

Promoting Health *in* Yukon Schools

Making connections and developing healthy learners in Yukon school communities.

**WINTER
2006
EDITION**

The Health Promotion Unit (HPU)

That's us! The HPU is developing a partnership with the Department of Education to support school health in the Yukon. The HPU is a source of support for promoting health within and beyond the school walls. We network with people and services in the Yukon who help school communities become healthier. We also provide leadership in several key areas of health. Some of our recent activities include:

- Delivering interactive tobacco presentations in Haines Junction, Teslin, Carcross, Carmacks and several Whitehorse schools.
- Facilitating a quit smoking program at Porter Creek S.S.
- Training teachers to deliver a sexual health/healthy relationships program in the classroom.
- Working collaboratively with students in Carcross and at Porter Creek S.S. to build "condom trees" -- an activity that encourages students to reflect on how they take care of themselves and those they care about.
- Delivering healthy eating and media awareness presentations at several Whitehorse schools.

coming soon...

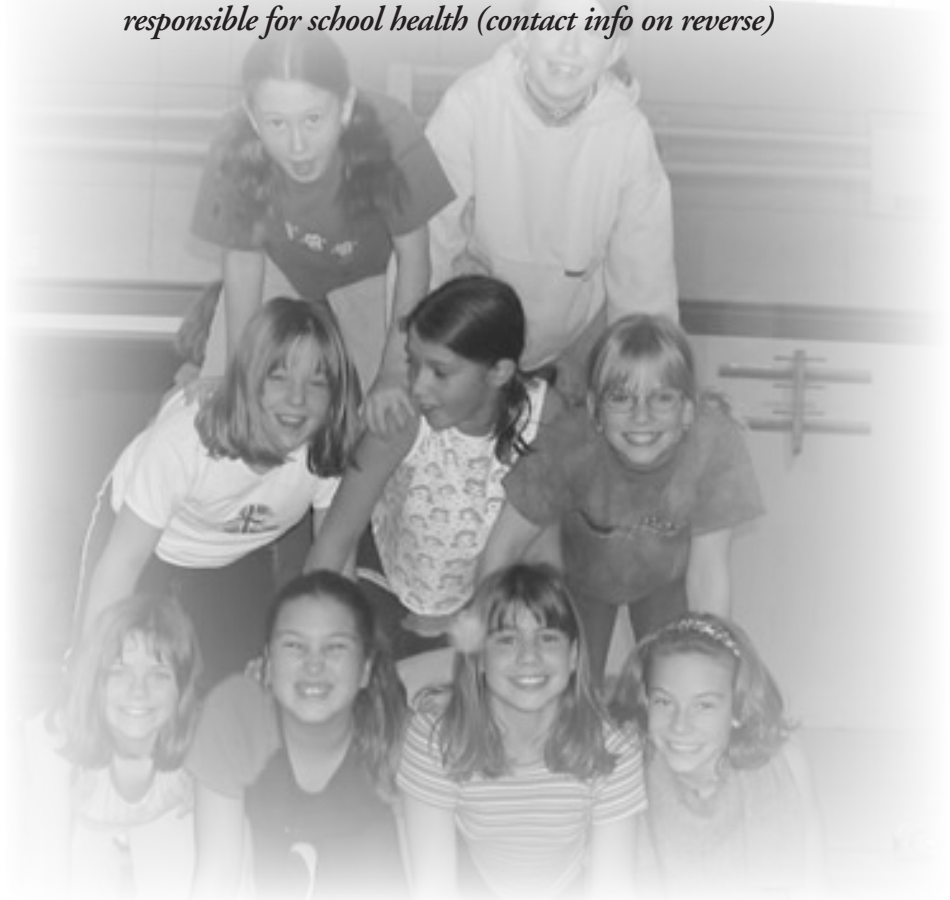
DROP THE POP!



