



## NewsBytes

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### Changes to DPA (Daily Physical Activity) Policy

In response to extensive feedback on the DPA requirement for Grades 8/9 being a significant challenge, the ministry will be revising the policy accordingly. Schools will be given the flexibility to use either the 30 minute daily requirement or the 150 minute weekly requirement. This policy change will become effective September 2011. Information and resources for DPA are available on the Ministry of Education website at <http://www.bced.gov.bc.ca/dpa/>

### Student Satisfaction Survey Research Briefs

The Ministry of Education has developed three research briefs, based on over 110 000 student responses to their annual Satisfaction Survey, which examines the relationships between healthy behaviours and key elements of learning. Self-reported physical activity, consumption of fruits and vegetables, and tobacco use were individually cross-referenced with improvements in reading, writing and math, as well as overall learning satisfaction. All three analyses demonstrated a significant positive relationship between healthy behaviour and academic achievement. [Click here to view the briefs.](#)

**Shifting from school to work** - With the end of the school year approaching, many students will start work at their summer jobs or grow their part-time jobs to full-time. While these jobs can be rewarding, providing them with opportunities to expand their skills and gain valuable experience, it's important that they remember their health and safety rights and responsibilities to avoid being injured. Remind them that they have a right to proper training and orientation at any job, to know what hazards they could face at work, to ask questions, and to refuse unsafe work. You can help them by sharing your experiences about the hazards you have faced at work, by encouraging them to look for information on workplace safety on at [www.worksafebc.com](http://www.worksafebc.com) or [www.raiseyourhand.com](http://www.raiseyourhand.com) and by encouraging them to ask questions about safety during their job interview. Find more resources for parents of young workers at <http://www2.worksafebc.com/Topics/YoungWorker/Resources-Parents.asp>.

**Is your PAC or DPAC interested in bringing in a speaker to address topics, such as:** Why child development in the early years is so important or How children in BC are doing?

The Human Early Learning Partnership (HELP), a research institute at UBC, conducts a population health survey of kindergarten children every year. This survey, the Early Development Instrument (EDI), is a teacher completed questionnaire. It gathers information about almost every kindergarten child across BC, and helps us understand their overall development. The results from the survey are reported back to neighbourhoods, school districts, health areas, and to the provincial government. They are used by schools, service delivery organizations, and government to plan programs, to improve services and to develop policies for children and families.

Because parents are key partners in this survey process, we also want to make sure that you have all of the information you need. If your PAC or DPAC is interested in having a speaker from HELP present this fall, please contact EDI Coordinator, Brianne Grant at [brianne.grant@ubc.ca](mailto:brianne.grant@ubc.ca) or 604 827 5504. Webinar opportunities are available for PACS outside of the Lower Mainland.

### Every Class in Every School

Egale Canada just released the first national climate survey on homophobia, biphobia and transphobia in Canadian schools entitled Every Class in Every School. The study sought to identify the forms and extent of students' experiences of homophobic and transphobic incidents at school, the impact of those experiences and the efficacy of measures being taken by schools to combat these common forms of bullying. A summary of key findings and the full report are available at <http://www.egale.ca/index.asp?lang=E&menu=1&item=1489>

### **Effective Violence Prevention Programs**

The University of Calgary offers an electronic manual with research collected on 79 Effective Violence Prevention Programs relevant for both boys and girls. It includes information for effectively addressing vulnerable populations, including children with disabilities. <http://www.ucalgary.ca/resolve/violenceprevention/English/reviewprog/youthdprogs.htm>

### **Promoting Positive Mental Health in Youth**

The newest report from McCreary Centre Society is Making the Right Connections: Promoting Positive Mental Health Among BC Youth. Using data from the Adolescent Health Survey, some of the key findings are: 56% of youth who reported that they experienced a mental or emotional health condition had not accessed the mental health services they felt they needed; having an adult they can confide in is linked to better mental health outcomes for even the most vulnerable youth; most youth in BC report positive mental health and low rates of mental health challenges. Read the report [here](#)

### **Speakers Bureau**

The BC Centre for Safe Schools and Communities has recently updated their 2011 Speakers Bureau. This provincial resource includes more than 100 workshops on topics related to safety, health, crime prevention, social responsibility, and social justice. It aims to identify workshops grounded in theory and evidence to promote the well-being of children and youth. [http://www.ufv.ca/Assets/BC+Centres+\(CRIM\)/Safe+Schools/speakers+Bureau/2011\\_Speakers\\_Bureau.pdf](http://www.ufv.ca/Assets/BC+Centres+(CRIM)/Safe+Schools/speakers+Bureau/2011_Speakers_Bureau.pdf)

**Facebook Safety for Teens** -Do you want to teach your teens how to use Facebook safely? [Read the Parents Guide to Facebook](#) and the [Facebook Privacy Chart for Teens](#) created by Anne Collier and Larry Magid, Co-Directors of [ConnectSafely.org](http://ConnectSafely.org).

### **Government Press & News Releases**

Catch up on the latest K-12 Government news/press releases. Visit the new section of our website by [clicking here](#)

### **Share your Event**

Does your PAC/DPAC have an event, workshop, seminar or meeting happening in your area which you would like to share? If so, please let us know about it and we will post the information on our NEW [Provincial/Regional/District Events page](#) of the website.

*NewsBytes is a regular e-mail communication sent to BCCPAC members to highlight items of interest. Others may also subscribe to NewsBytes. Contact BCCPAC at:*

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