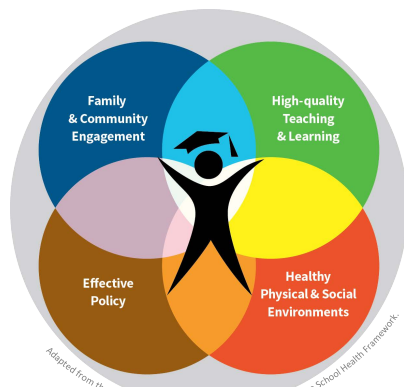


Comprehensive School Community Health

Better Health = Better Learners

May 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. CSCH contributes to better population health by supporting 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?

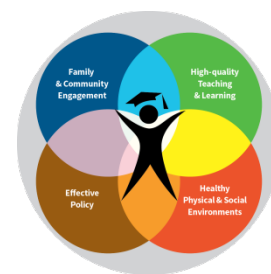
- Understanding Comprehensive School Community Health (CSCH)
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Understanding Comprehensive School Community Health

What is **Comprehensive School Community Health (CSCH)**?

CSCH is an approach built on the foundation that student well-being contributes to learning and that student achievement is linked to future health and success. A simple equation for CSCH is, better health = better learners. CSCH recognizes the need for schools, families and communities to work together to support students. CSCH is not new; it is meant to build on what schools are already doing to support student safety, well-being and achievement. Using a CSCH approach integrates four interrelated components in a holistic way:

- High-quality teaching and learning;
- A healthy physical and social environment;
- Family and community engagement; and,
- Effective policy.





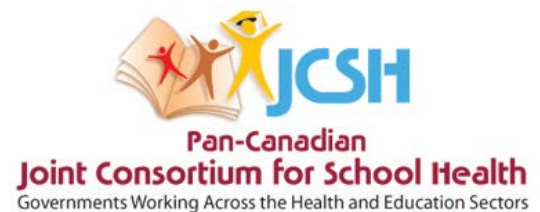
Is CSCH the same as Comprehensive School Health (CSH) or Health Promoting Schools (HPS)?

The underlying concepts for all three are the same. They focus on supporting students' educational outcomes and well-being and use similar interrelated components. However, the terminology may vary depending on where you are.

- **CSH** is an internationally recognized framework adopted by the Pan-Canadian Joint Consortium for School Health (JCSH). This framework is used in most Canadian territories and provinces.
- **CSCH** is an approach that has been adapted from the CSH framework to reflect Saskatchewan's focus on family and community engagement. It is the most commonly used approach in our province.
- **Health Promoting Schools (HPS)** is the term used by the World Health Organization and is also the title of the program that brings together the Saskatoon Health Region with the Saskatoon Public, Greater Saskatoon Catholic, Prairie Spirit and Horizon school divisions.

What is the Pan-Canadian Joint Consortium for School Health (JCSH)?

Established in 2005, the JCSH is a partnership of 25 ministries of Education and Health from across Canada working together to support the wellness and achievement of children and youth in healthy school environments using the CSH framework. Saskatchewan is a member of the JCSH.



If you are looking to improve student success and well-being in your

school, check out the [JCSH website](#). It provides CSH information and resources, such as the [Healthy School Planner](#), [Positive Mental Health Toolkit](#) and [Youth Engagement Toolkit](#). These tools easily relate to Saskatchewan's CSCH approach.



Why does CSCH, CSH or HPS matter?

CSCH, CSH and HPS are built upon the [health promotion](#) concept that a number of different and interrelated [factors](#) influence a student's readiness to learn. These factors, such as the student's housing situation, access to healthy foods, early childhood development, gender and culture can impact a student's well-being. Families, schools and communities who seek opportunities to meet the needs of the whole student by positively impacting all the key factors in a student's life, will help prepare them so they are ready to learn and achieve.

Better Health = Better Learners.

CSCH in Saskatchewan Schools

Students Love their Fruits and Veggies at Clavet Composite School

In the past, Clavet Composite School would hold regular doughnut and bake sales. Today, they host school-wide veggie and fruit days. Students take the lead to prepare and serve the fruit, veggie and dip buffet to over 650 students and staff.



