



Calendar Highlights

see inside for details

April 11-14, 2007

Community - University Partnerships: Mobilizing Partnerships for Social Change. Toronto, ONT

June 10-15, 2007

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

June 24-27, 2007

International Conference on Physical Activity and Obesity in Children. Toronto, ONT

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Message from the Executive Director

The New Year is already proving to be a busy one for the Consortium as work is well underway on many fronts. The meetings held in Toronto January 29th through February 1st were productive and provided a great opportunity to bring together Consortium members and other experts. The week kicked off with consultants Dr. Adam Lodzinski and Dr. Susan Scott interviewing school health coordinators about their work with the Consortium and discussing what success would look like from their perspectives as part of the first phase of the evaluation plan development. This session was followed by a broader meeting involving the Management Committee and other evaluation experts from the jurisdictions. A report has been prepared and will be distributed to meeting participants for feedback and review. Adam and Susan will be completing their interviews with the Management Committee members over the course of the next couple of weeks and finalizing the logic model, including seeking consensus with respect to its content. The first draft of the evaluation plan is due in March.

A workshop, facilitated by Dr. Penny Ballem, former Deputy Minister of Health in British Columbia, a widely acknowledged public sector leader and one of the founding members of the Consortium, was held with School Health Coordinators on how to influence and create systems change. The session focused on concrete actions that can be considered by the member jurisdictions to work more effectively across the complex and diverse health and education sectors. This work also focused on how the Secretariat can leverage opportunities and advance the school health agenda. This very insightful session was greatly appreciated by all who attended.

The data meeting was the most challenging of the week's sessions to organize. Thank you

again to Marlien McKay, Sarah Lambert and Louise Aubrey who provided guidance on the development of the agenda and arrangement of speakers. This meeting included researchers and decision makers from both the health and education sectors. The presentations were excellent, and both the small group and plenary sessions produced good ideas for consideration by the Consortium in terms of how to move the data monitoring agenda forward. A meeting summary has been produced and is currently being reviewed by the steering committee before being forwarded to Consortium members for feedback. The final report along with recommended next steps will be put forward to the Management Committee for decision in March.

Following this stretch of very productive meetings was an opportunity to present on the work of the Consortium to the House of Commons Standing Committee on Health regarding the issue of childhood obesity. Although the Consortium Secretariat was not able to attend this meeting on such short notice, Kelly Stone, Director of the Division of Childhood and Adolescence at the Public Health Agency of Canada presented on the federal government's role in school health and spoke to its involvement with the Consortium. Farida Gabbani also spoke about Nova Scotia's participation in the Consortium. In addition, the Consortium will be following up with a written submission to the Committee.

In closing, the outcomes that we can look forward to in the very near future include a suite of communications products, a new website, the nutrition knowledge summary and a fully staffed Consortium Secretariat. Although I now have many new tasks on my work list, I am also confident in the success that lies ahead for this organization and that's energizing.

—Claire Avison

Federal Government

Health Canada has recently released "Eating Well with Canada's Food Guide". This revised Food Guide provides recommendations on the amount of food for individuals by age and gender as well as guidance on the quality of food choices. For the first time specific guidance for children and teens is included.

Canada's Food Guide translates the latest science on nutrition and health into a practical pattern of eating to help Canadians make healthy food choices and reduce their risk of chronic disease. It has been one of Canadians most trusted sources of information for 65 years and provides the basis for many nutrition policies and programs developed across the country.

In addition, the new Food Guide website includes interactive tools such as "My Food Guide" that enables users to select personal food and activity choices. You will also find on the web a section dedicated to educators and communicators.

For more information on Canada's Food Guide, including information on how to obtain a copy, please visit the Food Guide web site at: www.healthcanada.gc.ca/foodguide

British Columbia

Healthy Schools Network Brochure

The BC Healthy Schools Network is a new initiative aimed at enhancing the ability of the education and health sectors to work in a collaborative way to promote health through the school setting. View the Healthy Schools Network brochure at http://www.bced.gov.bc.ca/health/hsnetwork/hsn_brochure.pdf

View the Healthy Schools Network January 2007 Newsletter at http://www.bced.gov.bc.ca/health/hsnetwork/newsletter_v2.pdf

School Fruit and Vegetable Snack Program Expands

Following evaluation of a one-year pilot project in 10 schools last year, the ministries of Agriculture and Lands, Education, and

Health have developed plans for a phased expansion over the next three years to ensure that all B.C. public schools have an opportunity to participate in the program by 2010. View the news release at http://www2.news.gov.bc.ca/news_releases_2005-2009/2007TSA0005-000034.htm.

