

## SECRETARIAT UPDATE – 2016

### DECEMBER

#### **JCSH Evaluation Framework**

The Secretariat has received a second draft of the Evaluation Framework from Developmental Evaluation consultant Jamie Gamble and is reviewing it with him prior to sharing with the School Health Coordinators' Committee and Management Committee.

#### **Positive Mental Health Toolkit Revision**

The Secretariat has received a second draft of the Diversity and Inclusion Module. The PMH Toolkit Revision Advisory Committee has a meeting scheduled to discuss this draft on December 12.

#### **Wellness Education Working Group**

This working group has a meeting set for December 15 to discuss future directions and next steps.

#### **Equity Working Group**

This working group met November 30 to discuss future objectives. They will be looking to the full School Health Coordinators' Committee for discussion on use and dissemination of this, and other, environmental scans and the possible involvement of representatives of diverse groups.

#### **Meetings/Conferences:**

Katherine attended the [Governor General's Conference on Concussions in Sport: We Can Do Better](#), held at Rideau Hall December 6. This conference was open to public participation via a [weblink](#).

### NOVEMBER

#### **Meetings/Conferences:**

#### **National Workshop to inform an FPT physical activity framework – Ottawa ON, November 24, 2016**

Katherine attended this workshop which was a special invitation only workshop to key stakeholders in Canada. The meeting was held as part of the consultation and report process governments

commissioned the Conference Board of Canada to provide. Federal, provincial and territorial (FPT) Ministers responsible for sport, physical activity, and recreation (SPAR) in Canada (excluding Québec) requested the development of an FPT physical activity framework that will help guide efforts for governments to address physical activity and sedentary behaviour; that will exist alongside other government and/or community-led efforts that contribute to encouraging Canadians to live active lifestyles. These other efforts include Active Canada 20/20: A Physical Activity and Change Agenda for Canada (AC 20/20), the Canadian Sport Policy, Framework for Recreation in Canada 2015: Pathways to Wellbeing, Curbing Childhood Obesity: A FPT Framework for Action to Promote Healthy Weights, among others.

There was discussion around the need for cross sector engagement including education. Katherine had the opportunity to speak informally about the importance of a comprehensive school health approach.

#### **CCSA Meeting – Toronto ON, November 24, 2016**

Susan attended this meeting hosted by the Canadian Centre on Substance Abuse to review and refresh the [National Framework for Action](#), developed in 2005. The meeting featured representatives of organizations such as the Canadian Nurses Association, Canadian Harm Reduction Network, Centre for Addiction and Mental Health, Canadian HIV/AIDS Network, Canadian Public Health Association, and a number of PT-specific centres. The group was tasked, through full- and small-group sessions, to revisit the framework – the Vision Statement, Principles, Goals, and Priorities – and make changes that reflect the needs of addictions services, current drug crises in Canada (i.e. fentanyl), the need for a Social Determinants of Health approach. Among the recommendations were the following: a housing strategy for Canada; an end to the War on Drugs campaign; consideration of the big business contexts of marijuana legalization; challenging the continued discrimination of users based on race, class, and gender by health professionals; and more work on clarifying the various models and competing theories of addiction.

#### **OCTOBER**

##### **Final update: Core Indicators Model of Comprehensive School Health and Student Achievement.**

The final reports of this project have been delivered by John Freeman and Alicia Hussain and shared with the CIM Advisory Committee members. These reports are as follows: (1) Summary of Focus Group Sessions Report, (2) Interview Findings Report, and (3) Core Indicators Model 2016. The last item is a 10-page document which features a Backgrounder on the project, two versions of the CIM – tabular and circular – and a glossary with term definitions and sample measures. John and Alicia have been extremely collaborative with the Advisory Committee throughout and the results move this research -

reports and framework versions - to a place where the frameworks and glossary can be shared and used by stakeholders. Deliverables on this project are the reports noted above, a literature review update, a summary report, new framework presentations in the two formats noted above, and the glossary with sample measures.

### **Project Update: Positive Mental Health Toolkit**

The Advisory Committee has reviewed three of the six modules of the Positive Mental Health Toolkit, which is under complete revision. Committee members and their PT colleagues have diligently reviewed the modules as they have been sent by Bill Morrison and Patti Peterson of WMA Wellness and provided detailed feedback. This effort by Advisory Committee members has led to substantial improvements in the toolkit, and the developers have expressed thanks for the level of contribution.

