

## JCSH Secretariat Updates 2011

### Secretariat Update SHCC Teleconference February 10 2011

#### Management Committee Face-to-Face Meeting May 04, 05 2011.

- This meeting will be held in Toronto at the Westin Harbour Castle.

#### School Health Coordinators' Committee Face-to-Face Meeting April 19, 20 2011.

- This meeting will be held April 19 and 20 in Halifax, NS at the Prince George Hotel.
- A preliminary agenda has been drafted and forwarded to School Health Coordinators.

#### Shaping the Future Conference, Kananaskis, AB January 27, 28 2011.

- The Executive Director and Manager of Partnerships and Initiatives attended.
- On January 26<sup>th</sup> they attend a pre-conference focus group hosted by Physical and Health Education Canada (PHE Canada). The focus group provided participants an opportunity to share information on current comprehensive school health resources, tools and initiatives. Organizations attending the focus group included PHE Canada, JCSH, Propel Centre for Population Health Impact (University of Waterloo), Nova Scotia Health and Wellness, and Apple Schools (Alberta).
  - Discussion about the possibility of using of common language (Comprehensive School Health, Health Promoting Schools, Pillars vs 4-E's etc. to avoid confusion with our target audiences).
  - Discussion about the benefit of talking to Deans of Education to ensure pre-service teachers know about Comprehensive School Health.
- The JCSH sponsored one of the keynote speakers which allowed for the opportunity to have materials in the delegates' bags including a JCSH brochure, the Comprehensive School Health Framework and the "How to Use the Healthy School Planner" sheet.
- The JCSH had an exhibitor booth at the conference, and provided copies of various HBSC factsheets, the JCSH 2010 Annual Report and the CJPH supplement.
- A key highlight of the conference was the opportunity to co-host, along with partners from the Propel Centre for Population Health Impact (University of Waterloo), a session on the Healthy School Planner. This session allowed for significant discussion and input for consideration as we work toward a revised version of the tool.
- The JCSH also used time in Kananaskis to hold a face-to-face meeting of the Healthy School Planner Advisory Committee to review the results of the recent evaluation and discuss next steps.

#### Knowledge Transfer and Exchange Meetings, Vancouver, BC February 02, 03 2011.

- These meetings were entitled 'Knowledge Transfer & Exchange: Doing What We Know, Knowing What To Do'. They were sponsored by Canadian Partnership Against Cancer for the purpose of exchanging ideas, research, and best practice among policymakers, practitioners, and researchers.
- The Manager, Cross Sector Engagement attended on behalf of JCSH.
- The JCSH participated in the Marketplace, an opportunity for meeting participants to more informally exchange knowledge and establish networks and contacts.
- This was an opportunity to make contacts across the country and discuss the work of the JCSH with professionals from many health professions.
- Attendees at the JCSH booth and participants during the Breakout sessions expressed considerable interest in JCSH collaboration across government sectors and its work in positive mental health, the Healthy School Planner, and other initiatives.

### **Joint Policy Statement**

- The Joint Policy Statement on Intersectoral Action on Physical Activity Targets is on the agenda for the February 21/22 meeting of the Council of Ministers of Education, Canada.
- Materials consisting of a briefing note, slide deck and the Joint Policy Statement with CMEC signature blocks, are in the final stages.
- The presentation to CMEC will be made by the Minister of Health and Wellness from NS who is concurrently the PT Co-Chair of the FPT Ministers of Sport, Recreation and Physical Activity and the FPT Ministers of Health/Healthy Living/Health Promotion.

### **Health Behaviours of School Aged Children**

- The Research Advisory Committee is meeting by teleconference on Monday, February 14<sup>th</sup> to discuss the sample PT report.
- Following this call, all participating PT's will receive information about the format of the PT reports.
- It is anticipated that the PT reports should ready in draft form by early April.
- There will be a Youth Engagement Event in mid-March which will bring together youth and Queen's University researchers to review the findings and draft the final chapter. The JCSH Executive Director has been invited to this event.

### **Staffing at Secretariat**

- Meredith MacKay has joined the Secretariat on a short term contract as a Program Officer. Meredith holds an MSc in Nutritional Science from the University of Toronto and a BSc from UPEI. She is interested in gaining experience working in the government setting.

### **Communications**

- **Communications sub-committee:** The Secretariat would like to establish a sub-committee to oversee and to advise on decisions made in areas such as the Annual Report, the Newsletter, the Website, and promotional materials. We have had some interest in this committee and accept with gratitude. In addition, we would like to contact a few SHCs to see if they might be willing to participate in this committee. It need not involve a lot of time; often no more than a yes/no response to suggestions or ideas.
- **Website:** This can be an even more significant communication tool. Secretariat staff has been training with the webmaster and are starting to make minor changes to the site. For instance,

the Event Calendar has been updated and is current. An area where we would like suggestions from School Health Coordinators is around the sorts of events that should be placed on the Event Calendar. Other directions are on an update of the website design and layout (which, we understand, should occur every couple of years) and on some online collaboration work that we are planning to present to SHCs for consideration when we have it worked through.

- **Annual Report:** The Secretariat would ask that SHCs consider gathering picture and graphics ideas at this time. The formal call for jurisdictional submissions will be made shortly and the deadline for jurisdictional submissions is the end of March.
- **Newsletter:** There were no submissions for the February newsletter. Suggestions are welcome on our next steps. We can publish a newsletter in advance of the planned one for April, or we can wait for the April newsletter. The deadline for submissions for April is late March, around the same time as the Annual Report submissions. Another suggestion is that submissions can be forwarded to the Secretariat when events occur and a newsletter published when enough submissions have been received. The schedule now calls for six newsletters per year; this means that submissions must be forwarded to the Secretariat every two months by enough jurisdictions to make a publication feasible. We need to decide whether it is feasible to maintain six newsletters each year.

