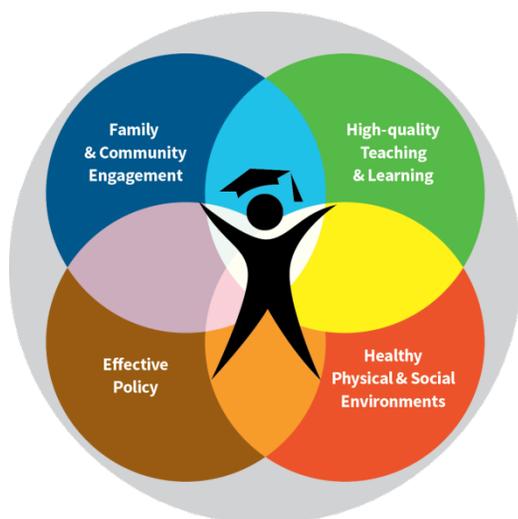


Comprehensive School Community Health

Better Health = Better Learners

October 2016



In Saskatchewan, the Ministries of Health and Education are committed to the application of a Comprehensive School Community Health (CSCH) approach to help guide and coordinate government actions and encourage strong family, school and community partnerships that aim to improve student success and well-being.

Aligning with Saskatchewan's priorities, the CSCH framework promotes collaborative action for the enhancement of student learning, skill development, academic achievement and reduced absenteeism. While contributing to better health of the population, CSCH supports children to become physically, mentally, spiritually and emotionally healthy.

This approach focuses on creating opportunities for children and youth in leadership and engagement of: healthy, supportive, and equitable learning environments where all students feel safe, cared for, and respected.

What's Inside?

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- Depression in adolescents tied to socioeconomic status, study suggests

A Message from your CSCH Coordinators

We Have a New Look!

It is a new school year and that means a new look for this Comprehensive School Community Health (CSCH) e-bundle! The goal of this e-bundle is to help you in advancing the knowledge, principles and application of Comprehensive School Community Health in your school and community. Whether it is new tools, exciting discoveries or interesting news articles, this e-bundle will provide information to support you in building your healthy school and community. The CSCH e-bundle is distributed to key stakeholders working in the health and education sectors across the province with a vested interest in supporting student and community health and well-being.





Do you want to share an amazing CSCH story that is happening in your area? Are you involved in a CSCH related project that you would like to share across the province? Would you like to highlight a positive collaboration between Health and Education that is supporting your school and community? Go to the bottom of this e-bundle and email one of our Comprehensive School Community Health contacts to share your story. Help build a CSCH knowledge network throughout our province!

Want to share your successes across the country? Scroll down and check out the Joint Consortium for School Health Stories Map!

What's Happening in Saskatchewan?

CAMPS School Beats Cyberbullying

Check out the rap video that the youth at Chinook Alternative Middle Plus School (CAMPS) created to help prevent cyberbullying and build a healthy social environment at their school.



I Am Stronger

The *I Am Stronger* initiative is designed to stop the behaviours of bullying and cyber-bullying. This is done through awareness and education around cyber safety, the effects of bullying and by supporting youth-led initiatives.

Looking for funding for student-led initiatives? Check out the *I Am Stronger Community Grants*: The Ministry of Education has partnered up with *I Am Stronger* to provide grants of up to \$1000 for youth-led initiatives that address bullying and cyber-bullying within the province of Saskatchewan. We want youth to take their ideas and turn them into positive action that can influence social change in schools, communities and online. These grants are available year-round. [Apply now](#), we believe that together we can make a difference.



CSCH Related Media, Tools and Resources



Joint Consortium for School Health (JCSH) Stories Map

Looking for a way to share the amazing work happening in your school and community with the rest of Canada? Want to learn about other success stories that are happening around the country? [Click here](#) to check out the JCSH School Health Stories. Once there, click on the "Submit Your Story" button to share your story or click the location pins for information on other stories and links from across the country.

Healthy School Planner

Do you want to support a CSCH approach in your school? Assess your school's health environment and develop a plan for improvement. Check out the video to learn more.



CSCH Related Articles

How can schools prioritize for the best way kids learn?

English teacher turned speaker Will Richardson travels the world to investigate and instruct others on how kids learn. In this story, and included TED talk, he points to three jurisdictions as exemplars: British Columbia, Ontario, and Virginia. In his talk he says, “We know what deep and powerful learning looks like, because we are learners.” There are a number of strong points in this story: lists of meaningful life experiences and of actions in schools, a Venn diagram for the ultimate education system, and reasons why the jurisdictions above are doing things well: “If you go through and look at things they are valuing, it is based on a core set of beliefs and the world around them,” Richardson said.

<http://ww2.kqed.org/mindshift/2016/07/18/how-can-schools-prioritize-for-the-best-ways-kids-learn/>

What Matters in Indigenous Education: Implementing a Vision Committed to Holism, Diversity and Engagement

Indigenous peoples’ experience with education in Canada has been a contentious one. This report from People for Education explores an Indigenous approach to quality learning environments and relevant competencies/skills. It focuses on select work from People for Education and draws out the research, concepts, and themes that align with Indigenous determinants of educational success.

<http://peopleforeducation.ca/measuring-what-matters/wp-content/uploads/2016/04/P4E-MWM-What-Matters-in-Indigenous-Education.pdf>

Depression in adolescents tied to socioeconomic status, study suggests

Children in poverty are exposed to environmental stressors prenatally as well as during growth and development, and these can alter DNA structure, leading to increases in depression and other mental illnesses. A study, published this year in Molecular Psychiatry shows that cognition is also impacted by children’s response to stress, with less serotonin to the brain and increased activity in the amygdala, caused by ongoing sensitivity to threats. This study’s findings support other research showing that epigenetics or changes in expression of DNA structure also impacts aging and overall health. “What this points out here is that if you really want to change neurodevelopment, alter the environment,” said one researcher.

<http://www.nature.com/news/poverty-linked-to-epigenetic-changes-and-mental-illness-1.19972>

This e-bundle has been prepared by the Saskatchewan School Health Coordinators. The information included and articles selected may be of interest to individuals working to support CSCH. We will be providing you with email updates and encourage you to share this information with your colleagues as you feel is appropriate. *Please advise if you would like to be removed from this distribution list.*

If you have any additional items that you would like us to share via this e-bundle, please contact one of the School Health Contacts listed below.

Regards,

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