well-being of children and supports family relationships.



### Partnerships and Services

- This program partners with community organizations such as to provide workshop series such as Nobody's Perfect Parenting, Parent-Child Mother Goose, Red Cross Babysitting courses, Literacy workshops for Parents etc. Additional partnerships exist for program funding.

URLs: [http://www.yesnet.yk.ca/schools/wes/whole\\_child/index.html](http://www.yesnet.yk.ca/schools/wes/whole_child/index.html)

## **Elijah Smith Elementary Winter Cultural Camp**



Each year late in March, most of the grade 7 students, together with a large number of staff members, parents and volunteers, travel to the north end of Aishihik Lake to participate in the Winter Culture Camp. This is an annual event in which the students participate in netting fish, snaring, setting up a brush camp, other camp related activities and culminating in a bison hunt. The camp involves groups of students rotating through going on the hunt, remaining at the camp to split wood, haul water, maintain camp and activities such as snowshoeing, snaring etc. The camp supports skill development, physical activity, traditional foods, and appreciation of the environment and physical surroundings.



### **Social and Physical Environment**

- This initiative contributes to emotional and cultural well-being of students, families and greater school community



### **Partnerships and Services**

- This initiative creates a strong connection between the school, local First Nations and families
- Many partners contribute to the success of this initiative

### **Resources:**

- Online Culture Camp brochure

**URLs:** [http://www.yesnet.yk.ca/schools/elijahsmith/pdf/11-12/winter\\_camp\\_booklet.pdf](http://www.yesnet.yk.ca/schools/elijahsmith/pdf/11-12/winter_camp_booklet.pdf)

## **Kids Recreation Program**

The Kids Recreation Fund is a special fund that is administered by Sport Yukon and supported, in part, by the Government of Yukon. It was established in 1999 as a way to help disadvantaged children and youth participate in organized sport, art, cultural, social and recreational programs.



### Social and Physical Environment

- This program supports equality of access to social and recreational programs

### **Resources:**

- Online application forms

**URLs:** <http://www.hss.gov.yk.ca/kidsrecreation.php>

The Yukon Food for Learning Association (YFFLA) is a non-profit organization dedicated to the nutritional needs of the youth & the community of the Yukon. Their vision is a Yukon where every student has access to nutritious healthy food while at school. YFFLA supports school based nutrition programs. Yukon Food for Learning Association wants to raise the awareness of Yukon families - *especially its children* - to the importance of healthy eating habits for life!



#### Social and Physical Environment

- Access to nutritious food at school



#### Partnerships and Services

- Yukon Government contributes to funding

#### Resources:

- Recipes and forms available online.

URLs: <http://www.yukonfoodforlearning.ca/index.html>

## ***Good Nutrition=Good Learning: Nutritious Food Choices for Breakfast, Lunch and Snacks***



One of the biggest challenges for families and the new student is the school lunch. This booklet provides information on quick and easy after school snacks, healthy and quick breakfast ideas, and provides information to assist parents in preparing healthy lunches. Suggestions in the booklet are not only healthy options- but are simple, easy to incorporate into busy schedules, and can be used for the whole family. Booklets are distributed to every kindergarten student in the Yukon each year.



### **Social and Physical Environment**

- Promotes healthy food choices in the school and home environment



### **Partnerships and Services**

- Developed by Yukon Government, Health and Social Services Health Promotion Unit

### **Resources:**

- Students bring booklets home to their parent or guardian

**URL:** [http://www.hss.gov.yk.ca/pdf/healthy\\_lunch\\_en.pdf](http://www.hss.gov.yk.ca/pdf/healthy_lunch_en.pdf)

## ***Eat Right Play Hard Polar Games Initiative***

Polar Games is a two-day multi-sport competition that brings Grade 5 and 6 students from all Yukon communities to Whitehorse. The Eat Right Play Hard initiative consists of providing venue concessions with healthy snacks. Each participant of the Polar Games is provided with a \$5 Subway card which encourages students to make healthy choices and choose healthy beverages such as water, milk, chocolate milk, and 100% juice. Eat Right, Play Hard seeks to promote healthy eating among Grade 5 and 6 students in Yukon; and educate students about healthy eating during sports and activity.



### Social and Physical Environment

- Access to nutritious food during sporting events



### Teaching and Learning

- Teachers are encouraged to discuss sports nutrition information provided in the brochure which supports healthy eating curriculum in the classroom

### **Resources:**

- Participants are provided with Eat Right Play Hard brochure which contains sports nutrition information

## **Yukon Drop the Pop**

Yukon *Drop the Pop* is a healthy eating program that encourages students, teachers, parents and daycares to stop and think about their drink. It is an opportunity for promotion and education on healthy food and drink choices. Through *Drop the Pop*, Yukon Health and Social Services is working to ensure participants have the opportunity to develop the health knowledge, skills and behaviours which will foster long-term healthier food intakes in order to maintain and improve overall well-being.