#### **Lay Summary of the Canadian Journal of Public Health Supplement**

- With the help of funding from PHAC, we have engaged a writer/educator who will put together the key points from the CJPH supplement in a language framed for educators.

#### **Environmental Scan of Current Initiatives to Address Healthy Weights**

- There is a small project underway with funding from PHAC to compile a list of current school-based initiatives across the country which promotes Healthy Weights. The four pillars of Comprehensive School health will provide the framework. DASH has agreed to undertake the work of the scan. School Health Coordinators will be invited to provide input.

#### **Partnerships and Networking**

- **School Health Europe (SHE) Network** - Contact has been made with SHE to share information and materials. A teleconference is being planned.
- **Canadian Association of Principals** – The JSCH Executive Director has been in discussions with CAP re: JCSH presence at CAP 2011 Conference in May.

#### **Positive Mental Health Project**

- Work continues with the W. Morrison & Associates Inc. on Phase I of the Positive Mental Health project (i.e. draft indicator framework).
- A significant part of the work underway is the identification of participants, as well as the development of questions, for an expert panel to be held before fiscal year-end.
- Input solicited through the expert panel will contribute to the identification of positive mental health indicators which will serve as the backdrop of a Positive Mental Health toolkit for use by educators (to be developed under Phase II).
- A meeting of the PMH working group (sub-committee) will be held on February 9.

## **Secretariat Update**

**March 16 2011**

### **Management Committee Face-to-Face Meeting May 04, 05 2011.**

- This meeting will be held in Toronto at the Westin Harbour Castle.

### **School Health Coordinators' Committee Face-to-Face Meeting April 19, 20 2011.**

- This meeting will be held April 19 and 20 in Halifax, NS at the Prince George Hotel.
- An agenda will be finalized and forwarded to School Health Coordinators in advance of the meeting.

### **Intersectoral Action on Children and Youth Physical Activity**

- The Joint Policy Statement on Intersectoral Action on Physical Activity Targets was on the agenda at the February 21, 2011 meeting of the Advisory Committee of Deputy Ministers of Education (ACDME), as well as at the February 22/23, 2011 meeting of the Council of Ministers of Education, Canada (CMEC).
- The presentation to CMEC was made by Nova Scotia Minister of Education Jennex, on behalf of Minister MacDonald, Nova Scotia's Minister of Health and Wellness and concurrently the PT Co-Chair of the FPT Ministers of Sport, Recreation and Physical Activity and the FPT Ministers of Health/Healthy Living/Health Promotion.
- Informally, we have been advised that the presentation was well received; we will send out the results of this work as soon as we can.
- The JCSH will play the lead role in moving forward collaborative action across the sectors to increase physical activity among children and youth.

### **Health Behaviours in School-aged Children**

- The Research Advisory Committee met by teleconference on Monday, February 14 to discuss the sample PT report and revisions for the final draft.
- Following this call, all RAC members received the notes from the meeting as well as the final draft PT report for final comments.
- It is anticipated that the PT reports should be ready in draft form by early April.
- There will be a Youth Engagement Event March 10 which will bring together youth and Queen's University researchers to review the findings and draft the final chapter. The JCSH Executive Director will be attending this event.

## Communications

- **Communications sub-committee:** The Secretariat has established a sub-committee to oversee and to advise on decisions made in areas such as the Annual Report, the Newsletter, the Website, and promotional materials.
- **Annual Report:** The Secretariat has sent out via email a timeline for the annual report as well as the guidelines for submissions. A reminder that the deadline for submissions is the end of March.
- **Newsletter:** There were no submissions for the February newsletter. Suggestions are welcome on our next steps. We can publish a newsletter in advance of the planned one for April, or we can wait for the April newsletter. The deadline for submissions for April is late March, around the same time as the Annual Report submissions. Another suggestion is that submissions can be forwarded to the Secretariat when events occur and a newsletter published when enough submissions have been received. The schedule now calls for six newsletters per year; this means that submissions must be forwarded to the Secretariat every two months by enough jurisdictions to make a publication feasible. We need to decide whether it is feasible to maintain six newsletters each year.

## Partnerships and Networking

- **School Health Europe (SHE) Network** - Contact has been made with SHE to share information and materials. A teleconference is being planned.
- **Canadian Association of Principals** – The JSCH continues to discuss opportunities to connect with the Canadian Association of Principals (CAP) 2011 Conference in Charlottetown, PE in May 2011.

## Positive Mental Health Project

- The Positive Mental Health project is moving along as planned. The contractor, W. Morrison & Associates, Inc., has completed and provided to the JCSH Secretariat a draft "Indicators of Change" framework. This document will serve as a starting point as consultations with key experts move forward to assess the draft indicators and flesh out benchmarks with relevant and meaningful examples of activities and processes.
- Further to these consultations with key experts, the framework will be pilot tested in a number of schools to determine the response to Positive Mental Health in schools with different environmental conditions. The outcomes of this pilot will result in a finalized framework, to be completed by May 31 2011.

## Youth Excel Clasp

- **Youth Excel CLASP Steering Committee:** The Youth Excel Steering Committee ( of which the Executive Director is co-chair) met by teleconference on March 10 to: (1) decide how to allocate

YE Learn and seed grant funds for periods 4 and 5, and (2) review partner needs and aspirations as they relate to YE renewal proposal planning.

- **Aim 1 – Shared Priorities (National Roundtable).** The Steering Committee of the National Roundtable on Comprehensive School Health has completed a consolidation of the Priorities and Actions Report based on the recommendations of the event in Toronto in May 2010. The manager of Cross sector Engagement and Dr. Manske from Propel have been working on taking the Priorities and Actions which formed the consolidation of the Roundtable Recommendations and are setting out a 6-month course of action. In addition, they have completed a one-page communiqué to accompany the one-year survey for Roundtable participants.

