

# *Manitoba Healthy Schools*



*Healthy Kids, Healthy Schools,  
Healthy Communities*

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Introduction

Healthy Schools promotes the physical, emotional and social health of students, their families, school staff and school communities.



*Healthy Kids, Healthy Schools, Healthy Communities*

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Healthy Schools...

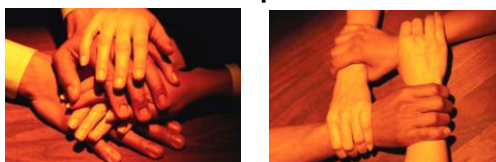
- is based on the premise that good health is a prerequisite for learning.
- incorporates the principles of comprehensive school health.
- recognizes that schools are **uniquely positioned** to positively influence several of the determinants that affect healthy child, adolescent and family development.
- framework developed from Provincial Consultation Forum December 6, 2002.

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Healthy Schools' Mission

“To create school environments that enhance the healthy development of children and their families by working in partnership with community resources and service providers”



[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



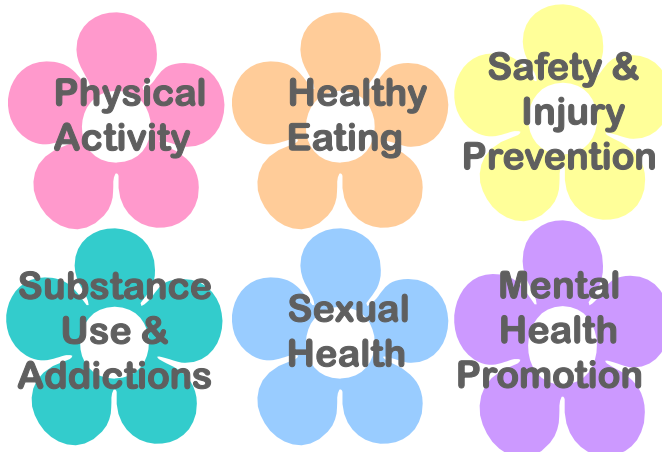
## Guiding Principles

- Population health focus
- Neighbourhoods affect health
- Families and communities influence kids health
- Complement existing services and support
- Interdependence of health and learning
- Promoting partnerships
- Community Development
- “Healthy Schools – Healthy Communities”
- Best practice and evidence

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Priority Health Topics



[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Healthy Schools Guiding Principles Comprehensive School Health



[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Comprehensive School Health

### CSH defined...

- CSH is a planned, integrated holistic approach that allows schools to address their own priorities and has proven to be an effective way for schools to build a healthier environment.



[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Comprehensive School Health

- CSH is not just about what happens in the classroom. Rather, it focuses on the whole school environment with actions addressing 4 distinct but inter-related pillars that provide a strong foundation:
  - social and physical environment;
  - teaching and learning;
  - healthy school policy; and
  - partnerships and services.
- When actions in all 4 pillars are harmonized, students are supported to realize their full potential as learners – and as healthy, productive members of society.

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Comprehensive School Health

**HEALTHY KIDS = BETTER LEARNERS**

*“Schools can do more than any other institution in society to help young people live healthier, longer, more satisfying, and more productive lives.”*

~ Carnegie Council on Adolescent Development

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Comprehensive School Health

### *When We Say... We Mean*

<b>Teaching and Learning</b>	Curriculum and informal activities where students gain age-appropriate knowledge and experiences, helping to build the skills to improve their health and wellbeing.
<b>Healthy School Policy</b>	Management practices, decision-making processes, rules, procedures and policies at all levels that promote health and wellbeing, and shape a respectful, welcoming and caring school environment.

