

EDMONTON PUBLIC SCHOOLS

September 23, 2008

TO: Board of Trustees  
FROM: Edgar Schmidt, Superintendent of Schools  
SUBJECT: Proposed Plan for Comprehensive School Health Symposium  
ORIGINATOR: Jenise Bidulock  
RESOURCE  
STAFF: Jan Anderson, Gloria Chalmers, John Edey, Patti McLeish, Louise Osland, Diane Rolin, Don Zabloski, Corrie Ziegler

RECOMMENDATION

That the proposed plan for the Comprehensive School Health Symposium as brought forward by the administration be approved.

\* \* \* \* \*

Background Information

At the April 29, 2008 meeting of the Board of Trustees, the following motion was approved:

*That Edmonton Public School's administration develop a plan for a one-day comprehensive school health symposium, in the context of the District's overall health initiative, and implementation timeline that would include staff and administration representative from all district schools.*

Preliminary Plans

A committee has been struck to plan and coordinate the comprehensive school health symposium. Committee members include: Programs: Gloria Chalmers, Patti McLeish; Consulting Services: Louise Osland, Don Zabloski, Corrie Ziegler; Curriculum: Jan Anderson; Personnel Services: Diane Rolin. Committee members have reviewed The Administrative Regulation GBE.AR related to Health and Wellness of Staff and Students and Promotion of Healthy Food and Beverage Choices; connections to the Professional Learning Day on Healthy School Communities offered through Consulting Services; work in the District's Alberta Project Promoting Healthy Living and Healthy Eating (APPLE) schools (Lee Ridge, Bannerman, Belmead and Sifton); involvement of external agencies; potential costs related to hosting the symposium; and alignment with District Priorities and school calendars. As a result the committee is recommending the following:

1. The comprehensive school health symposium be held twice during the school year. The first symposium will be on October 27. A second symposium will be on a date yet to be determined in March. Both will take place at Barnett House.

2. The two symposiums would host different keynote speakers. In October, the keynote speaker will present information related to the Comprehensive School Health Research Project in the Annapolis Valley. In March, the presentation will be related to the Apple Research Project which is being conducted by the same researcher. The break out sessions for these days would be similar so that schools can have the opportunity to “go deeper” if they wish. As well, new break outs will be developed for the second symposium based on input from the first symposium. Appendix I outlines the plan for the October 27 session.
3. All break out sessions would have a direct link to the Administrative Regulation GBE.AR (Appendix II).
4. All schools will send at least one school representative to at least one of the symposium sessions, but have the option of sending more staff/parents to one or both of the symposiums. Schools can also choose to use the symposium as a school-wide professional development day.
5. Schools sending one or two representatives would commit to ensuring the certificated staff member(s) will share key learnings with all staff at their school.
6. The District would support the cost of the symposiums, except for the relief time for school staff to attend one or both days. Estimated costs for both symposiums would be \$55,000. This funding will be provided in a supplementary allocation to Consulting Services.
7. Staff from Edmonton Catholic Schools would be invited to the symposiums as a way to continue building inter-district relationships.
8. The District would provide further support to schools in subsequent years (through professional learning days or additional symposiums) to build on work that is already started.

ES:gj

Appendix I – Plan for October Symposium  
Appendix II – Administrative Regulation Chart

