



Canadian Association for School Health

SHOWCASING CANADIAN SCHOOL HEALTH INITIATIVES & INNOVATIONS

SCHOOL HEALTH CONFERENCE 2008

FOUR POINTS SHERATON GATINEAU-OTTAWA
35 RUE LAURIER, GATINEAU, QUEBEC

Conference Program

MONDAY, APRIL 21st

<p>6:30 PM - 7:30 PM Room: Notre Dame A/B (Hotel)</p>	<p>Reports from Symposia</p> <p>An interactive and social format for reporting on the deliberations held in each of the eight pre-conference symposia will enable all participants to learn about events and opportunities for participation in these communities of practice in 2008-09.</p> <p>This session will also introduce a synthesis document that captures the evidence and experience in school health promotion from around the world. Conference participants will have an opportunity to work with the document throughout the conference and to suggest changes, additions and follow-up actions to guide the development of an evidence-based wiki project.</p> <p>Thank you to the Dairy Farmers of Canada for sponsoring the health breaks and lunch during the symposia.</p>
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TUESDAY, APRIL 22nd

<p>8:00 AM - 9:00 AM Room: Agora (Municipal Centre)</p>	<p>Meet the Innovators • Session 1</p> <p>Participants will have the opportunity to meet with the leaders of national, provincial/ territorial and local school health programs, initiatives and research. Three rounds of 20-minute briefing sessions will be held at tables. Participants will have the opportunity to discuss at least three different programs or initiatives over each of the 60-minute sessions. Examples of these programs include national projects and initiatives on bullying, nutrition education, substance abuse, sexual health, sports participation, chronic disease prevention, and much more.</p>
<p>9:00 AM - 9:15 AM Room: Jean Desprez (Municipal Centre)</p>	<p>Opening Ceremony</p> <p>Irene Lindsay, Elder from the Algonquin First Nation, will welcome participants to the conference.</p>

<p>9:15 AM - 10:00 AM Room: Jean Desprez (Municipal Centre)</p>	<p>Addressing Disadvantage and Determinants This keynote session will highlight both the need for realistic and effective community-school programs to address the social determinants of health and alleviate economic and social disadvantages. The work underway in three jurisdictions, Nova Scotia, Quebec and New York, will be highlighted. As well, the session will include information about a Canadian/international knowledge exchange project that is using a community schools action framework to coordinate several programs.</p> <ul style="list-style-type: none"> • Dwayne Provo, School Health Coordinator, Nova Scotia Former Director, NS Black Educators Association • Sherrie Bisset, Interuniversity Research Group, School Environments, Université de Montréal • Jane Quinn, Children’s Aid Society, New York City
<p>10:00 AM - 10:30 AM Room: Jean Desprez (Municipal Centre)</p>	<p>Keynote <i>Michael Kirby, Chair, Mental Health Commission of Canada</i> The goals and plans for the Canadian Mental Health Commission will be presented as well as a description of the urgent need for schools to be part of a national effort to promote mental health, particularly among young people.</p>
<p>10:30 AM - 10:45 AM Room: Outside Jean Desprez (Municipal Centre)</p>	<p>Health Break</p>
<p>10:45 AM - 11:15 AM Room: Jean Desprez (Municipal Centre)</p>	<p>Panel on Implementation and Sustainability: Educators Tell Us How A panel of educators will tell us how to respect, engage and support the education system mandates, pre-occupations and constraints. This will be followed by hands-on examples of successful and sustainable innovations and strategies. A summary of research describing new approaches to school health promotion that emphasize sustainability, capacity-building and systems change will be provided to all delegates as part of this session.</p> <ul style="list-style-type: none"> • Noreen O’Haire, Director of Professional Development, Canadian Teachers’ Federation • Charles Williamson, Principal, Park View Education Centre, NS, former School District Active, Healthy Living Consultants • Paul Veugelers, Professor, Public Health Sciences, University of Alberta