### **Meetings/Conferences:**

#### **6<sup>th</sup> Global Forum on Health Promotion: Charlottetown, PEI – October 16-17 2016**

The 6th Global Forum on Health Promotion was held in Charlottetown, PE, the first time this forum has been held outside of Geneva. The theme for the event was *Health Promotion: At the Very Heart of Sustainability*; it celebrated the 30th anniversary of the Ottawa Charter and highlighted the contributions of civil society and health promotion initiatives to sustainable development.

A number from JCSH attended the conference, including Marlien McKay (NB), Kari Barkhouse (NS), Sterling Carruthers (PE), and Katherine and Susan. The Secretariat was privileged to have been the adjudicators for the 10 videos, chosen from submissions throughout Canada and internationally that featured innovative health promotion practices and projects.

#### **First Nations Schools First: Sharing Successful Indigenous Learning: Vancouver, BC – October 6-7 2016**

Katherine attended this conference held at the Musqueam First Nation Cultural Centre. Among the sessions were the following: *Exploring the spaces for First Nations youth development inside and outside of school* with Dr. Sean Lessard, and *The time for real progress is now: Seizing the opportunities of the Truth and Reconciliation and the UN Calls to Action* with Grand Chief Ed John.

This conference was valuable for the work of the JCSH, in particular, because of a presentation by four of the group of Indigenous youth representing all provinces and territories who met at an event in May hosted by the Rideau Hall Foundation. The youth spoke about their work to enhance Indigenous

education through co-creation; a [video](#) from this session has been posted on YouTube. Out of the May meeting, the youth developed a [declaration and key recommendations](#) for education. This declaration is being taken to Indigenous and non-Indigenous leaders and JCSH members will be interested in the recommendations. The Executive Director of Council of Ministers of Education, Canada (CMEC) took the recommendations to present to ministers during the July 2016 meeting. The conference also offered an opportunity for Katherine to meet with and provide an overview of JCSH work to Chantal Beaulieu, Executive Director of CMEC.

## **SEPTEMBER**

### **Core Indicators of Comprehensive School Health and Student Achievement: Project Update**

With the delivery on September 4 of two reports - the Summary of Focus Group Sessions Report and the Interview Findings Report - this phase of work on the CIM – Comprehensive School Health and Student Achievement nears an end.

#### **Meetings/Conferences:**

### **Canadian Mental Health Association National Committee Conference: Toronto, ON – September 29-30 2016**

Katherine gave two lengthy presentations during this national conference *Mental Health For All*: one on the Youth Engagement Toolkit, the second on Cross Sector Collaboration: The Reality of an Education-Health Partnership to Optimize Benefits to Children and Youth. Both presentations were very well received, with much interest in the work done by JCSH.

### **Conversation with Developmental Evaluation consultant Jamie Gamble**

The Secretariat spoke with Jamie Gamble on September 6 on topics ranging from how the work of JCSH might be captured through Developmental Evaluation to various presentations of a logic model(s) to opportunities to engage with him. There may be opportunities for him to work with JCSH in one or more capacities, including presentations and a workshop on developing an evaluation framework. The Secretariat will work with the Evaluation Working Group to consider possible areas of engagement.

## **JULY/AUGUST**

### **Core Indicators of Comprehensive School Health and Student Achievement: Advisory Committee Meetings August 3 and 22.**

The August 22 meeting of the advisory committee reviewed the revised CIM framework models and glossary (see paragraph for information on the core changes made and shared for the August 3

meeting). By the end of the month, these framework models were once again given slight changes and have been accepted by the committee members. The framework models and glossary will be shared with JCSH members at upcoming meetings.

The August 3 meeting of the advisory committee reviewed a Summary Document prepared by John Freeman and Alicia Hussain. This document included an overview of the three areas forming the basis of two new framework models: (1) a review of the latest peer-reviewed and gray literature, (2) reports of the Focus Groups of Management Committee (April) and School Health Coordinators' Committee (May), and (3) report of the results of 24 interviews with key informants. Among the feedback from committee members are the following: To include measures in a glossary defining key terms, To reconceptualise the circular version of the framework, and To continue to seek an alternative term to 'Success' as one of the indicator headings. The next iteration of the framework(s) will be shared with School Health Coordinators, probably following a late August meeting of this committee.

