

**3rd Annual School Health
Conference June 8-10, 2007
Vancouver, BC
Canadian Association
for School Health**
For more information see last page
of this newsletter or contact:
250-483-6988 or
info@cash-aces.ca

Register now at:
[http://www.safehealthyschools.org/
shconferences/school_health_2007
/index.asp](http://www.safehealthyschools.org/shconferences/school_health_2007/index.asp)

SECTION 1: WHAT'S NEW?

Third Annual School Health Conference,
Vancouver Conference Centre,
June 8-10, 2007

The Schools Role in Promoting Positive
Social Development and Mental Health.

The line-up of speakers and sessions for the
SH Conference is impressive and growing.
They include these Canadian and
International speakers:

- Helen Butler, Program Coordinator, MindMatters (Australia's national program in student, teacher and family mental health)
- Sandra Dean, Originator, Together We Light the Way, A successful anti-crime and pro-social development program developed and evaluated by the National Crime Prevention Centre
- David Galloway, University of Durham, United Kingdom on sustainable and successful practices in safe schools
- Louise Rowling, President, International Alliance for Child and Adolescent Mental Health and Schools
- Danielle Maloney, President, Australian Health Promoting Schools Association
- Gary Roberts, Consultant, Substance Abuse & Schools
- Bjarne Bruun Jensen, Danish University of Education on the IVAC Empowerment

RESEARCH, REPORTS & SCHOOL HEALTH KNOWLEDGE

The Centre of Excellence on the Mental Health of Children and Youth in Ottawa (www.onthepoint.ca) has selected and summarized several research reviews, including:

- Bjornstad G, Montgomery P. Family therapy for attention-deficit disorder or attention-deficit/hyperactivity disorder in children and adolescents. *The Cochrane Database of Systematic Reviews* 2005, Issue 2.
- Woolfenden SR, Williams K, Peat J. Family and parenting interventions in children and adolescents with conduct disorder and delinquency aged 10-17. *The Cochrane Database of Systematic Reviews* 2001, Issue 2.
- Littell JH, Popa M, Forsythe B. Multi-systemic Therapy for social, emotional, and behavioral problems in youth aged 10-17. *The Cochrane Database of Systematic Reviews* 2005, Issue 4.
- Barlow J, Parsons J. Group-based parent-training programmes for improving emotional and behavioural adjustment in 0-3 year old children. *The Cochrane Database of Systematic Reviews* 2003, Issue 2.
- Montgomery P, Bjornstad G, Dennis J. Media-based behavioural treatments for behavioural problems in children. *The Cochrane Database of Systematic Reviews* 2006, Issue 1.
- Merry S, McDowell H, Hetrick S, Bir J, Muller N. Psychological and/or educational interventions for the prevention of depression in children and adolescents. *The Cochrane Database of Systematic Reviews* 2004, Issue 2.
- Hazell P, O'Connell D, Heathcote D, Henry D. Tricyclic drugs for depression in children and adolescents. *The Cochrane Database of Systematic Reviews* 2002, Issue 2.
- Pratt BM, Woolfenden SR. Interventions for preventing eating disorders in children and adolescents. *The Cochrane Database of Systematic Reviews* 2002, Issue 2.
- Coren E, Barlow J. Individual and group-based parenting programmes for improving psychosocial outcomes for teenage parents and their children. *The Cochrane Database of Systematic Reviews* 2001, Issue 3.
- Pharoah FM, Rathbone J, Mari JJ, Streiner D. Family intervention for schizophrenia. *The Cochrane Database of Systematic Reviews* 2003, Issue 3.
- Ekeland E, Heian F, Hagen KB, Abbott J, Nordheim L. Exercise to improve self-esteem in children and young people. *The Cochrane Database of Systematic Reviews* 2004, Issue 1.
- Law J, Garrett Z, Nye C. Speech and language therapy interventions for children with primary speech and language delay or disorder. *The Cochrane Database of Systematic Reviews* 2003, Issue 3.