<p>11:15 AM - 12:30 PM</p> <p>Room: Gatineau (Municipal Centre)</p> <p>Room: Des Fetes (Municipal Centre)</p> <p>Room: Jean Alie (Municipal Centre)</p> <p>Room: Heritage B (Hotel)</p>	<p>Concurrent Sessions</p> <p>These concurrent sessions will focus on innovations and initiatives in the physical health areas that demonstrate how to change systems, sustain school health programs and be effective in changing health behaviours and learning about health.</p> <p>Measuring and Monitoring Change in School Nutrition and Physical Activity Programs <i>Dr. Paul Veugelers, Professor, Health Sciences, University of Alberta</i> This session will discuss how schools in Alberta, Prince Edward Island and Nova Scotia are planning and implementing change aimed at developing comprehensive, coordinated programs over time, in a sustainable way.</p> <p>Promoting Change: Outside In and Inside Out <i>Charles Williamson, Principal, Park View Education Centre</i> <i>Shelley Moran, Coordinator, South Shore District Health Authority</i> <i>Gord Walters, Healthy Schools Coordinator, South Shore District School Board</i> <i>Sadie Watson, Addiction Services, Nova Scotia</i> This session will examine how systems change can be promoted at the school district and school level. Principal Williamson will reflect on how different vantage points from outside and inside the school can be integrated and energized.</p> <p>Building and Supporting Active Healthy School Communities <i>Doug Gleddie, Director, Ever Active Schools, Alberta</i> Teachers, administrators, parents, students and community members all have a stake in the creation and maintenance of healthy active school communities. Ever Active Schools has developed a number of different strategies and processes to help schools make comprehensive school health “the way we do business”. Learn more about how this is rolled out, monitored and measured. This session will include ample opportunities for discussion and sharing as well as brief overviews of the supports EAS offers to over 140 member schools across Alberta.</p> <p>New Approaches, New Solutions: Success for Students in Disadvantaged Communities <i>Sherrie Bisset, Research Assistant, Université de Montreal</i> This session will describe how research led to a significant program in Quebec aimed at preventing school dropouts and other social problems through a comprehensive, psycho-social approach that creates a positive social environment in schools and strengthens the connection between the students and the school.</p>
<p>12:30 PM - 1:15 PM</p> <p>Room: Agora (Municipal Centre)</p>	<p>Lunch Break</p>

<p>1:15 PM - 1: 45 PM Room: Jean Desprez (Municipal Centre)</p>	<p>Web Presentation and Briefings on Canadian National Strategies and Initiatives (Physical Health)</p> <p>This briefings style panel presentation will describe national strategies on heart health, cancer, tobacco/lung health, nutrition, physical activity and chronic disease prevention. Examples of how school health programs can support or get involved in these strategies will be presented along with relevant background about youth related aspects and prevention strategies. The Best Practices portal of the Public Health Agency will be presented as a tool for these strategies. Speakers will include representatives from:</p> <ul style="list-style-type: none"> • Tobacco Control Program, Health Canada • Canadian Heart Strategy • Food Guide • Physical Activity • Canadian Cancer Strategy • Chronic Disease Best Practices Initiative
<p>1:45 PM - 2:30 PM Room: Jean Desprez (Municipal Centre)</p>	<p>Coordinating Multiple Programs and Services</p> <p>Research shows that coordination of various programs is the key to success but this is very challenging. The coordination work being done at the national, provincial level, inter-agency level and school level will be examined through case studies and hands-on discussions. Consideration will also be given to the job descriptions and new skills/knowledge required of people in these critical change agent positions.</p> <ul style="list-style-type: none"> • Nancy Edwards, Professor, University of Ottawa, Multiple Interventions Project • Antony Card, Professor, Human Kinetics & Recreation, Memorial University • Theresa Lewallen, Director, Healthy Schools, Association for Supervision and Curriculum Development
<p>2:30 PM - 2:45 PM Room: Outside Jean Desprez (Municipal Centre)</p>	<p>Health Break</p>

