



# ACHSC News

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NEWSLETTER - Fall 2002

**MISSION:** To promote and foster healthy school communities through a comprehensive approach that enhances the health of Alberta's children and youth.  
**GOALS:** Involve key partners and share information.

Renewed after a summer break, your ACHSC Executive has been making plans for the coming year! Our hope is to advocate for healthy school communities with some of the policy makers in our province, share our vision and concerns with the Commission on Learning, as well as continue to promote support for the new Health, CALM, and Physical Education curricula. We are still committed to identifying new partners and developing a database for members, agencies and resources. 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 - [vthomps@cha.ab.ca](mailto:vthomps@cha.ab.ca) or Shelley Constantin - 403-301-0815 - [shelley.constantin@cssd.ab.ca](mailto:shelley.constantin@cssd.ab.ca)

### **Contributions Welcome!**

*If you have a success story to share, a program to offer, or an event to highlight please share! We want to know about your opinions, ideas and issues. The ACHSC Newsletter is striving to circulate up-to-date information to members across the province. Please send your submissions to: Shelley Constantin: [shelley.constantin@cssd.ab.ca](mailto:shelley.constantin@cssd.ab.ca) or fax: 403-301-0821*

## **CALM & Health - UPDATE!**

Both the CALM and Health & Life Skills programs of studies are now being implemented in schools throughout the province!

Current CALM information, a copy of the guide to implementation, and AB Learning Authorized list of Resources are available on the Alberta Learning website. The CALM Guide to Implementation can be ordered from the LRC, #475972

Current Health & Life Skills information, a DRAFT copy of the guide to implementation, and AB Learning Authorized list of Resources to accompany this K-9 program are also available on the Alberta Learning website. The Health Guide to Implementation can be pre-ordered from the LRC #475964.

Visit: [www.learning.gov.ab.ca/k\\_12/curriculum/bySubject/healthpls](http://www.learning.gov.ab.ca/k_12/curriculum/bySubject/healthpls) for all the details!

For more information regarding either the CALM or Health & Life Skills programs, contact Karen Fetterly at Alberta Learning: [karen.fetterly@gov.ab.ca](mailto:karen.fetterly@gov.ab.ca).

## **WEBSITE!**

Visit [www.achsc.org](http://www.achsc.org) to apply for an ACHSC membership! Be sure to visit our Links section for a list of resources/agencies who promote student health. If you know of other sites with which we should be linked, please get in touch with Vel Thompson at [vthomps@cha.ab.ca](mailto:vthomps@cha.ab.ca)

## **Professional Development Opportunities**

- ▶ CRC Health Resource Fair – Monday, October 21, 2002 – CALGARY, Alberta
- ▶ Parent Convention – Saturday, October 26, 2002 – PEACE RIVER, Alberta
- ▶ ATA Teachers Conventions – [www.teachers.ab.ca](http://www.teachers.ab.ca)
- ▶ Regional Consortia Events – [Northwest Regional Learning Consortia](#), [Edmonton Regional Consortia](#), [Learning Network](#), [East Central Regional Consortium](#), [Central Alberta Regional Consortium](#), [Calgary Regional Consortium](#), [Southern Alberta PD Consortium](#)

# MAKING IT HAPPEN!



Ever Active Schools is available to all Alberta Schools. This program encourages, identifies, and recognizes schools that promote healthy behaviours within their school community. Ever Active Schools Program assists member schools by providing an assessment tool so that schools can analyse current practices and implement individualized action plans. As well, support is provided through the distribution of promising

practices from across the province. Currently, over 110 schools have created Ever Active Game Plans designed to increase health and well being in the school community! For membership information and to learn more about why your school should become an Ever Active School contact:

Marg Schwartz - 780-454-4745 - [marg@everactive.org](mailto:marg@everactive.org)  
Or visit the website - [www.everactive.org](http://www.everactive.org)

## Did You Know?

Health Canada has released new Physical Activity Guides for Children and Youth! A great tool to get our kids and students more active! You can find copies of the guides at [www.paguide.com](http://www.paguide.com).

## Success Stories

Healthy Schools in a Healthy Community" is the vision that the Wetaskiwin Regional Public Schools and Crossroads Regional Health Authority are working towards. Since 1995, school district staff and public representatives have been working together to build a Comprehensive School Health program in our schools.

Our partnership began from a mutual concern about the health of our schools and the school district's desire to create a stronger link with community agencies. Working from a history of good will and cooperation, health authority representatives approached the Wetaskiwin Regional Public School District wanting to find out how they could better serve its schools. A partnership was formed and the first "School, Community & Family Health Education Program" (SCHEP),

involving four school and four health members was created.

A School Health Champion is designated at each school in the district. These Champions, or teams of champions, develop a school Action Plan for the year, which adheres to the Comprehensive School Health model and includes activities and strategies that influence health instruction, support services, social support and the physical environment. They also act as liaisons between their staffs, students, parents and the SCHEP Coordinator.

Wetaskiwin's SCHEP Coordinator is also a teacher in the district, and links the School Health Champions to the SCHEP committee, to the community, and works alongside a counterpart from the health authority. Together they organize workshops, coordinate and annual Health Education Resource Showcase, invite guest speakers, and provide schools with opportunities to network

### EGGcellent New Resources:

Looking for quality resource materials for you, teachers, or students you work with... at no or a very nominal fee? If so, check out the Alberta Egg Producers Board's new EGGcellent Resources for Alberta Teachers, 2002/03 Resource Listing/Order form that contains some new/revised publications. Get your copy online at [www.eggs.ab.ca](http://www.eggs.ab.ca); click on "For Teachers", or by email [altaegg@telusplanet.net](mailto:altaegg@telusplanet.net), or by fax, 403-291-9216, or by phone 403-250-1197, or by writing Alberta Egg Producers Board #15, 1915-32 Ave NE Calgary, AB T2E 7C8. As well, a copy of this listing/order form was mailed in late August to all Alberta Schools.

You may be interested too in checking out another resource listing...targeted to health professionals. Get a copy by the same means as stated above (Note: if you want to get it via the internet, once you get onto the site, click onto "For Health Professional").

and share health education resources. They compile school Action Plans as well as success stories, and administer a student survey to attest to the benefits of the Comprehensive School Health approach.

In Wetaskiwin, Comprehensive School Health has been brought to life! A commitment to school health by key school and public health decision makers among other things has helped make the health of children a shared responsibility. The partnerships that have been created have afforded us the opportunity to come together under the banner of a "health-promoting school community" and be truly "comprehensive" in our health education.

For more information about the SCHEP initiative, please contact Corrinne Denham, SCHEP Coordinator, at 780-352-6482

*If you would like to be contacted with ACHSC information via email, please forward your email address to Shelley Constantin - [shelley.constantin@cssd.ab.ca](mailto:shelley.constantin@cssd.ab.ca)*