



ACHSC News NEWSLETTER - Spring 2003

ACHSC News

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.

Your ACHSC Executive has been advocating for healthy school communities with some of the policy makers in our province, sharing our vision and concerns with the Commission on Learning, CASS, the Medical Officer of Health, as well as various other groups. We continue to promote support for the new Health, CALM, and Physical Education curricula, and 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 or Shelley Constantin – 403-301-0815 – 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! 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 or fax: 403-301-0821

CALM & Health - UPDATE!

Connection is an online newsletter for teachers and is available at: www.learning.gov.ab.ca/connection/Article.asp. It includes information on curriculum, resources, assessment, technology, and new initiatives and projects.

Update on Health and Life Skills K-9 Guide to Implementation:

The print version of the Guide to Implementation for the new Health and Life Skills Kindergarten to Grade 9 program of studies is now available through the Learning Resources Center. The product order # is 476964 and the cost is \$19.80. It may be ordered from the Learning Resources Center at www.lrc.learning.gov.ab.ca/pro/default.html.

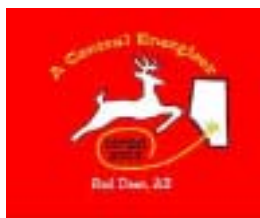
Health and Life Skills, Kindergarten to Grade 9 Guide to Implementation is available online at www.learning.gov.ab.ca/k_12/curriculum/bySubject/healthpls/healthgi.asp. A list of schools and jurisdictions is available online at www.learning.gov.ab.ca/ei/maps/.

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

WEBSITE!

It's time to renew your ACHSC membership! Visit www.achsc.org for a downloadable ACHSC membership form! Be sure to visit our Links section for a list of resources/agencies who promote student health. We are now linked to the teaching sexual health website – a site full of valuable and practical tips for teachers.

Upcoming Opportunities



► HPEC Conference May 1-3, 2003 – RED DEER, Alberta

Start this "Central Energizer" off right! Attend the ACHSC pre-conference workshop! Come from 9:00 – 3:00pm to experience an interactive health presentation, to explore comprehensive school health, and to hear from some Alberta schools that are making it happen! For more conference info or to register online visit the website; www.schoolscomealive.org/conference.htm

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

MAKING IT HAPPEN!

A few weeks ago, I had the privilege to visit Aspen Heights School on the other side of the river in Red Deer. I was introduced to staff, students and management by Jennifer Sundberg, school health nutritionist and Judy Stauffer, school health facilitator. At the school, you have a dual-mixed-conflicting feeling: poverty and its effects are apparent in the neighborhood, low socio-economic status is obvious... But at the same time, you could feel that because this school has invested heavily in being a 'Health Promoting Schools, those kids found some relief from this pressure. They have support, respect, trust, a shoulder, mentors, collaboration, sharing, smiles, and maybe a fair dose of happiness. Something almost magical is happening there, something that you can almost feel physically when you walk around this school.

The DTHR had the opportunity to spark a wonderful project in a community under tremendous pressure, support it and grow within its evolution. That one little example is the proof that we can make a difference. We can make this world a better place; this is what those persons we met shared with us. Work-related pressure is usually anonymous... but this time, it came with a wonderful reward: happiness and gratitude.

Martin Lavoie
Medical Officer of Health, David Thompson Health Region

Did You Know?

Alberta Learning has a second copy of all of the K-9 approved resources available for loan?! These resources support the implementation of the Health & Life Skills program of studies!
Contact Karen Fetterly for details - karen.fetterly@gov.ab.ca

Success Stories

As a senior high English/Social Studies teacher turned District AISI coordinator, my initial thoughts on attending the HPEC conference was strictly to fulfil a duty as an ACHSC executive member and coordinator of an AISI project called "Healthy Minds and Bodies for Student Success". Though sincerely interested in comprehensive school health, I admit I was dubious about finding a place among jocks and coaches. The fact that I showed up in a skirt on the first day, while everyone else donned sneakers and track pants might have been the first clue that I was a rookie! HPEC turned out to be one of the most inspiring, thought-provoking, and useful conferences I have ever attended in my professional career. Within a span of four days, I had an Olympic medal around my neck and received a Certificate of Commendation; in Mark Tewksbury's words, "I had arrived!". Tewksbury's address was hilarious and uplifting: from his unabashed

Reflections on his IOC experience to his unconditional trust with the audience, and simple, yet profound mantra of Be Here! Be Well! Be Great!

The opportunities to meet like-minded people from across the nation and the world working on comprehensive school health, and hear about their approaches filled me with not only ideas, but hope. Listening to Lloydminster Comprehensive High School students present their accomplishments in the Technology Preparation Programme grounded me to the raison d'être of HPEC; I was in absolute awe of their poise, maturity, and obvious potential. The sharing of strategies from organizations such as Active Australia and Alberta's Ever Active Schools was very helpful. It was an honour to co-present with my colleague Teresa Sallis-Stewart some of the activities that have been implemented at Holy Family CRD No. 37 schools as a results of our AISI project, "Health Minds and Bodies for Student Success" and

Resources

Nutrition Resources from Alberta Milk:
Alberta Milk offers cross-curricular nutrition and active living education resources that are approved by Alberta Learning and include specific links to the new health curriculum. Materials are available through a workshop and cost \$15 per teacher. Contact Alberta Milk to book a workshop for 8 teachers in your school or sign up for workshops scheduled in your area. Contact Debbie at Alberta Milk: 1-800-252-7530 ext. 315 for more information.

Nutrition PI & Active PI (K-3)
These programs provide simple and effective approach to children in the discovery of food and physical activity. Students learn to identify and classify culturally diverse foods and develop skills to make healthy lifestyle choices. These materials can also be obtained through an online module at www.albertamilk.com/dnca

Project APEX (4-6)
This action program on eating and exercise offers a problem solving approach to healthy eating.

Involvement with Ever Active Schools: activities such as Family Gym Night, school-wide daily walking program, as well as how one school coped with not having a gym throughout this school year are just a few of the strategies. The rare opportunity to participate in an international conference gave the credence to our work here in northern Alberta, and also reaffirmed that the whole is greater than the sum of its parts.

Location definitely supported the idea behind such a conference; the setting lent itself to the very idea of being active and healthy. Seeing people jogging, walking, eating healthy lunch, etc. was very motivating. It cannot be reiterated enough that Lois Vanderlee and Marg Schwartz organized a very classy event; no detail was overlooked. It was indeed a pleasure to be part of this energizing conference, both as an attendee and co-presenter.

HPEC Highlights
Submitted by Bonnie Stelmach

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