#### **Positive Mental Health Toolkit Revisions: July-August Meetings**

On August 22, the Secretariat met with Bill Morrison and Patti Peterson to discuss the updated scan of the literature, themes from interviews conducted, and outline of the Toolkit modules. These have been shared with committee members. Following review, the toolkit modules will be sent to JCSH one at a time for full review and feedback.

As a result of the July meeting of this advisory committee with Bill Morrison and Patti Peterson of WMA Wellness, it was decided to focus not on the draft modules at this time but instead to review their scan of the latest literature and results of Interviews to see how the toolkit modules will be informed. Following completion of this process by the committee, early drafts of each module will be re-sent to the committee members for review and feedback.

#### **Conversation with Dr. Scott Leatherdale**

On July 20, the Secretariat held a brief teleconference with Dr. Scott Leatherdale, Associate Professor at the University of Waterloo's School of Public Health and Health Systems. Dr. Leatherdale also holds the CIHR-PHAC Chair in Applied Public Health Research, and was recently awarded the CIHR-IPPH Trailblazer Award in Population Health Solutions.

The conversation focused primarily on Dr. Leatherdale's COMPASS study: the world's largest and most comprehensive longitudinal school-based primary prevention project. Each year, COMPASS collects longitudinal data from ~45,000 grade 9 to 12 students attending 89 secondary schools in Ontario and Alberta. The purpose is to evaluate how ongoing real-world changes in programs, policies, or built environment resources within or surrounding schools are related to changes in youth risk factors (tobacco use (including e-cigarettes), obesity, poor diet, physical inactivity, screen time, alcohol use,

marijuana use, bullying) over time. Furthermore, for each participating school and its accompanying data set, knowledge brokers are assigned to assist in identifying resources and experts to help move actions forward.

The COMPASS study, which just wrapped up its fourth year, recently received a 5-year extension from CIHR. This will provide the study and opportunity to expand its scope to include a focus on mental health, through work with Dr. Robert Mann (Centre for Addiction and Mental Health).

A notable take-away from the conversation with Dr. Leatherdale was that COMPASS is not perceived as burdensome on the part of participating schools. Moreover, all of the study's measures have been validated with, or found to be consistent with, other studies (e.g. HBSC, CSTADS, SHAPES, etc.). As such, we might consider future discussions/opportunities with Dr. Leatherdale, as JCSH seeks to work with research partners to better coordinate student surveys in the field and lessen the burden at the school level.

#### **Meetings / Conferences:**

##### **Marijuana Legalization and Regulation Roundtable: Halifax, NS - August 25, 2016**

On August 25, on invitation from the [Task Force on Marijuana Legalization and Regulation](#), the JCSH Executive Director attended a Marijuana Legalization and Regulation Roundtable in Halifax, Nova Scotia. Among others, participants included researchers, child and youth advocates, members of the law enforcement community, and representatives from public health. The day provided the opportunity to discuss numerous issues related to the design and implementation of proposed legislation that would see the Government of Canada legalize, regulate, and restrict access to marijuana, including to provide input regarding how risks and harms to youth could be minimized.

##### **2016 Atlantic Summer Institute on Healthy and Safe Communities – Promoting Child and Youth Mental Health: Engaging all Generations, Charlottetown: August 16-18, 2016**

Attendees to the 2016 Atlantic Summer Institute (ASI) included Ellen Coady, Sterling Carruthers, and the Secretariat.

Highlights from the Institute included a presentation from Carol Hopkins (Executive Director, Thunderbird Partnership) on the [First Nations Mental Wellness Continuum Framework](#).

The institute used a series of curriculum pathways as key learning opportunities, reflecting the five strategies of the Ottawa Charter for Health Promotion in this, its 30th year.

Among the connections and links from the curriculum pathways:

- Children's Rights Impact Assessment: [Government of New Brunswick's CRIA tool](#)
- ACCESS Open Minds, a joint venture of CIHR and the Graham Boeckh Foundation: <http://accessopenminds.ca/>
- [New Brunswick's Children's Rights-Based Approach and Whole Child Framework](#)



- A [Developmental Evaluation Primer](#), prepared by Jamie Gamble of [Imprint Consulting](#) for the JW McConnell Family Foundation.

