



Alberta Coalition for Healthy School Communities www.achsc.org

The Alberta Coalition for Healthy School Communities Evaluation Report 2008/09

Prepared by

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Greeting from Co-chairs

Following a successful symposium in 2008 that featured unprecedented numbers of representatives from the education sector, the Alberta Coalition for Healthy School Communities (ACHSC) was rewarded with a renewal of our Public Health Agency of Canada grant for the 2008/2009 year. This grant involved several objectives.

In response to overwhelming feedback from symposium participants, who expressed a desire for greater collaboration and more regional work in support of school health, the ACHSC executive designed a plan to travel the province hosting a series of regional meetings. As a result of these meetings the Coalition had an increased understanding of what school health looked like in the various regions of the province, identified champions of school health in each region and determined that there was broad support for the concept of regional school health teams.

A second objective of our 2008/2009 work plan was to begin to examine the issue of Aboriginal school health. A task force was created and discussions held on the best way to move forward in this area. This work is ongoing today.

The final piece of our work centered on a follow-up symposium planned for the spring of 2009. Once again, we were very proud to have the Alberta School Board Association (ASBA) co-sponsor this event.

In addition to these activities meetings were held with the Medical Officers of Health to discuss our regional school health team focus and regular communications began with the executive directors of ASBA, the College of Alberta Superintendents (CASS), the Alberta School Council Association (ASCA), and the Alberta Teachers Association (ATA).

The profile of ACHSC was raised considerably during the year and partnerships expanded. A particular highlight was the significant engagement of the education sector.

Thank you to ACHSC Board Members and all school health stakeholders for making this a successful year for school health in Alberta.

Dave Colburn
Rhonda Patton
Co Chairs

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Introduction

The Alberta Coalition for Healthy School Communities (ACHSC) is a unique provincial organization that focuses specifically on bringing health and education stakeholders together for strategic planning, network development, and knowledge exchange to further comprehensive school health (CSH) approaches in the province.

ACHSC represents a provincial network of individuals and organizations committed to promoting and fostering healthy school communities. Key stakeholders in the province are regularly invited to consult and partner on strategies.

ACHSC has a volunteer 22 member Board of Directors. Members are dedicated health and education professionals and representatives from various stakeholder organizations.

With funding support from a Population Health Fund Grant from the Public Health Agency of Canada, achievements for the year 2008/09 include:

- I. ACHSC Aboriginal Task Force
- II. Presentations
- III. Regional School Health Team Meetings
- IV. ACHSC School Health Symposium

I. ACHSC Aboriginal Task Force

An Aboriginal Task Force break-out workshop was held on March 24th, 2009 in Edmonton as a part of the larger ACHSC Symposium. The goal was to stimulate discussion about Aboriginal school health and better inform the coalition of possible actions to take in 2009-10 in this area.

Participants of the break-out workshop included trustees, educators, administrators, Aboriginal elders and health professionals.

The following themes/ action areas emerged during the discussions at the Aboriginal Break-Out Workshop:

1. Regional Road Shows

Host 6 or 7 regional "Road Shows" hosted in areas with high Aboriginal populations in the Province.

Aboriginal Task Force Committee will be responsible for determining: location, participants (look both on reserve and off for key stakeholders), and the process and follow up support mechanisms. Elders would be approached to support this work and a heavy emphasis would be placed on developing a culturally relevant approach and process. This would comprise the main work of the committee for the 2009/2010 year.

Intended outcomes would include providing education to stakeholders on CSH, create teams/networks of people to focus on local solutions and issues, the creation of an Aboriginal "Zone" within the regional team model.

2. Building partnerships

Continue to develop a provincial network of both Aboriginal and non-Aboriginal contacts to support this work through both the Aboriginal Task Force as well as the Regional Road Show networks. Participants at the symposium emphasized that cross-jurisdictional partnerships were important as well as the importance of bridging reserve non-reserve sectors.

Local community leaders, representatives from reserve/settlement schools as well as non-Aboriginal schools will be identified and invited to participate in the work of the committee. Aboriginal health and wellness committees will support and stimulate this.

