

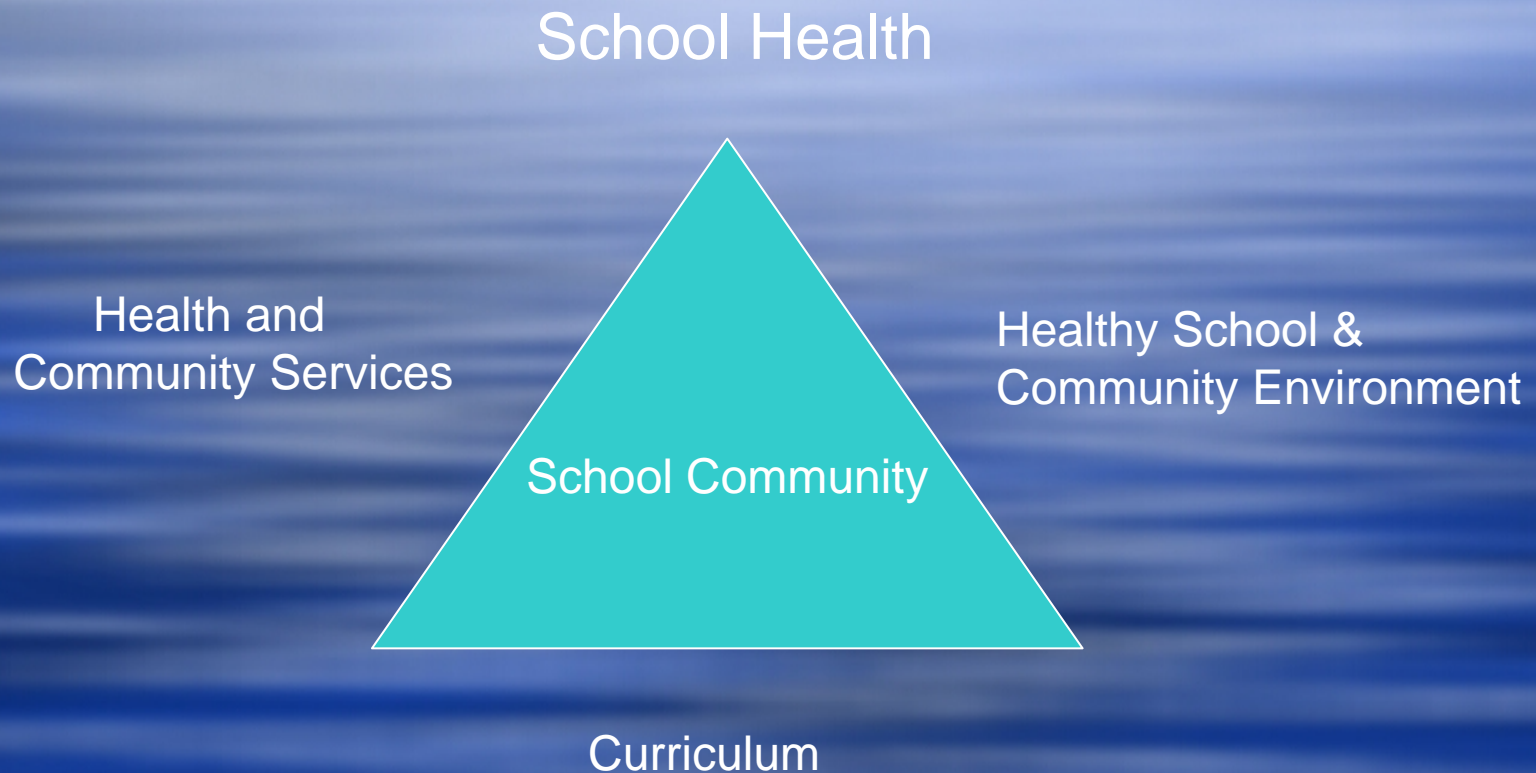
Westmount Charter School



Claire Howard, Nicolette Bernardin,
Alison Buchanin, Tenchoe Dorjee,
Meighan Giesbrecht & Chris Hooper



Comprehensive School Health



Historical Perspective

- ◆ Past practice in health promotion
 - ◆ CHN was used as a guest presenter
 - ◆ CHN provided resources
- ◆ Health Champions
- ◆ Health Symposium
- ◆ Health Fair Committee