**Canadian Forum on Public Education: Public Education: Wellness in our Schools: Time to Act!,  
Montreal: July 11-12, 2016**

The Forum hosted by the **Canadian Teachers' Federation** had a key theme of mental wellness in schools. Karen MacKinnon, Management Committee member from PHAC and Katherine presented a 75 minute plenary session entitled *Promoting Healthy Schools in Canada: Tools to support well-being and student achievement*. The session which focused on JCSH resources and tools (Healthy School Planner, PMH and YE Toolkits) was very well received. It was suggested by participants that these tools should be in the hands of all teachers – the website and how to find contact information for SHCs was demonstrated.

**National Trustee Gathering on Aboriginal Education: Reflections of our Future, Winnipeg July 6-7,  
2016**

This gathering was held just prior to the Canadian School Boards Association Annual Congress (see below). Workshops and keynotes from Aboriginal leaders focused on the challenges, successes and opportunities to support Aboriginal perspectives in education. Highlights were a keynote from educator Kevin Lamoureux and two workshops: **Expanding board capacity and proficiency in Aboriginal and Indigenous matters** given by educator and former ADM of Education from Saskatchewan Darren McKee, and **Equity of Opportunity through Unique Programming** which showcased the work being done by the Frontier School Division in Manitoba.

**Canadian School Boards Association (CSBA) Annual Congress: Courageous Leadership, Winnipeg July  
7-9, 2016**

Katherine presented a 75 minute inter-active workshop to this Congress, entitled *Promoting Healthy Relationships in the School Setting: The JCSH Positive Mental Health Toolkit*. A large number of delegates attended this workshop and interest in JCSH tools and resources was very strong.

A highlight of this conference was a keynote from award winning author Joseph Boyden talking from personal experience about the importance of cultural identity to mental and spiritual health and well-being for youth. While in Winnipeg, Katherine had an opportunity to meet with some of the Manitoba JCSH representatives.

**Canadian Association of School System Administrators (CASSA): Hearts and Minds - Creating a Culture  
of Caring Conference, Winnipeg: July 7-9, 2016**

During this conference held concurrently with the CSBA Congress, Katherine presented an interactive 75 minute workshop entitled *Creating a Culture of Caring - The JCSH Positive Mental Health Toolkit*. Interest in JCSH resources was strong from all 30 workshop participants who were school system administrators from across the country. The theme of the conference was very much in keeping with PMH and a

comprehensive school health approach with workshops entitled: Nurturing Inclusive School Communities, Creating a Quality Environment for Students and Staff, Igniting Student Voice and Engagement in a School District, Creating a Culture of Caring through Culturally-relevant Play Based Approaches. It was an excellent opportunity to make connections and learn more about initiatives across the country.

## **JUNE**

### **Positive Mental Health Toolkit:**

The toolkit revision is proceeding through development of modules and new videos. It is expected the toolkit will be in draft form for review later in the summer.

### **Core Indicators and Measures – CSH and Student Achievement**

The research team at SPEG have completed the literature review, and have developed first drafts of the report on the focus groups conducted in April and May, and the report on the results of individual interviews with school health experts across the country. The documents will be shared with members of the Working Group when approvals are completed.

## **MAY**

### **Meetings / Conferences:**

#### **44th Canadian Society for the Study of Education (CSSE) Conference, Calgary: May 29-June 2, 2016**

This conference, held as part of the Congress of the Humanities and Social Sciences, 2016, featured hundreds of presentations, primarily from Canadian universities. Susan and John Freeman and Alicia Hussain presented Development of a core indicators and measurements framework for Comprehensive School Health (CSH) initiatives. As part of the session a second presentation fit nicely: Supporting Newcomer students' psychological wellbeing: One school's comprehensive school health approach by PhD candidate Keith Power of Memorial University of Newfoundland. These sessions required a paper prepared in advance for the discussant, Dr. Steve Sider of Wilfrid Laurier University, producing valuable questions and discussion from him as well as the audience. Other benefits of this conference included the following sessions:

- Truth, Reconciliation, and Trauma-informed Practice, Kevin Lamoureux (Winnipeg)
- Onikaniwak - for those who lead - a land based summer institute that develops leadership capacity in the area of Indigenous history, culture and current educational realities and resources Sherry Peden (Manitoba), Dawn Wallin (Saskatchewan)
- 20 Years After RCAP: Improving Educational Outcomes for Indigenous Children in Care, Kevin Lamoureux (Winnipeg), Frank Deer (Manitoba)