One day, as the platters of fresh cucumbers, carrots, celery and broccoli were being served, a

staff overheard a group of grade four students walk by and say, "Oh those veggies smell good, I can't wait!" This felt validating to the staff member who commented, "they salivate over vegetables, like one would expect them to do over fresh baked cookies." Replacing the doughnut and bake sale day with healthier food options has changed the school's culture and makes it easier for students to make healthy choices.



Health Promoting Schools: Girls' and Boys' Groups at King George Community School

The staff at King George Community School in Saskatoon use a holistic, comprehensive approach to support student mental health.

In 2015-16, school staff initiated Girls' and Boys' Groups for students in grades 6 to 8 in response to high rates of depression and anxiety and low rates of feeling connected to others. Using Dr. Bruce Perry's [Six Core Strengths for Healthy Child Development](#) and the [Seven Sacred Grandfather Teachings](#), programming intended to strengthen student attachment, a sense of belonging, self-regulation, and tolerance, respect and empathy for others was developed.



In the Girls' Group, students worked with the staff on programming to promote positive self-esteem and acceptance of self and others. The Boys' Group focused on sportsmanship and teamwork. Students were offered a range of activities that appealed to different interests and learning styles: sports and games, media study and the creation of a group video, Indigenous culture-based activities, dance therapy, art therapy, community work and reading. At the end of the school year, students who participated in the groups reported significant increases in feelings of group cohesion, higher self-awareness, greater emotional connection to staff and peers and a significant decrease in exclusion and bullying. Participating students recommended that the groups be extended to the younger students in the school. As a result, this year King George is running Boys' and Girls' Groups for grades 4 and 5 as well as grades 6 to 8.



2016-17 Student First Anti-Bullying Forum

The Saskatchewan Ministry of Education's *Student First Anti-Bullying Forum: Our School Includes Everyone* was launched in February. Since the forum was launched, teachers and youth group leaders from across the province continue to access the resources to use with student groups from grades 6 to 12. The forum's resources are available until the end of June and are designed for flexibility and choice in how and when and educator participates.

The resource package, available in English and French, includes keynote videos by [We Matter Campaign](#) co-founders, [Kelvin](#) and [Tunchai](#) Redvers, and the co-president of the Assembly of First Nations National Youth Council,

[Jennifer O'Bomsawin](#). There are also videos of Saskatchewan students talking about what they need to feel safe, included and in respected school. Please visit [I Am Stronger](#) for information and access to the Student Forum resources and activities.



Do you want to share your CSCH success story?

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 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 are some CSCH Related Media, Tools, Resources and Articles that can help me?

#GetLoud for Mental Health Week

#GetLoud! On May 1, 2017 the Canadian Mental Health Association (CMHA) launched their 66th CMHA Mental Health Week. This national event encourages people to learn, talk, reflect and engage with others on issues relating to mental health. To learn more about mental health, please visit <http://www.cmha.ca/mental-health/understanding-mental-illness/>.

Webinar: Communicating the importance of social and emotional well-being in schools

This free webinar shares the latest evidence on the value and importance of focusing on social and emotional well-being in schools, as well as tools and strategies for how to best communicate this information in your school community.

Date: May 31- 11am PST/ 2pm EST (1-hour)



Resource: Creating a Compassionate Classroom

The Alberta Teachers' Association and the Canadian Mental Health Association have created a booklet which encourages the development of compassionate classrooms by discussing mental health, mental illness, and how educators can help students, their colleagues and themselves. The booklet aims to influence schools and communities to change how they look at mental health and mental illness, school culture, education, policy and partnerships.



Article: How can we best support student mental well-being?

Anxiety and depression are among the most common mental health issues experienced by young people today. Experts overwhelmingly agree that daily stress management and physical activity can reduce these issues. This is also true for students with autism, ADHD, eating and psychotic disorders and schizophrenia. This combination of coping skills and exercise can be a reliable alternative to the exclusive use of antidepressants and other medications and would be beneficial when included in the mental health services offered to students in schools.

Video: TSN Original: The Sound of Thunder

Cross Lake is a remote Cree community in northern Manitoba that is suffering. A suicide epidemic has left the Pimicikamak people, especially their youth, with little hope. David Muswaggon is a local softball coach in Cross Lake trying to help.

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.



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 to share via this e-newsletter, please contact one of the School Health Coordinators listed below.

**Best wishes,
Saskatchewan School Health Coordinators:**

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