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Thriving Youth, Thriving Communities

A guide to the news, information and events of the Saskatchewan Alliance for Youth and Community Well-being

Quarterly Newsletter Issue 4 October 2019

Thriving Youth, Thriving Communities Survey 2019 Updates

The Survey

The SAYCW *Thriving Youth, Thriving Communities (TYTC) Survey* is a youth-focused survey tool that was developed and revised in consultation with over 50 health promotion and education experts in Saskatchewan to capture the health and well-being of our youth. This year we had over 10,400 Grade 7 to 12 students from 162 schools across 19 School Authorities complete the survey.

The first *Thriving Youth, Thriving Communities Survey Provincial Poster* was released in June 2019. The poster is intended to provide a snapshot of Saskatchewan students' health and well-being (Grades 7-12). SAYCW staff are continuing to prepare the school reports, school division / authority reports, provincial report, and other knowledge translation documents based on the survey.

Initial Provincial Findings

Teachers indicated on the SAYCW TYTC Teacher Feedback Form that they are especially interested in students' sleep health and screen time, and how they relate to students' learning.

Studies have shown that sleep contributes significantly to cognitive, emotional, and physical functions (National Sleep Foundation, 2000). Additionally, shortened total sleep time, and poor sleep quality are associated with poor academic performance among youth (Sleep Medicine Reviews, 2003).

Students were asked in the SAYCW *Thriving Youth, Thriving Communities Survey* how many hours of sleep they get on an average school night (Sunday to Thursday) and weekend night (Friday and Saturday).

According to the National Sleep Foundation recommendations, less than half of students (47.0%) were getting the recommended amount of sleep on school nights ($n = 10,423$).

Screen time has been linked to declines in sleep health and school performance (American Journal of Lifestyle Medicine, 2011, Screen Smart, 2010). Students were asked how many hours they spent outside of school daily in front of a TV screen (including texting, computer games, etc.). The majority (72%) spent 3 hours or more. The Canadian Sedentary Behaviour Guidelines recommendation for youth is no more than two hours per day spent on recreational screen time.

Additionally, students who reported fewer hours of sleep and higher screen time usage reported more often being too tired to focus in school ($n = 10,188$). Being too tired to focus was associated with lower self-reports of school performance ($n = 7,080$).

The Saskatchewan Alliance for Youth and Community Well-Being (SAYCW) is a partnership of health, education and other community stakeholders dedicated to improving the health and well-being of the Saskatchewan population.

Community News

Recent Events

Orange Shirt Day

Monday, September 30 was Orange Shirt Day. Orange Shirt Day is a day to honour, across Canada, the Indigenous children who survived the Indian Residential School system, and to remember those who did not; and to remind us that every child matters.

Resources and supplies for teachers and community members can be found on the Orange Shirt Day website.

<http://www.orangeshirtday.org/>



Upcoming Events

2019 Healthy School Communities National Forum

The 2019 Healthy School Communities (HSC) National Forum will be held in Ottawa, Ontario November 5-7. The HSC Forum connects individuals working in the health, education, research, government and active living sectors.

This year's HSC Forum themes include: Diversity and Inclusion; Beyond the Binder; Play; Stories from the Field; Teacher and Staff Well-Being.

SAYCW submitted and was accepted to present this year. Our presentation, "Risks, Challenges, Strengths, and Supports for Diverse Youth Groups in Saskatchewan" is based on the 2019 *Thriving Youth, Thriving Communities Survey*. Registration for the Forum is still open.

<https://phecanada.ca/connecting/events/2019-healthy-school-communities-national-forum>

SAYCW Partnering with Youth

SAYCW has begun reading the over 1,500 comments we received from students this year with our *Thriving Youth, Thriving Communities Survey*. We are listening to youth and using this information from them to help inform our survey reports, as well as create areas in our report to showcase youth voices and ideas.

SAYCW has also been meeting with youth-led groups to talk with them about health and well-being issues important to youth and their ideas for health promotion action.

If you are a youth-led group and are interested in working with SAYCW to help bring youth voices and priorities to our 2019 survey report, please contact Suzanne Hartman at 639-635-3066 or Suzanne.Hartman@saskcancer.ca

