

## JCSH News and Resource Bundle for March 7 2019

Hello everyone

Here is the News and Resource bundle for this week.

Cheers

Susan

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### News Articles:

#### **1) Why one school board believes music education is essential for all / 'We're not a perfect country: Teens perform Gord Downie songs about residential school tragedy**

These two stories were featured one year apart, reflect schools in Ontario and Nova Scotia, and consider the role of music in broadening global and local knowledge of students. In 2018, the Windsor-Essex Catholic District School Board committed to music instruction for all students. Last month, director of the Halifax Regional Arts Symphony Orchestra, Nathan Beeler, rewrote the music of Gord Downie's *Secret Path* music for an orchestra, featuring 45 students playing 17 different instruments. "You have to have kids who understand math and science," says Robert Franz, conductor of the Windsor Symphony Orchestra, and regular visitor to Windsor schools to work with music teachers and their students. "The arts teaches us what to do with things. How do we experience them?"

<https://www.cbc.ca/radio/thesundayedition/the-sunday-edition-march-18-2018-1.4579165/why-one-school-board-believes-studying-music-is-essential-for-all-1.4579187>

<https://www.cbc.ca/kidsnews/post/teens-perform-gord-downie-songs-about-residential-school-tragedy>

## **2) New Indigenous school board in Manitoba 'historic', federal cabinet minister says**

The first of its kind, a new First Nations School Board will serve 12 Manitoba First Nations. Jim Bear, chief of Manitoba's Brokenhead Ojibway Nation, northeast of Winnipeg said, "In terms of education, it's huge. To be the architects of our own fate goes a long way, and in doing that, then we know that we will succeed, because we will have more of a vested interest rather than trying to administer somebody else's imposed system, which has never worked for us. "Our children, our families, our future leaders are going to benefit from this process moving forward," said Brokenhead Ojibway Nation's director of education, Kevin Kipling. "We had a high dropout rate as they reached the high school. We went back and wondered, why is that happening? The problem is they are not getting the same curriculum in math, let's say, as they are offering in other schools. It comes down to a lack of funding and resources."

<https://www.cbc.ca/news/canada/manitoba/indigenous-education-manitoba-1.3899241>

## **3) Nutrition programs in schools found to reduce obesity**

A Yale University study finds that school-based nutrition programs help children maintain healthy body mass indices (BMIs). The director of the Rudd Center for Food Policy and Obesity at the University of Connecticut, collaborator in the five-year trial with Yale University, [said](#) "This is some of the strongest evidence we have to date that nutrition education and promoting healthy eating behaviors in the classroom and cafeteria can have a meaningful

impact on children's health. These findings can inform how we approach federal wellness policy requirements and implementation in schools to help mitigate childhood obesity."

<https://www.consumeraffairs.com/news/nutrition-programs-in-schools-found-to-reduce-obesity-121818.html>

#### **4) Indigenous research: A different way of doing things**

Researchers at the University of Victoria and at Ryerson University's Yellowhead Institute are among a growing network throughout Canada of academics working to change research practices with First Nations' communities and to validate First Nations knowledges. "We need to make research not about exploitation ... and we need to bring down the hierarchies of knowledge that say that only certain people are authoritative when it comes to having [or passing on] knowledge," explains Hayden King, executive director at Ryerson University's Yellowhead Institute think tank and who is Anishinaabe from Beausoleil First Nation. "The tradition we're bucking is the white Indian expert who values their knowledge over the people who have the lived experience," says Shiri Pasternak, research director of the Yellowhead Institute. "Yes, it's about filling the gap, but maybe it's also about picking up the work that's already been done and trying to recentre it within institutions that have historically ignored it."

<https://www.theglobeandmail.com/canada/education/canadian-university-report/article-indigenous-research-a-different-way-of-doing-things/>

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**Resources:**

## **Resource 1: March is Nutrition Month**

To support Nutrition Month events and activities, Dietitians of Canada has developed a [number of resources](#) that can be used and shared with healthcare providers, stakeholders, media, the general public and others. For healthy eating advice, [visit UnlockFood.ca](#) for food and nutrition information, recipes, videos and to learn more about dietitians.

<https://www.dietitians.ca/Media/Nutrition-Month/Nutrition-Month.aspx>

## **Resource 2: Health Promoting Schools Certificates in Europe – excerpts from the Schools for Health in Europe (SHE) Network**

### **The Health-Promoting School National Certificate in Poland**

Gala Awards ceremony of the Health-Promoting School National Certificate took place on 28 November 2018 in Warsaw. The Chapter of the Health-Promoting School National Certificate honored 35 kindergarten and 29 schools for their great achievements in promoting health in kindergarten/school settings according to the concept and standards of health promoting schools in Poland.

The National Certificate of Health-Promoting School was established in 2008 in response to the needs and expectancies of schools belonging to 16 regional networks of HPS. This certificate gives recognition and value of long-term and systematic health-promotion school activities in Poland.

### **A Successful Intersectoral Cooperation at Government's Level**

In Hungary the holistic health promotion (HHP) for schools is prescribed by law since 2012, according to an effective intersectoral cooperation on the government's level. HHP means a holistic, whole school approach where health promotion must be part of the everyday life of the school. The whole school, parents and the public environment participate and the four main subjects in the program are

- 1) Healthy eating - potentially based on local food products;
- 2) Daily physical education fulfilling health promotion criteria and other forms of physical activity;
- 3) Appropriate pedagogic methods (including also the use of arts) to enhance mental health;
- 4) Improving health literacy and health competencies of the children.

### **New Health Profile – similar to Healthy School Planner**

In Lombardy, Italy, the 520 schools belonging to the region's network of health promoting schools have got a new health profile. The profile has an inter-disciplinary approach (with both social and healthcare view) and includes qualitative and quantitative aspects. The questionnaire guides the school to reflect on four quality standards corresponding to the development processes of individual competences, of qualification of the social environment, of the improvement of the structures, of the organization and of the building of positive alliances. It is based on a self-evaluation section very similar to the one Italian schools have in the yearly Self-Evaluation Report (RAV) and the analysis and the New Health Profile will contribute to give a picture of a school through the analysis of its dynamics and establishes the basis to identify the development priorities towards the best improvement plan.

<https://us8.campaign-archive.com/?u=d91ce9583f7e621f937049b78&id=42f8b1581b>