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)


## Comprehensive School Health

### *When We Say... We Mean*

<b>Social and Physical Environment</b>	<p><b>The social environment is:</b></p> <ul style="list-style-type: none"> <li>• The quality of the relationships among and between staff and students in the school.</li> <li>• The emotional well-being of students and staff.</li> <li>• Influenced by relationships with families and the wider community.</li> </ul> <p><b>The physical environment includes:</b></p> <ul style="list-style-type: none"> <li>• The buildings, grounds, play space, and equipment in and surrounding the school.</li> <li>• Basic amenities such as sanitation and air cleanliness.</li> </ul>
--	---

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)


## Comprehensive School Health

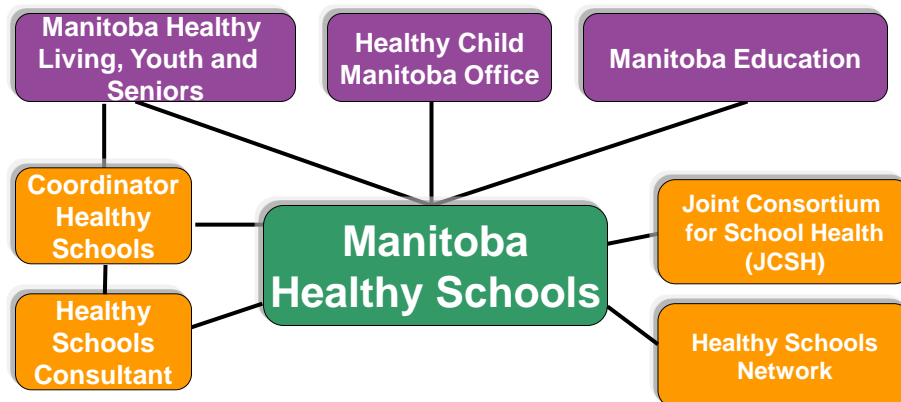
### When We Say... We Mean

<b>Partnerships and Services</b>	<p><b>Partnerships are:</b></p> <ul style="list-style-type: none"> <li>• The connections between the school and families.</li> <li>• Supportive working relationships within schools (staff and students), between schools, and between schools and other community organizations and representative groups.</li> <li>• <b>Health, education and other sectors working together to advance school health.</b></li> </ul> <p><b>Services are:</b></p> <ul style="list-style-type: none"> <li>• Community and school based services that support and promote student and staff health and wellbeing.</li> </ul>
----------------------------------	---

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



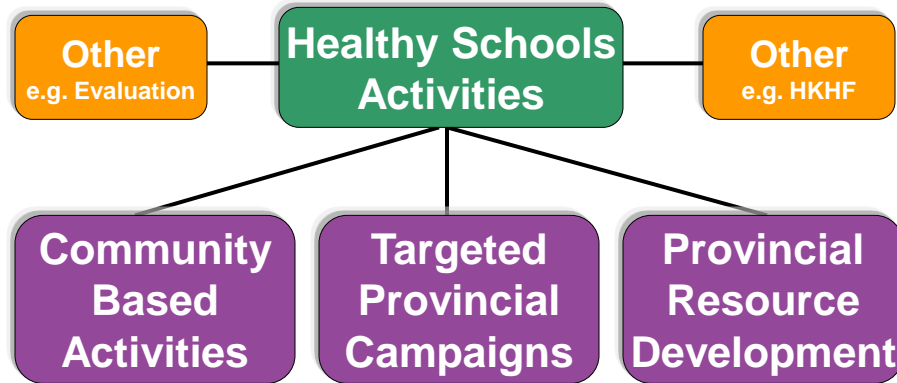
## Managing/Coordinating Healthy Schools



[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Healthy Schools Components



[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Community Based Activities

- Healthy Schools Community-Based Funding is provided to school divisions and schools throughout Manitoba to assist them in working with their regional health authorities, community partners and other local resources with the goal of developing and/or implementing Healthy Schools activities and plans.

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)





## Community Based Activities

- Healthy Schools Community-based Funding is available to School Divisions, Independent and First Nations schools in Manitoba.
- At the start of each school division can receive \$5,000 plus approximately \$1.33/student. Each Band Operated and independent school can receive \$125.00 plus approximately \$1.33 per student.
- To receive funding for the coming school year, school division/schools are required to submit their Healthy Schools Community Activities Report at the end of each school year.

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Goals of Community-Based Funding

- The funding provided to school divisions and schools is to:
  - Encourage community participation
  - Build and strengthen partnerships
  - Use a comprehensive approach
  - Encourage wellness and promote healthy environments
  - Build and sustain community capacity
  - Share knowledge and expertise

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Examples of Community Based Activities...

