



ACHSC News NEWSLETTER - Spring 2004

ACHSC News

MISSION: To promote and foster healthy school communities through a comprehensive approach that enhances the health of Alberta children and youth.
GOALS: Comprehensive School Health is adopted in every school in Alberta. ACHSC is recognized as the provincial leader for comprehensive school health in Alberta.

Approved! ACHSC received a Population Health Fund Grant in April 2004 to increase community capacity for the development and implementation of a comprehensive school health approach in Alberta school communities to enhance student's health and learning. Never before has the creation of healthy active school communities been such a priority in Alberta. ACHSC is an affiliate of Canadian Association for School Health (CASH), which is a national association comprised of 12 provincial coalitions. Your input is valued! If you would like to be involved please feel free to contact one of the co-chairs: Vel Thompson – 780-413-5685 – vthompso@cha.a.b.ca or Shelley Barthel – 780-454-4745 – shelley@schoolscomealive.org

Contributions Welcome!

If you have a success story to share, a program to offer, or an event to highlight please share! The ACHSC Newsletter is striving to circulate up-to-date information to members across the province. Please send your submissions to: Shelley Barthel: shelley@schoolscomealive.org

Upcoming Opportunities



Share ideas and learn more about comprehensive school health by participating in the **Spring Fling Conference for School Health** being hosted by the Calgary Rockyview Comprehensive School Health Partnership, in collaboration with ACHSC. Don't miss this one-day event being held in Calgary on Thursday, May 27, 2004 from 9:00–3:00pm. For more information, contact Latasha Brothers (403) 943-8110 or email latasha.brothers@calgaryhealthregion.ca.

Comprehensive School Health

It's not as difficult as you might think to integrate quality school health into whatever you teach. The following ideas are re-printed with permission from the Canadian Association for Health Physical Education Recreation and Dance's (CAHPERD) Quality School Health Clipboard, Volume 4, Number 1:

- Read or assign some stories that have a health theme or that lend themselves to a discussion of physical or mental health. Ask the school librarian for assistance.
- Take advantage of spontaneous opportunities or "teachable moments" to explain or teach about health.
- Use the environment. It is not only the content of your lessons that communicates quality school health, but your classroom environment as well. Use the walls and bulletin boards to post health-related slogans, quotes, articles, posters and so on.
- Assign health-related homework. Research projects, reports or a critical analysis of the media on health issues can be assigned to enhance your lessons.

For more information about CAHPERD's Quality School Health program, visit www.cahperd.ca.

WEBSITE!

www.schoolfile.com/CASH.htm - if you haven't yet visited the updated Canadian Association for School Health (CASH) website now is the time! Find information and profiles related to health promotion in schools. For links to more organizations, projects and resources visit www.achsc.org.

MAKING IT HAPPEN!

The Beyond An Apple A Day (BAAAD) project examined the eating habits and activity patterns of Alberta youth in grades 7 and 8. The project also identified factors that influence nutrition and physical activity policies and programs in schools. The results show that although most youth understand the importance of a nutritious diet and being active, many still choose to play video games and eat "junk food". The project's results also show the need for innovative approaches to remove barriers to healthy eating and active living for youth. For more information about this project, visit www.centre4activeliving.ca/Publications/WellSpring/index.html.

Did You Know?

The Alberta Coalition for Healthy School Communities is hosting their Annual General Meeting at 12:00pm in Calgary at the Glenmore Inn. Get involved! Come find out how ACHSC has been advocating for healthy school communities in 03/04.

Project Coordinator Needed!

The Alberta Coalition for Healthy School Communities invites application for the position of

ACHSC Project Coordinator

The Coordinator of this 0.5 FTE limited term position will be responsible for:

- Facilitating meetings and communications with identified stakeholders.
- Identifying and networking with existing and potential partners.
- Facilitating the organization of a provincial CSH forum.
- Meeting reporting requirements, including quarterly reports and monitoring project expenses.
- Assisting with program evaluation.
- Managing all office duties as required.

Qualifications:

A university degree related to teaching or health promotion; e.g., BEd, BscN. Salary is commensurate with experience.

Resources

The School Nutrition Advisory Coalition (SNAC) in Calgary has produced a resource for school administrators, teachers, parents and health professionals called **Feeding The Future – School Nutrition Handbook**. When we all work together we can help our children and adolescents develop the skills needed to support and active healthy lifestyle. This resource is full of healthy options and contact lists for the sale of foods, fundraising ideas, success stories and more! Download your free copy today at www.calgaryhealthregion.ca/schoolnutritionhandbook.

The applicant must:

- Be familiar with the Alberta Coalition for Healthy School Communities.
- Understand the comprehensive school health approach.
- Have a general knowledge of the health and physical education programs in Alberta schools.
- Understand student health issues and the needs of schools in Alberta.
- Have strong presentation skills along with excellent oral and written communication.
- Have a working knowledge of MS Office (Word, PowerPoint, Excel) and an ability to correspond efficiently by email.

Residing in the Edmonton area is an asset.

Application deadline:

June 11, 2004. Position will begin August 3, 2004 through June 30, 2005 with the possibility of extension.

Submit your resume to the attention of Shelley Barthel, Schools Come Alive, 3rd Flr. Percy Page Centre, 11759 Groat Road, Edmonton AB T5M 3K6.

Phone: 780-454-4745 Fax: 780-453-1756

Email: shelley@schoolscomealive.org

If you would like to be contacted with ACHSC information via email, please forward your email address to Shelley Barthel - shelley@schoolscomealive.org