3. Identify Promising Practices in Aboriginal Health

Participants expressed a desire to both identify and share promising practices from both within the Aboriginal community and in other school environments to help support local development of initiatives.

Gather stories of promising practices in the Aboriginal community to share on the website or other venues. Identify promising practices from other school communities that can be employed within an Aboriginal context. Identify federal/provincial resources and supports to share with Aboriginal communities.

II. Presentations

1. Interactive workshop at the spring Alberta School Board Association (ASBA) AGM June 1-3, 2008 in Red Deer

The goal of this meeting was to create greater awareness and understanding of the need and benefits to schools across Alberta adopting the Comprehensive School Health. ACHSC was identified as a leader in promoting comprehensive school health in the province. This presentation was a reflection of the developing partnership between ACHSC and ASBA. In the fall of 2008, ASBA sent out a questionnaire asking their entire membership of boards (63) whether they supported including school health as a part of ASBA's strategic plan. Fifty-eight percent of Alberta school boards responded positively. We are confident that school health is an ongoing and prominent issue for Alberta school boards.

2. Presentation at the National School Board Conference July 3-5, 2008 in Regina

The goal of this presentation was to increase awareness and understanding of the Comprehensive School Health model and to identify ACHSC as a leader in comprehensive school health promotion in Alberta. This presentation was organized and sponsored by the Alberta School Board Association and recognized Alberta as a leader in the area of school health.

III. Regional School Health Team Meetings¹

In March 2008 ACHSC hosted a provincial symposium entitled *The Time is Now: Taking Action on School Health* that brought together representatives from the education and health sectors. During this symposium, participants overwhelmingly supported increased collaboration and greater regional work to advance school health.

Following this symposium, ACHSC applied for and received additional funds to support this work. In the summer of 2008, in response to the feedback at the symposium, the ACHSC Executive met and decided to hold a series of regional school health team meetings across the province.

The regional school health team meetings were based on geographic boundaries of the nine health regions that were operating in the province at the time. Ten meetings were held between the months of October 2008 and February 2009. Meetings were hosted within the following geographic areas:

- Chinook Health

¹ For more detail, refer to full report: *Alberta Coalition for Healthy School Communities (ACHSC) 2008-2009 Regional School Health Team Meetings*.

- Palliser Health Region
- Calgary Health Region
- Capital Health Region
- Northern Lights Health Region (2 meetings hosted due to geographic distance)
- David Thompson Health Region
- East Central Health
- Aspen Regional Health
- Peace Country Health

The meetings included a variety of stakeholders such as: School Trustees, School Division staff, Teachers, Principals, Parents, Medical Officers of Health, Health Region staff, community agencies and other stakeholders.

Regional Health Promotion Coordinators provided regional support in organizing these meetings. All meetings were facilitated by a member of the ACHSC Executive and a member of the ACHSC Board of Directors. Participants received information related to the current state of health in Alberta and Canada and the link between health and education. Each group was then introduced to the priorities established by original regional representatives (as identified during the 2008 ACHS symposium). Groups then discussed the action items and the opportunities for moving forward with school health.

The purpose of the regional discussions was to examine the feasibility of having regional school health teams.

Following are the “key messages”:

- There was wide-spread support for the regional school health team model.
- School health does not look the same around the province; different regions have different priorities.
- Regional school health teams already exist in some parts of the province; however, key stakeholders are still missing.
- Medical Officers of Health that attended the meetings expressed enthusiastic support for the regional school health team model.
- Regional school health teams would strengthen local response to school health issues and create a provincial network of voices.

The next steps will be:

- ACHSC will continue to focus on the development of regional school health teams as part of the 2009-2010 PHAC funded work plan.
- With the formation of Alberta Health Services, the geographic boundaries for teams across the province will be determined to best meet the needs of both the health and education sectors.

IV. ACHSC School Health Symposium 2009

ACHSC hosted an interactive school health symposium March 23 and 24, 2009 at the Nisku Inn in Nisku, Alberta. The symposium provided an opportunity to translate the outcomes of regional school health meetings into provincial action plans to help support the work at the regional levels. This symposium was held as a follow up to last year.