- Developing Healthy Schools Committees
- Wellness promotion
- Purchase of equipment/resources/materials
- Programs and staff training
- Using *Youth Health Survey* findings to identify planning priorities for Healthy Schools activities.
- Distribution of “kits”
- Professional development for staff
- Development/pilot health policy

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



Community-Based Funding | Healthy Schools | Province of Manitoba - Microsoft Internet Explorer

Address <http://www.gov.mb.ca/healthyschools/community/index.html>

Manitoba Healthy Schools

Govt Home > Manitoba Healthy Schools

**Get Started Here**

- Healthy Schools - Home
- Ministers' Messages
- Provincial Campaigns
- Community-Based Funding
- Health Topics
- Resources
- Services and Supports Directory
- Documents
- Healthy Schools Stories
- Subscribe to Healthy Schools eNews
- Contact Us

**Healthy Schools**

**Community-Based Funding**

Since 2002, Regional Health Authorities (RHAs) and School Divisions have received funding to support local Healthy Schools plans and priorities. These funds have created an opportunity for School Divisions and local schools to work with RHAs, other community organizations and individuals to develop plans and activities consistent with the Healthy Schools Framework. Activities are to be selected based on identified needs within the school community. Activities should also follow these principles:

- Encourage community, student, and family participation;
- Build and strengthen partnerships among health providers, educators, parents, children, and the community;
- Utilize a comprehensive and collaborative approach;
- Incorporate best practices and evidence;
- Encourage activities that support wellness and promote healthy environments in the community, home, and school;
- Build capacity and provides evidence of sustainability; and
- Support sharing of knowledge and expertise with others across the province.

Local intranet

start | Inbox - Microsoft Ou... | Windows Explorer | MFNERC Conference ... | Internet Explorer | 3:16 PM

## Targeted Provincial Campaigns

- Targeted provincial campaigns address priority health topics affecting the school community.
- Participating schools receive \$100.00 (plus \$0.35 per student) to undertake an activity related to a specified health topic.
- Two campaigns per year (fall and spring).
- Campaign topics have included Safety and Injury Prevention, Physical Activity, Healthy Eating, Healthy Relationships and Mental Health Promotion.

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Goals of Provincial Campaigns

- Engage schools in the Healthy Schools Initiative
- Provide Manitoba schools with small grants to support them in planning Healthy Schools activities
- Ensure that Healthy Schools funding is made available to all schools across the province
- Increase awareness regarding the importance of each targeted health campaign

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)





## Targeted Provincial Campaigns

Campaign	Date	Participation
Safety/Injury Prevention	Spring 2003	229 (28%)
Physical Activity	Fall 2003	325 (40%)
Healthy Eating	Spring 2004	301 (37%)
Mental Health Promotion	Winter 2005	406 (47%)
Active Living	Fall 2005	433 (50%)
Bike, Water and Farm Safety	Spring 2006	382 (44%)
Mental Wellness	Fall 2006	437 (51%)
Food for Thought	Spring 2007	486 (56%)
<b>Get <i>in motion</i></b>	Fall 2007	515 (60%)
Healthy Relationships	Spring 2008	544 (64%)
Environmental Health	Fall 2008	442 (52%)
Mental Health	Spring 2009	420 (49%)
Physical Activity	Fall 2009	503 (59%)
Healthy Eating	Spring 2010	433 (51%)

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Targeted Provincial Campaigns

- The current Healthy Schools Campaign is **Safety and Injury Prevention**. The campaign deadline is **March 11, 2011**.
- The fall Healthy Schools Campaign will be **Healthy Relationships**.



**Healthy Schools  
Physical Activity Campaign  
Application Form (Deadline November 13, 2009)**

School Division		School Name	
Contact Person		Position <i>(parent, teacher, etc.)</i>	
Mailing Address <i>(street, town, postal code)</i>			
E-mail Address			
Phone Number		Fax Number	
School Grades		School Population	

**Activity/Event Selected** (e.g. Fun Run, Intramural Sports, Equipment etc.):

**Description of Activity/Event** (Please use [only the space provided](#) to describe your proposed activity):

---

The funding will be used for (please check all that apply):

Staff time     Purchase Materials/Supplies     Program     Event (e.g. workshop in-service)

Guest speaker     Purchase Resources     Prizes     Other:

Date(s) when the event will be held:

Partners Involved (e.g. community groups, students, parents, school staff, public health, etc.):

Please note that only one application per school will receive funding.  
Principal/Director's Signature:

Successful applicants will be contacted and funding will be provided in December 2009.