- model of Health Education
- Goof Buus, Director, European Network of Health Promoting Schools
- Donna Blundell, Safe & Caring Schools Society, Alberta
- Linda Capperaud, Canadian Federation for Sexual Health
- Stephanie Boyles, Director, Youth Officer Program, Royal Canadian Mounted Police
- Don Langille, Dalhousie University, Nova Scotia on school health clinics
- Grant Macdonald, Whitehorse RCMP Detachment on police working with schools
- Paul Welsh, Rideauwood School-based Treatment & Outpatient Program, Ottawa
- Tracy Smith, Pregnant Teens Core of Life Program for aboriginal and other students
- Mori Kimiko on Japan's school-based health clinics and helping (Yogo) teachers

The Canadian Association for School Health and its partners in the Canadian School Health Knowledge Network are pleased to announce three new services starting very soon:

1. Webinars in School Health
These 60 minute presentations are being organized with funding from the Canadian Council on Learning, Health Canada and the Society of Obstetricians and Gynecologists of Canada. These presentations take the form of telephone conference calls supported by web viewing of slides as well as pre and post session email discussions. The first five of 25 sessions will be offered this spring in cooperation with the BC School Superintendents.
2. Staff for the Canadian School Health Centre
With funding from the Health & Learning Knowledge Centre, CASH will be answer inquiries and develop national networks linking school districts, health authorities, police departments and other agencies.
3. Environmental Scans, Inventories and Tool Kits
Funding is coming from a variety of sources to enable CASH and its partners to publish several scans/inventories and

Wiki-Bibliography on School Health

These references will be added to our growing Wiki-Bibliography on School Health that can be found at:

http://docs.google.com/Doc?id=ddn6x26t_2gt3vm7

(A new, free Google service enables many people to edit the same document online.) If you want to view this ongoing project, simply click on the link above. If you want to add references to the bibliography, follow the instructions at the beginning of the document.

Resources from the Centre of Excellence on Child and Youth Mental Health, a centre funded by the Government of Ontario.

- Doing More With What You Know Toolkit provides a set of user-friendly tools. These tools include a variety of ways to complement your work and go beyond traditional information dissemination.
- Doing More in Partnership Toolkit supports the development of authentic partnerships between community-based and university- or academic health science centre-based researchers
- Doing More With Program Evaluation supports the planning and development of program evaluation within organizations. This toolkit provides an easy to use reference guide outlining the various steps in conducting program evaluation. As a resource, the toolkit provides a 'roadmap' for developing a program logic model, and includes an appendix of suggested readings for additional information
- Program Logic Model This sample format of a logic model can be used to develop a logic model for your own program - an important first step in developing a Program Evaluation framework.

Resources from the Heart & Stroke Foundation of Canada

- For Teachers
 - 25 Heart Healthy Activities (PDF)
 - Heart Healthy Kids Physical Activity Handbook (PDF)
 - Heart Healthy Lesson Plans (PDF)
 - Jumping Into the Curriculum (PDF)
 - Play Skills- Heart Smart Family Activities (PDF)
 - Power Skills- Heart Smart Family Activities (PDF)
 - Skills Posters (PDF)
- For Kids
 - Fun and Fitness the Name of the Game
 - Fun Foods
 - Have Fun Moving— get up and go
 - Heart Smart Family Fun Pack
 - Pumped Magazine for Kids
- Other Resources
 - Heart and Stroke's Position Statements on Nutrition in

tool kits on these new topics; safe schools, sexual health, substance abuse prevention and mental health. These scans will be published and distributed at School Health 2007, the third annual School Health Conference being held at the Vancouver Conference and Exhibition Centre on June 8-10, 2007. Previous scans and inventories are available on tobacco, physical activity, nutrition, aboriginal school health and French language schools. Earlier scans listed on that same page cover topics such as character education, safe schools and more.

The www.safehealthyschools.org web site gains new partners. The following organizations are now partners in linked pages on school health promotion; [Canadian Association for School Health](#), [Canadian Association of Principals](#), [Canadian Association for Health, Physical Recreation and Dance](#), [Canadian Counseling Association](#), [Canadian Institute for Child Health](#), [Concerned Children's Advertisers](#), [Heart and Stroke Foundation of Canada](#), [Canadian Child Care Federation](#), [Chronic Disease Prevention Alliance of Canada](#), [Go For Green](#), [Canadian Paediatric Society](#), [Canadian Alliance of Community Health Centre Associations](#), [Canadian Centre for Positive Youth Development](#), [Dietitians of Canada](#), [Canadian Centre on Substance Abuse](#), [Canadian Association of Chiefs of Police](#), [Métis National Council](#), [Boys and Girls Clubs of Canada](#), [Canadian Parks and Recreation Association](#), [Canadian Red Cross](#)