- Grafting Indigenous ways of knowing onto non-Indigenous ways of being, Cash Ahenakew (UBC)
- Sexual Health Education in Schools in Alberta: Making It Comprehensive and Universal, Pam Krause (Alberta), André Grace (Alberta), Maryanne Doherty (Alberta)

**PREVNet: Program Selection, Development, and Fidelity Products Meeting, Toronto: May 19, 2016**

On behalf of Katherine, Susan attended this stakeholder meeting to develop a framework for knowledge mobilization. In particular, this meeting was to review tools created by PREVNet and PREVNet partners aimed for placement on the [Violence Prevention Stream](#) of the Public Health Agency of Canada's Canadian Best Practices Portal. The meeting included presentations by Leena Augimeri on [SNAP](#), Bonnie Leadbeater on [WITS](#), and Deb Chiodo from the [Centre for School Mental Health](#) at Western University on the [4th R](#). Among the many takeaways from this meeting are the following: 1. Development of an evaluation framework (still in early stage); 2. Sharing of Resources: the [Hexagon Tool](#), to help schools and districts evaluate potential programs, the [Bridge-It System](#), [Ten Steps to Creating Safe Environments](#); and 3. Dissemination of articles on the evidence basis for some of these programs. Three articles can be shared: 1. Scaling deeper: SNAP Model and implementation frameworks (Augimeri, Walsh, Levene, Slater, 2015); 2. Evaluating school capacity to implement new programs (Roberts-Gray, Gingiss, & Boerm, 2007); 3. Bridge-It: A system for predicting implementation fidelity for school-based tobacco prevention programs, Gingiss, Roberts-Gray, & Boerm, 2006).

**Canadian Association of Principals (CAP) Annual Conference, St. John, NB: May 16-19**

Katherine facilitated a 75-minute workshop on the Youth Engagement Toolkit. The session provided principals from across the country, from elementary, middle, and high schools, an opportunity to discuss where they are at in terms of youth engagement, and how JCSH's resources might be of benefit to them. The workshop and toolkit were incredibly well received, with questions asked regarding how the kit might be more widely shared and promoted.

**APRIL**

**Meetings / Conferences:**

**Sparking Population Health Solutions: Research for a healthier future, Ottawa: April 25-28**

This international summit was hosted by Canadian Institutes of Health Research (CIHR) to look at how policies, programs, and the distribution of resources all contribute to preventing disease, promoting health and addressing the determinants of health. Katherine presented on Core Indicators and Measures of a Comprehensive School Health Approach in Improving Equity in Student Achievement.

**Healthy Learners in School Program, NB, Moncton: April 11**

New Brunswick is pro-active in using the Healthy School Planner and the Positive Mental Health Toolkit but wanted to work with the Secretariat on improving youth engagement. Katherine and Jo-Ellen provided a morning session on the various sections and the many resources provided in this toolkit.

Katherine will also be presenting on the Youth Engagement Toolkit to the AGM of the Canadian Association of Principals (CAP), to be held this July in Saint John, NB.

#### **PHE Canada Stakeholders Meeting, Ottawa: April 6-7**

Katherine was invited to attend this two-day planning meeting as part of the final portion of the four-year Health Promoting Schools (HPS) Initiative funded by The Lawson Foundation. A group of key Canadian stakeholders in comprehensive school health / health promoting schools discussed next steps in scale-up efforts and the continued growth of health promoting schools nationally. Travel costs were partially funded by the HPS Initiative.

#### **Working Groups:**

**Equity:** The Equity Environmental Scan has been sent to School Health Coordinators for updates.

**Evaluation:** A meeting was held April 4 to review logic model versions and an Operating Plan monitoring dashboard. The draft logic model will be shared with Management Committee and discussed during the face-to-face meeting.

**Core Indicators and Measures (CIM):** A meeting April 4 reviewed questions for focus groups and individual interviews.

#### **MARCH**

#### **Health Behaviour in School-aged Children (HBSC): Release of National Report March 15**

Accompanying the release of the [national report](#) of the 2013-2014 round of Health Behaviour of School-aged Children was a [webinar](#) March 22. This Canadian survey round had a focus on relationships. A Common Briefing Note has been completed by the Secretariat on the national report (April 4).