The purpose of the symposium was to build on the increased awareness of school health strategies as developed in the past year and further empower school communities to collaboratively develop best practices. Another goal was to strengthen the role of ACHSC as the provincial leader in terms of supports for school health in Alberta.

The symposium featured several keynote addresses, greetings from the Minister of Education as well as parliamentary assistant to the Minister of Health and Wellness, a discussion panel comprising health and education representatives, as well as breakout sessions where schools and health regions had the opportunity to present on their successful projects related to school health².

Subsequent to the symposium, a web-based evaluation was administered to participants. The survey was composed of 17 multiple choice questions as well as two written questions. The results of the evaluation are as follows.

Evaluation Survey Results³

50% of the symposium participants completed the post-meeting evaluation survey. Of these respondents, most (81%) were from the health (34% of total) and education (47% of total) sectors. The remaining respondents (19%) were from university/ college, parent or 'other'⁴.

➤ ***Overall success of symposium***

An overwhelming majority (96%) either agreed or strongly agreed that the symposium was an effective interactive learning event and they had enough opportunity to pose questions and discuss key issues with respect to school health in Alberta. As one participant summarized, the symposium "provided a plethora of resources, ideas, contacts and projects already running in both the school and the jurisdiction level".

All respondents agreed or strongly agreed that there is increased commitment for school health promotion in Alberta. In fact, many respondents commented that the presence of the Health and Education Ministers and the "joining of education and health in visible ways" were highlights of the symposium. Furthermore, "hearing the Minister of Education speak was an indication of the commitment of the province to move forward with school health". Another participant commented that she/he was "pleased with the growing support for this initiative and participation by stakeholders, Alberta Health and Wellness and Education".

² Refer to Appendix 1 for agenda.

³ Refer to Appendix 2 for result data. For full results, refer to *Respondent Answer Report*.

⁴ Refer to *Respondent Answer Report* for details.

A strong majority of respondents (92%) agreed or strongly agreed that the symposium covered the highest priority topics with regard to school health. (Refer to section on *Top priorities with respect to moving school health promotion forward in AB* for respondents' comments.).

As well, most respondents (95%) agreed or strongly agreed that the symposium met their expectations with respect to knowledge exchange regarding comprehensive school health. Most respondents (88%) felt that the symposium met their expectations for creating partnership opportunities.

Overall, the symposium was valuable for creating a shared vision for moving school health promotion forward in Alberta (95% agreed or strongly agreed). As well, an annual symposium should be a priority strategy for strengthening the ACHSC network and sharing knowledge. As one participant enthusiastically stated, "This is needed annually to continue to highlight those who are doing great things and hopefully bring others along in the journey!"

One respondent commented that "the ACHSC Board needs to clearly define and agree to their scope/role in supporting healthy school environments and how this role complements the work and mandate of Alberta Education and AHW...To be successful...ACHSC needs to take a more collaborative approach"

An encouraging 98% of respondents would recommend the ACHSC symposium to people interested in school health promotion.

➤ **Presentations**

Overall, the presentations of the symposium were well received.

The keynote address by Rick Matishak on the Power of People provided inspiration and insight into the role of people and partnerships in moving school health forward. In fact, several respondents made a point of mentioning his presentation as a highlight of the symposium.

Another obvious highlight of the symposium was the keynote address by Gary Beaudin. An overwhelming majority (93%) felt that his presentation provided insight into Aboriginal school health and the issues and challenges facing Aboriginal children and youth. Respondents described his presentation as "realistic and proactive", "timeless and valuable", and "a refreshing approach to meeting the needs of the vulnerable".

An often-cited highlight was the address by Dr. Raj Sherman from Alberta Health and Wellness. Respondents voiced their appreciation for his honest and realistic presentation, and that "there are now voices in the Alberta Government who could push the prevention agenda forward and assign resources appropriately".

Several respondents commented on the need to develop the Aboriginal perspective; such as how to promote Aboriginal health on the reserve and how Aboriginal health fits with ACHSC, considering it does not belong in any of the public school boards. Another comment was that "the symposium would benefit from attracting more Aboriginal representation, including on-reserve partners".

