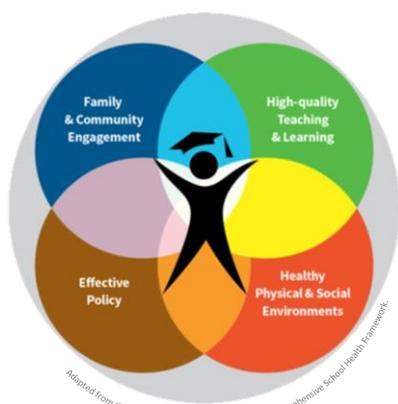


Comprehensive School Community Health

Better Health = Better Learners

January 2018



In Saskatchewan, the Ministries of Education and Health are committed to using a Comprehensive School Community Health (CSCH) approach to 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.

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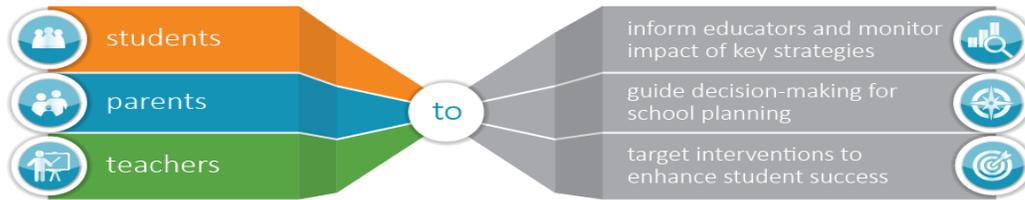
Student First and Comprehensive School Community Health Working Together

What is OurSCHOOL?



The OurSCHOOL Survey is an online, anonymous survey to measure student engagement, well-being, classroom climate, and other factors known to affect learning outcomes. Annually, over 100,000 students in grades 4-12 from all provincial and some First Nations schools, express their voice through the OurSCHOOL survey as to the climate and conditions of their school and learning experiences. The survey captures information from students, parents and teachers. Through the different reporting features, data can be used to identify and target school improvement initiatives.

Use insight from:

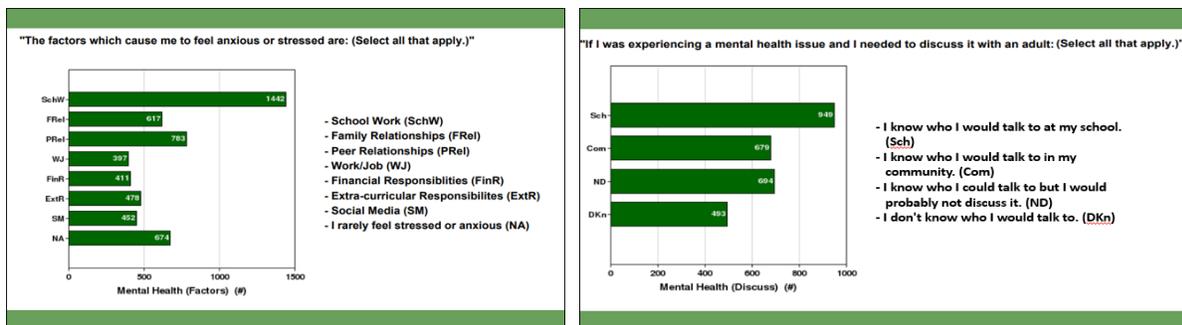


Why do we collect OurSCHOOL data?

OurSCHOOL surveys were developed in consultation with international experts in a variety of areas. The measures within the survey provide school communities with information about the factors affecting school completion and provide the best foundation for school improvement. The survey can be customized selecting measures related to school completion, student engagement, bullying and school safety, career aspirations, emotional and physical well-being, risky behaviors and more. Results can be compared with Canadian norms as well as a similar virtual school. Using the reporting features of OurSCHOOL, schools and divisions can work with their local community to analyze results and create actions to support the CSCH approach to achieve positive and practical change in the school.

How OurSCHOOL data supports student success and well-being?

Over the past two years, Good Spirit School Division's (GSSD) concerns increased about students' reported levels of anxiety on the OurSCHOOL survey. In an effort to learn more about what was causing students' stress and/or anxiety and who they would turn to for support, school division leads constructed and added two custom questions to their division survey.



* Permission to share these questions and results was obtained from GSSD.

In response to these results, GSSD has decided to continue working in the following areas:

- reviewing assessment practices including the final exam policies in the high schools;
- working with students to understand differences between healthy and unhealthy anxiety;
- educating students on school and community level supports;
- piloting *Safe Landing Project* within one school;
- promoting partnerships with multiple organizations providing youth with more access to services promoting self-care, healthy relationships, trauma coping strategies, sex education and to increase awareness of mental health, addictions and HIV/STI;
- training 70 educators in FRIENDS (resource for mental health resiliency) last year and up to 50 professional and support staff in Mental Health First Aid this year; and,
- promoting positive mental health through a CSCH approach to support physical activity and nutrition, mental health awareness and inclusive learning environments with a focus on the needs of First Nations, Métis and Inuit students.

As the OurSCHOOL survey is administered annually, GSSD is able to follow-up to see whether these actions are making a difference in students' levels of anxiety.

CSCH in Saskatchewan Schools

Wakaw School Nutrition Initiatives

Wakaw School has become an exemplar in the Horizon School Division and beyond as a result of our nutrition program initiatives. The program is four-fold and consists of:

- a daily "Food for Thought" breakfast/snack program inclusive of all students;
- a daily lunch canteen served by Candice Weber;
- the Kids in the Kitchen after school enrichment program; and,
- the creation of an outdoor classroom with raised bed gardens.