### **Knowledge Transfer / Exchange (KTE)**

- Since the KTE meetings: *Doing What We Know, Knowing What To Do*, held in Vancouver February 02 and 03, the manager of cross sector engagement and the NB SHC, who also attended the sessions, have discussed as a Next Steps piece ways the information might be used by JCSH. Contact has been initiated with Ian Graham, VP Knowledge Translation and Public Outreach, Canadian Institutes for Health Research (CIHR) to determine ways that JCSH might be able to take advantage of new funding opportunities in dissemination of knowledge, operating grants, and meeting planning funding. We also discussed the promotion of KTE initiatives with policymakers, such as the JCSH, leading the initiatives and collaborating with many researchers throughout the country, rather than the initiatives being research-led.

### **Linkages**

The Executive Director has been invited to present and / or to participate in a number of significant events in the past few weeks:

- On March 07, *Our Health Our Future: A National Dialogue on Healthy Weights* was launched in Toronto, ON by federal Minister of Health Aglukkaq. The event included many national leaders in the area of healthy weights, including the JCSH ED, as well as Nova Scotia Minister of Health and Wellness MacDonald, who is concurrently the PT Co-Chair of the FPT Ministers of Sport, Recreation and Physical Activity and the FPT Ministers of Health/Healthy Living/Health Promotion. The launch event was held to create awareness about the impact of childhood overweight and obesity, start a conversation among many sectors of society about solutions and, ultimately, kick-start a longer-term movement to promote healthy weights.
- Also on March 07 and March 08, the ED took part in a *Forum on Mental Health Promotion and Well-Being: Measuring What Matters for Children, Youth, Families* in Ottawa. This purpose of this forum was to begin to explore the key considerations, opportunities and challenges associated with conceptualizing and measuring indicators related to mental health promotion i.e. protective factors, social determinants of health and positive mental health and well-being among children, youth, families and communities.
- On March 09, the ED was invited to attend a meeting to discuss improving educational and health outcomes for Aboriginal students as part of a collaboration among Health Canada (HC), Indian and Northern Affairs Canada (INAC), Public Health Agency of Canada (PHAC) and JCSH.

- Also on March 09, the Executive Director met with Andrea Grantham, Executive Director of PHE Canada. It is expected that discussion will focus on language employed in various comprehensive school health initiatives underway, as well as a short concept paper under development (under the leadership of Steve Manske, Propel) that might be used as a resource to frame a vision for how to move forward on comprehensive school health across Canada.
- On March 11, the Executive Director was invited to a one-day meeting in Toronto as part of a group of policy and research stakeholders toward indicators and measures for a minimal data set (MDS) of physical activity/sedentary behaviour for youth in Canada. The workshop will be the start of a defined process designed to reach consensus.
- On March 22 and 23, the Executive Director will attend a pan-Canadian meeting sponsored by Canadian Partnership Against Cancer (CPAC), in partnership with Public Health Agency of Canada (PHAC). This meeting, called *Preventing Childhood Obesity – Moving Policy Recommendations to Action* is focused on marketing and advertising to children, and food access and availability as it relates to childhood obesity. The meeting will facilitate knowledge exchange opportunities around existing initiatives in these areas, provide an opportunity to give feedback on *Curbing Childhood Obesity: A Federal, Provincial and Territorial Framework for Action to Promote Healthy Weights*, and explore areas where collective action may help advance policy recommendations to action.

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## **Secretariat Update**

**April 19, 20 2011**

### **Management Committee Face-to-Face Meeting May 04, 05 2011.**

- This meeting will be held in Toronto at the Westin Harbour Castle.
- Final planning is underway.

### **JPS: Intersectoral Action on Children and Youth Physical Activity**

- Further to the presentation of the Joint Policy Statement on Intersectoral Action on Physical Activity Targets to the Advisory Committee of Deputy Ministers of Education (ACDME) and to the Council of Ministers of Education, Canada (CMEC) in February, the formal wording of the recommendations has been received.
- The draft summary of decisions from the CMEC meeting states: "Minister Ramona Jennex, Education, Nova Scotia, presented an overview of the development of the joint policy statement on Intersectoral Action on Children and Youth Physical Activity. The Chair indicated that Quebec would not be signing the policy statement. Ministers agreed that individual jurisdictions be

encouraged to sign the policy statement individually. They also agreed that the Joint Consortium for School Health should explore potential areas for further collaboration between Ministers responsible for Education, Health, and Sports and Recreation."

### **Health Behaviours in School-aged Children (HBSC)**

- Draft PT reports have been sent by Queen's University to all jurisdictions that participated in the last HBSC round.
- Queen's University is finalizing the reports.
- Queen's has also responded to inquiries from jurisdictions about using HBSC PT questions for other data purposes: Jurisdictions may use HBSC PT questions providing the named protocols are followed.

### **Communications**

- **Communications Subcommittee:** The Communications Subcommittee has been meeting weekly for the past weeks. It will provide presentation on the following issues at the April SHCC face-to-face meetings: Communications Subcommittee Scope of Work, Website, JCSH and Technologies Survey, JCSH Audiences Survey, Newsletter, JCSH logo.

### **Partnerships and Networking**

- **School Health Europe (SHE) Network** - Contact has been made with SHE to share information and materials. A teleconference is being planned.
- **Canadian Association of Principals** – The JSCH continues to discuss opportunities to connect with the Canadian Association of Principals (CAP) 2011 Conference in Charlottetown, PE in May 2011.
- **After School Programming** – On April 5, the Manager of Partnerships and Initiatives attended a consultation hosted by Physical and Health Education Canada (PHE Canada) on the "Canadian Active After School Partnership (CAASP)." With funding from the Public Health Agency of Canada, PHE Canada is playing a lead coordinating role in this multi-dimensional, collaborative initiative designed to increase healthy living during the after school time period and contribute to addressing rising rates of physical inactivity and obesity among children and youth. The project, which will also contribute to the 2015 Physical Activity Targets set by the FPT Ministers responsible for Sport, Physical Activity and Recreation, has been funded for two years (current funding will carry through until March 31, 2012 and is expected to be renewed).

