



NewsBytes

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[Applications are open for BCSTA's five 2010 Student Citizenship Awards](#) – but only until **Monday, February 8**. Students may mail or fax their forms to BCSTA, with winners to be announced in June. The awards, for \$500 each, recognize students graduating from Grade 12 who have markedly contributed to the life and well-being of their school and community. One of the awards commemorates the Association's late communications director, Jean Ciriani. [Listed in a special *Leader honour roll*](#), donors to date have contributed \$5,340.

Grade 4 & 5 Snow Pass - FREE

The Grade 4 & 5 SnowPass is a non-profit program that offers free skiing and snowboarding to every 4th and 5th grader across Canada. SnowPass holders can ski at each of our 32 participating ski areas in B.C. three times for free during the 2009/2010 season. The only cost is postage and an administration fee for the Snow Pass. For further details visit the website www.snowpass.ca

BCAA 2010 Olympic and Paralympic School year Newsletter: February 2010

This February newsletter contains an invitation to participate in the February 4 and February 11 webcasts focused on global citizenship and peace, along with resources that will enable your students to become reporters during the Games, and helpful websites to get involved with activities during the Games.

If you have questions, please e-mail sharingthedream@gov.bc.ca

For information on Olympic and Paralympic Education programs and resources, go to <http://www.sharingthedream.gov.bc.ca/>

The ABCs of Mental Health

Development of Mental Health Resources for Parents

The Hincks-Dellcrest Centre, a children's mental health centre in Toronto, Canada, is developing an internet-based resource on children's and adolescents' mental health. Based on previous consultations with educators, we have already developed a resource for teachers on the mental health of children aged 3-14 years. The usability testing version of the resource is available at www.hincksdellcrest.org/abc.

Educators have advised us that it would be helpful to develop a resource on children's and adolescents' mental health for parents. To meet this request, we are conducting a consultation survey to obtain feedback from parents across Canada about what information you would like to see included in an internet-based resource on child and adolescent mental health.

Please click on this link if you are a parent who would like to take the survey

<http://www.surveymonkey.com/s/mentalhealthresourceparents>

Please note that no information collected from this survey will be used to identify specific individuals. We thank you in advance for your time and assistance in completing this survey.

Dieticians of Canada

The Dieticians of Canada are asking for your help to complete a web survey to evaluate their initiative to support schools in the implementation of the *Guidelines for Food and Beverage Sales in BC Schools*. The survey will take about 5-10 minutes to complete. All replies are anonymous and will be treated confidentially. You may have been asked to complete surveys related to the *Brand Name Food List* and *Dietitian Services at HealthLink BC*. This survey is more specific to your PAC experience with a wider range of resources and tools provided by the Initiative. The results will be used to inform future policy and program development.

Contact Susanna Gurr for further information by Telephone: 604-601-4073; Email: sgurr@srdc.org.

To complete the survey, please click on:

<https://survey.srdc.org/SelectSurveyNET/TakeSurvey.aspx?SurveyID=94K03n8>.

Please complete by the end of the day on Friday, Sunday 7, 2010.

BCAA Traffic Safety Foundation 'In The Driver's Seat' Workshops

Help parents of teens cope with managing the Learn-to-Drive process and keep our children safe. Book a workshop as part of a PAC meeting or hold a community parent evening, a minimum of 1 1/2 hours is preferred. Further details are at www.teendrivers.ca Please contact Sandra at sandra.jones@bcaa.com to book a workshop. As a registered charitable organization we do accept donations to help towards the cost of providing these workshops. Be part of our **Drive to Save Lives**.

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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Feel free to share this communication with others.