<p>2:45 PM - 4:15 PM</p> <p>Room: Maison du Citoyen Presse (Municipal Centre)</p> <p>Room: Jean Alie (Municipal Centre)</p> <p>Room: Des Fetes (Municipal Centre)</p> <p>Room: Gatineau (Municipal Centre)</p>	<p>Concurrent Sessions These concurrent sessions will focus on the art and science of coordination, capacity building, community development and systems change. The Community of Practice on SH Coordination will be a backdrop of all of these sessions.</p> <p>Theory & Practice in Coordinating Multiple Interventions <i>Nancy Edwards, Professor, University of Ottawa</i> This session will discuss the process of developing, delivering and coordinating multiple interventions/programs in a variety of settings. Dr. Edwards leads a team of people interested in the theory and practice of multiple interventions.</p> <p>School Health Committees: A Vital Piece in Coordination <i>Carol MacDougal, Public Health Manager, Perth District Health Unit</i> <i>Yvette Laforet-Fliesser, Public Health Manager, Middlesex-London Health Unit</i> This session will present practice-based evidence derived from 15 years of Ontario experience with school health committees. An interactive format will enable sharing of “real-life” stories and lessons learned</p> <p>School Health Coordinators in Newfoundland & Labrador: Initial Reflections <i>Antony Card, Professor, Memorial University</i> <i>Gerald Buffett, SH Liaison Consultant, Nova Central School District, Newfoundland/Labrador</i> This session will report on the results of a study that examined the initial results of the local SH Coordinator program in Newfoundland that raise questions about roles, training/support and strategies.</p> <p>Coordinating School Health Programs: Real Life, Real Challenges, Real Success <i>Carol Yandreski, Simcoe-Muskoka County District Public Health Unit</i> This session will describe the approach to coordination at the school district and health authority in Simcoe County, Ontario. The multi-pronged approach include direct services to schools, working with families of schools and community coalitions and working with school district staff.</p>
<p>4:15 PM - 5:15 PM</p> <p>Room: Agora (Municipal Centre)</p>	<p>Meet the Innovators • Session 2 Participants will have the opportunity to meet with the leaders of national, provincial/territorial and local school health programs, initiatives and research. Three rounds of 20 minute briefing sessions will be held at tables. Participants will have the opportunity to meet three different programs or initiatives over the 60-minute session.</p>

WEDNESDAY, APRIL 23rd

<p>8:00 AM - 9:00 AM</p> <p>Room: Agora (Municipal Centre)</p>	<p>Meet the Innovators • Session 3 Participants will have the opportunity to meet with the leaders of national, provincial/territorial and local school health programs, initiatives and research. Three rounds of 20 minute briefing sessions will be held at tables. Participants will have the opportunity to meet three different programs or initiatives over the 60-minute session.</p>
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<p>9:00 AM - 9:45 AM Room: Jean Deprez (Municipal Centre)</p>	<p>Panel on Canadian National Strategies and Initiatives (Social Health) This panel presentation will describe national strategies on mental health, crime prevention, substance abuse, and other social problems. Examples of how school health programs can support or get involved in these strategies will be presented along with relevant background about youth related aspects and prevention strategies. The strategies will include:</p> <ul style="list-style-type: none"> • National Crime Prevention Centre • Canadian Mental Health Commission • Anti-Drug Strategy/Youth Prevention Strategy-RCMP Drug Awareness • RCMP Crime Prevention/Youth Program
<p>9:45 AM - 10:00 AM Room: Outside Jean Deprez (Municipal Centre)</p>	<p>Health Break</p>
<p>10:00 AM - 10:30 AM Room: Jean Deprez (Municipal Centre)</p>	<p>Panel Presentation School Health Literacy, Education and Career Preparation This panel will report on health literacy/education research and initiatives in Canada. Highlights will include recent reports from the Canadian Council on Learning and the Canadian Public Health Association, an international/ Canadian network on the health literacy/education of school-aged children and measuring/monitoring results.</p> <ul style="list-style-type: none"> • Irv Rootman, Chair, Health & Learning Knowledge Centre, Canadian Council on Learning • Debra Lynkowski, CEO, Canadian Public Health Association • Bev Huntington, Consultant, Canadian Community of Practice on School Health Literacy/Education/Career Education