Attended by approximately twenty governmental and non-governmental stakeholders across the country (e.g. representatives from organizations such as the GoodLife Kids Foundation, Recreation Nova Scotia, Odawa Native Friendship Centre, Canadian Tire JumpStart, PEI Department of Health and Wellness, Ontario Ministry of Health Promotion and Sport), this



session focused on systemic issues related to after school physical activity and healthy eating. Attendees were familiarized with the details of the initiative, and were provided an opportunity to share knowledge on activities already underway in the after school period. They were then provided an overview of key findings from consultations recently held with the Active Living Alliance for Canadians with a Disability (ALACD), the Canadian Association for the Advancement of Women in Sport and Physical Activity (CAAWS), the Canadian Parks and Recreation Association (CPRA), Boys and Girls Clubs of Canada, and YMCA Canada.

Meeting participants were then asked to identify barriers and possible solutions to the establishment of quality, organized after school activities. The impact of policy on after school programming was explored, as was the concept of developing a central clearinghouse or hub for knowledge sharing regarding after school initiatives. The JCSH Secretariat looks forward to sharing the final report of the PHE Canada after school programming consultations with the SHCC as soon as it is made available.

#### **Positive Mental Health Project**

- The Positive Mental Health Indicators Frameworks and Toolkits projects will be presented during the April SHCC face-to-face meetings.

#### **Youth Excel Clasp**

- The Youth Excel/CLASP update and the next national roundtable (Peer Learning Forum) in particular, will be discussed during the April SHCC face-to-face meetings.
- The Executive Director and Steve Manske, as co-chairs of Youth Excel, wrote a letter of support March 31 for the PALS-CDP (Plan-Act-Learn System for Chronic Disease Prevention) led by Barbara Riley of Propel/University of Waterloo. From the letter: "The tools and processes proposed by PALS for CDP will be crucial to the success of our enterprise to understand and intervene in the complex systems we are attempting to shape for healthier youth." Initial organizational partners include: PHAC, CHSRF, CDPAC, CPAC, CAPTURE and three of the CLASPs (funded by CPAC). We await the outcome of this proposal.

#### **Knowledge Transfer / Exchange (KTE)**

- A presentation on funding opportunities for the JCSH through Canadian Institutes for Health Research (CIHR) will be made during the face-to-face meetings, along with an opportunity to brainstorm these and other collaborations and funding partnerships for the Consortium.

#### **Linkages**

- The Executive Director will send out the major presentations from her recent meetings (see Secretariat Update March 16, 2011). These meetings focus on important initiatives and will be discussed during the April face-to-face meetings.

## Secretariat Update

June 09 2011

### Health School Planner

The new core module of the Healthy School Planner is in active development. Over the course of the coming weeks, feedback on the draft core module will be solicited through meetings with individuals who have an understanding of, and/or practical experience in, the school setting (in-person meetings with individuals in British Columbia and Alberta based on their active use of the Healthy School Planner to date, and a broader, web-based feedback session with individuals across all provinces and territories).

The Advisory Committee is also working to refine plans and a budget for Phase 2 of the Healthy School Planner revisions process (scheduled to begin in October 2011). The draft work plan for Phase 2 includes: (1) pilot testing of the new, core module; (2) refinement to existing modules of the Planner (i.e. Healthy Eating, Physical Activity, Tobacco Use); (3) development of a module on Positive Mental Health; (4) pilot testing of all detailed modules; (6) development of district and provincial level reports; (7) development of a platform for schools to share success stories; and (8) development of a plan for website maintenance.

### Communications

The first meeting of the ad hoc Communications Working Group is June 06. Group members are: AB MC, ON MC, NL SHC (Leaman), PE SHC, and the Manager of Cross Sector Engagement. This group is working on strategic direction for JCSH communications.

**Canadian Association of Principals** – Canadian Association of Principals (CAP) 2011 Conference, Charlottetown, PE May 18-20, 2011. The Manager of Partnerships and Initiatives attended this conference and made a presentation to the CAP Executive and Board of Directors on the JCSH. Response from the Board and Executive was very positive; they expressed appreciation of the collaboration inherent in the JCSH and the relationship between education and health ministries. They emphasized the need to continue the school health agenda in all provinces and territories, and felt the comprehensive school health pillars were important, including the emphasis on the built environments of schools.

The JCSH also had an exhibitor booth at the conference, and provided copies of various JCSH documents (CSH hand-out, 2010 Annual Report, HBSC factsheets, list of School Health Coordinators, etc.). Principals signed up for copies of the Positive Mental Health document when it is printed and made inquiries about the JCSH newsletter.

**After School Programming** – Feedback has been received from a number of school health coordinators following invitation to comment on the *Framework for Collaborative Action During the After School Time Period*. This framework will be the focus of the Multi-Sectoral Meeting of the

Ministers of SPAR, Education, and Health/Healthy Living in Toronto July 18 and 19. The meeting is hosted by the Ministers responsible for Sport, Physical Activity and Recreation (SPAR). The Executive Director remains in contact with Amy Hope, Manager of Policy Development with the Strategic Policy, Partnerships and Research Branch of the Ontario Ministry of Health Promotion and Sport.

### **Positive Mental Health Project**

Piloting of the draft Positive Mental Health Indicator Framework is fully underway. Already, the framework has been piloted in three New Brunswick schools (one Anglophone, two Francophone). Piloting sessions in two more NB Anglophone schools will be held in mid-June. In British Columbia, the draft Framework is being pilot tested in two secondary schools, two elementary schools and one Montessori school in Penticton, Vernon, Chilliwack, Parksville, and Victoria.