#### **Meetings / Conferences:**

#### **Banff International Conference on Behavioural Sciences: March 20-23**

#### **School Mental Health Challenges and Emerging Opportunities**

Katherine attended this conference to present a session during the **Innovation Showcase on *JCSH Tools and Resources to Support Positive Mental Health in Schools***. The conference was attended by a remarkably equitable mix of researchers, policy makers and school practitioners including principals, vice principals and school division leaders from a number of provinces and territories. This provided an excellent opportunity to network and highlight the work of JCSH vis à vis other positive mental health programs and resources, as well as to have conversations with funding Foundations (Carthy and McConnell), national partners and researchers.

Highlights included:

- ***Integrating multi-tiered mental health supports into education to promote student success: Implications for school mental health implementation in Canada*** by Sharon Hoover Stephan, University of Maryland , Center for School Mental Health and Kathy Short, Director, School Mental Health ASSIST, Ontario Ministry of Education
- ***Emerging research in promoting adolescents' social, emotional, and cognitive competence and well-being through mindfulness-based programs*** by Kimberly A. Schonert-Reichl PhD, UBC
- ***Promoting mental health among Aboriginal youth through culturally-relevant programming*** by Claire Crooks, Associate Professor, Faculty of Education; Director, Centre for School Mental Health, Western University

## **FEBRUARY**

### **Meetings / Conferences:**

#### **PREVNet: February 03, Toronto.**

PREVNet is beginning its work on a renewal of its Networks of Centres of Excellence (NCE) Knowledge Mobilization Grant and, as a first step, invited JCSH and other organizations to partake in this session which was attended by Katherine. PREVNet and JCSH have significant areas of overlap in which they could mutually benefit from collaboration – for instance, in work around healthy relationships/bullying prevention.

#### **CDPAC (Chronic Disease Prevention Alliance of Canada) Pan-Canadian Conference: February 23-25, Toronto.**

Katherine and Susan attended this conference and made three presentations: Assessing Canadian School Environments through the Healthy School Planner Healthy Eating Module; The Role of an Evaluation Goal in Multi-Sectoral Partnerships; and Core Indicators and Measures of a Comprehensive School Health Approach in Improving Equity in Student Achievement. All three presentations were very well received. As can be seen by the cross-cutting themes, there were a number of areas of synergy with JCSH work: Economic benefits and return on investment, Wellness of First Nations, Inuit, and Métis peoples, Partnerships, Mental wellness, Workplace health, Inequities, and Evaluation.

In addition, there were two pre-conference sessions:

- *Sustainable Chronic Disease Prevention Impact: Building Multidisciplinary Approaches to Support Healthy Public Policy Development*

Katherine attended this full day workshop hosted by the Canadian Partnership Against Cancer (CPAC). It was an excellent opportunity to network and to learn from Canadian examples where multidisciplinary partnerships have played a key role in the development of healthy public policy.

- *Advocacy “how to” – Mobilizing Evidence to Support Healthy Living Policies*

While in Toronto, Susan had the opportunity to attend a meeting of the National School Food Coalition, a follow-up initiative from the National School Food Conference *Changing the Menu*, held in Montreal last November. This group is very interested in the work and goals of JCSH and was also interested to have some discussion on the differences in the mandates and perspectives of the health and education sectors. There is also interest from this group in making a presentation / having a roundtable discussion with School Health Coordinators during an upcoming teleconference.

### **Working Groups / Advisory Committees**

The Working Groups are all active, with meetings this month. In addition, two new ad hoc advisory committees have been developed.

(1) Positive Mental Health Toolkit Advisory Committee: The first meeting of this group was held February 08 to review the proposal from WMA Wellness Inc. for toolkit revision and discuss plans for the revision with Bill Morrison and Patti Peterson.

(2) Equity Working Group: This group meets February 10 to review definitions of equity and provide an introduction of equity for the beginning of the environmental scan. Plans for an equity checklist are also underway.

(3) CIM on CSH and Student Achievement Advisory Committee: The first meeting of this advisory committee was held February 10. Plans for the next steps for the CIM were discussed: renew literature with latest research; interview 24 individuals, some through focus groups (Management Committee and School Health Coordinators’ Committee, rest through telephone interviews); develop updated final document plus companion pieces, such as a four-pager on use of CIM; new questions and materials to begin implementation. Taking the framework into more detailed implementation is outside this project, but might be the impetus for a subsequent piece of work.

