



Health Matters Newsletter

March 13, 2014

Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- So what is physical literacy?
- New video of Dr. Gary Bloch's presentation at Carnegie Community Centre re: a cure for poverty
- A win for E Cigarette Legislation
- Does increasing the minimum wage hurt employment?
- First Peoples, Second Class Treatment: The role of racism in the health and well-being of Indigenous peoples in Canada
- School that puts fitness first!
- Awesome affordable Yoga Class



Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting –April 9, 2015**, CVRD Board Room. Light dinner at 5:30 pm
– Meeting starts at 6:00 pm
- ✓ **Next Admin Committee Meeting- March 18 cancelled- new date and time to be announced asap**
- ✓

Upcoming Events/ Workshops/ Community Meetings

Cowichan Aboriginal Festival of Film & Art @ [Cowichan Performing Arts Centre \(Formerly Cowichan Theatre\)](#) Duncan BC (All Ages) until Thu. April 30th The Gallery is open on performance dates, one hour before show time.

So What is Physical Literacy?? Check out this link for one of the best explanations ever!

Visit the Sport Wales website <http://physicalliteracy.sportwales.org.uk/en/> for a great example.

New video of Dr. Gary Bloch's presentation at Carnegie Community Centre

It's been a few months since Dr. Gary Bloch was in BC, sharing his perspective that poverty is a social disease, and what can be done to cure it. And since his ideas resonated so strongly with everyone he met, the BC Poverty Reduction Coalition wanted to share a quick video of the presentation he made at the Carnegie Community Centre in Vancouver's Downtown Eastside.

You can watch the video here: <http://bcpovertyreduction.ca/gary-bloch/>

E Cigarette Legislation!

<http://m.theglobeandmail.com/news/british-columbia/e-cigarette-use-indoors-sales-to-minors-banned-in-bc/article23310187/?service=mobile>

Does increasing the minimum wage hurt employment?

Watch this great little [video](#), in which economist Jim Stanford answers the question, does increasing minimum wage hurt employment?

First Peoples, Second Class Treatment: The role of racism in the health and well-being of Indigenous peoples in Canada

This paper from the [Wellesley Institute](#) provides an overview of the historical and contemporary contexts of racism which have historically, and continue to, negatively shape the life choices and chances of Indigenous people in Canada.

Indigenous people experience the worst health outcomes of any population group in Canada. This alarming detail underscores the urgency and importance of understanding and addressing racism as a determinant of Indigenous health.

[Full Paper](#) (PDF - 2.2MB, 71 pages)

[Executive Summary](#) (PDF - 1.8MB, 20 pages)

Source: Canadian Social Research Newsletter

View Royal's Shoreline school puts fitness first (great example of the positive effects of physical activity)

Richard Watts / Times Colonist
February 23, 2015 03:19 PM

• [Times Colonist](#) •



Students at Ecole Shoreline Community Middle School run through their morning exercises before heading to class as part of the school's mandatory fitness and nutrition routine. Students begin the day with 20 minutes of exercise followed by a snack under a program that has seen a sharp reduction in absenteeism and a rise

in academic performance. Photograph By ADRIAN LAM, Times Colonist



• [Times Colonist](#) •

Students grab a nutritious smoothie prior to starting the school day.

Photograph By ADRIAN LAM, Times Colonist



• [Times Colonist](#) •

Connor Le-Mackay skips rope in one of the exercise circuits. Students can choose between five routines as part of the school's exercise program. Photograph By ADRIAN LAM, Times Colonist

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Students at Ecole Shoreline Community Middle School run through their morning exercises before heading to class as part of the school's mandatory fitness and nutrition routine. Students begin the day with 20 minutes of exercise followed by a snack under a program that has seen a sharp reduction in absenteeism and a rise in academic performance. Photograph By ADRIAN LAM, Times Colonist

A View Royal School has blasted its marks upward, significantly improved attendance and behaviour, and has done it all with exercise and smoothies.

Since September 2013, Ecole Shoreline Community Middle School has started the day with a 20-minute physical activity and followed up with a nutritious snack, such as a healthy smoothie, nuts or fruit.

Since the beginning of the program, called ABL for Activity Before Learning, average academic performance has leaped a stunning 21 per cent.

Meanwhile, the number of kids sent to the office for discipline has gone from a daily average of 17 to fewer than three. Late arrivals have decreased by 82 per cent and absences have gone down by 46 per cent.