### **Youth Excel /CLASP**

Youth Excel/CLASP held all partner face-to-face meetings May 31 and June 01 in Waterloo, ON; among the participants were JCSH's Executive Director and Manager of Cross Sector Engagement, as well as the NB SHC. These meetings focused on moving the YE/CLASP forward as it looks to the end of this phase and funding in 2012 with the intent of seeking continuing funding after that date. Much discussion and work concentrated on "To What End?" issues: what is the value add of YE/CLASP, who are the users, and how are the learnings from practice and the learnings from research translated and communicated.

Among some of the points raised: (1) The work must be able to be measured and must lead to improved health behaviours in youth or it will not be funded. These directions point not only to the value of local data but also to the need to use multiple lenses in schools – academic, health behaviours, determinants of health – to create multi-layered responses. (2) The work of YE/CLASP must be linked to academic achievements. In addition, school health should be looked at as a broad concept of school community health and, broader still, youth health. (3) Audiences must include youth in a genuine way, as generators of research questions and programs and intervention development; audiences are also practitioners, principals, parents. (4) The link to comprehensive school health needs to be more active, more tangible, partnered with community; who are the on-the-ground comprehensive school health leaders? (5) The three provincial case studies should be used to tease out real world outcomes, building a best/better practices framework.

- **Community University (CU) Expo:** As part of JCSH's collaboration with YOU /CLASP, a team presentation was made to the CU Expo held May 09-13 in Kitchener, ON. The team included the Manager, Cross Sector Engagement, Steve Manske and Katy Wong from Propel, and Melody Roberts of Ontario Agency for Health Protection and Promotion (OAHPP). The presentation was entitled *Youth Excel Coalitions Linking Action and Science for Prevention: A Policy, Research, Practice Partnership*. The CU Expo is a Canadian-led conference designed to showcase exemplars in Community-University partnerships worldwide, and to introduce creative ways of strengthening local communities.

## Secretariat Update

August 11 2011

### Communications

The second meeting of the ad hoc communications working group was held August 03. At this meeting, final changes were made to a draft JCSH Communications Strategy; this will be shared with Management Committee and School Health Coordinators' Committee following final approval by the ad hoc communications working group. This meeting also confirmed that work can move forward on revisions to the JCSH website.

### Positive Mental Health

- W. Morrison & Associates Inc. has provided the Secretariat with the final version of the PMH Indicator Framework. The final version reflects input from an expert panel engaged during the spring, as well as feedback and outcomes from ten pilot schools in New Brunswick and British Columbia.

With the finalized Indicator Framework in hand, work will now be initiated on the PMH Toolkit for use in the school setting. As a first step, W. Morrison Associates will engage in consultation on the scope and design of a draft toolkit. This will be achieved through telephone interviews with approximately 25 education and school health representatives of Eastern, Northern, Central and Western Canada, as well as in-person focus groups with two round tables in British Columbia and New Brunswick. Input will be sought on the following: suggested format of the toolkit; how to develop and present the toolkit's key messages, actions, tools and materials; how to tailor the toolkit's key perspectives and practices for specific audiences; and how to assist schools in adopting practical approaches for initiating/expanding PMH practices within a Comprehensive School Health framework.

- The printing of *Schools as a Setting for Promoting Positive Mental Health: Better Practices and Perspectives* and *Le milieu scolaire comme terrain propice à la promotion de la santé mentale positive: Meilleures pratiques et perspectives* are in the final stages. A notice will be sent out when the publications are ready for distribution.

### Annual Report

The Annual Report 2011 is almost complete. The French translation is due to be received August 08. The desktop work is virtually complete; just waiting for the French version to be finished.

One issue this year for the Annual Report is the timing of the ministers' meetings. Because of the many provincial elections this fall, HMM is not until November and CMEC not until early in 2012. The

Secretariat is working on getting approvals from the ministers in both sectors before these meetings so that we disseminate this Annual Report in a timely fashion.

### **Research / News Highlights**

The Secretariat is suggesting that news-worthy stories be forwarded to Susan when you come across them. On a weekly basis, providing the stories are available, a bundle will be sent with any kinds of CSH-related news stories. In addition, the Comprehensive School Health Highlights has been revised and a draft is enclosed in this meeting's bundle. Please provide feedback and suggestions. This, along with the evergreen Research Repository –containing peer-reviewed research, government documents, and provincial / territorial strategies – will be posted on the members' side of the website as soon as the website is revised. Until then, the Repository can be sent out by email for anyone requesting a copy.

### **Canadian Partnership Against Cancer (CPAC)'s "Prevention Policies Directory"**

The Secretariat would like to make School Health Coordinators aware of CPAC's "Prevention Policies Directory." This Directory might be of benefit in scanning for school health-related strategies, guidelines, policies, etc. across the country. You'll note that the Directory's search filters are quite sophisticated, enabling users to submit queries by jurisdiction (even to the school level), topic, and type.

More than this, the Secretariat has received a specific request regarding potential assistance that the JCSH might provide to CPAC in further populating the Directory, as well as in spreading the word regarding its existence. We will discuss this in more detail at our upcoming SHCC Teleconference on Thursday, August 11.

For now, we would ask that in advance of the August 11 teleconference, all SHCs please take a minute to read the brief backgrounder on the Prevention Policies Directory that follows below, as well as to check the Directory out at [www.cancerview.ca/preventionpolicies](http://www.cancerview.ca/preventionpolicies) .

#### **Backgrounder – CPAC's "Prevention Policies Directory":**

Policies that support the prevention of cancer and chronic disease are often developed within a jurisdiction by learning from what has worked with others - but finding existing policies can be time-consuming. To this end, the Prevention Policies Directory ([www.cancerview.ca/preventionpolicies](http://www.cancerview.ca/preventionpolicies)) is a freely-accessible online tool that makes it easier for Canadian practitioners, policy specialists and researchers to find provincial/territorial and federal policies addressing cancer and chronic disease risk factors: nutrition, physical activity, alcohol consumption, tobacco control, infectious agents, environmental and occupational exposures, and UV/Ionizing radiation. The Directory is a regularly updated, searchable, one-of-a-kind database of Canadian policies as well as legal instruments (legislation, regulations, codes) relating to the key modifiable risk factors for cancer and chronic disease. In addition to its function as a user-friendly policy repository, the Prevention Policies Directory can be used to assess the current state of preventive policy and legislation across the country. This unique resource promises to act as a catalyst for facilitating chronic disease prevention policy development and analysis in Canada.