## Plan for October Symposium

October 27 – Healthy School Communities PL Day				
Timetable				
8:00 - 8:30am	Healthy Breakfast: Wholegrain baking, yogurt, fruit, milk, juice			
8:30 - 9:00 am	Introductions and Kickoff			
9:00 - 10:15 am	Keynote: Caroline Whitby and Heather Morse, Educators, Annapolis Valley Health Promoting School Program			
10:30 - NOON SESSIONS	<u>Power to Play: Teaching just got easier for K-3 Teachers!</u> Lee Finell	<u>Be Fit For Life!</u> Lyndsay Wright	<u>Mental Health Education Kit - Be Kind to Yourself and Others</u> Susan McNaughton/ Carmen Lawrence	<u>Apple Schools - Making the Healthy Choice the Easy Choice</u> Marg Schwartz
	<u>So you think you can dance...Health Promoting Schools Essentials</u> Doug Gleddie	<u>Initiatives to Develop Wellness - Ottewell and Avonmore Schools</u> Ottewell and Avonmore Schools	<u>6 Steps to a Healthier You - Capital Health</u> JudyNewman, Carnie Harfield	
NOON - 1:15 pm	Lunch			
1:15 - 2:15 pm SESSIONS	<u>Healthy School Choices - Junior High</u> Edmonton Catholic	<u>Alcohol, Tobacco, Other Drugs and Gambling Awareness</u> Margaret McLellan	<u>Peers Teaching Peers</u> Margaret Moar	Annapolis Valley Health Promoting School Program Caroline Whitby Heather Morse
	<u>Conflict Resolution Strategy</u> Dennis Pringle	<u>Health and Wellness for First Nations, Metis and Inuit Students</u> Ingrid Tenkate	<u>Healthy School Environments</u> Eugene Plawiuk	
2:30 - 3:30 pm	Concluding Session: Planning for the Future			

## Breakout Sessions

10:30 - Noon

### **Power to Play - Teaching just got easier for K-3 Teachers!**

**Facilitator:** *Lee Finell, MHSA, RD, Registered Nutritionist*

Did you know that you can meet the learning outcomes for math, science and English languages arts while teaching health? Power to Play, the new healthy eating and active living program for K-3 teachers does just that. This cutting edge, Alberta based program is grade specific, is based on the current child development theories and is follows the inquiry-based model of learning adopted by Alberta Education. Almost 900 teachers in Alberta have the program (see [powertoplay.com](http://powertoplay.com) to read their comments). The program and all materials including a teacher manual, 12 study prints, 103 food picture cards, classroom poster and CD/DVD, are free to teachers who attend this session. Visit [powertoplay.com](http://powertoplay.com) for a complete list of program components, to view Power to Play in the classroom, for a sneak peak at a workshop and to book a workshop.

### **Be Fit for Life!**

**Facilitator:** *Lindsay Wright, Edmonton Be Fit for Life Centre*

Looking for some new ideas and initiatives for active living in your school? The Edmonton Be Fit For Life Centre will share an overview of some of the programs that they offer schools. Heart rates, Active Body Adventure, resistance bands, yoga and more will be explored in this session.

### **Mental Wellness Education Kit – Be Kind To Yourself and Others**

**Facilitator:** *Susan McNaughton, Carmen Lawrence, Capital Health*

Children and youth today are experiencing more stress and anxiety than ever before. It is important that children develop the skills to enhance their mental well-being. Otherwise, the result could be poor physical and mental health, poor social skills, and even poor school achievement. Working with educators and mental health professionals, Capital Health has developed an education kit for Grades 4-6, to assist teachers in addressing this important area of the Health and Life Skills Curriculum.

### **APPLE Schools Project – Making the Healthy Choice the Easy Choice**

**Facilitator:** *Marg Schwartz, School Health Manager, University of Alberta*

This session will provide practical ways to create a healthy school community based on the work in 10 APPLE Schools in the Edmonton and area. The Facilitators from each school will share their expertise and tools to show you ready-to use bulletin board ideas, innovative classroom activities for DPA, DPA and healthy eating, our most used resources, and some exciting suggestions for addressing nutrition in your schools. Come join the fun and gain some practical experience on how to motivate kids to move more and eat healthier!

### **So you think you can dance...Health Promoting Schools Essentials**

**Facilitator:** *Doug Gleddie, Ever Active Schools*

Wanna learn a new dance? Maybe move from the basic steps to more complicated patterns? A dance that not only involves your students but also one that staff, parents and community members can do? A dance that sashays from physical activity to healthy eating to mental wellness and back again? Welcome to the *Ever Active Schools Shuffle!* Ever Active, newly merged with Schools Come Alive, has been involved in the Health Promoting Schools approach for over 5 years and can help your school assess, plan and implement successfully. Come and check out the dance craze that's sweeping the province – it looks complicated, but once you know the essentials you won't want to do anything else!