Most respondents (83%) felt that the student panel met their expectations with respect to the students' perspectives of school health and how to include the student voice.

Likewise, most respondents (86%) felt that the panel featuring health and education representatives met their expectations with respect to the various positions and roles in comprehensive school health and how each is needed to move school health forward in Alberta. Respondents valued the various perspectives and the thought-provoking comments.

A strong majority of respondents (96%) agreed or strongly agreed that the breakout sessions featuring various projects from across Alberta on both days were relevant and provided useful resources and ideas. One respondent commented that a highlight of the symposium was "hearing about the amazing programs and projects and knowing that positive changes are occurring at all levels and key stakeholders are on board".

Most respondents (71%) agreed or strongly agreed that the symposium wrap-up session provided good insight into the themes, issues and challenges in regards to school health across the province. However, because many participants had already left the conference at this point, some of the value of this discussion, especially the part of 'where do we go from here', was diminished. A suggestion was to move this discussion to after lunch, before the last breakout sessions.

➤ ***Format of symposium***

Most respondents (81.5%) agreed that the symposium offered the right amount of time for informal networking. In fact, 'networking' was often cited as a highlight of the symposium. Of those who felt there was not enough time, one respondent admitted that although he/she would have appreciated more time for networking, he/she wouldn't have wanted to give up the time hearing about successful projects from around the province.

One issue that was mentioned a number of times was the rushed nature of the presentations, particularly on day two. Because the Annual General Meeting (AGM) ran late, there was insufficient time for some of the afternoon breakout sessions.

On the other hand, several respondents commented that day two should have been shorter, since many travelled from far away and could not stay until the end of the day.

Other comments regarding the format of the symposium include:

- Provide hardcopies of all presentations/handouts at the time of the presentations, not afterwards. The presentations are more meaningful and memorable this way.
- The timing of the conference was in the middle of the Calgary Board of Education (CBE) Spring break, resulting in fewer participants representing the CBE.
- The noise from the microphones carried between the ballrooms during the breakout sessions making it difficult to hear the speakers.

An overwhelming majority of respondents (95%) were pleased with the healthy food choices at the symposium. As well, several respondents commented that a highlight of the conference was the "creative energy breaks" by APPLE Schools.

➤ ***Summary of comments relating to top priorities with respect to moving school health promotion forward in AB and whose responsibility it is to take action***

When asked to comment on top priorities with respect to moving school health promotion forward in Alberta, respondents stressed the importance of: 1) communication and networking with key stakeholders at all levels; and 2) involving both education and health stakeholders. Comments included, “Health and Education should continue to work in partnership with key stakeholders both locally and provincially” and “Action should be coordinated across province to avoid recreating the wheel”.

Several respondents would like to see action at the provincial level, such as the development of a common, province-wide strategy that is adaptable to each school and is mandated. Tied to this, one respondent suggested that a priority is “sending the same key messages regardless of what program/project/school the children and youth attend”. A couple of respondents suggested that ACHSC could play a role in providing the forum for provincial planning and action.

Others thought a more district level focus was important. For example, some suggested creating a district policy for promotion of health in schools.

The creation and use of ‘best-practices’ was cited as being important in “bringing others on board and moving ideas forward”.

More specific priorities mentioned were:

- The Alberta Government needs to move forward with the Healthy Alberta School Communities plan and implement – networking is only as good as the actions that emerge.
- Implement APPLE schools in every school - should be an AB health initiative.
- Make sure that school health becomes engrained with daily education and that there is not a line between health and school.
- Engage the schools - resources need to be linked to curriculum - make resources and funding easily accessible and not dependent on proposal writing at the school level.
- The AB Government and school districts should commit funding for staff dedicated to work on CSH.
- More orientation and training for nurses and teachers on CSH to help them facilitate the process.
- Work with communities to create awareness of healthy lifestyles.
- Eliminate soft drink machines in schools.
- Work to improve Aboriginal health in schools.

