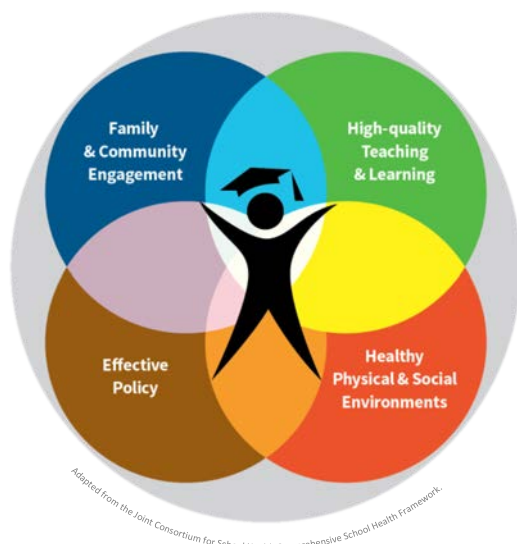


Comprehensive School Community Health

Better Health = Better Learners

January 2017



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

Aligning with Saskatchewan's priorities, the CSCH approach 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 and youth to become physically, mentally, spiritually and emotionally healthy.

This approach focuses on creating opportunities for children and youth to experience healthy, supportive, and equitable learning environments where all students feel safe, cared for and respected.

What's Inside?

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- Share a CSCH Story
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- Opaskwayak Cree Nation students hunt, trap for grades
- Canadian high schools getting creative in push to raise graduation rates

A Message from your CSCH Coordinators

Welcome to 2017!

Not only is 2017 the beginning of a new year, it also marks Canada's 150th birthday! Many activities and events are scheduled to celebrate our amazing country. Please visit the [Canada 150 website to learn more](#). For ways to celebrate in the classroom, visit the [Canada Games Activity Challenge](#) webpage. The challenge begins February 13, 2017. Be sure to register by January 27, 2017 to join thousands of classrooms across Canada to become more active and to celebrate Canada's 150th and the Canada Games' 50th birthdays.



If you are looking for ideas to improve individual and community wellbeing, [A Framework for Recreation in Canada 2015: Pathways to Wellbeing](#) (Canadian Parks and Recreation Association/Interprovincial Sport and Recreation Council) can help "to guide and stimulate coordinated policies and practices ... that aim to improve the wellbeing of individuals, communities, and the built and natural environments." The framework highlights the importance of interacting with nature in school settings, after-school recreation programs and active transportation. Saskatchewan *in motion* plays a leadership role to help coordinate and promote initiatives focused on physical activity. Check out [Active and Safe Routes](#) or [Schools in motion](#) to learn more about how to get children and youth in your community up and moving.



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-newsletter and email one of our Saskatchewan School Health Coordinators 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?

Palliser Heights Elementary School

In response to the Truth and Reconciliation Commission's (TRC) final report and inspired by the Rideau Hall Heart Garden, students at Palliser Heights Elementary School in Moose Jaw created their own Heart Garden. Their goals for this project were three-fold:

- to respond to the TRC Calls to Action by commemorating the legacy of residential schools and working towards reconciliation;
- to create a garden space for teaching; and,
- to beautify an unsightly part of the school yard.

During the project, students learned about the history of residential schools in Canada and created both a Project of Heart tile as well as hearts for the pathway to the Heart Garden. In-kind and financial donations contributed to the creation of a fenced in garden space with irrigation and raised beds. The First Nations University of Canada donated seedlings that are native to Saskatchewan and a corner of the garden was set aside for these plants. Pumpkins, potatoes, carrots, beets, tomatoes, Saskatoon berry bushes and various herbs were also planted. To read more about the Heart Garden, [click here](#) to visit their blog.



2016-17 Student First Anti-Bullying Forum



On February 6, 2017, the Saskatchewan Ministry of Education will launch the fourth *Student First Anti-Bullying Forum* with the theme, *Our School Includes Everyone*. The forum is open to students in grades 6 and up. Resources are geared towards students in grades 6 to 9.

The forum resources have been designed to give educators' flexibility and choice in how and when they participate. Activities may be used with a whole class or small groups and presented at different times to fit class schedules. Online resources and activities will be available from February 6, 2017 until the end of the school year. Teachers and group facilitators are encouraged to schedule activities between February 6 and 17, 2017 to lead up to Red Cross Pink Day.