## **Canadian Journal of Public Health – Comprehensive School Health Supplement Fact Sheets**

The Fact Sheets developed with support from Public Health Agency of Canada and Health Canada are in the final stages – the designer is working on presentation of the Fact Sheets as two-page pieces that will be attractive and of interest to schools, educators, and school health professionals.

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## **Secretariat Update September 08 2011**

### **Healthy School Planner**

Reminder to please email Dana Zummach ([dmzummac@uwaterloo.ca](mailto:dmzummac@uwaterloo.ca)) with names and contact information for potential participants in a web-based session to provide feedback on the draft core/foundational module by no later than September 30. If you already suggested names in the spring, please confirm with Dana that these people can still be contacted.

### **Communications**

The ad hoc communications working group had two meetings in August, which resulted in a draft Communications Policy for JCSH. This Policy will go through further refinement by working group members and then will be disseminated to Management Committee members. They will be asked to discuss the Policy with School Health Coordinators and with MC alternates prior to an MC teleconference specifically on this issue in late September.

### **Positive Mental Health**

The printed copies of *Schools as a Setting for Promoting Positive Mental Health: Better Practices and Perspectives* and *Le milieu scolaire comme terrain propice à la promotion de la santé mentale positive: Meilleures pratiques et perspectives* will be mailed out to jurisdictions within the next week or two. School Health Coordinators are asked to contact the Secretariat to confirm number of copies (English, French) required.

### **Annual Report**

The Annual Report is complete. The WebReady copies are set to be placed on the website as soon as the process for acceptance of the Annual Report by Health/Education Deputy Ministers and Ministers has been completed. The PrintReady copies were sent to the printers last week (September 01). As noted previously, this year's report will feature French/English in the single publication (tumble format). Of course, the web version will be single language proofs on each of the English and the French sites.

### **Canadian Journal of Public Health – Comprehensive School Health Supplement Fact Sheets**

Final editing and design changes are being made to the first draft of the fact sheets. The next steps are: (1) the graphics-ready fact sheets will be distributed to the working group members for feedback; (2) the fact sheets will go out to the articles' authors for feedback and approvals; (3) the fact sheets will go for French translation; (4) they will be disseminated publicly in print format (each is two pages so will make a usable laminated sheet) and on websites.

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## **Secretariat Update**

**October 13 2011**

### **1. Annual Report**

The JCSH Agreement requires Deputy Ministers of Health/Healthy Living/Health Promotion and Deputy Ministers of Education to accept the JCSH Annual Report and, subsequently, to table it at the respective intergovernmental meetings of Ministers. This year, due to an outstanding number of provincial elections and other factors, the meetings usually held in September have been delayed until November in the case of Ministers of Health/Healthy Living/Health Promotion and May or June for CMEC.

Therefore we have sought permission from both tables of Deputy Ministers to use the Annual Report before tabling at these intergovernmental meetings.

#### **Health/Healthy Living/Health Promotion Approval Process:**

An excerpt from the RoD of the September 13th teleconference of P/T Deputy Ministers of Health/Health Promotion/Healthy Living states:

*Deputy Ministers received the 2011 Annual Report of the Pan-Canadian Joint Consortium for School Health. There were no concerns with the Report.*

#### *Decision*

*Deputy Ministers accepted the 2011 Annual Report of the Pan-Canadian Joint Consortium for School Health. Deputy Ministers approved the use and dissemination of the Report, including mailing to Ministers, prior to the November 2011 HMM.*

Once print copies are ready next week we will mail them to Ministers; as well, the report will be tabled as an Information Item on the November 24-25 meeting of Ministers of Health/Health Promotion/Healthy Living. A draft CBN is attached.

### **Education Approval Process:**

Since the agenda for the September meeting of the Advisory Committee of Deputy Ministers of Education was full, officials at the CMEC secretariat advised that a "Memo" process would be the best means of having the report "accepted" and permission granted to use the report before the spring CMEC meeting. All the information has been provided to CMEC officials and they are writing the memo using their format. The final version has not been received as it has to be approved by the ACDME/CMEC chairs. The "memo" will be sent to you as soon as it is received by the Secretariat from CMEC officials.

## **2. JCSH Strategic Planning / Management Committee and School Health Coordinators' Committee face-to-face meetings**

### **Strategic Planning Meeting January 17-19, 2012**

The location will be the Cambridge Suites in downtown Toronto. Hotel booking information went out to Management Committee and School Health Coordinators September 26 along with a draft agenda. The start and end times for the meetings were not included on the draft agendas but we expect that the days will begin at 8:00 AM and end at 4:00 PM.

A small advisory group of Management Committee members has been struck to give overall direction. The first meeting of this group is October 06, and the first task is to choose a facilitator. More information will be coming as the meeting takes shape.

## **3. Healthy School Planner**

### *Provincial Working Group Sessions*

The first session of the Alberta working group (comprising individuals who have an understanding of, and/or practical experience in, the school setting) was held on September 29. This web-based session allowed seven participants to provide input on the draft foundational module's content; three more participants who could not attend the web-based session on the 20th plan to provide their feedback via email.

The next, and final, session with the Alberta working group -- a session that will be held in-person -- will allow approximately eight individuals to provide more general feedback on the draft module (i.e. questions regarding the length, overall look and feel of the draft foundational module will be explored).