### **Initiatives to Develop Wellness - Ottewell and Avonmore Schools**

**Facilitators:** *Ottewell and Avonmore Schools*

The True Titan Initiative is committed to the development of a culture of healthy eating and wellness of Ottewell School through opportunity, education and positive role modeling. They have recently been recognized for their work by Today's Parent Magazine as one of Canada's Top Schools and have presented to various school boards, trustees and parent groups. The Nellie McClung program at Avonmore School provides

junior high programming for girls while emphasizing leadership, initiative, self-reliance and independence, as well as the chance to study in a single gender educational setting.

### **6 Steps to a Healthier You - Capital Health**

**Facilitators:** *Judy Newman and Carrie Harfield, Capital Health*

Learn about Capital Health resources that support the Health and Life Skills and Physical Education curricula. The new School Nutrition Handbook offers ideas to help you offer healthy rewards in the classroom; healthier choices in school stores, vending machines, and cafeterias; and healthier fundraising ideas. Providing opportunities to make healthy choices in the school environment will make it easier for students and staff to practice the healthy living messages that you teach in the classroom. Other classroom resources include nutrition education kits -- Portion-Wise, Fat-Wise and Sugar Shocker. The "Six Steps to a Healthier You" kit includes curriculum-linked classroom activities for kindergarten to Grade 6 to support the "Six Step to Healthier You" poster series. Other topics include staff wellness and the use of pedometers.

1:15 - 2:15 PM

### **Healthy School Choices - Junior High**

**Facilitators:** *Edmonton Catholic School AISI "Champions"*

Come join "Champions" from Edmonton Catholic Schools to explore an innovative project that promotes the creation of school environments to promote wellness and healthy choices / lifestyles for students. Nutrition, physical activity, mental health promotion, and substance awareness are the key areas that are targeted through the project. School champions and the Wellness team in collaboration with various partnerships help steer this project in a positive direction! You will leave this session with various strategies that you can implement in your school.

### **Alcohol, Tobacco, Other Drugs and Gambling Awareness**

**Facilitator:** *Margaret McClellan, Prevention Counsellor, AADAC Youth Services*

Youth are impacted by their own use and the use of drugs in their families and communities. This session will provide information on how many youth are using, what they are using, why they use, and how to identify students at risk. The focus of the session will be on prevention which will include information on AADAC's services, school resources and classroom approaches.

### **Peers Teaching Peers**

**Facilitator:** *TBD*

Expecting Respect is a program that has been developed and facilitated through a community partner collaboration. Expecting Respect equips junior high youth with the skills and the information necessary to facilitate healthy decision-making and respectful relationships. Students are trained to deliver the following lesson plan topics: Alcohol, Tobacco, Bullying and Healthy Relationships to their peers. Join us for an interactive exploration of peer education.

### **Conflict Resolution Strategy**

**Dennis G. Pringle, Emotional Behavioural Specialist, ESHIP - Edmonton Student Health Integrated Partnership**

Come and fortify your strategy toolbox with exciting insights and skills that will empower you to prevent and resolve conflict. Moreover, we will also explore Conflict Resolution in relation to: stress, defense mechanisms, power struggles, bullying, impulsivity, inhibition, brain development and functioning, emotion, behaviour, media literacy, respect, relationships, dys-communication, self-esteem, social skills, hope, sleep, nutrition, The Golden Rule, and the Mind - Body - Spirit triad.

### **Health and Wellness for First Nations, Metis and Inuit Students**

**Facilitator:** *Ingrid Tenkate, Social Worker - Aboriginal Education, Programs*

Historical determinants, such as the legacy of residential schools, are believed to have shaped the mental and

often, physical health of Aboriginal people. Come and learn about the meaning of health and wellness from an Aboriginal perspective through play (Aboriginal hand games), and real life examples at the classroom level. Learn how to make a difference in the health of your First Nations, Metis and Inuit students.