In terms of whose responsibility it is to take action, the most frequent answer was ‘everyone’. “The responsibility should be shared by all Albertans – need buy in from everyone.” “All of us – community, school, home (CSH – notice any similarity in the acronym for comprehensive school health!)”. A few thought that school boards and trustees are responsible. Respondents commented that we need “both top-down and grassroots movements” and more specifically, “grassroots action through partnerships from community with encouragement and support from the Board”. Another respondent

summarized that the initial responsibility should be to those who develop policies and curriculums. After a standard is created, the responsibility is at all levels.

A couple of respondents cautioned about depending on schools and teachers to implement action for improving children's health. "It is imperative that it is a collective responsibility to make sure that any initiative undertaken in schools receives the resource support necessary to ensure the success of the initiative without burning out staff." A related comment was that, "We cannot download responsibility for the creation and implementation of these health specific programs onto our front line teaching staff and already stretched school budgets."

Conclusions

- Overall the results of the survey indicated that the symposium met the goals of building on the increased awareness of school health strategies as developed in the past year and further empowering school communities to collaboratively develop best practices.
- Respondents were pleased with the overall format, speakers and presentations.
- There was strong agreement among the respondents that top priorities with respect to moving school health promotion forward in Alberta are: 1) communication and networking with key stakeholders at all levels; and 2) involving both education and health stakeholders. Responsibility for taking action should be shared by 'everyone' from the government to the grassroots levels.

Summary of Recommendations

- Continue with an annual symposium using the same/similar format and encourage participation of stakeholders in health and education, including government representatives.
- Consider making the second day shorter to meet the travel needs of those participants from afar.
- Consider integrating parts of the wrap up 'where do we go from here' into the midst of the conference instead of the last agenda item.

Appendix 1: Agenda of ACHSC School Health Symposium 2009

THE TIME IS NOW: School Communities Catch Health March 23, 2009 – Day One

- 8:00 a.m. Registration
- 8:45 a.m. Greetings and Welcome:
Pamela Boyson, Co-chair Alberta Coalition for Healthy School Communities (ACHSC)
- Opening Prayer: *Isabelle Kootenay, Elder*
- 9:00 a.m. Keynote Address: **Power of People**
Rick Matishak, President MGI
- A highly interactive team activity exploring: enhanced communication; power of listening to understand; shared leadership; building engagement; empowerment and team synergy; ego and competition; impact of trust and respect of building commitment. The keynote will be closed with an opportunity to explore the journey through tribal leadership!
- 10:30 a.m. Energizer and NUTRITION BREAK: Network / Posters and Displays
- 11:00 a.m. ACHSC Provincial Road Show: The Regional School Health Team Meetings
Dr. Claire Leblanc, Capital Health & Dave Colburn, Co-chair ACHSC and Trustee EPSB
- Highlights from the 11 regional school health team meetings that occurred across the province featuring the themes, issues and challenges discussed at the regional meetings.
- 12:00 p.m. LUNCH PROVIDED / Networking / Posters and Displays / Walk
- 12:55 p.m. AFTERNOON AGENDA: *Pamela Boyson*
- 1:00 p.m. **The Student's Perspective**
Students from an Elementary School, a Junior High School and a High School come to share the student's perspective of creating healthier school environments. They will share stories from their school's experiences as well as give us advice on how to include the student voice.
- 1:35 p.m. Greetings from the Honorable Minister Hancock, Minister of Education
- 1:45 p.m. Keynote Address: **Aboriginal School Health**
Gary Beaudin, Consultant Greater Saskatoon Catholic Schools
- Faced with devastating disease rates that compared its health status to that of a developing country, a "Core Area" community school organizes a response which includes negotiating for a number of health services focusing on fair service provision and forging new partnerships. We will discuss the process used to advocate for authentic partnerships/services and how good evidence and "Social Capital" can be used to address health disparities within school settings.

2:45 p.m. Energizer and NUTRITION BREAK: Network / Posters and Displays
 3:00 p.m. Three Concurrent Breakout Sessions: (Choose ONE session)

Session #1: Nutrition Policy

Ballroom #1

Join representatives from the following school divisions to learn of their journey to healthier food environments through nutrition policy:

- o Rocky View School Division
- o Edmonton Public School Board
- o Red Deer Public Schools
- o Holy Family Catholic Regional Division #37

They will talk about their journey from the development stage through to how it has been implemented and provide you with insight as to how to overcome the barriers.