Schools Heart and Stroke's Position Statements on Physical Activity in Schools

- Resources from [Active, Healthy Kids Canada](#)
- The 2006 Annual Report Card of the levels of activity and supports for physical activity is the second report of its kind. The Report Card includes recommendations for action in schools, communities and families.
- AHKC response to report on Canadian kids activity. The Canadian Physical Activity Levels Among Youth (CANPLAY) study by the CFLRI collected pedometer data on a sample of approximately 6,000 children ages 5-19, measuring the number of steps kids take in order to assess their activity levels. 91% of Canadian children and youth are *not* meeting the guidelines set forth by Canada's Physical Activity Guides for Children and Youth, which state that children should be accumulating 90 minutes per day of moderate to vigorous physical activity

FEATURE ARTICLE

School Nutrition Policies in Canada

These links will connect you with provincial/territorial policies and initiatives on nutrition and schools. For the most part, these policies deal with over eating and do not deal with under-eating or food insecurity.

BC Guidelines for Food and Beverage Sales in BC Schools were released in 2005. Schools and districts are encouraged to work with students, teachers, parents and others to develop strategies for implementing these guidelines.

June 2005 the Manitoba Healthy Kids, Healthy Futures Task Force released a report that included five recommendations around school food and nutrition. The recommendations have been accepted by government and are being phased in over a two-year period beginning in 06/07 school year. All schools will be required to have a written nutrition policy. Support to schools in this process being provided through Dietitians of Canada and Manitoba Council on Child Nutrition.

The Framework for a Healthy Alberta identified the need for more Albertans to eat healthy foods using vegetable and fruit consumption and healthy weights as performance indicators.

Population Health Promotions Strategy for Saskatchewan; Healthier Places to Live, Work, and Play (2004) includes four priority areas for focus within the strategy including accessible nutritious food. Goals include reducing barriers to and increasing opportunities for healthy eating habits among other issues. Schools are a channel identified in this strategy.

Nutrition Guidelines for Schools by Public Health Nutritionists of Saskatchewan Research Centre for the Saskatchewan School Boards Association provides information and guidelines for school boards to consider and their responsibility in promoting school health/nutrition. Other relevant undertakings in Saskatchewan include: Nutrition and Safety recommendations for schools. The Heart and Stroke Foundation of Saskatchewan produced the report Nutrition in Saskatchewan Schools: Policy, Practice and Needs and as a follow up the School Policy Nutrition Toolkit.

The Yukon Government's Health Promotion Unit (HPU) works in partnership with the Department of Education to coordinate school health in the Yukon. 1023 Home Prepared Foods (2005) is a policy document from the Dept of Education related to food safety and the sale of foods in schools.

In October 2004, the Ontario Ministry of Education released a policy document: Healthy Foods and Beverages in Elementary School Vending Machines Policy/Program Memorandum. The Dietitians of Canada developed School Food and Nutrition Recommendations for the Ontario Ministry of Education Regarding Snacks and Beverages Dispensed by Vending Machines which accompanied this Policy and Program Memorandum.

The Ontario Ministry of Education's Healthy Schools plan includes policy direction on daily physical activity, healthy foods and beverages in elementary school vending machines, anaphylaxis, Community Use of Schools, swimming survival programs, health and physical education curriculum and a high school cardiopulmonary resuscitation program.

In 2004, The Ontario Society of Nutrition Professionals in Public Health released Call to Action: Creating a Healthy School Nutrition Environment which included recommendations related to the importance of healthy eating in the school context .

Une nouvelle politique fut adoptée au Québec qui limite la consommation des produits néfastes afin d'améliorer la nutrition des élèves dans les écoles.

<http://www.infobourq.com/sections/chemises/afficheChemise.php?idChemise=33&id=10094>

The Healthy Eating Nova Scotia Strategy (HENS: 2005) is a planning framework, based on a population health approach, to guide coordinated evidence-based action, decision, and resource allocation on nutrition and healthy eating. The strategy's four priority areas are: breastfeeding, children and youth, fruits and vegetables and food security.

