

JCSH News and Resource Bundle for March 6 2020

Hello everyone

Here is the News and Resource bundle for this week. Welcome to March, and Nutrition Month.

Cheers

Susan

News Articles:

1) Using the Inuit perspective to successfully lead a school

“The purpose of this article is to describe the characteristics of Inuit [worldview](#) and explain how components of this perspective align with effective school leadership.” This blog posting from a Mi'kmaq educator from Newfoundland and Labrador explains how her teaching experience in Nunavut among Inuit students and community has changed her approach to learning and the role of community in school. “A school must be welcoming, abide by the rules, everyone must be respected, and there must be a direction in which the students can follow to lead to educational success. Inuit Leadership creates a Successful Learning Environment.” This respect for land, history, and people is integral to educational experience and of value for education in general, she notes. “The [eight Inuit Qaujimajatuqangit \(IQ\) principles](#) encompass a body of knowledge and the cultural insights of the Inuit people into the workings of nature, humans and animals and thus are very important to the Inuit culture, community and schools.”

https://www.ictinc.ca/blog/using-the-inuit-perspective-to-successfully-lead-a-school?utm_campaign=Spring%202020%20Training%20Weeks&utm_source=hs_email&utm_medium=email&utm_content=83974381&hsenc=p2ANqtz-8Bs2LOPipATXGLFo-Hq2nQW1LlwkVOLU6NLKjvz6x_CFu44GsUP84_pRxAo7GS3RMX3z5F7mfQ7-1_KUeJRXRC2_Xng&hsmi=83974381

2) Public schools across Canada now eligible for grant to develop healthy lunch programs

Farm to Cafeteria Canada has expanded its grant program to all public schools in the country this year, up from the five provinces eligible since the program started in 2016. The purpose of the program is to connect students to the sources of their food. Some [jurisdictions](#) already have a similar program, and this initiative hopes to continue to practice of local foods and local food knowledge improving the experiences of students in all regions. "The farm to school program is now a well-oiled machine and it's self-sustaining," says one principal in Newfoundland and Labrador. "When the kids get a chance to be involved in anything, it's always a better process."

<https://www.cbc.ca/news/canada/nova-scotia/farm-to-school-grants-available-across-canada-1.5451173>

3) Like a 'flu shot' for addiction crisis – training high school students as recovery coaches

In one West Virginia town, access to mental health services or addiction treatment is difficult, and the opioid epidemic has been particularly prominent, impacting in some way every student in the high school. Led by the efforts of Senator John Unger who founded the [West Virginia Recovery Coach Academy](#) in 2016, the students are taking courses at the high school that provide them with nationally-

recognized certification and three college credits. “The one thing that we haven’t done a good job of in the past is really treating our students like resources,” said Unger. “We treat them more like objects or recipients, but not resources. So this is an initiative to really say ‘hey – we need everybody’s help. We need your help, and we need you to help each other, along with the professionals like the counselors and the psychiatrists and psychologists.’”

<https://www.npr.org/2020/02/17/806599794/why-sitting-for-long-periods-can-affect-teens-mental-health>

4) The language of lunch

Despite a school cafeteria dedicated to following nutritional guidelines, one Virginia teacher found that most of her students were not finding healthy lunch options. Many of them were newcomers and English learners: they did not recognize a number of the vegetables offered and did not have the language to ask questions. She established a five-week food unit to provide students with more language for foods and increased nutritional choices:

“Understanding food and the numerous positive or negative effects it can have on our bodies is an important part of living. Extensive research supports the claim that food education can positively impact student food choices and health issues,” she notes.

https://inservice.ascd.org/the-language-of-lunch/?utm_source=SmartBrief&utm_medium=email&utm_campaign=InService&utm_content=InService-LanguageofLunch

Resource: March is Nutrition Month

The theme for Nutrition Month 2020 is *More Than Food*. Dietitians are encouraging Canadians to consider not only *what* they eat, but *how* they eat. Visit the [Nutrition Month 2020 website](#) for Activity and Ideas Guide, as well as an e-book of recipes.