Session #2: Battle River Project and APPLE Schools

Ballroom #2

Battle River Project: The Battle River Project is building and supporting healthy active school communities through a Health Promoting Schools approach. All 22 participating schools are from the Battle River School District which has committed to examining policy and supporting healthy schools. The session will feature a short overview of the project, success stories from participating schools, policy formation as well as current research from the Project. Oh yes – we'll have prizes!!!!

APPLE Schools Project: APPLE (Alberta Project Promoting active Living and healthy Eating) Schools is a research intervention operating in 10 Alberta Schools. The session will provide opportunities to see what is happening in the schools and what we have learned over the past 15 months. Come join us for frivolity, congeniality and food!!

Session #3: Mental Health Capacity Building Projects

Ballroom #3

Join these three Mental Health Capacity Building Projects to learn of their initiatives:

- o STAR Program, Jasper Place High School, Edmonton
- o Innovations is an Alberta Mental Health initiative with Grasslands School District in Brooks
- o The Way In, Mill Woods in Edmonton

These projects are part of a province-wide Mental Health Capacity in Schools initiative. The initiative is led by Alberta Health Services in Partnership with Alberta Education, health, mental health and addictions providers and other partners and community agencies, with funding from Alberta Health and Wellness.

The project sites provide integrated, school-based mental health promotion, prevention and early intervention programs, which allow service providers to work on-site with the students, their families and school staff.

4:30 p.m. Closing

**The Time is Now: School Communities Catch Health
March 24, 2009 - Day Two**

8:15 a.m. Welcome and Greetings
Dave Colburn, Co-Chair Alberta Coalition for Healthy School Communities (ACHSC)

Greetings from Dr. Raj Sherman, Alberta Health and Wellness
Opening Prayer: *Isabelle Kootenay, Elder*

8:30 a.m. **Comprehensive School Health Panel**

Join the following six individuals as they discuss the crucial role that each of their positions play in moving school health forward in Alberta:

- Gail Diachuk, School Health and Wellness Manager, Alberta Education and Alberta Health and Wellness
- Brent Friessen, Medical Officer of Health, AHS-Northern Lights Health Region
- Lisa Brower, Trustee, Elk Island Public Schools
- Norman Yanitski, Superintendent, Black Gold School Division
- Doug Gleddie, Ever Active Schools
- Tracy McKinnon, Parent, Alberta School Council Association

10:00 a.m. Energizer and NUTRITION BREAK: Network / Posters and Displays

Breakout #1: 10:30am – 12:00pm (Choose ONE session)

Session #1:

Ballroom #1

Westmount Charter School:

This presentation addresses the evolution of Westmount Charter School's Health and Wellness program from school nurse, student and teacher perspectives. Claire Howard (school nurse) describes the evolution regarding her strategy of engaging both staff and students. Westmount student champions describe their experiences and the importance of empowerment. Finally, Chris Hooper (Vice Principal) speaks to Westmount's current status involving the Alberta Healthy School Community Wellness Fund (Adventure Education) as well as recommendations that have been key components to the school's successes.

Creating Sustainable Active Leadership CSAL:

Through this project, students in the Chinook's Edge School Division will have the opportunity to learn and address 3 areas of health: healthy eating, active living, and positive social environments. Students in grades 6 – 12 have been involved in making healthy changes in their schools through student-led initiatives such as identifying the health needs of the school and community and creating a healthy school vision.

École Our Lady of Rosary School:

In 2008, École Our Lady of the Rosary School made the decision to become a Community Garden School. Through this Schoolyard Naturalization Project a rich, outdoor learning environment for the whole school community has been created. A Rosary Garden has been created for students and community members to walk through, garden boxes built for students to plant vegetables and herbs, a

gazebo and outdoor classroom was created and fruit trees and bushes border the school.