Schools and daycares are also encouraged to apply for a *Drop The Pop* award. The *Drop the Pop* award: recognizes targeted, collaborative and innovative efforts of schools or daycares that promote healthy eating and healthy drink choices; recognizes school or daycare initiatives that encourage and celebrate healthy eating; and gathers information about great projects that have been successful in order to share these successes with other schools or daycares.



### Social and Physical Environment

- Funding is provided to schools to allow for purchase of food and supplies that supports healthy eating practices



### Teaching and Learning

- Provision of a nutrition education component in the classroom related to their Drop The Pop project

### Resources:

- Funding
- Online resources for school projects
- Posters supplied to schools

URLs: <http://www.yukondrothepop.ca/>

## Wood Street Centre

The following programs are based out of the Wood Street Centre at 411 Wood Street in Whitehorse and are available for all Yukon students:

- Music, Art, Drama, Dance (MAD);
- Achievement, Challenge, Environment and Service 10 (ACES);
- Community Heritage Adventure, Outdoors and Skills 9/10 (CHAOS);
- Experiential Sciences 11; and
- Outdoor Pursuits and Experiential Science (OPES) 9.

URL: <http://www.yesnet.yk.ca/schools/woodst>

### Music, Art, Drama, Dance (MAD)



Music, Art, Drama, Dance 9/10 (MAD) is a unique performing arts program that provides students with credit courses including: English, Social Studies, Physical Education, Theatre Performance and a choice between several fine arts and applied skills courses. The goal of the program is to provide students with a solid foundation in creative dramatics, acting, stagecraft, music, dance and play writing fundamentals.

Music, Art, Drama, Dance 11/12 (MAD) has received national recognition and is unique to the Yukon. The program allows students to immerse themselves in all aspects of the performing arts, every hour, every day, all semester long. Students receive credits for English, Social Studies, Fine Arts, and Theatre Performance and during the course of the semester prepare three productions.



### Social and Physical Environment

- This program fosters close relationships among students who spend all day, every day together for one semester
- MAD invites parents and the wider community to support and enjoy the numerous productions that the students put on



### Teaching and Learning

- Healthy weights are supported by including physical activity in the curriculum. Dance is a large part of the program.



### Partnerships and Services

- Guest instructors from the community are often included throughout the program to teach and lead activities in dance, singing, and improving.

## Achievement, Challenge, Environment and Service 10 (ACES)



Achievement, Challenge, Environment and Service 10 (ACES) is a coeducational program that is open to all Yukon Grade 10 students. Students will be expected to be actively involved in a minimum of twenty-five days in outdoor expedition settings. The five courses offered include: Social Studies 10, Science 10, Outdoor Pursuits 10, Physical Education 10, and Applied Skills 10.



### Social and Physical Environment

- Students support each other in learning about themselves and about natural and cultural environments
- Program activities, such as trips, provide the opportunity for students to explore personal growth and development and foster co-operative attitudes and habits through extensive group interaction



### Teaching and Learning:

- Students are able to develop communication, observation, and teaching skills
- One of ACES' goals is to promote a heightened awareness of and dedication to personal health and fitness

## Community Heritage Adventure, Outdoors and Skills 9/10 (CHAOS)



Offered for the first time in the 2010/11 school year, CHAOS 9 and 10 are delivered as an enrichment program to regular courses offered to students at that level. The focus during the semester is on integration of subject areas, as well as of Yukon First Nation and Western knowledge. Students in CHAOS 9 will receive credit for the following courses: English 9, Social Studies 9, Yukon Activity and Outdoor Education 9, and Fine Arts – Yukon First Nation Arts and Culture 9. Students in CHAOS 10 receive credit for English 10 (First Peoples), Social Studies 10, Yukon Activity and Outdoor Education 10, and Physical Education 10.

This program is an opportunity for the department to enhance opportunities for First Nations students in the secondary school system in Whitehorse and to meet the recommendations put forth in the Education Reform Project Final Report; the Secondary School Programming Review Report; and the Yukon First Nations Education Advisory Committee's strategic plan.



