



# ACHSC News

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NEWSLETTER - Spring 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.

*In the last few months your Executive has been hard at work defining a new mission statement and goals for ACHSC. We have also been planning a process for identifying new partners, developing a current database for members, agencies and resources, promoting support for the new health and physical education curricula, as well as facilitating the ACHSC forum to be held at the HPEC Conference in May. 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 – [vtompson@cha.a.b.ca](mailto:vtompson@cha.a.b.ca)  
or Susan Hall – 403-288-1308 – [susan.hall@cssd.ab.ca](mailto:susan.hall@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 403-298-1167 [shelley.constantin@cssd.ab.ca](mailto:shelley.constantin@cssd.ab.ca)*

## CALM & Health - UPDATE!

The newly approved Career and Life Management program of studies is now being piloted in schools around the province. Teacher inservice sessions were offered during the month of March to help prepare teachers for the implementation of the CALM program, which will take place provincially in September 2002.

Feedback from field validating teachers of the new K-9 Health & Life Skills program of studies has now been collected. The final draft of the guide to implementation is being compiled and will be made available to schools through the LRC in June. Curriculum facilitators throughout the province have been trained to assist schools and teachers with the implementation of this program in September 2002. Contact your jurisdiction office for details as to the plan for implementation in your area.

For further information regarding either the CALM or Health & Life Skills programs, contact Mark Buckley at Alberta Learning, 780-422-3274.

## WEBSITE!

[www.achsc.org](http://www.achsc.org) is constantly adding updates and improving the website! We had 295 hits in December 2001 and over 1985 hits in January 2002! If you know of sites with which we should be linked, please get in touch with Vel Thompson at [vtompson@cha.ab.ca](mailto:vtompson@cha.ab.ca)

## Professional Development Opportunities



### ► HPEC/CAHPERD joint Conference May 9-11, 2002 – BANFF, Alberta

Start this "Peak Experience" off right! Attend the ACHSC pre-conference workshop! Come from 9:00 – 4:00pm for the keynote address of Dr. Leslie Lambert, hear Judith Campbell present a vision of Comprehensive School Health, and share your experiences after being inspired by listening to the promising practices of four schools from around the province.

⇒ Be sure to register for this pre-conference workshop, even if you are unable to attend the rest of the conference!

For more conference info or to register online visit the website; [www.schoolscomealive.org/hpec2002.html](http://www.schoolscomealive.org/hpec2002.html)



# EVER ACTIVE



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?

The Health and Physical Education Council of the ATA (HPEC) has a new logo! Watch your health & phys ed news for this fresh new look for the new millennium!



## Success Stories

In November of 2001 a former student of Rosary School in Manning, Alberta expressed an interest in sponsoring a yearly award. This proposal had a great fit with the school's AISI program and the school motto is "Healthy Minds and Bodies for Student Success". Rosary School's action team sat down and brainstormed how they could tie the proposal and the school motto together. They felt it was a prime opportunity to promote their Ever Active school as well as their AISI goals. The Healthy Bodies – Healthy Minds award was born! The criteria were then determined: Students from grades 4-6 would be eligible and two awards would be presented, one to a female and one to a male. Academics, attitude and effort would be considered in the selection process, as well as

attendance. The student recipient would need to exhibit fairplay, volunteerism, lead an active lifestyle, and demonstrate a concerted effort to eat nutritionally healthy foods. They must also show respect for self, others, the community and the environment.

The two Healthy Bodies – Healthy Minds awards would be presented annually at the end of each school year. 2002 is the first year this award will be presented. The process involved inviting members of the public to nominate students they feel are deserving by writing a letter to the Rosary School AISI action team who will then review the nominations and check references. The award was advertised and explained in the February school newsletter and in

### Body Image Resource:

Step on the "Scale of Fortune", jump "In the Driver's Seat", and "Shake, Rattle and Roll" your way to a better understanding of wellness! Each of the 4 levels of **Body Image Resource Collections** (1-3, 4-6, 7-9, 10-12) contains a variety of activities and resources ready for classroom use. The activities in the collections address media awareness, discuss influences on body image and enhance health behaviours and self-acceptance. Alberta Learning has approved the Body Image Resource Collections as authorized teaching resources to accompany the new Health & Life Skills program of studies. Watch for the new Kindergarten and Parent Collections coming soon! For the most current contact and resource information please refer to either website at [www.crha-health.ab.ca/eatingdis/bodyimage](http://www.crha-health.ab.ca/eatingdis/bodyimage) or [www.amhb.ab.ca](http://www.amhb.ab.ca).

the church bulletin. Parents also received a letter in the mail detailing the award criteria. The nominations will close May 10<sup>th</sup>, and the action team will meet May 13<sup>th</sup> to review the nomination letters submitted.

At a school assembly, the students were informed of the new Healthy Bodies – Healthy Minds award. The grade 4-6 students were very excited to have an award dedicated to them.

The Rosary school staff is very supportive of the award and feel it is appropriate to target the students in grades 4 to 6. The hope is that by rewarding the positive habits of these students early on, it will lead to a lifetime of involvement in activity and healthy choices.

*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)*