Please submit applications by **November 13, 2009** to:

Physical Activity Campaign  
2<sup>nd</sup> floor-300 Carlton Street  
Winnipeg, MB R3B 3H9  
Fax: 204-948-2366  
Phone: 204-788-6620  
Email: [healthyschools@gov.mb.ca](mailto:healthyschools@gov.mb.ca)  
[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



**Sample  
of the  
Application**



## Examples of Targeted Provincial Campaigns

- Host a family information event.
- Buy resources/equipment for the school.
- Host a school-wide rally.
- Organize student presentations.
- Invite a guest speaker.
- Create a bulletin board to post information.
- Encourage student council to run an event.
- Create poems, songs or posters contests.
- Design ads or public service announcements.
- Create school policies.

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Provincial Resources Healthy Schools Website

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)

Provides information and resources about Healthy Schools, comprehensive school health, and a variety of health topics.

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Provincial Resources

# Healthy Schools eNEWS

[www.manitoba.ca/healthyschools/subscribe](http://www.manitoba.ca/healthyschools/subscribe)

Through Healthy Schools eNews, everyone can keep up-to-date on the latest Healthy Schools news via an electronic subscription service. This service provides the latest information about Manitoba Healthy Schools, Healthy Food in Schools, and Healthy Schools *in motion*.

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Provincial Resources

# Healthy Schools Stories

- Manitoba schools are invited to share their Healthy Schools story. Healthy Schools stories are posted on the Healthy Schools website and are a great way to share the wonderful things that schools are doing to promote health at their school and inspire other schools in their efforts to create a healthy school community.
- Stories can be submitted through the Healthy Schools website.



## Provincial Resources Services and Supports Online Directory

- The Healthy Schools Directory is a searchable listing of services, programs and organizations throughout Manitoba related to child health and education.
- Healthy Schools worked with CONTACT Community Information (a program of Volunteer Manitoba) to develop this customized directory. CONTACT houses Manitoba's most comprehensive listing of province-wide community services, programs and organizations.

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Provincial Resources *Healthy School Planner*

- The *Healthy Schools Planner* is an on-line tool that has been developed by the Joint Consortium for School Health (JCSH).
- The JCSH is a partnership of federal, provincial and territorial governments from across Canada, working together to make schools healthier.



[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)





## Provincial Resources

# *Healthy School Planner*

- The *Healthy School Planner* is based on the Comprehensive School Health Framework.
- The *Planner* is designed to help Canadian schools create healthier environments.
- It offers individual schools a way to assess the overall state of their environment as well as the choice to zero in on one or more specific topics including **healthy eating**, **physical activity** or **tobacco reduction**.

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



# Healthy Kids, Healthy Futures

# Healthy Kids, Healthy Futures

Recommendations cover 10 key areas:

- Educational health promotion
- Nutrition in Schools
- **Physical activity in schools**
- Recreation facilities and access
- Recreation leadership
- Active transportation
- **Injury prevention**
- Low-income families
- **First Nations communities**
- Mental health and wellness

[www.gov.mb.ca/healthykids](http://www.gov.mb.ca/healthykids)



## Needed NOW more than ever...

*The Statistics are alarming.*

- “Objectively measured data indicate only 12% of children and youth are meeting Canada’s guidelines of 90 minutes of physical activity a day.”
- Manitoba is in the middle of the pack in Canada, scoring only slightly higher than the national average at 13%.
- “Currently, 20% of boys aged 5-10 years and 15% of boys aged 11-14 years are meeting the guidelines, but only 5% of adolescent girls are getting enough activity.”



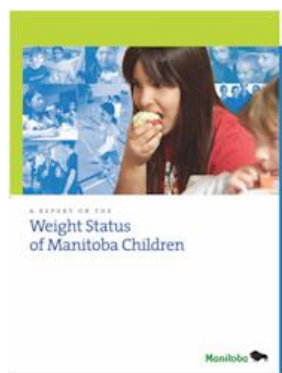
[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## *The Weight Status of Manitoba Children Report*

According to the recent *Weight Status of Manitoba Children Report (2007)*:

- Nearly 1/3 of Manitoba children (31%) were overweight or obese.
- Nearly 1/4 of Manitoba boys and girls (22%) were overweight.
- Almost 1 in 10 Manitoba children (9%) was obese.