### Social and Physical Environment

- Creates an environment for success and learning and provides opportunities for leadership
- Provides a sense of belonging and community relationships



### Teaching and Learning

- Develops understanding and making connections to First Nation knowledge, traditions, skills, values, and beliefs
- Provides students with a wide range of exciting and challenging activities such as hiking, canoeing, cycling, climbing, skiing, snowshoeing, achery

URL: <http://www.yesnet.yk.ca/events/chaos/index.html>

## Experiential Sciences 11

Experiential Sciences 11 is a program designed to extend and enrich students' understanding of science through projects and field experiences. Students take the following courses: Biology 11, Geography 12, Chemistry 11, Forestry 11, Art 11, Field Methods 11 and Career and Personnel Planning 11/12. The program features 30 to 35 days of field studies each semester and two days each week in Yukon College science labs.



### Social and Physical Environment

- Supports development of leadership and teamwork skills
- Raises awareness of important environmental issues.



### Teaching and Learning

- The program links classroom learning with the real world through hands-on projects
- Students learn a variety of activities that promote physical activity such as sailing, rock climbing, surfing, and scuba diving

**URL:** <http://www.yesnet.yk.ca/schools/woodst/experiential/index.html>

## Outdoor Pursuits and Experiential Science (OPES) 9 / Plein Air et Science Expérientielles (PASE) 9



OPES 9 and PASE 9 are Yukon public school programs of studies for grade 9 students. The programs integrate Science 9, Social Studies 9, Physical Education 9 and Outdoor Pursuits. These courses are taught using a variety of themes, typically current resource issues. The program features 3-5 overnight trips each semester and a variety of day trips. Students are excited and motivated by the range of challenging and often adventurous studies, the importance of their studies, and cooperative work relationships that develop during their semester in OPES/PASE. They work on both class projects and individual or small group projects.



### Social and Physical Environment

- Fosters a sense of stewardship for our environment and cooperative attitudes and positive peer relations
- Fosters responsible attitudes in learning and increased self confidence and self esteem through personal challenges



### Teaching and Learning

- Physical education is complemented with a variety of outdoor activities focused on lifelong learning and active living
- Enriches the regular science curriculum by providing students with opportunities in various exciting outdoor pursuits

**URL:** <http://www.yesnet.yk.ca/schools/woodst/opespase/Home%20page.htm>

## Old Crow Experiential

The Department of Education is working with the Vuntut Gwitchin First Nation to help implement the Old Crow Northern Strategy experiential project for the 2011/2012 school year.

The 3-year project was to develop a rural First Nation experiential education model for kindergarten to grade 9. A major component of this project is to bring the “cultural” and the “academic” curriculum together by developing and implementing field trips and “on the land” activities for quality experiential learning.



### Social and Physical Environment:

- Creates a caring, supportive, outdoor learning environment that provides students with opportunities to build confidence, knowledge, and skills in both their traditional and academic lives
- Offers a sense of belonging and cultural connectedness



### Teaching and Learning:

- Develops understanding and making connections to Gwich'in language, knowledge, traditions, skills, values, and beliefs
- Combines traditional Gwich'in culture with territorial academic learning outcomes



### Partnerships and Services:

- Facilitates community involvement with students, school council, and parents to be involved in program planning, implementation, and sharing of results

URL : <http://www.yesnet.yk.ca/schools/woodst>

# Municipalities

## Edmonton

### School Travel Planning

School Travel Planning is an active transportation initiative that encourages children to choose walking and cycling as their primary way to travel to and from school. Each candidate school, along with the collaboration of community stakeholders, develops a School Travel Plan. Each school's plan is customized to address a variety of barriers to walking, cycling, and other sustainable transportation options



#### Social and Physical Environment:

- Physical environment will be assessed to ensure the best route to and from school is acquired.



#### Partnerships and Services:

- City of Edmonton and SHAPE Alberta

#### Resources:

- Each plan is customized to the school and neighbourhood's unique needs. School staff and parent volunteers implement the plan and measure its progress and success in getting students to walk/cycle to school.

URLs: [http://www.edmonton.ca/transportation/cycling\\_walking/22887.aspx](http://www.edmonton.ca/transportation/cycling_walking/22887.aspx)

## Regina

### **Active Living Toolkit**

Active Living Tool Kit, packed with easy- to-use resources appropriate for use with elementary grades. Whether you are looking for indoor or outdoor activities, structured activities or just a little classroom hilarity, this kit is for you



#### Teaching and Learning:

- Ideas on ways to get students moving

#### Resources:

- Written resources with games/activities ideas; skipping ropes; EnergyBlast DVDs

URLs: [http://www.rqhealth.ca/diy\\_pubhealth/view.cgi?cmd=page&key=230](http://www.rqhealth.ca/diy_pubhealth/view.cgi?cmd=page&key=230)