Connect with Us

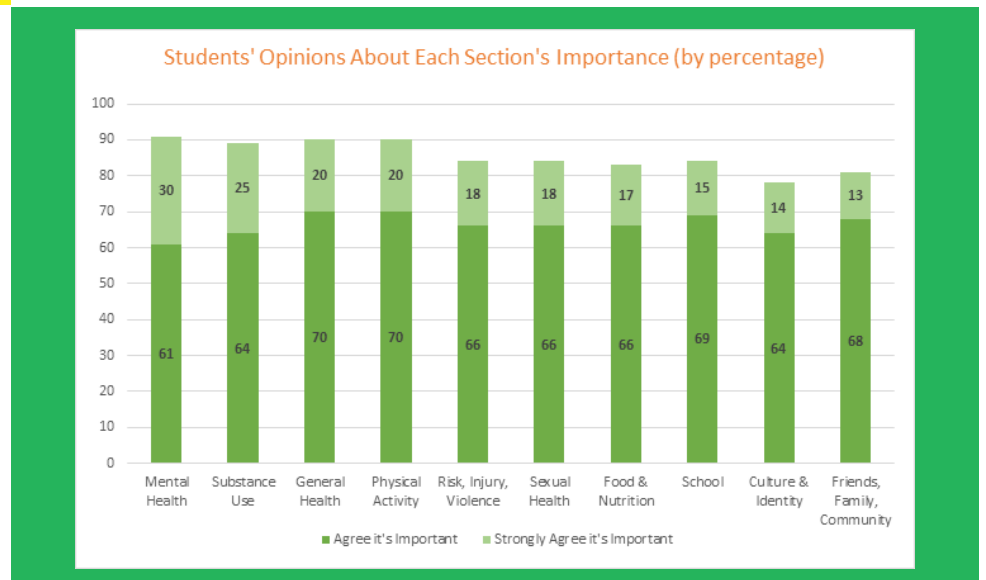
Want to learn more about SAYCW and its work or have suggestions for our Newsletter? Check out our website and social media feeds to connect with us.

- website: saycw.com
- facebook: [@saycw](https://www.facebook.com/saycw)
- twitter: [@SAYCW_SK](https://twitter.com/SAYCW_SK)

Share Community News

Do you have an event coming up you would like to share in this newsletter?

Connect with us to see how we can include your upcoming event or announcement in this section.



Thriving Youth, Thriving Communities Survey 2019: Knowledge Translation

Importance of Survey Themes to Students and Teachers

During the 2019 SAYCW *Thriving Youth, Thriving Communities* (TYTC) survey process, we asked teachers to complete a Teacher Feedback Form regarding the survey process and content. From across 52 schools, 158 teachers completed the form.

Students were also asked within the TYTC survey which topics covered were the most important to them ($n = 10,574$).

Individual opinions were unique across the province. Teachers and students in one region felt that one set of topics were incredibly important, while in another region those same topics were rated as unimportant. Additionally, teachers within a single school often had different or contrasting perspectives.

It is for this reason that Mental Health, receiving a consensus of support from both teachers and students, should capture the attention of our province. Specifically, 80% of teachers rated Mental Health as a Top Five topic of importance (among 15 topics to select from). Among students, 91% Agree or Strongly Agree that Mental Health is important for kids their age. Based on this information, we will be enhancing the Mental Health section in our School, Authority/ Division and Provincial reports.

Students' screen time usage, sleep health, learning and substance use were also among the top rated topics of importance by teachers. Students also rated general health (ex. sleep, screen time) and substance use as important to them.

In the chart above, students' opinions about the importance of each TYTC survey topic is reported.

SAYCW consulted with experts before our 2019 TYTC survey cycle to expand our Mental Health section, as well as add in survey items about family, friends and community supports and connections found in prior research to act as protective factors for youth mental health. SAYCW's work with topic and field experts also helped inform and expand our data analyses plan.

Consultations with survey theme experts, school and Indigenous leaders resulted in a survey this cycle that touches on new topics, is more holistic, and offers more opportunity to explore the relationship among variables beyond the descriptive health outcomes described in the first TYTC survey reports.

Thank you to the SAYCW Healthy Schools and Communities Grant Program Sponsors:

- AstraZeneca Canada
- Cameco Touchdown for Dreams Program
- Saskatchewan Cancer Agency

As part of the Nêhiyâwiwin Cree Language and Culture Program at the Confederation Park Community School, students attended feasts, ceremonies, powwows and round dances while learning appropriate cultural protocols. As part of the Truth and Reconciliation Calls to Action, the Nêhiyâwiwin Cree Language and Culture Program wanted to be a part of helping Indigenous students and families to heal through ceremony, song and dance by hosting their first ever Feast and Round Dance as their health promotion initiative.

Rossignol Robotics Team (Ile-a-la Crosse)

SAYCW was able to sponsor the Rossignol Robotics Team through our grant program. Here is an update from this Ile-a-la Crosse Robotics team coach:

“On behalf of Rossignol High School Robotic Huskie Squad (2016-2017), I would sincerely like to thank you for the sponsorship you provided this year. Thanks to your generous sponsorship, we were able to purchase more robots, more parts, build a larger robot, and afford our trips to both of our competitions. This year our team consisted of 14 members, and through your support we were able to increase the possibilities for their learning and development. We attended two competitions this year, and the students had a lot of fun at both.”

Knowledge to Action Showcase

The SAYCW Healthy Schools and Communities Grant program has offered three rounds of grant funding, providing \$450,530 to 61 health promoting initiatives targeting youth in Saskatchewan.

Miyomacihowin Healing (Saskatoon)



Image courtesy of Confederation Park Community School.

Miyomacihowin, a healing process through ceremony, was intended to help bring healing to those families effected by residential school, for families of missing and murdered girls, youth and women, for those affected by the 60's Scoop and those who have come through the Foster Care System.

This initiative was a great success, hosting over 500 people between the Feast and the Round Dance. There was a noticeable increase in pride for Indigenous staff, students and families throughout the planning and implementation processes. Many parents came to the school to volunteer for the first time, acting as a springboard for parent-teacher relationships.



Image courtesy of Rossignol High School.