Within the children and youth priority area, the focus has been on the development of the comprehensive Food and Nutrition Policy for Nova Scotia Public Schools. The final draft of the policy is under review and awaiting final approval by the Ministers of Education and Health Promotion. The policy outlines standards for foods and beverages served and sold in all schools. The policy promotes nutrition education in the curriculum, encourages community partnerships and provides a supportive environment for healthy choices. The accompanying Food and Beverage Standards for Nova Scotia Public Schools provide criteria and suggestions for decisions about the food and beverages served and sold in schools.

PEI Healthy Eating Alliance is a group of individuals, non-governmental organizations and government departments working together to improve the eating habits of children and youth. A Steering Committee provides overall guidance and coordination for the alliance. Groups are working in five key areas: Access to Safe and Healthy Food; Nutrition Education and Promotion; School Healthy Eating Policy; Research and Evaluation and Communication. The Alliance was established in November, 2001 to improve the eating behaviours of Island children and youth through nutrition education and promotion, and through the creation of supportive environments for healthy eating. In December 2002, the HEA released the Healthy Eating Strategy for Island Children and Youth, a three year strategy to guide its work. Since the spring of 2003, the School Healthy Eating Policy Project (an initiative of the PEI Healthy Eating Alliance) has worked with the three school boards of Prince Edward Island to develop healthy eating policies using a consultative process. PEI School Nutrition Policies for elementary (Grades 1-6) and consolidated (Grades 1-8) schools now exist in all three school boards.

The Newfoundland and Labrador cross government, multi-sectoral Provincial Wellness Plan for Newfoundland and Labrador (2006) includes initiatives directed at schools: **Healthy Students, Healthy Schools Initiative**: expanding to create school environments that support healthy living for children, youth and the larger school community. The guidelines are now being distributed to school districts and school administrators. The guidelines can be found at www.gohealthy.ca, or the Department of Education web site at www.gov.nl.ca/edu.

Nunavut's Promise to Children and Youth An interdepartmental initiative that links four departments with a mandate for children and youth, including: Education, Health & Social Services, Justice, and Culture Language Elders & Youth. Nunavut's Promise works to streamline policies, programs and services for children and youth across government. The group also supports community projects and engages Inuit Elders and youth in an advisory role. The NU "**Healthy Living Strategy**" is a collaborative multi-disciplinary effort between the departments of health, education and recreation, to increase awareness and opportunity for healthy lifestyle choices.

3RD ANNUAL SCHOOL HEALTH CONFERENCE

THE SCHOOL'S ROLE IN PROMOTING POSITIVE SOCIAL DEVELOPMENT & MENTAL HEALTH IN COOPERATION WITH HEALTH AUTHORITIES, YOUTH AGENCIES & POLICE SERVICES

Research on anti-social and risky behaviours is increasingly showing that delinquency, bullying, harmful substance abuse, and sexual risk-taking all stem from the disconnection between young people, schools and the community. Research shows that social problems are directly linked to dropping out of school, alienation within families, and the difficulties young people experience in identifying adults that are trustworthy guides and advocates.

School-based and school-linked programs and services are evolving to respond to these clusters of negative behaviours and include:

- Anti-bullying programs that take a social development approach
- Sexual health education programs that include youth development strategies
- Mental health programs that improve the social climate of the school
- Substance abuse prevention that builds life skills
- Crime prevention programs that include police service development of preventive and restorative justice approaches

EFFECTIVE PROGRAMS REQUIRE INTER-AGENCY COOPERATION TO BE EFFECTIVE & SUSTAINABLE

The third annual Canadian School Health conference will focus on how local agencies and professionals from a variety of sectors can work together on proven strategies.

Conference keynotes will share information about the latest developments. Conference workshops will provide hands-on, practice-based information and experience, including:

- **Together We Light the Way**, a social development program developed in Durham Ontario and evaluated in sites across Canada
- **The Gatehouse Program** that was developed and evaluated in Australia and Canada
- The research behind the **Canadian Sexual Health Education Guidelines**
- Canadian adaptations of international better practices guidelines in substance abuse prevention
- The new **RCMP Youth Officer Program**

SCHOOL HEALTH CONFERENCE

JUNE 8-10, 2007 | VANCOUVER, BC
VANCOUVER CONVENTION & EXHIBITION CENTRE

FOR MORE INFO CONTACT:

THE CANADIAN ASSOCIATION FOR SCHOOL HEALTH
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