<p>10:30 AM - 12:00 PM</p> <p>Room: Gatineau (Municipal Centre)</p> <p>Room: Jean Alie (Municipal Centre)</p> <p>Room: Des Fetes (Municipal Centre)</p>	<p>Concurrent Sessions These sessions will examine the implications of a Canadian report on health literacy, learn more about integrating health in the education system planning for basic literacy and look at comparative models of curricula and approaches.</p> <p>Two Reports: Time for Action <i>Irv Rootman, CCL Health & Learning Knowledge Centre</i> <i>Debra Lynkowski, Canadian Public Health Association</i> This session will examine the implications of the two national reports on health literacy.</p> <p>Questions Ministries (and Others) Ask in Curriculum Design <i>Bev Huntington, Consultant</i> <i>Kyla Christiansen, Education Ministry, Saskatchewan</i> This session will discuss questions related to designing the scope, sequence and coverage of health education curricula and programs that are asked by educators and education ministries. Saskatchewan and several other provinces are in the process of redesigning their health/physical education curricula. This discussion will also guide the next steps in organizing a Canadian/ international community of practice on health literacy/education/career preparation in schools.</p> <p>Applying Health Literacy/Education Concepts to Substance Abuse <i>Dan Reist, Director, Communications and Resource Development, Centre for Addictions Research, BC</i> This session will discuss the work done by the Centre for Addictions Research of British Columbia in developing a curriculum supplement on crystal meth that eventually turned into a more comprehensive program called IMind that addresses mental health and other issues as well as substance abuse. The challenge of responding to an emerging health issue while continuing to pursue long-term developmental, prevention and educational strategies will be discussed.</p>
<p>12:00 PM - 1:00 PM</p> <p>Room: Agora (Municipal Centre)</p>	<p>Lunch Break</p>
<p>1:00 PM - 1:20 PM</p> <p>Room: Jean Deprez (Municipal Centre)</p>	<p>Keynote: Crime Prevention: Higher Risk, More Focused Responses <i>Robert Cormier, Executive Director, National Crime Prevention Centre</i> Safe school and healthy school programs have often treated schools and communities as essentially being the same, resulting in an insufficient focus on communities facing higher risks. This session will describe how one federal agency is focusing its activities on higher need communities and more urgent issues without losing the broader, holistic approach to the entire population.</p>

<p>1:20 PM - 2:00 PM Room: Jean Depez (Municipal Centre)</p>	<p>Keynote: Evaluation and Monitoring in School Health This session will describe the current work and future plans of two national agencies charged with reporting to Canadians on the health and learning of Canadians. The session will also highlight two position papers being developed with the School Health NGO Network on Indicators and Comprehensive Reporting on School Health in Canada.</p> <ul style="list-style-type: none"> • Marc Lachance, Director, Monitoring & Reporting, Canadian Council on Learning • Lissa Votta, Program Lead, Canadian Institute on Health Information • Doug McCall, Executive Director, Canadian Association for School Health
<p>2:00 PM - 2:15 PM Room: Outside Jean Depez (Municipal Centre)</p>	<p>Health Break</p>
<p>2:15 PM - 3:45 PM</p> <p>Room: Gatineau (Municipal Centre)</p> <p>Room: Des Fetes (Municipal Centre)</p> <p>Room: Jean Alie (Municipal Centre)</p> <p>Room: Maison du Citoyen Presse (Municipal Centre)</p>	<p>Concurrent Sessions These sessions will highlight international examples of assessment and monitoring in school health as well as a variety of tools that can be used by schools, agencies and school boards.</p> <p>Starting with Educators: The ASCD Report Card on Healthy Schools <i>Theresa Lewallen, Director, Healthy Schools, Association for Supervision & Curriculum Development</i> This session will describe how a school self-assessment tool was developed and adapted for Canada. Practical tips for successfully engaging educators in the process will be emphasized.</p> <p>Measuring Bullying and Safety: The PREVNET online Tool <i>Wendy Craig, Professor, Queens University</i> This session will describe the PREVNET self-assessment tool used across Canada to measure, analyze and respond to school incidences and trends in bullying and school safety.</p> <p>Self Assessment Tools: A Walk through a Park <i>Cindy Andrew, Director, Partnerships, Canadian Association for School Health</i> <i>Dawn Benson, Former Assistant School Superintendent, School District North Okanagan-Shuswap, BC</i> This session will highlight several self-assessment tools for schools and then discuss how such self-assessments can be integrated within school planning and improvement. These tools cover topics such as tobacco, physical activity, air quality, mental health and more.</p> <p>Monitoring and Reporting: A Canadian Call to Action with International Comparisons <i>Doug McCall, Executive Director, Canadian Association for School Health</i> This session will discuss the issues and recommendations contained within a draft position paper on school health accountability. Participants will have an opportunity to learn how these issues will need to be addressed in their context as well as have an opportunity to comment on the draft paper.</p>
<p>3:45 PM - 4:30 PM</p>	<p>Conference Wrap Up and Discussion The closing session will ask for participant feedback on needs and directions in school health promotion in Canada. The annual report on the Canadian School Health Knowledge Network will be presented.</p>