In-depth working group feedback sessions will also be held with individuals from Saskatchewan who have an understanding of, and/or practical experience in, the school setting. Input on the draft foundational module's content will be sought through a web-based session to be held in the coming weeks. An in-person follow-up session will also be held in Saskatchewan to seek more general feedback on the draft module.



In the spirit of efficiency and cost-effectiveness, interviews that are to be conducted by Propel as part of the approved CIHR KT Grant, "Dissemination Plan to Increase Use of the Healthy School Planner Across Canada", will be held in Edmonton while Propel members are already on-site for the in-person working group session to provide feedback on the draft foundational module.

#### *Pan-Canadian Web-Based Session*

One final thank you goes out to all SHCs who provided names of individuals from across the country for participation in a web-based session that will assist us in determining whether the questions in the draft core module are relevant in the school setting, make sense, etc. This web-based session will be held in late November.

#### **4. Communications**

The JCSH Communications Policy has been circulated to Management Committee, MC Alternates, and School Health Coordinators for input. A Management Committee teleconference on Communications is set for December 15.

The weekly emails to School Health Coordinators will return next week. They will usually consist of interesting / relevant news stories, excerpts from e-newsletters, and shared information from partners and/or other School Health Coordinators.

#### **5. Positive Mental Health**

The draft PMH Toolkit is almost finalized. The Toolkit will include an introduction to the key concepts of PMH,, a description of the relationship between positive PMH and the Comprehensive School Health Framework, checklists and inventories for school-based analysis of existing PMH practices, directions for developing / elaborating upon PMH practices, guidelines to begin or extend PMH practices in the Comprehensive School Health Framework, as well as forms and key questions to guide potential planning efforts that arise during application of the toolkit action items.

The draft toolkit has been informed, to date, through both phone and in-person consultations with educational and school health stakeholders. These individuals have been assisted in identifying the scope and design of the toolkit, as well as its web-based materials. Key informants who participated in the preliminary PMH project with the JCSH were invited to provide feedback within this phase. Further, individuals who participated in the initial pilot phase of the Indicators of Positive Mental Health initiative were invited to consult on the design of the Toolkit. Thirty individuals were invited to participate in telephone, online and in-person interviews. A total of 23 consultations were completed, as well as two face-to-face round tables (BC and NB).

This toolkit, which will be available in an "e-book" format, will provide introductory video pieces in each section, and numerous links to the existing JCSH document, "Schools as a Setting for Promoting

Positive Mental Health: Better Practices and Perspectives." PowerPoint slides will be embedded within the e-book and facilitate PMH training and professional development with educators.

Next steps for the draft toolkit will include further refinement through solicitation of input from the Expert Panel engaged in the PMH Indicator Framework design last spring, as well as piloting of the draft toolkit in select British Columbia and New Brunswick schools -- scheduled for completion by November 30.

## **6. Canadian Journal of Public Health – Comprehensive School Health Supplement Fact Sheets**

The fact sheets were circulated to School Health Coordinators for feedback. Following receipt of suggestions and ideas, a teleconference of School Health Coordinators was held October 05. The meeting brought forward discussion of not only the problems with continuing with the fact sheets in their present form but also the strengths of having plain language, attractive documents available.

The next step will be to develop a set of key messages out of two of the articles from the Canadian Journal of Public Health supplement. The articles to be used for the first piece will be the Veugelers and Swartz article: "Comprehensive School Health in Canada" and the first of the two JCSH articles: "Facilitating Health and Education Sector Collaboration in Support of Comprehensive School Health". The second JCSH article: "Stakeholder Engagement for Improved School Policy" was considered, but fits better with a later piece on 'policies'. This set of key messages will be circulated to School Health Coordinators for feedback before being turned into a document on Comprehensive School Health work in Canada. This and the subsequent documents to be developed from a compilation of the CJPH supplement articles will be approved by School Health Coordinators and Management Committee prior to placement on the JCSH website or to dissemination publicly.

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## **Secretariat Update**

**November 10 2011**

### **1. Annual Report**

The Annual Report 2011 has been printed. There are 1,000 hard copies, so please request as many as you feel you will need. As you know, the Annual Report is printed this year in a tumble English-French format. It will be sent out and provided in the WebReady format on the JCSH website following completion of the acceptance process by the Deputy Ministers of Education.

### **2. Canadian Journal of Public Health – Comprehensive School Health Supplement Fact Sheets**

The supplement articles are forming the basis for three and perhaps four set of key messages which will then be circulated to School Health Coordinators for review and feedback.

### **3. The Chronic Disease Prevention Alliance of Canada (CDPAC)**

The CDPAC's fourth Pan-Canadian conference "Integrated Chronic Disease Prevention: It Works!" will be held at the Delta Ottawa City Centre on February 8-10, 2012. JCSH has had three abstracts accepted: one for an animated poster presentation and two oral presentations. The oral presentations will not be delivered as individual sessions: rather, they are part of a panel of four presentations to disseminate the information from, and work since, the articles of the Canadian Journal of Public Health Comprehensive School Health Supplement (2010). In total, four abstracts were accepted as one complete unit. Work on the abstracts was completed by a steering committee of JCSH, Health Canada, and Public Health Agency of Canada (PHAC). The four abstracts are included as part of the November SHCC meeting bundle.

The plan is for JCSH Executive Director Katherine Kelly to present the first topic on this panel: "A Focus on Comprehensive School Health in Canada." The overarching panel title is: "Supportive Environments for Learning: Healthy Eating and Physical Activity Within Comprehensive School Health." The other three topics are: A Focus on Physical Activity Policies, A Focus on Healthy Eating Policies, and A Focus on Monitoring and Evaluating School Nutrition and Physical Activity.

