



Health Promoting Schools Newsletter

What is Mental Health Literacy? Anti-bullying Presentation by Dan Reist - Centre for Addictions Research of BC

Dan presented to the Health Promoting School Coordinators within Interior Health. He provided us with excellent information on dealing with problems from bullying (he never uses the word) to substance use. Here are some of his main points:

- When we talk about mental health literacy it is about the process; we need to focus on building inner strengths rather than repairing weaknesses

Bullying, which he terms **“Respect and Responsibility”** focuses on behavior but more important is how to react to the problem

- Don't be isolated – be part of a network (not a gang) but some phenomenon where you can be comfortable with others in a group; use the network as a resource against peer pressure
- To create networks and build capacity for students, bring kids together at lunch or after school to talk about building support so they are not enslaved by peer pressure
- We need to train students in social awareness, “me in the group” and “us in the world”
- Feeling part of a network helps to create feelings of connectedness
- Schools are a focal point where students and families should be involved along with community partners to help create this network of support and connectedness
- **“Schools are an ecosystem where a variety of factors interact to influence the health of the environment and of the students and staff within it”** - his analogy to this is:

“Frogs in the pond” - if there is a problem with the frogs you don't look at the frogs, you look at the pond and see what can be changed in the pond to improve the health of the frogs



Substance Use - Just say “no” to drugs doesn't work and “Zero Tolerance” isolates kids who need connectedness the most

- Educate kids to embrace their health and help them understand why they use drugs in the first place.
- Substance use problems are closely related to other problems which often develop at early ages so it is important to focus attention on early years parenting in general, and particularly in vulnerable families

To learn more:

<http://carbc.ca/HelpingSchools/iMinds/tabid/328/Default.aspx>

<http://carbc.ca/HelpingSchools/tabid/77/Default.aspx>

Trafalgar Students Embrace

“If You Really Knew Me” and “Be the Change” Programs

Congratulations to the students at Trafalgar Middle School who initiated a very successful anti-bullying program based on the program “If you Really Knew Me”. This student led program had more than 50 students participate in an afternoon of challenging stereotypes and beliefs, which can be the root of bullying behavior. The students really enjoyed the opportunity to speak, student to student, about the issues facing their daily lives.

Erickson Elementary Morning Runs

Grade 4-7 students at Erickson Elementary are back to their 3km run each morning. It's a great way to start the day.



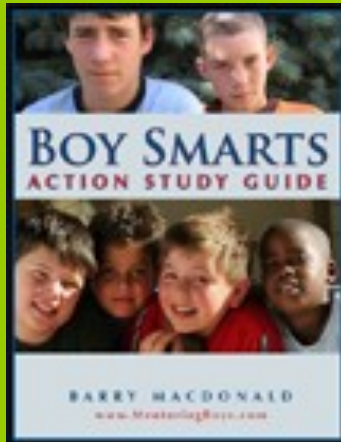


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Boy Smarts

Rosemont Elementary monitored who the students were who were taking up much of a teacher's time and who were frequently sent to the office. Based on results, they read the book by Barry MacDonald called "Boy Smarts" and teachers took the workshop on the program. Boy Smarts is a book and program that helps you understand boys and how to work with them rather than against them.

"It's common for boys to try to draw adults into an argument to scuttle a discipline discussion - especially when they are troubled or anxious. Teachers and parents may become triggered and find themselves reacting instead of responding. During these times it's important to remember that **it is the certainty of the response - not the severity or intensity - that makes the impact.**



<http://www.mentoringboys.com/>

Programs/Ideas from Other School Districts in IH

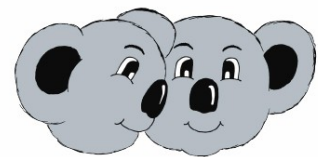
- **Tell Them from Me - Measuring Student Engagement** Social Engagement - Participation in school activities, sense of belonging, use of after school time, part-time work, positive relationships and volunteering.
- **No Stopping Zone Around Schools** - students get out of vehicles away from the school and walk to increase activity levels and safety around the school.
- **Swim to Survive** - SD73 - is different than swimming lessons - and not a replacement for them. Swim to Survive teaches just the essentials needed to survive an unexpected fall into deep water - an important first step to being safe around water.
- **Quiet Moment** - Glenmerry Elementary in SD20 holds a quiet moment after every lunch hour. Students put their heads down on their desks for 2 minutes of quiet. It really helps them focus for the afternoon.
- **Wellness Day for Grade 11/12 girls** - put on by local College, similar to Beauty from the Inside Out, girls have a chance to find their inner beauty and self respect through mentoring and skill building.
- **Positive Action** - SD27 - The mission of the program is to transform individuals, families, schools and communities by teaching and reinforcing positive actions for a lifetime of health, happiness and success. They define success and happiness as feeling good about who you are, what you do and how you treat others.

Fun Friends - 4 to 6 year olds

Part of Friends for Life Program

Designed specifically for four, five and six year old children, Fun Friends teaches emotional resilience that will stay with young children for life, and teaches practical, useful strategies for coping with stress, worry, fear and sadness. With Fun Friends, young children will gain the emotional and social intelligence necessary to excel during their school years.

FUN FRIENDS



We'll plan to have a teacher's workshop on Fun Friends in the fall so that you can integrate the program in your schools. We're also working on getting a local facilitator trained so it will be easier to get training for all the Friends programs in SD8.

Bike to Work Week: May 30 - June 5

Welcome to Bike to Work Week 2011-May 30-June 5. Nelson is presently not registered as a bike to work community but you can register under "BC Communities." A team captain registers the team.

<http://www.biketowork.ca>

With the price of gas - why not bike when you can?

