# JCSH News and Resource Bundle February 14 2022

Hello everyone

Here is the News and Resource bundle for this week.

Cheers

Susan

News Articles:  
1. 3120. (Feb 14) Regina high school students pen Valentine’s Day affirmations for transgender people around the globe

Members of the Gay-Straight Alliance at a Regina high school who sent Valentine’s Day cards to transgender people say they responded to requests from everywhere: "Truly anywhere in the world of any religion, ethnicity, background, really anything," said the group’s co-lead. Students went through the requests and chose ones that responded to them in a personal way, some to those made by parents on behalf of a transgender child, others detailing struggles or a need for advice. "[Students] were able to affirm and value people just in the way that they want to be affirmed and valued," said the co-lead.

<https://www.cbc.ca/news/canada/saskatchewan/regina-high-school-students-write-affirmative-messages-of-love-for-valentine-s-day-1.6348889>

2. 3108. More local Indigenous perspectives coming to PEI school curriculum

Prince Edward Island schools are adding to the Indigenous content in curriculum to add local Indigenous voices and views on everything from Mi'kmaq culture to historic places and events important to the Island's Indigenous population. The curriculum lead with the Department of Education and Lifelong Learning says he wants Indigenous Islanders to know “that we'll work with our Indigenous partners to make sure that story is told and it's told truthfully." "We're hoping to incorporate the idea of disempowerment…, and for our students to understand that not all Canadians have experienced Canada in the same way," said Jack Headley. The curriculum committee is reaching out to Mi’kmaq community members and groups to expand students’ knowledge of P.E.I.'s Indigenous history, including the effects of Confederation, the Indian Act, the Shubenacadie Residential School, the Lennox Island Day School, the [Ice Walk](https://buzzpei.com/the-ice-walk/), the Sixties Scoop, and missing and murdered Indigenous women.

<https://www.cbc.ca/news/canada/prince-edward-island/pei-indigenous-school-curriculum-1.6335385>

3. Report: Netherlands children have highest sense of well-being

Among the many reasons that children in the Netherlands rank among the happiest in the world are some related to schooling. A [UNICEF report](https://www.unicef-irc.org/publications/pdf/Report-Card-16-Worlds-of-Influence-child-wellbeing.pdf) published last year analyzed data across 41 high-income countries, ranking the countries according to how they scored on children’s mental wellbeing, physical health, and the development of both academic and social skills. The country’s non-competitive school system and commitment to inclusiveness and diversity make a difference in the well-being outcomes of the children compared with young people in other wealthy countries. Commenting on the results, parenting expert Anita Cleare said that “growing up in a culture where everyone’s unique gifts are celebrated, and children feel like they can be who they want to be, and they’re not being judged, is likely to make friendships more positive, playground culture more positive, and is going to help children’s happiness levels.”

[Here's what lessons can be learned from parenting in the Netherlands (cnbc.com)](https://www.cnbc.com/2021/11/26/heres-what-lessons-can-be-learned-from-parenting-in-the-netherlands.html)

4. 3121. School district addresses over-representation of Indigenous students in school suspensions

Release of a [report](https://educationnewscanada.com/article/education/level/k12/3/934909/wsd-releases-student-suspension-trends.html) that shows Indigenous students are suspended from school at higher rates than other students is the impetus for action, says the chair the Winnipeg School Division Board of Trustees. “"This is just the very beginning," said Betty Edel. "We just needed to get the truth on the table because you can only start the healing journey and move forward if you are dealing with the truth." The report also stated that students who are suspended for a longer time have a higher likelihood of failing or withdrawing from school: Of the students who were suspended between 20 and 30 days, only 22 per cent passed, while 41 per cent failed and 37 per cent withdrew. Among the steps the school division is taking to reduce suspension rates of Indigenous students are collaborations with mental health communities agencies, Newcomer and Indigenous Support Teams, and Student Services and Curriculum, and professional development and training in restorative practices.

<https://winnipeg.ctvnews.ca/indigenous-students-overrepresented-in-winnipeg-school-division-suspensions-report-1.5697484>

Resources:

Resource 1 To promote knowledge sharing of the Health Behaviour in School-aged Children (HBSC), the JCSH is hosting the *HBSC Spotlight Series* in collaboration with the Public Health Agency of Canada (PHAC). Thistwo part webinar series aims to raise awareness about the HBSC [study findings](https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/programs-initiatives/school-health/health-behaviour-school-aged-children.html), in addition to promoting dialogue and discussion on the selected topic at hand.

The second webinar in the series will focus on concussions among Canadian youth and will take place March 1, 2022 from 1-2 pm EST. This session will speak to the HBSC research presented in the recently released Concussions and their Association with Mental Health [mini report](https://www.canada.ca/en/public-health/services/publications/science-research-data/concussions-association-mental-health-canadian-adolescents.html), in addition to hearing about this topic from both a knowledge translation and on the ground perspective.

Please visit our [Eventbrite page](https://www.eventbrite.ca/e/hbsc-spotlight-series-part-2-concussions-among-canadian-youth-tickets-264933070947) for more details and registration.

Resource 2. 3123. (Resource) HBSC study showcased in WHO policymakers’ guide for its involvement of young people

In this policymakers’ guide from WHO Europe - “Nothing about us, without us” Tips for policy-makers on child and adolescent participation in policy development – the Health Behaviour in School-aged Children Study, particularly in Canada and the United Kingdom, was recognized for its involvement of young people. The guide carries a number of suggestions for governments in increasing youth involvement in policy-development.

From the guide: “Decision-makers have a professional and moral obligation to ensure that adolescents are involved in the development, implementation and monitoring of all relevant legislation, policies and services. Adolescents need to be included in developing the programmes affecting their lives, whether at school, in their communities or at national and international levels.”

<https://www.euro.who.int/__data/assets/pdf_file/0006/521529/WHO-adolescent-policy-maker-tips-eng.pdf>