B.C. Schools Selected for International Healthy School Study

Two BC schools are among only eleven schools in North America chosen to participate in an international "Healthy School Communities" pilot study conducted by the Association for Supervision and Curriculum Development (ASCD), a U.S.-based education research institution. The study is part of the organization's worldwide effort to promote the integration of health and learning and the benefits of school-community partnerships. More information about the ASCD and the study is available at www.ascd.org and at www.healthyschoolcommunities.org.

Manitoba

Physical Education/Health Education Resource for School Administrators

Manitoba Education, Citizenship and Youth have just released a support document for school administrators titled *Scheduling Kindergarten to Grade 8 Physical Education/Health Education: A Resource for School Administrators*. This resource serves as an idea bank or collection of strategies for meeting Physical Education/Health Education (PE/HE) class time allotments considering the challenges related to timetabling, facilities/equipment, and instruction/supervision. Administrators may find this document useful when planning to implement PE/HE curriculum time allocations as many of the strategies are generic and not specific to Manitoba. Visit <http://www.edu.gov.mb.ca/k12/cur/physhlth/curriculum.html>.

New Online Healthy Schools eNEWS subscription

Keep up to date on the latest Manitoba Healthy Schools news via this electronic

subscription service. This service provides the latest information about Manitoba Healthy Schools, and updates to the **Healthy Schools, Healthy Food in Schools**, and **Healthy Schools in motion** sites. See www.gov.mb.ca/healthyschools/subscribe for details.

Ontario

Daily Physical Activity Program

The Ministry of Education recognizes that building capacity in schools is an essential component of daily physical activity. To further assist in the implementation of daily physical activity in elementary schools, the Ministry has provided \$2 million to school boards and authorities to support teacher training on daily physical activity in 2006-07. Funds can be used for such costs as: Professional Development; Teacher Release Time; and/or Human Resources.

Program Evaluators Sought for Daily Physical Activity Program

The Ministry of Education is soliciting interested parties with demonstrated knowledge and expertise in program evaluation and pedagogy to conduct a study of the Daily Physical Activity implementation in elementary school classrooms (Grades 1 to 8). This research will inform the Ministry of Education of promising school-based practices associated with the first year of implementation and strategies for overcoming challenges that can be highlighted and shared with other schools and boards.

“Raise the Bar” for Intramural Sports

The McGuinty Government recently launched “Raise the Bar”, a new program geared to improving intramural sport programs across Ontario schools. Raise the Bar will provide schools with information and tools to help develop physical activity programs that any student can participate in regardless of ability. For more details visit <http://www.mhp.gov.on.ca/english/news/2007/020507-1.asp>.

Northwest Territories

Get Winter Active

The “Get Winter Active” program encour-

ages northern youth aged 5 - 18 to get active and join a contest encouraging youth to keep track of their activity between January 8 and March 31, 2007. When they join each youth will receive a scorecard to help them keep track. When their card confirms they have participated in 20 activities, each at least an hour long, they can return their scorecard for a prize. At the end of the campaign, one name will be drawn from all completed cards to win \$500 in sporting or recreation equipment for themselves, and \$500 in equipment for a recreation facility or organization of their choice.

Drop the Pop

“Drop the Pop NWT” is a campaign encouraging northern students and their families to make healthier beverage choices for at least two weeks - from March 12th -23rd, 2007. Though the campaign will be school-based, family and community members will also be encouraged to “Drop the Pop” and to provide a supportive environment for children and schools that wish to participate.

Schools registered for the challenge received information packages highlighting the advantages of limiting high sugar drinks. In addition to the challenge, schools can also plan and host their own events to support healthy nutritional choices. Grants of up to \$2,000 are available to all schools for this purpose.

Based on the original concept developed by the Government of Nunavut, “Drop the Pop NWT” challenge is being implemented by the Departments of Health and Social Services and Education, Culture and Employment; and funded by the Aboriginal Diabetes Initiative /Health Canada. For more information:

www.dropthepopnwt.ca

Nunavut

Hip Hop Workshops

Children and youth in Nunavut are learning about healthy living and making positive choices in their lives. Community Hip Hop Workshops teach youth aged 13+



DJ Ben Jammin from the Canadian Floor Masters does a “bboy” freeze while in Pangnirtung for the “Social Work through Hip-hop” workshops.



Young throat singers were part of the Inuit cultural component of Hip Hop in Nunavut.



A break dance battle at the final community showcase on February 12th.

how to breakdance and provide a comfortable setting for open discussion on drugs and alcohol, staying in school, and suicide prevention.

Nunavut's Promise to Children and Youth is an interdepartmental working group in government that supports these initiatives through the departments of Health & Social Services; Education; Justice; and Culture, Language, Elders & Youth.