Session #2 Ballroom #2

Boîte a Lunch and Grande Prairie Schools Snack Program:

The Boîte a Lunch Program is a 10 week program for francophone schools that speaks to the importance of healthy eating. Students are provided with education and a sample of a new fruit or vegetable each week. The Grande Prairie Schools Snack Program provides 3 Grande Prairie elementary schools with a daily health snack. This program also includes student and parent education classes, healthy newsletter and more!

Dalgliesh Initiatives for School Health:

Dorothy Dalgliesh School's DISH Project targets comprehensive school health with three unique parts: The Main Course DISH involves students in the preparation of healthy meals; The Second Helping DISH involves exposing students to various forms of physical activity; and finally the Dessert DISH involves the connection to the community.

Father Patrick Mercredi Community High School

Michelle Dooley, Father Mercredi's Wellness Coordinator, will share some of the wellness initiatives based out one of Fort McMurray's largest high schools. She will discuss community partnerships, communicating with parents, school and community assessment and sustainability.

Session #3
Ballroom #3

Edmonton Catholic Schools AISI Projects:

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. You will leave this session with various strategies that you can implement in your school.

12:00 p.m. Lunch Provided: Networking / Posters and Displays / Walk
12:20-12:50 ACHSC AGM in Ballroom #3

12:55 p.m. Afternoon Agenda: Dave Colburn
Greetings from Jacquie Hansen, Vice President, Alberta School Board Association (ASBA)

Breakout #2: 1:00pm – 2:30pm (Choose ONE session)

Session #1 Ballroom #1

ACHSC Aboriginal School Health Discussion Forum

This session is for those delegates who have an interest in supporting school health for Aboriginal students. The interactive discussion will allow for delegates to share their perspectives about the opportunities, challenges and future of Aboriginal school health while also shaping the future work of the ACHSC.

Session #2

Ballroom #2

Fleetwood-Bawdin School:

Healthy Living, Healthy Learning: Fleetwood-Bawden School Community Makes a Difference

A visit to Fleetwood-Bawden School on any given school morning will find students and staff "dancing in the halls." Your toes will be tapping as we share our school wellness journey, including a video of our Fleetwood community participating in our daily "Health Hustle," and various other physical, nutritional and mental well-being initiatives in place at Fleetwood-Bawden School.

Healthy Buddies[®]:

Valhalla Community School Principal Susan Thomson will share her experiences with the Healthy Buddies[®] Program. This peer education program pairs older elementary students with their younger "buddies" to learn about health eating, active living and positive body image. This unique program was developed in B.C. by doctors and educators, giving students the tools to "Go Move, Go Fuel, Go Feel Good!"

École Plamondon School Wellness Committee Comprehensive School Health Initiative

Comprehensive school health works: The results.....priceless. The challenge is to recreate a culture where healthy eating and being active is normal; to change the social acceptance and create awareness of what is a healthy lifestyle choice and what is not. The goal of the project is that staff, students, and parents will have the support and education needed to change the school environment while utilizing the services and supports of the built community to sustain lifelong healthy lifestyle choices.

Session #3

Ballroom #3

J.C. Charyk School:

J.C. Charyk School in Hanna (Prairie Land School Division) is a role model for schools interested in enhancing the quality of nutritious foods offered in their building. The school has completely overhauled the way they think about food. Healthy choices fill the cafeteria menu and vending machine choices support the philosophy that healthy students are better learners.

Health In Action:

This project facilitates healthy wellness ideas, activities and initiatives in all Wolf Creek school communities to address the three pillars of active living, healthy eating and positive social environments, enabling all schools to have the support and resources needed to build leadership teams, including students, staff, parents and community members.

Building and Sustaining a Healthy School Community:

This project offered by Prairie Rose School Division utilizes a Healthy School Network and Lead Teacher model and will increase healthy foods in schools, increase the active living knowledge and capacities of teachers, and create a positive social environment by decreasing disruptive behaviours at recess. Come and learn about Prairie Rose's project – our processes, pitfalls, parties, programs, and progress.

Appendix 2. Evaluation results data from ACHSC School Health Symposium 2009 (Taken from *Respondent Answer Report*)

Please check one category which best describes your affiliation:

Choice	Response Percent
Health Sector	34.23 %
Education Sector	46.85 %
Other Public Sector (please describe below)	2.70 %
Parent	1.80 %
University/College	5.41 %
Other (please describe below)	9.01 %

The symposium was an effective interactive learning event and I did have enough opportunity to pose questions & discuss key issues with respect to school health in Alberta.