### **4. National Forum on Youth Health**

Following months of planning, the National Forum on Youth Health was held October 25 and 26. Feedback was very positive, particularly on the presentation on youth engagement and on the opportunity for networking within and among the jurisdictions. The slides from the keynote presentations by Allan Best and Stoney McCart/Sharif Mahdy have been included with the documents for the November SHCC teleconference. In addition, the Forum's working group has been giving attention to ways of maintaining the contacts and momentum of the Forum. The Report of the Forum is expected to be ready for dissemination in December 2011.

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## **Secretariat Update**

**December 08 2011**

### **1. Annual Report**

The Annual Report has been accepted by most, but not all, of the Deputy Ministers of Education. An erratum must be added to the print copies, and a correction to the WebReady version. The Annual Report was tabled at Health Ministers' Meeting on November 24/25.

## 2. Meetings and Abstracts

### ***a. "Schools that Promote Health, Well-being and Educational Success in the next decade."***

On November 28 -29, the Manager, Partnerships and Initiatives attended a pre-conference held in Montreal: "Schools that Promote Health, Well-being and Educational Success in the next decade." This event preceded the 15th edition of the "Journées annuelles de santé publique" (JASP) conference, and featured two days on the theme of health promoting schools. Approximately 650 delegates attended this pre-conference. Among other areas of focus, the following themes / issues were identified as being of particular significance in furthering school health around the world:

- Implementation as a gap: evidence behind the "How" or "Process" in implementing school health
- Schools as actors and not as instruments: the importance of integrating school health into the school's overall mission statement and improvement planning process
- The need for pre-service and in-service teacher training and professional development
- Emphasis that school health is not a point-in-time program – rather, that it is to be embedded into the school fabric and sustained
- The criticality of principal buy-in / principal as leader
- An emphasis not only on student wellness, but also staff wellness
- The importance of student participation and youth engagement
- Making the case for school health: the Return on Investment
- Terminology: many terms are already in use, including the conception of the "good and healthy school" – a term now used in Germany which intends to further develop upon the settings approach of the health promoting school.

### ***Significant research presented relating to these topics. Please see the following:***

- Samdal, O., Rowling, L. (2011). Theoretical and empirical base for implementation components of health-promoting schools. *Health Education*, 111(5), 367– 390.

- Rowling, L., Samdal, O. (2011). Filling the black box of implementation for health-promoting schools. *Health Education*, 111 (5), 347 - 362.

- ASCD. (2011). The Healthy School Communities Model: Aligning Health & Education in the School Setting. Retrieved from: [http://www.ascd.org/ASCD/pdf/siteASCD/publications/Aligning\\_Health-Education.pdf](http://www.ascd.org/ASCD/pdf/siteASCD/publications/Aligning_Health-Education.pdf)

- IUHPE, (2005) "The Evidence of Mental Health Promotion Effectiveness: Strategies for Promotion" [http://ped.sagepub.com/content/12/2\\_suppl](http://ped.sagepub.com/content/12/2_suppl)

- Ronald Labonte, (1993) "Health Promotion and Empowerment Report", Issues in Health Promotion Series  
<http://www.globalhealthequity.ca/electronic%20library/Labonte%20Health%20Promotion%20and%20Empowerment%20Report.pdf>

- Teacher education in health promotion & health education : List of references  
[http://www.iuhpe.org/uploaded/Activities/Scientific\\_Affairs/TeacherTE\\_ref.pdf](http://www.iuhpe.org/uploaded/Activities/Scientific_Affairs/TeacherTE_ref.pdf)

- Knapp, Martin and McDaid, David and Parsonage, Michael (2011) "Mental health promotion and prevention: the economic case", Personal Social Services Research Unit, London School of Economics and Political Science, London, UK.

[http://eprints.lse.ac.uk/32311/1/Knapp\\_et\\_al\\_MHPP\\_The\\_Economic\\_Case.pdf](http://eprints.lse.ac.uk/32311/1/Knapp_et_al_MHPP_The_Economic_Case.pdf)

- Paulus, Peter (2005) "From the health promoting school to the good and healthy school: new developments in Germany" In: Clift, Stephen and Jensen, Bjarne Bruune (Eds) The health promoting school: international advances in theory, evaluation and practice (107-136).

[http://www.euro.who.int/\\_data/assets/pdf\\_file/0012/111117/E90358.pdf](http://www.euro.who.int/_data/assets/pdf_file/0012/111117/E90358.pdf)

#### ***b. Canadian Cancer Prevention Research Draft Strategic Framework – Stakeholder Consultation Workshop***

The Manager, Cross Sector Engagement, attended the above meeting sponsored by Canadian Partnership Against Cancer in Toronto on December 01. It should be noted that Marlien McKay made an excellent presentation as part of a policy, research, practice panel discussing the strategic framework draft.

The Canadian Cancer Prevention Research Draft Strategic Framework is in second draft stage, drawn up by the Canadian Cancer Research Alliance (CCRA), the 23 organizations that manage most of the donations and funding in research to prevent, diagnose, and treat cancer.

The Stakeholder Consultation Workshop, in addition to the presentations, included two breakout sessions: The first split the research, practice, policy, and funders (such as Canadian Institutes of Health Research, Nova Scotia Health Research Foundation) into separate groups to discuss gaps in cancer and chronic disease research; the second combined the four into groups to discuss gaps in research related to causes of cancer, interventions, and the determinants that influence both causes and interventions. This workshop provided an example of the benefits of bringing together these four groups to learn one another's language and notions around evidence, knowledge, and learning.

#### **4. National Forum on Youth Health**

Following months of planning, the National Forum on Youth Health was held October 25 and 26. Feedback was very positive, particularly on the presentation on youth engagement and on the opportunity for networking within and among the jurisdictions. The slides from the keynote presentations by Allan Best and Stoney McCart/Sharif Mahdy have been included with the documents for the November SHCC teleconference. In addition, the Forum's working group has been giving attention to ways of maintaining the contacts and momentum of the Forum. The Report of the Forum is expected to be ready for dissemination in December 2011.