Historical Perspective

Changing model

- Address key areas in depth
- Group facilitation techniques
- Consensus workshop to ID key areas
- Students driven and student chaired wellness committee

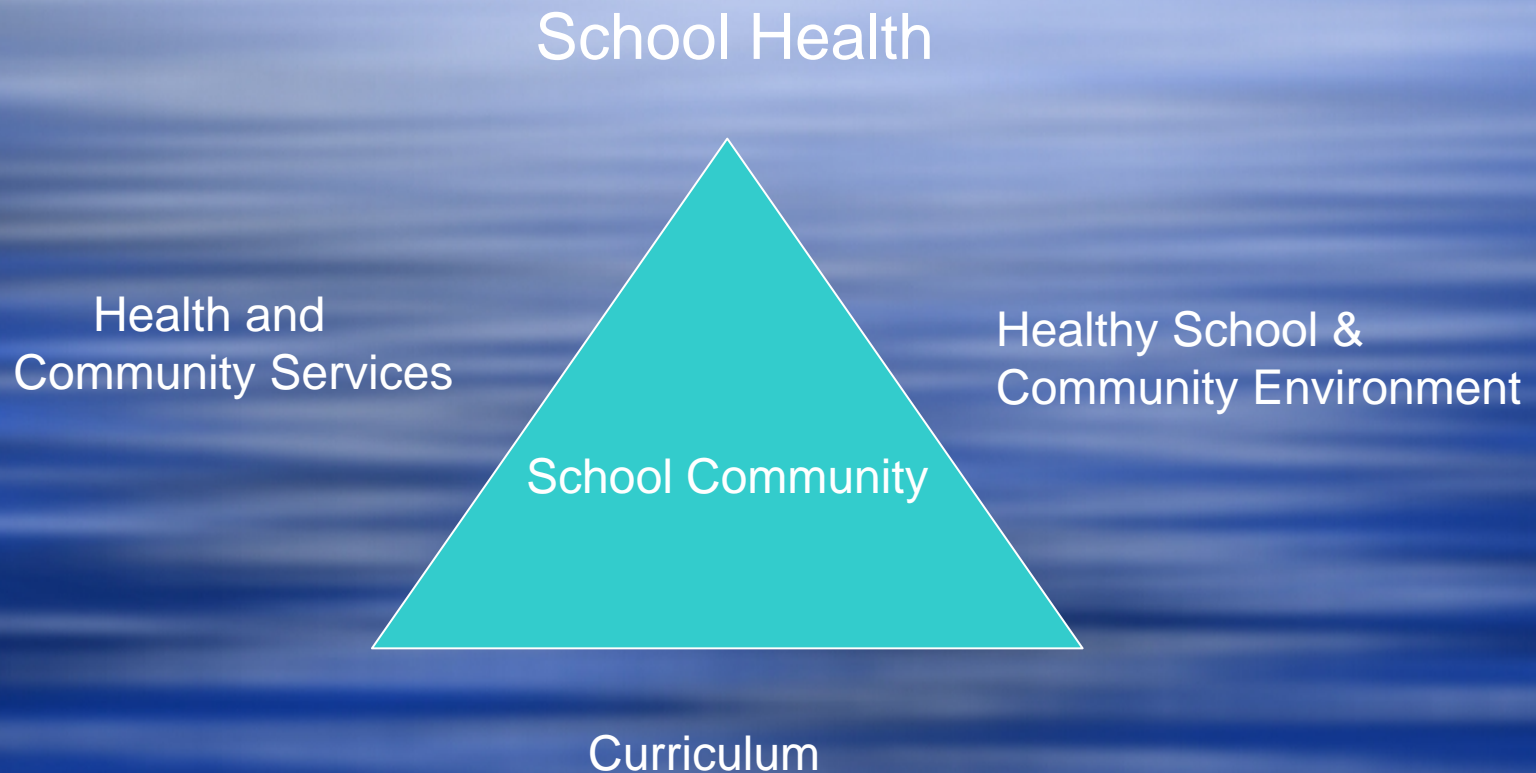
Current Role on Community Health Nurse

- ◆ Utilize Community Development Model
- ◆ Review Health Promoting Schools concepts
- ◆ Consult with stakeholders
- ◆ Provide information about programs and resources
- ◆ Keep informed on wellness programs and funding opportunities

Current Role on Community Health Nurse

- ◆ Engage older students in teaching younger students
- ◆ Encourage student involvement in event planning
- ◆ Involve teachers
- ◆ Involve parents
- ◆ Facilitate involvement in workshops
- ◆ Encourage multifaceted approach