## Toronto

### **Who Are You? Interactive Display**

Who Are You? is an interactive display, supported by Toronto Public Health staff, that promotes a healthy body image for males and females 11-13 years of age. Youth are invited to participate in a "Spin the Wheel" game and answer questions about:

- Healthy eating
- Physical activity
- Self-esteem
- Lifestyle issues



#### Teaching and Learning:

These questions are designed to:

- raise awareness about the factors that influence body image
- educate youth about health promoting behaviours
- stimulate discussion on healthy lifestyle choices



#### Partnerships and Services:

- Toronto Public Health

#### Resources:

- The Who Are You? display can be booked free of charge and includes staff from Toronto Public Health. It can be used at student workshops in schools and teen groups at community centres, etc. Handouts and promotional items reinforce the key messages.

**URLs:** [http://www.toronto.ca/health/who\\_are\\_you.htm](http://www.toronto.ca/health/who_are_you.htm)

## ***Student Nutrition Program***



The Student Nutrition program is Toronto Public Health's largest Community Partnership and Investment program. Subsidies are provided to eligible breakfast, morning meal, lunch, dinner and snack programs serving children and youth.



### **Partnerships and Services:**

- Toronto Public Health

### **Resources:**

- Funding provided for student meal programs
- Nutrition Guide

### **URLs:**

- [http://www.toronto.ca/health/student\\_nutrition\\_program/index.htm](http://www.toronto.ca/health/student_nutrition_program/index.htm)

## **Active and Safe Routes to Schools program**



Active & Safe Routes to School is a collaborative initiative between families, schools and community. This community approach helps to ensure children's safety when actively traveling to and from school.



### **Social and Physical Environment:**

- Promotes awareness of the physical environment around the school



### **Teaching and Learning:**

- Mapping activities provide student learning of their neighbourhood.



### **Partnerships and Services:**

- Toronto Public Health, Toronto Police Service, Toronto Transportation Services, Toronto District School Board, Toronto Catholic District School Board, Green Communities Canada

### **Resources:**

- School, Class and family activities provided

**URLs:** [http://www.toronto.ca/health/walking\\_to\\_school/index.htm](http://www.toronto.ca/health/walking_to_school/index.htm)

# I. Public Health Agency of Canada – Best Practices Portal

**\*\* Only those programs and initiatives that weren't previously identified are listed below**

## **Eat Well and Be Active Educational Toolkit**



The Eat Well and Be Active Educational Toolkit is designed to help those who teach groups of children and adults about healthy eating and physical activity, and encourage individuals to take action to maintain and improve their health.



### Social and Physical Environment:

- Poster to be placed in the school such that it becomes a visual tool for health promotion.



### Teaching and Learning:

- Activity plans for teachers and student to follow.



### Partnerships and Services:

- Health Canada and Public Health Agency of Canada

### Resources:

- Online tool kit
- Poster
- Activity Plans
- Images that support the poster

**URLs** <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/toolkit-trousse/index-eng.php>

## Healthy Buddies

Healthy Buddies™ empowers elementary school children to live healthier lives by providing them with knowledge about, as well as encouraging positive attitudes toward, the three components of health:

- Physical activity or Go Move!
- Nutrition or Go Fuel!
- Mental health or Go Feel Good!



### Social and Physical Environment:

- The physical activity component is a series of eight stations, placed around the gym. Posters are included to increase awareness. DVD/Videotape included. Comprehensive classroom materials provided.



### Teaching and Learning:

- Series of 21 guided classroom lessons for kindergarten - grade 7. Requires 2-3 hours/week.



### Partnerships and Services:

- BC Children's Hospital

URL <http://www.healthybuddies.ca/>

## **Quality Daily Physical Education**



QDPE is a well-planned school program of compulsory physical education provided for a minimum of 30 minutes each day to all students (kindergarten to grade 12) throughout the school year. A QDPE program includes:

- Daily curricular instruction for all students (K-12) for a minimum of 30 minutes.
- Well planned lessons incorporating a wide range of activities.
- A high level of participation by all students in each class.
- An emphasis on fun, enjoyment, success, fair play, self-fulfillment and personal health.
- Appropriate activities for the age and stage of each student.
- Activities which enhance cardiovascular systems, muscular strength, endurance and flexibility.
- A participation based intramural program.
- Qualified, enthusiastic teachers.
- Creative and safe use of facilities and equipment.



### Social and Physical Environment:

- Fundamental Movement Skills Resource Series
- Teaching Games for Understanding



### Teaching and Learning:

- Daily teacher-led physical activity.



### Partnerships and Services:

- Multiple partnerships spanning both NGOs and government

URL <http://www.phecanada.ca/programs/quality-daily-physical-education>