



ACHSC News NEWSLETTER - Winter 2002

ACHSC News

As you know, in the Spring of 2001 the Alberta Coalition for School Health changed its name to the Alberta Coalition for Healthy School Communities. This was the first step towards increasing involvement and strengthening the coalition. The ACHSC is a network of people and organizations committed to promoting healthy school communities. We aim to provide support and leadership to promote the development of a comprehensive and coordinated approach in Alberta schools, which encourages linking the concepts of health and education. The 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.a.b.ca or Susan Hall – 403-288-1308 – 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

The NEW

Health & Life Skills

Program of Studies

› The new K-9 Health & Life Skills Program of Studies is being piloted throughout the province in anticipation of the September 2002 implementation. Training sessions for curriculum facilitators have begun. Part of each session is open to community agencies and parents. Note the upcoming session in your area:

Dec 3-4 – Zone 4 – Red Deer

Lindsay Thurber

contact: Ed/Debbie 403-347-1171

Jan 10-11 – Zone 2/3 – Edmonton

Financial Building

contact: Ellen Smart 780-422-4859

Jan 17-18 – Zone 5 – Calgary

McDougall Centre

contact: Helena 403-297-5041



For more information about these sessions or to register please contact Kristina Luchka:

780-427-2939 – kristina.luchka@gov.ab.ca

WEBSITE!

www.achsc.org is constantly adding updates and improving the website! If you know of sites with which we should be linked, please get in touch with Vel Thompson at vthomps@cha.ab.ca

Professional Development Opportunities



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

It promises to be 'A Peak Experience'. Catch the **ACHSC PRE-CONFERENCE SESSION!**

For more conference info or to register online visit the website:

www.schoolscomealive.org/hpec2002.html

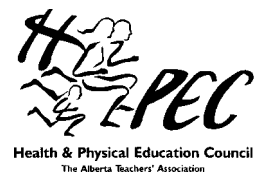
› Edmonton Regional Consortium, HPEC, and Alberta Milk present:

K-9 COMPREHENSIVE HEALTH CURRICULUM SHOWCASE

Friday, March 15, 2002 – Barnett House Auditorium, Edmonton

For more information contact the Edmonton Regional Consortium:

1-888-430-5339 – 780-492-9972 (fax) or www.quasar.ualberta.ca/erc/



EVER ACTIVE



Imagine a school where physical activity is valued and is integrated into daily life. Imagine students sharing the responsibility for their own health and well-being. Imagine students, staff, parents and community members working together to promote fun participation in physical activity. Such is the goal of the Ever Active Schools Program! This new initiative is committed to fostering social and physical environments that support active living. There are already

schools around the province using the resources and reaping the benefits of being involved in the Ever Active Schools Program. 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

Or visit the website - www.everactive.org

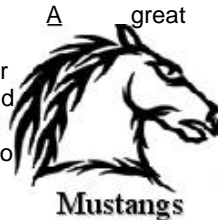
Did You Know?

Bicycle helmet use is now the law in Alberta for those 17 years old and younger. Details about the legislation, including fines, will be identified by next spring just in time for the next cycling season! Children and teens in Alberta will now be a little bit safer when out on their bikes.

Success Stories

They've tackled nutrition and they're not stopping there! Sir John A. MacDonald Junior High School in Calgary conducted a survey to assess student needs in their school. Of the three major issues highlighted, nutrition was one. Upon discovering 70% of the student population was, in fact, eating breakfast, the focus turned to school procedures. What was happening at Sir John A. MacDonald to promote poor nutrition? Every Friday is an early dismissal at the school and instead of having a full lunch, there is a 20-minute "nutrition break"... or so it was called. A more appropriate name might have been "stampede for junk food". Students would race to the vending machines to purchase food for the nutrition break before all the "good stuff" ran

out. Opportunity was knocking for the school staff! They successfully eliminated a tray of chips and chocolate bars from their vending machines and replaced it with healthier choices – raisins, oatmeal cookies, etc. During the nutrition break, students only had access to the healthier food tray. One of the pop machines was successfully changed to house only water and juice. These healthier food and drink choices were available for purchase throughout the day, and the pop, chips and chocolate bars were only made available after school hours. A great accomplishment, but not enough! Sir John A. MacDonald now incorporates Fitness Fridays into their PE program,



► **QUALITY SCHOOL HEALTH CHECKLIST.** Use this tool to help enhance your school community. Great reflective questions will guide you in your quest towards comprehensive school health. Contact CAHPERD for information: www.cahperd.ca

► **MAKE CONTACT** – Peer Facilitated Development Workshops sponsored by Alberta Community Development. These workshops, offered throughout the province, provide a fun and active approach for 14-year olds-adult to learn life skills. Contact Steve or Shari of the Leadership Development Unit for more information:

Steve Gosse

780-415-0276

steve.gosse@gov.ab.ca

Shari Hanson

780-415-8135

shari.hanson@gov.ab.ca



and students can pre-order a nutrition pack (containing milk, jus, Yoplait, muffins, etc.) for 50 cents and have it delivered to their homeroom for the nutrition break. Parents and staff have noted the positive impact providing healthy food choices has had on the student population. The school motto is "Together we make a difference", and indeed you have!

Sir John A. MacDonald is part of Lion's Quest, and is involved in Year 4 of the Comprehensive School Health initiative, a partnership of the Calgary Health Region, Calgary Board of Education, Calgary Catholic School Board, and the Rockyview School Division. For more information, feel free to contact the school principal, Bob Tuff at 403-777-7670.

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