Comprehensive School Health



Health and Wellness Committee

Student led committee:

- ◆ Physical Activity
- ◆ Healthy Eating
- ◆ Positive Social Environment

Physical Activity

- ◆ Fun Fridays
 - ◆ Salsa Dancing
 - ◆ Yoga
- ◆ “The Amazing Race”
 - ◆ Week long competitive event
 - ◆ Encourages physical activity
 - ◆ Creates stronger school community

Healthy Eating

- ◆ Quality of cafeteria and vending machines
- ◆ Yummy lunches

Positive Social Environment

- ◆ Anti-bullying week
 - ◆ Aimed to provide information for dealing with and preventing bullying
 - ◆ Blue Friday
- ◆ Anti-stress week
 - ◆ Uses physical and mental methods to reduce stress.

Social Justice

- ◆ Peace Jam
- ◆ Human Condition
 - ◆ Human Rights and Holocaust trip (Washington DC)
 - ◆ Ecuador (Humanitarian trip)
- ◆ Evening for Ahmed and Fawzia
- ◆ 30 hour famine

Positive Living

- ◆ Health in Perspective
- ◆ Toxic Tunnel
- ◆ Health and Wellness Convention

Past Failures

Learning Experiences

- Accelerometer study
- Competition
- Wellness Fair



Current strategy
rationale
WCS



Harry Rutter, MD
a public health physician
based in Oxford, England.

Past Success

- ✓ Project Earth
- ✓ Integration of outdoor education & adventure education



Needs Analysis

- ✓ Social & Emotional support required for gifted students
- ✓ Physical fitness Data
- ✓ Social justice interest



Implementation of focused support on S & E curriculum through
Adventure Education and Outdoor Education Experiences

Where do we go from here?



Centre for
Gifted Education



Bachelor of Applied
Ecotourism and
Outdoor Leadership

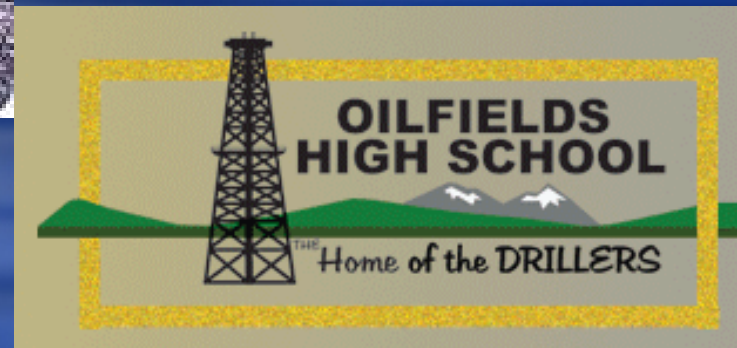


Outward Bound Canada

Others are Welcome!



Centre for Health
Promotion Studies





ECO Symposium
Fall 2009

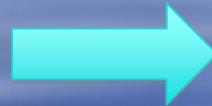
Community of Practice

2008 Health & Wellness COP

- ◆ 2 elementary teachers
- ◆ 4 middle school teachers
- ◆ 2 high school teachers
- ◆ 1 vice-principal
- ◆ 1 councillor
- ◆ 1 staff assistant

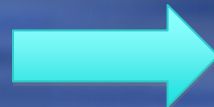
2009 Health & Wellness COP

- ◆ 4 elementary teachers
- ◆ 5 middle school teachers
- ◆ 3 high school teachers
- ◆ 1 vice-principal
- ◆ 2 councillors
- ◆ 2 staff assistants



Parent Community includes:

- Nurse
- Dental hygienist
- Educators



More!*

Recommendations

- ◆ Dedicated time for administration
- ◆ Dedicated time for lead teacher
- ◆ Start small
- ◆ Utilize student help
- ◆ Transformation vs change
- ◆ Finally.....

Do not be afraid to fail

“Not everything that can be counted counts and not everything that counts can be counted.”

- ◆ We can't wait for research to be fully completed before we take action



Thank you & Questions

Contact Information

Westmount Charter School

2519 Richmond Road SW

Calgary, AB T3E 4M2

Canada

Phone 403.217.0426

General Fax 403.217.0252

Chris Hooper, Vice Principal

Chris.hooper@westmountcharter.com