# JCSH News and Resource Bundle March 7 2022

Hello everyone

Here is the News and Resource bundle for this week.

Cheers

Susan

News Articles:  
1. 3107. (January 31) What research tells us about fixing attendance

General absenteeism reports often quote figures of [one-in-nine](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/509679/The-link-between-absence-and-attainment-at-KS2-and-KS4-2013-to-2014-academic-year.pdf) students not in school on a given day. Many, if not all countries, report the pandemic has made these figures much worse, particularly for vulnerable children or those from impoverished or socially excluded communities. The Children’s Commissioner of England in 2021 conducted a survey, [The Big Ask](https://www.childrenscommissioner.gov.uk/2021/10/12/the-big-ask-family/#:~:text=This%20year%2C%20the%20Children's%20Commissioner's,the%20voice%20of%20a%20generation.&text=Put%20simply%2C%20family%20is%20a%20fundamental%20pillar%20of%20children's%20lives.), to determine reasons for school absenteeism. “Disappointingly, [children cited unhappiness at school](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1047673/AAA_minutes_9_Dec_2021.pdf) as their biggest barrier to attendance,” noted the author, citing evidence from the [Netherlands](https://www.researchgate.net/publication/47561834_Truancy_in_late_elementary_and_early_secondary_education_The_influence_of_social_bonds_and_self-control-The_TRAILS_study) and the [United States](https://www.frontiersin.org/articles/10.3389/feduc.2019.00161/full#B5), showing students who were made to feel, who were engaged were less likely to experience truancy. “When we shift our attitude and language to a strength-based approach, instead of a deficit diagnosis, we improve understanding, pupil self-esteem, engagement and outcomes. To see the change schools need, talking explicitly about positive attendance rather than negative absence would be a good place to start.”

[Poor attendance: What research tells us about the solution | Tes](https://www.tes.com/magazine/teaching-learning/general/what-research-tells-us-about-fixing-attendance)

2. 3100. (January 24) Concussion management is changing as more research suggests exercise is best approach

A research surge into the impacts of concussion on physical and mental health, as well as [growing public interest](https://n.neurology.org/content/98/1_Supplement_1/S9.3) in the issue has led to changing knowledge on how best to support those who have experienced a concussion. For example, the long-standing advice of a [rest-is-best](http://doi.org/10.1001/jamaneurol.2018.0006) approach came more from a desire to [limit exposure to environments and activities that might lead to secondary concussions](https://doi.org/10.3928/00904481-20120827-12), than good evidence. Recently, scientists have been looking at aerobic exercise (or cardio training) as a management strategy for concussion symptoms, an [exercise-is-medicine](http://doi.org/10.1249/JSR.0000000000000505) approach that differs widely from the rest-is-best response. Emerging research is investigating the effects of exercise by studying its impacts not only on symptoms, but also on brain activity. “We need to know how exercise impacts brain function in concussion as, after all, concussions are brain injuries,” says the author [Dr. Bhanu Sharma](https://theconversation.com/profiles/bhanu-sharma-1284783).

[Concussion management is changing as more research suggests exercise is best approach (theconversation.com)](https://theconversation.com/concussion-management-is-changing-as-more-research-suggests-exercise-is-best-approach-174222?utm_medium=email&utm_campaign=Latest%20from%20The%20Conversation%20for%20January%2027%202022&utm_content=Latest%20from%20The%20Conversation%20for%20January%2027%202022+CID_e96cfacdbe7ad01766a5ad5e3f29b36d&utm_source=campaign_monitor_ca&utm_term=Concussion%20management%20is%20changing%20as%20more%20research%20suggests%20exercise%20is%20best%20approach)

3. 3103. Effect of COVID-19 on youth with ADHD examined

New research from Lehigh University in Pennsylvania is looking at whether children and youth with attention-deficit/hyperactivity disorder (ADHD) have experienced more disruptions as the result of the pandemic even than other children and youth. Children with ADHD were not more likely to catch COVID-19 than their classmates, but they were more likely to experience symptoms, have trouble sleeping, feel fear about infection risks, have trouble with remote learning, and exhibit rule-breaking behaviours. "Children with ADHD are more likely to have co-morbid disorders than their counterparts without ADHD,” said lead author Eliana Rosenthal. Past research has suggested that students not doing as well in school are more likely to drop out. They also may be more likely to engage in risky behavior in adolescence, Rosenthal said. Without enough support for mental health challenges, youths are less likely to develop positive peer and family relationships.

[Pandemic Especially Tough on Kids With ADHD - Consumer Health News | HealthDay](https://consumer.healthday.com/1-25-pandemic-especially-tough-on-college-kids-with-adhd-2656440901.html)

4. 3122. This Mohawk woman is translating nursery rhymes to share her language with kids – and caregivers too

"I've been taught by elders that passing on the language strengthens [our] values, as our traditions are woven into every word," says Kristi Talbot, a Mohawk woman and new mother. She is translating nursery rhymes into Kanien'keha (Mohawk) to share with her daughter and other families. It's part of the process of bringing inherited blood memory of culture and language back to the surface. "My ultimate goal as one who has begun to reclaim culture and language is that I can encourage people to do the same," she said.

"Through this work I hope to reach out… to as many people as possible and share this knowledge, share these songs, get it into the homes, classrooms and lives of as many people and children as possible."

It's all part of the larger project of ensuring the survival of the language for future generations.

"It's no secret that our languages are in danger of being extinct," she said. "And we need to teach the children, but we also need to teach the caregivers and the parents in their lives."