Choice	Response Percent
Strongly Agree	34.23 %
Agree	62.16 %
Disagree	3.60 %
Strongly Disagree	0.00 %

I feel that there is increased commitment for school health promotion in Alberta.

Choice	Response Percent
Strongly Agree	51.82 %
Agree	48.18 %
Disagree	0.00 %
Strongly Disagree	0.00 %

The symposium covered the highest priority topics with regard to school health.

Choice	Response Percent
Strongly Agree	22.52 %
Agree	69.37 %
Disagree	8.11 %
Strongly Disagree	0.00 %

The symposium met my expectations with respect to knowledge exchange regarding comprehensive school health.

Choice	Response Percent
Strongly Agree	30.91 %
Agree	63.64 %
Disagree	5.45 %
Strongly Disagree	0.00 %

The symposium met my expectations for creating partnership opportunities.

Choice	Response Percent
Strongly Agree	17.59 %
Agree	70.37 %
Disagree	12.04 %
Strongly Disagree	0.00 %

Overall, the symposium was valuable for creating a shared vision for moving school health promotion forward in Alberta.

Choice	Response Percent
Strongly Agree	40.19 %
Agree	55.14 %
Disagree	4.67 %
Strongly Disagree	0.00 %

An annual symposium should be a priority strategy for strengthening the ACHSC network and sharing knowledge.

Choice	Response Percent
Strongly Agree	50.00 %
Agree	47.17 %
Disagree	2.83 %
Strongly Disagree	0.00 %

I would recommend the ACHSC symposium to people interested in school health promotion.

Choice	Response Percent
Strongly Agree	60.00 %
Agree	38.18 %
Disagree	1.82 %
Strongly Disagree	0.00 %

The keynote address by Rick Matishak on the Power of People provided inspiration and insight into the role of people and partnerships in moving school health forward.

Choice	Response Percent
Strongly Agree	28.18 %
Agree	52.73 %
Disagree	9.09 %
Strongly Disagree	0.00 %
N/A	10.00 %

The keynote address by Gary Beaudin provided insight into Aboriginal school health and the issues and challenges facing Aboriginal children and youth.

Choice	Response Percent
Strongly Agree	52.25 %
Agree	40.54 %
Disagree	1.80 %
Strongly Disagree	0.00 %
N/A	5.41 %

The student panel met my expectations with respect to the student's perspective of school health and how to include the student voice.

Choice	Response Percent
Strongly Agree	27.27 %
Agree	55.45 %
Disagree	7.27 %
Strongly Disagree	0.91 %
N/A	9.09 %

The panel featuring health and education representatives met my expectations with respect to the various positions and roles in comprehensive school health and how each is needed to move school health forward in Alberta.

Choice	Response Percent
Strongly Agree	30.00 %
Agree	56.36 %
Disagree	7.27 %
Strongly Disagree	0.00 %
N/A	6.36 %

The breakout sessions featuring various projects from across Alberta on both days were relevant and provided useful resources and ideas.

Choice	Response Percent
Strongly Agree	39.45 %
Agree	56.88 %
Disagree	0.92 %
Strongly Disagree	0.00 %
N/A	2.75 %

The regional school health meeting wrap-up session provided me with good insight into the themes, issues and challenges in regards to school health across the province.

Choice	Response Percent
Strongly Agree	14.81 %
Agree	56.48 %
Disagree	9.26 %
Strongly Disagree	2.78 %
N/A	16.67 %

The symposium offered the right amount of time for informal networking.

Choice	Response Percent
Strongly Agree	12.96 %
Agree	68.52 %
Disagree	17.59 %
Strongly Disagree	0.93 %

Overall, I was pleased with the healthy food choices at the symposium.

Choice	Response Percent
Strongly Agree	49.53 %
Agree	45.79 %
Disagree	3.74 %
Strongly Disagree	0.00 %
N/A	0.93 %