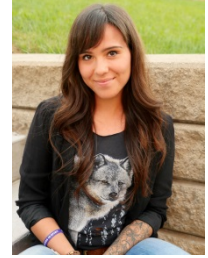
About the keynotes:



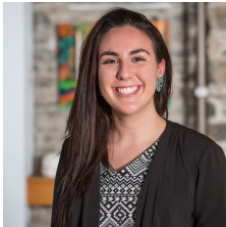
Kelvin Redvers is a First Nations filmmaker, originally from the North West Territories and is a co-founder of the [We Matter Campaign](#).

His keynote will highlight the significance of sharing hope and positivity, and the importance of creating safe spaces for youth, elders and leaders. He will encourage students to take action in a respectful way that will give space for both their own voice and the voices of their peers.

Tunchai Redvers is a two-spirit student, advocate, and poet belonging to the Dene Nation, Northwest Territories and is a co-founder of the [We Matter Campaign](#).



Her keynote will discuss her past experiences with bullying, both as a victim and as a bystander, and provide suggestions to students on how they can make their school more supportive and inclusive for everyone. She will also highlight the importance of students finding something that they love to do, and putting their energy into it.



Jennifer O'Bomsawin is an activist and advocate of indigenous rights and interests from Quebec. She is currently serving as the president of the Assembly of First Nations National Youth Council. Her keynote in French will present her own personal story of bullying and how she used her desire to learn more about her cultural identity to become a leader amongst her peers. She will provide students some solutions for how they can combat bullying, build self-esteem, and be comfortable with their identity as well as encourage them to participate in school committees or similar groups that can help to create a safe environment for everyone.

How to participate:

To participate, simply visit SaskTel's [I Am Stronger](#) website and follow the link on the forum's page to fill out a short form to access the forum's resources and materials. This link will be made available in early February and resources will remain on the website until the end of the school year. How and when you choose to use the materials with your students is up to you.

Pre-event webinar for educators:

Two short webinars are scheduled for educators to learn more about the forum and the resources that will be made available to support student participation.

These webinars will be held in:

- English on Tuesday, January 31, 2017 from 3:45 to 4:15 PM
- French on Wednesday, February 1, 2017 from 3:45 to 4:15 PM

Please sign-up [here](#) to receive the link to participate in the webinar of your choice. Registration for the webinars will close at 5:00 PM on Monday, January 30, 2017.

For more information, please visit SaskTel's [I Am Stronger](#) website.

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.

CSCH Related Articles

Halifax elementary school students in Nova Scotia celebrate harvest with lunch

Grade 5 students at a Halifax school have learned how to plant and harvest vegetables and how to cook with them to make a delicious vegetable pasta sauce for their annual harvest lunch. The garden also supports learning in an outdoor environment. "It's an integrated program," says the school principal. "The curriculum is based around the garden, all the science, math and language arts, they tie it into the garden. They measure the plants, they weigh the tomatoes and then the Grade 5s prepare the meal." Parents helped students make enough harvest sauce to feed 450 students. Unused vegetables were donated to a community family resource centre.

<http://www.cbc.ca/news/canada/nova-scotia/st-catherine-s-elementary-harvest-lunch-school-garden-1.3790960>

Opaskwayak Cree Nation students hunt, trap for grades

The Opaskwayak Cree Nation in northern Manitoba is offering courses that incorporate Cree traditions to give students a sense of connection to the land and its resources in addition to the credits required to graduate. Trapping education and forest ecology courses integrate Cree culture and language and provide an opportunity for students to learn to live off the land. For example, students learn how to hunt and fish, set rabbit snares, carve walking sticks from locally harvested tress, and read a compass. As one of their teachers explains, "It gives the kids a sense of connection. They're getting a chance to see what outdoor living is and the cultural and spiritual values that are shared, especially when Elders come in and talk about it."

<http://www.cbc.ca/news/indigenous/opaskweyak-land-based-education-1.3790873>

Canadian high schools getting creative in push to raise graduation rates

Superintendents, guidance counsellors and principals throughout the country are finding ways to bring students who left school before graduation back to complete their credits. These early leavers are deemed a social and economic cost to the country but, for the educators, getting these students back to school is really a "moral imperative." Some school districts have alternative schools where the students can complete their credits; others have a separate part of the school set aside for completion work. The principal of the City Central Learning Centre in Surrey, BC says that "Every one of my kids, regardless of how long it takes, our goal is graduation."

<http://www.theglobeandmail.com/news/national/education/canadian-high-schools-getting-creative-in-push-to-raise-graduation-rates/article31701034/>

This e-newsletter 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-newsletter, please contact one of the School Health Coordinators listed below.

Best wishes for 2017,

Saskatchewan School Health Coordinators:

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