### **Healthy School Environments**

***Facilitator: Eugene Plawiuk, Custodial Consultant, Consulting Services***

Healthy Schools improve student achievement. Research shows that clean and well maintained schools improve students health and their learning abilities. Eugene Plawiuk is one of the districts Custodial Consultants and has researched cleaning practices and their impact on students. He will present that research as well as discuss the districts move towards Green Cleaning. This session will review the impact that cleaning has on student health as well as student achievement. With greater environmental awareness the cleaning industry is moving towards creating less toxic products that will reduce chemical sensitivity in children.

# Comprehensive School Health Symposium

## GBE.AR

### Health and Wellness of Staff and Students

<i>Promoting Physical Activity and Emotional Well-Being in School Communities</i>		
<b>Regulation</b>	<b>October</b>	<b>March</b>
<p>1. The principal will ensure the school program plan provides all students with quality Physical Education courses and <i>Daily Physical Activity</i> on days when Physical Education is not scheduled.</p>	<ol style="list-style-type: none"> <li>1. Everactive Schools</li> <li>2. Be Fit for Life (Provincial Fitness Unit U of A)</li> <li>3. Apple Schools (School of Public Health U of A)</li> <li>4. Capital Health (Physical Activity/Nutrition/Mental Health Kit)</li> <li>5. Healthy School Environments (Physical Plant)</li> <li>6. Aboriginal Student Wellness (Ingrid Tenkate– EPS)</li> <li>7. AADAC</li> <li>8. Expecting Respect Program</li> </ol>	
<p>2. Schools and community will promote the value of physical fitness, active lifestyle and emotional well-being.</p>		
<p>3. Principals will develop knowledge, expertise and leadership within the school staff to support quality Physical Education and activity.</p>		
<p>4. Central Services will ensure that support is available for schools to enable the development of an environment that promotes physical fitness, emotional well-being and life-long physical activity.</p>		

## Comprehensive School Health Symposium

<i>Promoting Nutrition Education and Healthy Eating in School Communities</i>		
<b>Regulation</b>	<b>October</b>	<b>March</b>
1. The principal of each school must ensure that strategies are in place to foster the knowledge, skills and attitudes that promote healthy eating.	1. Ever Active Schools	
2. Schools will promote healthy, reasonably priced food choices when food is sold or otherwise offered.	2. Apple Schools	
3. All schools communities will examine their nutrition practices and provide opportunities, support and encouragement for staff and students to eat healthy foods.	3. Capital Health	
4. Central Services will support nutrition education and healthy eating by any or all of the following: <ul style="list-style-type: none"> <li>• linking with Capital Health on initiatives, updates, and resources regarding nutrition and healthy living,</li> <li>• coordinating information and in-services for District staff on food use in schools relating to cafeterias, stores and vending machines,</li> <li>• coordinating information and in-services for District staff on cross-curricular connections with health outcomes</li> <li>• providing positive food messages,</li> <li>• disseminating research on nutrition education, and other information related to healthy eating,</li> <li>• participating in research projects and disseminating findings, such as promoting the best practices in healthy eating and obesity prevention gleaned from the research done with the School of Public Health, University of Alberta and our District,</li> <li>• seeking and maintaining partnerships that reduce hunger across the District by increasing access to food programs to be provided in a non-stigmatizing manner,</li> <li>• meeting regularly with District food suppliers.</li> </ul>	4. Edmonton Catholic Schools – AISI Jr High Schools – 2/3 school presentations	
	5. Alberta Milk(K-3 Power to Play)	
	6. Edmonton Public Schools (Ottewell, Avonmore Nellie McClung)	
	7. ACHSC (Alberta Coalition for Healthy School Communities)	
	8. Capital Health (Jody Neuman and Carrie Harfield)	
	9. Apple Schools(Schools of Public Health) Marg Schwartz	
	10. Apple Schools – Annapolis Valley Nova Scotia (Caroline Whitby and Heather Morse)	
	11. Edmonton Catholic Schools (Cheryl Shinkaruk – PE/Health)	
	12. Alberta Milk (Lee Finell)	
	13. ACHSC (Alberta Coalition for Healthy School Communities) Dave Colburn and Pamela Boysen – Co-Chairs	