Full report available at:

[www.gov.mb.ca/health/chronicdisease/weight.html](http://www.gov.mb.ca/health/chronicdisease/weight.html)



## **Needed NOW more than ever...**

“Childhood obesity has become an “epidemic” in Canada. Recent data reveals that 26% of young Canadians aged 2 to 17 years are overweight or obese. The Committee shares the fears of many experts who predict that **today’s children will be the first generation for some time to have poorer health outcomes and a shorter life expectancy than their parents.**”

~ *Healthy Weights for Healthy Kids*, Report of the Standing Committee on Health, House of Commons Canada, 2007

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Healthy Buddies Pilot Project



- Healthy Buddies™ empowers elementary school children to live healthier lives by providing them with knowledge about, as well as encouraging positive attitudes toward, the three components of health:
  - Physical activity or *Go Move!*
  - Nutrition or *Go Fuel!*
  - Mental health or *Go Feel Good!*
- Piloted with 20 schools in Manitoba. The goal of the program is to encourage young students to learn about healthy living through positive role modeling by pairing the younger students with older buddies.
- Results are promising!

[www.healthybuddies.ca](http://www.healthybuddies.ca)



## Healthy Schools *in motion*



*“Children who are physically active perform better in school than those who are not.”*

~ Active Healthy Kids Canada, 2009

Healthy Kids,  
Healthy Futures



Manitoba   
Building for the Future

## Healthy Schools *in motion*



- Schools that register to become a **Healthy School *in motion*** are committed to working towards 30 minutes of physical activity every day for every student.
- Once registered, ***in motion*** schools receive resources and on-going support to help them achieve their physical activity goals.
- ***In motion*** schools are profiled on the **Manitoba *in motion*** website.

Healthy Kids,  
Healthy Futures



Manitoba   
Building for the Future



## *I Love to Run* Resource

The *I Love to Run* Resource is a resource offered to Healthy Schools *in motion*.

It is designed to encourage students to increase their levels of moderate and vigorous physical activity.

Students create a physical activity goal for one month.

Healthy Kids, Healthy Futures

*i00* in motion  
Physical Activity - do it for life!

Manitoba  
Building for the Future

## *I Love to Run* Resource



### Resource includes:

- A Teacher Guide
- A Student Guide with activity tracker
- A Family Guide

Upon completion of their *I Love to Run* initiative, students receive a certificate of participation.

Healthy Kids,  
Healthy Futures



Manitoba   
Building for the Future

## Healthy Schools *in motion*



- Schools can register to become a Healthy School *in motion* at:

[www.manitobainmotion.ca](http://www.manitobainmotion.ca)

- There is an on-line application form or a downloadable Word document that schools can fill out and fax/mail back to Manitoba *in motion*.

Healthy Kids,  
Healthy Futures



Manitoba   
Building for the Future

## Healthy Kids, Healthy Futures

Recommendations cover 10 key areas:

- Educational health promotion
- **Nutrition in Schools**
- Physical activity in schools
- Recreation facilities and access
- Recreation leadership
- Active transportation
- Injury prevention
- Low-income families
- **First Nations communities**
- Mental health and wellness

[www.gov.mb.ca/healthykids](http://www.gov.mb.ca/healthykids)



## Nutrition in Schools

- The *Manitoba School Nutrition Handbook: Getting Started with Guidelines and Policies* document was released in October 2006 to all publicly funded schools in Manitoba.
- A copy of the document was also sent to all First Nations Education Directors throughout the province.
- The handbook is designed to help school communities develop nutrition policies and implement changes to promote healthier eating options by providing practical and flexible guidelines that can be adapted to reflect local priorities.