<https://www.cbc.ca/news/canada/hamilton/this-mohawk-woman-is-translating-nursery-rhymes-to-share-her-language-with-kids-and-caregivers-too-1.6349318>

Resources: 3137. (Resource) Canada’s Food Guide – Teens “Step Up Your Snack Game” TikTok Challenge

To help encourage healthy eating habits from youth and into adulthood, Health Canada has launched a social marketing campaign to encourage teens to improve their food skills and make healthy snack choices.

The campaign is inviting teens to participate in the #Explore3ingredients TikTok challenge. From March 7-12, teens can show off their favourite 3 ingredient snacks and inspire others to do the same. Prepping snacks is quick and easy — plus, it can be great for your health, your wallet, and the environment. You can also check out snack ideas at [Canada.ca/food-guide-teens](https://www.canada.ca/en/services/health/campaigns/food-guide-teens.html?utm_source=canada-ca_food-guide-teens&utm_medium=Stakholder_Outreach&utm_campaign=Explore3ingredients).

For those who are not able to participate or share between March 7-12? No problem! The TikTok challenge page will be live for 60 days. You can continue to make and share your favourite 3 ingredient snacks throughout, and don’t forget to check back often for some snacking inspiration! For the full experience, access the [challenge page](https://www.tiktok.com/tag/Explore3ingredients?checksum=3dcbad5347be42688f02a1a6554283141f1f2c168dd18a757eef321cf578f835&is_commerce=1&name=Explore3ingredients&sec_user_id=MS4wLjABAAAAVhgqqp_qYcS-0as6db5nf1eXCqqKVelI30x5t6KW7nD503ApMAHOIc5zWFzwGe4o&share_app_id=1233&share_link_id=685E709F-60B0-41CA-AF6B-8CB7B5D2E655&social_sharing=v2&tt_from=sms&u_code=dlmf5ke4efae6h&user_id=7034273650925962246&utm_campaign=client_share&utm_medium=ios&utm_source=sms&source=h5_m&_r=1) through the TikTok application on your mobile device.

All materials have be accessed at the link below: [here](https://drive.google.com/drive/folders/16Bpy8YiJLzTZyxp78QD1Z4xep5mvGT-K?usp=sharing).

Guide alimentaire canadien – Défi TikTok pour adolescents « *L’art de la collation »*

Afin d'encourager de saines habitudes alimentaires chez les jeunes et à l'âge adulte, Santé Canada a lancé une nouvelle campagne de marketing social passionnante pour inciter les adolescents à améliorer leurs compétences alimentaires et à choisir des collations saines. Nous sommes ravis de partager cette campagne avec nos partenaires et nos intervenants!

La campagne invite les adolescents à participer au défi TikTok #Explore3ingredients. Du 7 au 12 mars, les adolescents peuvent montrer leurs collations à trois ingrédients préférées et inspirer les autres à faire de même. Préparer des collations est facile et rapide, et en plus, peut être bon pour la santé, le portefeuille et l'environnement. Vous pouvez également trouver des idées de collations à [Canada.ca/guide-alimentaire-ados](https://www.canada.ca/fr/services/sante/campagnes/guide-alimentaire-ados.html?utm_source=canada-ca_food-guide-teens&utm_medium=Partie_prenante&utm_campaign=Explore3ingredients).

Vous ne pouvez pas participer ou partager vos collations entre le 7 et le 12 mars? Pas de problème! La page du défi TikTok sera en ligne pendant 60 jours. Vous pouvez continuer à préparer et à partager vos collations à 3 ingrédients préférées tout au long de cette période, et n'oubliez pas de revenir souvent pour trouver des idées de collations!

[page du défi](https://www.tiktok.com/tag/Explore3ingredients?checksum=3dcbad5347be42688f02a1a6554283141f1f2c168dd18a757eef321cf578f835&is_commerce=1&name=Explore3ingredients&sec_user_id=MS4wLjABAAAAVhgqqp_qYcS-0as6db5nf1eXCqqKVelI30x5t6KW7nD503ApMAHOIc5zWFzwGe4o&share_app_id=1233&share_link_id=685E709F-60B0-41CA-AF6B-8CB7B5D2E655&social_sharing=v2&tt_from=sms&u_code=dlmf5ke4efae6h&user_id=7034273650925962246&utm_campaign=client_share&utm_medium=ios&utm_source=sms&source=h5_m&_r=1)

Resource 2. 3136. (Resource) Original quantitative research – Trends in gender and socioeconomic inequalities in adolescent health over 16 years (2002-2018): findings from the Canadian Health Behaviour in School-aged Children (HBSC) study

From Conclusions: ” There are persistent and widening health inequalities across SEP and gender among adolescents in Canada. Adolescent females reported more physical and psychological symptoms as well as lower life satisfaction and lower daily physical activity, relative to their male counterparts. Adolescents at the lowest SEP were most likely to experience excess body weight, frequent physical and psychological symptoms, low life satisfaction and fair or poor health. Future research may consider the intersectional role of gender and SEP and their association with health outcomes. To address social inequalities in health during this formative stage of the life course, policies directed at basic income and disparities in health, gender and social conditions are of utmost importance.”

The full article is available at the link below.

[Trends in gender and socioeconomic inequalities in adolescent health over 16 years (2002-2018): Findings from the Canadian Health Behaviour in School-aged Children (HBSC) study - Canada.ca](https://www.canada.ca/en/public-health/services/reports-publications/health-promotion-chronic-disease-prevention-canada-research-policy-practice/vol-42-no-2-2022/trends-gender-socioeconomic-inequalities-adolescent-health-2002-2018-findings-canadian-health-behaviour-school-aged-children-hbsc-study.html)