"It's pretty impressive," said vice-principal Jeff Duyndam. "And we attribute it mostly to the exercise and the food."

Shoreline initiated the exercise-and-snack morning routine as part of an overall pilot program created in partnership with Island Health called Health Promoting Schools.

The View Royal program is mandatory for its 600 students in grades 6, 7 and 8. The only exceptions are the small number of kids who, for things such as medical reasons, can't take part — and even they are assigned to helping fix the snacks.

Duyndam said by now, most students have taken to showing up to school in their gym strip and then getting changed into street clothes before classes.

Days start with one of five different exercise routines: An outdoor run, a series of co-ordinated sprints and exercises called a "beep test," a relay run in the gym, a blacktop game such as tag, and circuit training moving from station to station.

Also, three times a month the school population engages in something called "Hallway Madness." Students dash through the hallways, hitting various stations before it's all over. It's perhaps the only time any of the kids have been encouraged to run in the halls.

"The students are all just running through the hallways and they just love it," Duyndam said.

He said the school population is a mixed bunch, including about 40 per cent attending French immersion and 30 per cent First Nations kids. And so far, parents are enthusiastic.

"Parents are thrilled with the program," said Duyndam. "They notice their kids are going to bed earlier, sleeping through the night more often, sleeping longer."

"We have had some real positive responses from parents and that excites us," he said.

It's hoped kids will eventually learn to appreciate daily routines divided by physical activity, healthy food and work time.

"It's all about developing healthy habits that continue into the adult years," said Duyndam. "We hope they can get to a point where, when they stop, they will notice a difference in how they are feeling and will crave to start up again."

He also said as an experienced educator the results of the program aren't a surprise. But everyone should expect the outcome.

"All the research on physical activity shows it improves memory, decision-making and lengthens attention spans," said Duyndam. "We pride ourselves that what we are doing is all research-based."

"There are pockets of schools out there doing it, but not too many in B.C.," he said.

Melanie Rush, mother of 12-year-old Gabriella, said her daughter has always been a motivated and active young person. So there is no marked difference to attribute to the program.

Nevertheless, Gabriella enjoys the morning and believes it helps her concentrate. But Rush, who with her husband, Richard, has long been a runner, triathlete and fairly competitive athlete, said she knows the program is doing her daughter lots of good. "I like to be physically active, so I know the benefits," she said. "I don't need to be convinced by her marks or anything to make me encourage her to do it."

Areli Hermanson, Island Health dietitian and site co-ordinator for the Health Promoting Schools Project, said Shoreline is one of eight Vancouver Island schools involved. It's an attempt to work out how best to make healthy living part of the school's own environment. "We want to see health is woven throughout the entire school culture," said Hermanson. "That's so it doesn't just happen one week in May during health class."

She said Island Health has partnered with the Saskatoon health authority, which has been working on a similar program for five years, for ideas and guidance. So far, on Vancouver Island, two participating schools are on the South Island, two in Campbell River, two in Nanaimo and two in Port Alberni. Ecole Intermediaire Central Middle School is the second South Island school.

Methods vary. For example, schools in Port Alberni and Campbell River are actively working to incorporate First Nations ideas, culture and food. Another school is working to make sure vegetables are grown as locally as possible. Other schools are putting on a salad bar three times a week.

"Each school has had its own focus, whether it's on healthy eating, physical activity or positive mental health," said Hermanson. Eventually, the various methods and moves will be evaluated on a variety of indicators: marks, missed school days, discipline proceedings, even the amount of fruits and vegetables consumed.

Finally, it's hoped these programs or shifts in school culture can become permanent. The last thing anyone wants to see is the whole thing end when the project is over. Especially as the results are already so demonstrably good.

"I was at one school the other day and the kids ran to the salad bar," said Hermanson. "I couldn't believe it."

"It definitely put a smile on my face," the dietitian said.

rwatts@timescolonist.com

- See more at: <http://www.timescolonist.com/view-royal-s-shoreline-school-puts-fitness-first-1.1772006#sthash.AQspVyFh.dpuf>



CLASSES START FEB. 3RD!!

YOGA TUESDAY @ 8:30PM

A flowing yoga practice, including balancing postures, gentle inversions, and standing series, designed to help students leave feeling relaxed and centred.

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Do you have a resource, event or information you would like to share?

Send it to cindylisecchn@shaw.ca and it will be included in the weekly

Health Matters Newsletter