Information on the company that was hired to launch this innovative youth project can be found at www.blueprintforlife.ca

Research Briefs

UNICEF Report on Child Poverty Released

UNICEF has released a new publication entitled *Child poverty in perspective: A overview of child well-being in rich countries*. The study suggests Canada lags behind other industrialized nations when it comes to child welfare. The report compares countries in six categories and averages the results to compile an overall ranking. The report can be viewed at http://www.unicef-icdc.org/presscentre/presskit/reportcard7/rc7_eng.pdf

Canadian Council on Learning Releases Report on Literacy

State of Learning in Canada: No Time for Complacency is a comprehensive overview of key areas of learning in Canada. The report examines many of the factors that contribute to successful lifelong learning—from early childhood, through the school years and into adulthood. It also takes a special look at the link between health and learning, and at the learning challenges faced by Aboriginal Peoples in Canada. View the full report at http://www.ccl-cca.ca/NR/rdonlyres/5ECA2E9-D5E4-43B9-94E4-84D6D31BC5BC/0/NewSOLR_Report.pdf

World Health Organization Recognizes School Based "Food Dude" Program

The World Health Organization (WHO) recently awarded researchers in Britain with a best practices award for an educational

program that relies on peer pressure and role modeling by superhero characters to persuade kids to make healthier food choices. Read the research paper at <http://www.fooddudes.co.uk/downloads/Food%20Dude%20Research%20Summary-1.pdf>

Policy Recommendations for Middle Childhood

According to the Canadian Policy Research Networks (CPRN) Canadians have spent much time and energy as a society creating policies for early childhood. But increasingly it is becoming evident that the middle years, ages 6 to 12, need the attention of policy-makers as well. In her presentation to the Middle Childhood Policy Forum in Ottawa last November, Judi Varga-Toth, CPRN Assistant Director, took a look at existing policies in Europe and Quebec and suggested areas where policies could be implemented. To view the presentation [click here](#).

Related News

Sharing the Flame: Recognizing Excellence in Learning

The Canadian Council on Learning is currently seeking nominations for *Sharing the Flame: Recognizing Excellence in Learning* a new recognition program highlighting some of Canada's most effective practices in five thematic areas: Aboriginal learning, adult learning, early childhood learning, health-related learning, and work and learning. Selected programs will be showcased at an upcoming conference and will also be featured in an "idea book" that will be distributed across Canada. Deadline for nominations is **Monday, April 2, 2007**. Official entry forms can be found at [Sharing the Flame: Recognizing Excellence in Learning](#).

Helpful Links

Indicators for Health Promoting Schools

The European Network of Health Promoting Schools (ENHPS) has released Health-promoting schools: a resource for developing indicators. View the document at [Health-promoting schools: a resource for developing indicators](#) [pdf, 2MB]

Breakfast for Learning Nutrition Policy

Children in Canada consume one third of their nutrition while at school yet Canada remains one of the few developed countries without a national meal program for children. Breakfast for Learning is one of the leading non-profit national organizations dedicated to supporting child nutrition programs in Canada. Read the 2006 Breakfast for Learning Nutrition Policy Paper at [Breakfast for Learning Nutrition Policy](#).

New Teen Website about Alcohol Launched by the Canadian Public Health Association (CPHA)

This public awareness campaign targets adolescents and provides factual information about the harms associated with high-risk drinking as well as strategies for avoiding those harms. The site also provides links to classroom resources for teachers. Youth provided input and played a key role in the development of this initiative. www.drinkingfacts.ca

Upcoming Events

Toronto, ON

April 11-14, 2007

Community - University Partnerships: Mobilizing Partnerships for Social Change.

Participants from across the health, education, human rights and social service sectors who are working in urban and rural settings in Canada, the U.S. and abroad will gather to address the root causes of health, social and economic inequalities. <http://depts.washington.edu/ccph/conf-overview.html>

Vancouver, BC

April 27-28, 2007

Rethinking Risk Conference

This two day event sponsored by the McCreary Foundation will focus on the full spectrum of risk taking activities during adolescence. The program will foster links

between evidence and policy and highlight protective, preventive and harm reduction strategies that work. <http://www.myfoundation.ca/conference-description.html>

Vancouver, BC

June 10-15, 2007

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

The focus of this conference is to review and critically reassess health promotion's progress since the 1986 Ottawa Charter to help set the course for navigating through the new challenges facing health promotion in an increasingly globalized world. <http://iuhpeconference.org>

Toronto, ON

June 24-27, 2007

International Conference on Physical Activity and Obesity in Children

This symposium will focus on the development of a scientifically-based community strategy to reduce the incidence of childhood and youth obesity through increased sport and physical activity participation. www.obesityconference.ca

Ottawa, ON

September 16 – 19, 2007

Canadian Public Health Association 98th Annual Conference

This event will highlight the importance of public and population health in Canada. This conference will be an excellent opportunity for public health professionals to share their programs, research, policy and practice and will give everyone an opportunity to emphasize the intra-jurisdictional nature of public health. Click here to visit the [conference website](#).