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)

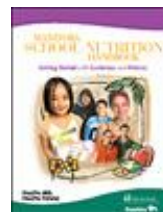




## Nutrition in Schools

The *Manitoba School Nutrition Handbook: Getting Started with Guidelines and Policies* handbook includes:

- Guidelines for food available in schools (e.g. serve most, serve sometimes, serve least)
- Information about developing a policy
- Sample vision statements
- Sample school nutrition policies (e.g. vending machines, special events, cafeterias and canteens, classroom reward, fundraising, food safety, etc.)



[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Nutrition in Schools Making it happen...

### Manitoba School Nutrition Support Team

- A toll free information line is available to support schools with the implementation of school nutrition policy. Callers can ask questions about any aspect of their school nutrition policy and be provided with direction and assistance.
- Toll-free school nutrition information line **1-888-547-0535**
- Visit the **Food in Schools website** for resources and tools to promote nutrition in schools:
- [www.gov.mb.ca/healthyschools/foodinschools](http://www.gov.mb.ca/healthyschools/foodinschools)

[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



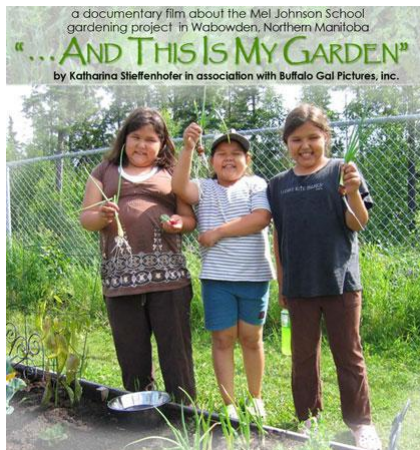


- The *Farm to School Healthy Choice Fundraiser* is a partnership between Peak of the Market, the Manitoba Association of Home Economists, and the Province of Manitoba.
- It is an opportunity to...
  - get fresh, local vegetables at or below supermarket prices
  - offer healthy food choices
  - support local producers
  - support your school's nutrition policy
  - support local food banks

For more info, visit: [www.farm2school.ca](http://www.farm2school.ca)



## “And this is my garden”



For more information on this project visit:

[www.andthismygarden.com](http://www.andthismygarden.com)



# Healthy Kids, Healthy Futures

Recommendations cover 10 key areas:

- Educational health promotion
- Nutrition in Schools
- Physical activity in schools
- Recreation facilities and access
- Recreation leadership
- Active transportation
- **Injury prevention**
- Low-income families
- **First Nations communities**
- Mental health and wellness

[www.gov.mb.ca/healthykids](http://www.gov.mb.ca/healthykids)



## Injury Prevention Bicycle Helmet Campaign

- The *Low Cost Bike Helmet Initiative (LCBHI)* is an initiative of Manitoba Healthy Living, Youth and Seniors and administered in partnership with Manitoba Education and the Manitoba Materials Distribution Agency (MDA).
- It is available to all schools and childcare centres in Manitoba. Since starting in 2006, the LCBHI has distributed more than 62,000 helmets to Manitoba families. The cost of the helmets are under \$15 (including taxes, shipping and handling).
- All preschool and school-aged children in the province are provided an opportunity to purchase bike helmets through the initiative.
- For more information visit [www.gov.mb.ca/healthyschools](http://www.gov.mb.ca/healthyschools)



[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



*For more information about  
Manitoba's Healthy Schools Initiative:*

**Healthy Schools**

300 Carlton Street  
Winnipeg, MB R3B 3M9  
Phone: (204) 788-6394  
Fax: (204) 948-2366  
Email: [healthyschools@gov.mb.ca](mailto:healthyschools@gov.mb.ca)  
Website: [www.gov.mb.ca/healthyschools](http://www.gov.mb.ca/healthyschools)



[www.manitoba.ca/healthyschools](http://www.manitoba.ca/healthyschools)



## Brandon School Division's Healthy Schools Experience

- Susin Cadman, Community Nutritionist, Brandon Regional Healthy Authority
- Ralph Clark, Teacher, Kirkcaldy Heights School/PE and HE Consultant, Brandon School Division
- Both Susin and Ralph are active members of Brandon's Healthy Schools Committee.
- They are going to share information about Brandon's Healthy Schools Committee and how they plan their school health promotion activities.



## Questions and Discussion

- Are there any questions or Healthy Schools stories that anyone would like to share from their school or school division?