(4) Wellness Education Working Group: The February 17 meeting of this group focused on discussion of the environmental scan and trends in wellness education in provinces and territories. Some next steps include location of assessment documents, methods, and tools used internationally in the area of

wellness education to evaluate impact of curriculum revisions; capturing stories based on themes from the environmental scan, and arranging the scan to locate successes and challenges under the themes.

(5) Evaluation Working Group: The Secretariat and one member of the Evaluation Working Group are looking at a variety of formats for presenting a JCSH Logic Model. This will be brought to the May School Health Coordinators' Committee face-to-face meeting for discussion.

## **JANUARY**

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

There were two areas of discussion in relation to this survey this month:

#### **(1) PT Reports meeting January 06**

A number of school health coordinators – and the HBSC lead in one province – had a teleconference with the Secretariat to discuss areas of knowledge sharing related to the process of question development and dissemination of the PT reports. The actions from this meeting resulted in new sub-folders on the private side to include questionnaires, resources, and briefing notes from this and the previous survey round in 2009.

#### **(2) Spiritual health article discussion January 08**

As follow-up to a conversation in December of John Freeman and Will Pickett with the Secretariat, the article is being shared with Management Committee and School Health Coordinators' Committee as the beginning of a conversation on data sharing and cross-jurisdictional comparisons.

### **Core Indicators and Measures**

During a meeting with John Freeman January 08, three areas were discussed.

#### **(1) Use of arrows**

The positioning of arrows on the framework was raised during a presentation on the CIM to the 2015 Healthy School Communities National Forum in November 2015. John noted during the presentation that academic improvements were the last sustained changes to be noticed; the first occurred in environmental changes in the school. Since the environment indicators row is at the bottom of the framework it was suggested that a series of arrows indicating change direction would be helpful.

#### **(2) Changes to Executive Summary / Report**

In light of the addition of the health indicators row to the CIM framework, the executive summary and report completed in 2013 also required some additional wording to explain the addition. The report / executive summary will be updated and the new framework inserted to replace the original.

### (3) Next Steps

To make the framework beneficial to practitioners, further steps are required. John suggested the literature review remains current, but that member checks should take place with the 24 key informants. Then, interviews with a broader group (including schools and school boards personnel) will assist in developing questions to bring the framework forward for implementation. John and Alicia Hussain and their team will provide a proposal to JCSH. JCSH will provide names of those volunteering for an Advisory Committee to guide this work.

### **Federal/Provincial/Territorial Concussions and Head Injuries in Sport Working Group**

Katherine has been invited to represent JCSH on this national committee. In 2015, Sport Canada was asked by the Federal-Provincial/Territorial Sport Committee (FPTSC) to create a work group on this issue. That request came out as one of the main recommendation from a workshop held in Ottawa a year ago, where several organizations from sports, medical, and health promotion participated. The Public Health Agency of Canada also participated in the workshop.

The work group was created last summer and is now at a stage to expand to have a broader representation of the sport, health promotion, medical, and education areas.

The issue of concussions needs expertise from several domains, and the work group came to the conclusion that the best way to obtain a thorough and efficient voice for schools and education at the table, would be to offer a seat for the Pan-Canadian Joint Consortium for School Health.

The Concussions and Head Injuries Working Group is currently composed of representatives of the Alberta, British Columbia, Ontario, Quebec, and Northwest Territories' governments; the federal government (Sport Canada and The Public Health Agency of Canada); Hockey Canada; the Canadian Soccer Association; the Coaching Association of Canada; and from the Canadian Concussion Collaborative (CCC).

It has developed an Action plan that was approved by all governments. Over the next months, the working group is planning to:

- Consult with key stakeholders on the activities proposed in order to validate if they meet government and sport organization's needs, both from an implementation and resource perspective;

- Determine the standards needed to ensure harmonization of prevention and management protocols for concussion and head injuries across Canada;
- Provide more details about the specifics for each activities, such as, establish a logical sequence, identification of leader organizations, timelines, and budget figures;
- Present a final version of detailed Action Plan for approval to the FPTSC.

**Conference: Shaping the Future 2016**

This continues to be a valuable conference, with many presentations on the benefit and practice of comprehensive school health in Alberta and throughout the country. Katherine and Gail conducted a well-attended presentation on the Positive Mental Health Toolkit and plans for revision. The participants provided a number of suggestions, which were recorded and shared with Bill Morrison and Patti Peterson for consideration.