We are certain the combination of these initiatives increases positive food choices, supports student learning, builds a healthier community, teaches basic life skills, promotes positive risk taking, reduces health disorders and reduces food insecurity.

We have been extremely fortunate to receive several grants and donations. Every contribution assists in supporting existing programs and completing new initiatives. Thank you to Saskatchewan Alliance for Youth and Community Well-Being, Mosaic Extreme School Makeover Challenge, SaskWater Community Investment Program, Food for Thought Grants, Town of Wakaw, Wakaw Farmer's Market and community member donations.

Public Health Dietitians

[Public health dietitians](#) work to help make the healthy choice the easy choice where we live, work, learn and play. Public health dietitians across the province support school nutrition in a variety of ways including:

- development of and support for nutrition standards in schools;
- support for school health assessments;
- development and/or revision of school nutrition administrative procedures;
- creation of curriculum support documents and resources;
- training and nutrition education for staff; and,
- research and evaluation.

Check out the following nutrition resources that follow a CSCH approach:

Family and Community Engagement

- [School Nutrition Posters](#) cover a range of topics that can be used in school newsletters, websites or posted in the school.

Effective Policy

- [Nourishing Minds](#) helps in the development or renewal of nutrition policy in Saskatchewan schools.
- [Healthy Foods for my School](#) helps to identify foods to serve within Saskatchewan schools.

High Quality Teaching and Learning

- [Teaching Nutrition in Saskatchewan: Concepts and Resources](#) are curriculum support documents for outcomes related to nutrition. Available for grades 1-7 health education, physical education and *Health Science 20*.
- [Nutrition Update Newsletters](#) for educators and professionals to stay current on the latest resources, research and other topics related to school age nutrition. Comes out annually every October.

Healthy Physical and Social Environments

- The [Cost of Meals and Snacks for Children and Youth in Saskatchewan](#) shows the average cost of healthy meals and snacks to budget for child nutrition programs for children and youth in Saskatchewan.

Contact your nearest [public health office](#) for more information.

School Nutrition Workers Gather to Learn and Support Each Other to Change Menu



In October, the [Northern Healthy Communities Partnership's](#) third annual School Nutrition Workshop was held at Churchill Community High School in La Ronge. This year's workshop brought together 14 nutrition workers from three schools and seven daycares to learn new healthy recipes, menu planning skills and to identify and reduce sources of added sugar in regular diets. Collaboration between federal and provincial education and health services, the School Nutrition Workshop is part of a larger School Nutrition Mentoring Project, aimed at improving access to nutritious foods in northern

Saskatchewan schools. The School Nutrition Workshop provides an opportunity for nutrition workers to engage in skill development and to build a supportive network with other nutrition workers that would not otherwise be available to them. Feedback from nutrition workers is overwhelmingly positive and highlights the impact of the workshop.

Students' nutrition is associated with academic performance and school food environments can have a significant impact on a child's diet and eating habits (*Nourishing Minds*, 2012). Through the School Nutrition Mentoring Project, health and education partners are working towards healthier children and better learners.

"I plan to use these recipes in my everyday baking. I hope to pass them to coworkers and family and friends."

School Nutrition Workshop Participant, La Ronge, October 2017

Contact Audrey.Boyer@pophealthnorthsask.ca for more information.

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?

Article: [New research finds it hasn't gotten easier for poor kids to catch up](#)

Research findings show low-income children are no more ready for kindergarten than those of a generation ago. A report by the US Economic Policy Institute entitled [Economic Inequalities at the School Starting Gate](#) reviewed kindergarten readiness data from 1998 and 2010 for various socioeconomic groups and found that gaps still remained, even with a number of anti-poverty programs put in place between the two reporting periods. In the time from the first analysis and the second, low-income parents have become much more involved in their children's academics and Prekindergarten programs have increased. This means, says the researchers, that the problem is much more complex and requires more widespread efforts, outside the education system.

Tool Kit: [It's Our Time First Nations Tool Kit](#)

The Assembly of First Nations has developed the *It's Our Time First Nations Tool Kit* as the basis of a comprehensive strategy to reach out to First Nations students, teachers, schools, communities and the Canadian public at large. Available on iTunes, the resource is designed to bring together First Nations and non-First Nations people and foster a spirit of cooperation, understanding and action (Assembly of First Nations, 2017).



Resource: The Premier's Task Force on Improving Educational Outcomes: Now is the Time - The Next Chapter in Education in Newfoundland and Labrador

This report is the culmination of work of the *Task Force on Improving Educational Outcomes in Newfoundland*. Priority areas included early learning, mathematics, reading/literacy, inclusive education, student mental health and wellness, multicultural education, co-operative education, Indigenous education and teacher education and professional development. The recommendations include implementing the JCSH Comprehensive School Health Framework in all schools, and having comprehensive school health training in all teacher education programs in Newfoundland's Memorial University - Faculty of Education.

Resource: Rick Hansen School Program

The [Rick Hansen School Program](#) is a comprehensive set of free resources for administrators, teachers and students designed to:

- increase disability awareness, access and inclusion; and,
- empower young people to make a difference in their school, community and the world.



Resources include lesson plans, activities, videos and inspiring speakers. Teachers and administrators say that the Program decreases bullying, improves student attitudes and perceptions of people with disabilities, and results in student initiatives to improve classrooms, schools and communities. The resources support Saskatchewan curriculum as well as key skills such as leadership, teamwork, communication and inquiry.

Contact Brenda Gabriel at bgabriel@rickhansen.com for more information.

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. Image credit (book and pencil, map of Canada) to PRESENTERMEDIA.

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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