March is Nutrition Month and April is Dental Health Month. To celebrate, elementary schools in the Yukon are invited to participate in the "Drop the Pop" challenge. Students (and teachers) will be challenged to drop pop and make healthier drink choices for one week at the end of March (March 27 to 31, 2006). Prizes for students! Prizes for teachers! Prizes for schools! Look for more information about the challenge in your mail box soon.

Get involved! *Each school that wishes to participate in the challenge will need a Drop the Pop coordinator.*
Limited time commitment -- unlimited fulfillment!

*Contact the Health Promotion Coordinator
responsible for school health (contact info on reverse)*



Promoting Health *in* Yukon Schools

Promoting Health in Yukon Schools is about Making Connections

The goal of school health is to connect people – educators, students, parents and health professionals – who have the interest, skills and opportunity to promote health in the school setting. Here's a few of the people and services we have connected with over the last few months...

Active Living

Ross Burnett, the Active Living Coordinator at the Recreation and Parks Association of the Yukon (RPAY) reports that there are now 16 schools registered as Active Yukon Schools. Along with Jeanne Burke, the Active Schools Coordinator, Ross provides school communities with ideas and inspiration to help students and teachers build more physical activity and fun into their daily routines. (Some resources available in French.)

Contact: 668-2328 active@klondiker.com www.rpay.org

Healthy Eating

As part of RPAY's Diabetes Prevention Project, Shannon Duke and Jennifer Daniels have been busy training teachers on new healthy eating resources for grades K-8. Teachers really like the tools and lesson plans and are using them to help their students make informed and healthy decisions about what they eat. (Resources for grades K-3 available in French.)

Contact: 668-3103 s_duke@northwestel.net OR 334-1778 foodworks@klondiker.com

Substance Abuse Prevention

Constable Rick Aird of the RCMP recently spent time with Rob McConnell's grades 7/8/9 class at Teslin School. Cst Aird is a great resource for teachers who would like their students to learn about the consequences of abusing drugs. Presentations are non-judgmental and discussion-based.

Contact: 667-5505 richard.s.aird@rcmp-grc.gc.ca

Alcohol and Drug Services (ADS)

ADS is another great source of information and resources on addictions and substance abuse. The ADS Prevention Unit has a series of substance abuse education kits for loan including videos and lesson plans that meet CAPP learning objectives for each grade level. Staff members are also available to do in-class presentations.

Contact: sandy.bowlby@gov.yk.ca, 667-5405 (Whitehorse)
jocylene.gauthier@gov.yk.ca, 667-5780 (Rural)

ADS also has two Youth Addiction Counsellors who provide addiction counselling and in-class presentations in Whitehorse high schools.

Contact: madeleine.piuze@gov.yk.ca, 667-5736 (EET, VCSS, FHCSS) (presentations available in French)
adam.thompson@gov.yk.ca, 667-5208 (PCSS, ILC)

What do you think about when you hear "School Health?"

Health literacy, access to health services, self-awareness, recreation, sports, media literacy, infectious diseases, personal hygiene, self care, addictions, sexual health, substance abuse, tobacco, physical activity, nutrition, injury prevention, bullying, allergies, environmental responsibility, self-esteem, mental health, school/family/community connectedness, critical thinking skills, social skills, child abuse, neglect, family violence, gender issues, support for diversity, respect and action for human rights...*School Health* can include all of these issues and more.

FREE STUFF FOR TEACHERS!

Win a \$50 Gift Certificate from Scholastic

"Comprehensive School Health" describes what we're trying to accomplish in the Yukon, but it's not exactly "catchy." Help us come up with a new name and you could win a \$50 gift certificate from Scholastic. Suggest something catchy that teachers can relate to. The name should capture one or more of the main themes of school health:

- healthy kids are better learners;
- great things happen when the school and the broader community work together for improved health; and
- we need to build strong connections between educators, students, parents and health professionals.

Call, e-mail or fax the School Health Coordinator at the contact numbers/address below with your new tag for school health. **Contest closes February 28, 2006.**

CONTACT: