

Community News

Recent Events

2019 Healthy School Communities National Forum

This National Forum was held in Ottawa, Ontario on November 5-7, 2019 and connected individuals working in the health, education, research, government and active living sectors.

SAYCW participated in a panel discussion, 'A Cross-Canada Scan of Comprehensive School Health', where there were several opportunities to emphasize our Knowledge to Action Strategy, as well as our partnerships with schools and health promotion/education experts.

SAYCW also presented survey results related to 'Risks, Challenges, Strengths, and Supports for Diverse Youth Groups in Saskatchewan' to 30 Forum participants, which generated a good Q&A session!

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



Upcoming Events

Pink Shirt Day - February 26, 2020

The Pink Shirt Day Resources page (pinkshirtday.ca/resources) offers tips, articles, and contact information for immediate help if you or someone you know needs it.

On February 26 practice kindness and wear pink to symbolize that you do not tolerate bullying.



SAYCW Partnering with Youth

SAYCW has begun reviewing over 1,500 comments received from students through the *Thriving Youth, Thriving Communities Survey*. We are listening to youth and using the information provided to help inform our survey reports, as well as create areas in our reports 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 work, please contact Suzanne Hartman at 639-635-3066
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.



SAYCW Resources

Check out SAYCW's online evidence-based resources that cover topics connected to the *Thriving Youth, Thriving Communities Survey*: <http://saycw.com/resources/toolkits/>

Our Community Action Plan Template will help you create, plan and implement health promotion action based on survey reports: <http://saycw.com/resources/action-plans/>

Check out our Knowledge to Action Showcase to view health promotion action schools and community groups implemented with funding from SAYCW's *Healthy Schools and Communities Grant*: <http://saycw.com/resources/knowledge-to-action-showcase/>

Thriving Youth, Thriving Communities Survey 2019: Knowledge Translation

Next Steps for Health Promotion Action

SAYCW's Knowledge to Action Strategy includes supporting schools to understand their survey results and to identify ideas and starting points for health promoting actions based on their survey results.

To this end, SAYCW has included resources and ideas for action within the School Reports. These resources and action ideas are found in two different formats within the Reports, illustrated here.



Next Steps for Health Promotion Action

ANTI-BULLYING

The Bully Project – anti-bullying resources for teachers developed by the Canadian Mental Health Association. <http://www.thebullyproject.com/>

PREVnet, Promoting Relationships & Eliminating Violence Network – resources and guides for teachers and parents to help them identify and address bullying across different age ranges and populations, including adolescents and LGBTQ2S youth. <https://www.prevnet.ca/>

Saskatchewan Ministry of Education's Action Plan to Address Bullying and Cyberbullying – resources for educators, schools, youth, and communities. <https://www.saskatchewan.ca/residents/education-and-learning/anti-bullying>

Bullying and Harassment Prevention by the Canadian Red Cross – anti-bullying resources and courses for educators, child and youth service organizations, parents, youth, and Indigenous communities. <https://www.redcross.ca/how-we-help/violence-bullying-and-abuse-prevention/educators/bullying-and-harassment-prevention>

Action resources in Section 3 of School Reports illustrated above.

SASKATCHEWAN MINISTRY OF EDUCATION'S ACTION PLAN TO ADDRESS BULLYING AND CYBERBULLYING

Contains resources for educators, schools, youth and communities.

www.saskatchewan.ca/residents/education-and-learning/anti-bullying

Action resource in Section 2.

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

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

The School Nutrition Mentoring Project (SNMP) brought an expert nutrition mentor and registered dietitian to participating schools in northern Saskatchewan where they work side-by-side with the local school nutrition worker and school administrators to improve the quality of the food served to students and advocate for a healthier food environment in the school.

Nutrition workers from across northern Saskatchewan came together to learn new recipes, work on menu planning, discuss

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.

School Nutrition Mentoring Project of the Northern Healthy Communities Partnership (La Ronge)



Images courtesy of the Northern Saskatchewan Population Health Unit.

how to support each other, and learn about sources of added sugar in regular diets. Fourteen participants came from three schools and seven daycares.

Participants discussed program ideas with others who do the same kind of work, i.e., how to get kids to try new recipes, how to

reduce sugar in baking, and how to adjust recipes to accommodate allergies. Participants collectively offered healthy breakfast, snack and lunch ideas during a facilitated menu planning activity.

Participants also helped prepare healthy snacks and meals that everyone enjoyed.

Westmount Community School Outdoor Métis Cultural Classroom (Saskatoon)

Westmount Community School created an Outdoor Métis Cultural Classroom which they also referred to as a "Living Museum." The space was primarily used by the school for their Métis Cultural Program for students, but was also used by their Koohkoom group, girls group, boys group and community. Westmount also hosted their second annual Métis Day of Learning which was open to selected Grade 4 classrooms in the Public School Division. Their Outdoor Métis Cultural Classroom becomes the perfect venue for this event.

A video of the project was created during the annual Métis Day of Learning and can be viewed at the following link:

https://www.youtube.com/watch?v=tEIP3unfkHM&feature=emb_logo



Image courtesy of Westmount Community School.