

CSHR QUARTERLY

COMPREHENSIVE SCHOOL HEALTH RESEARCH GROUP
creating new knowledge to inform healthy school environments



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PROJECT UPDATE: SHAPES-PEI

by B. Bell & T. Herrell

As we reported in the January 2009 issue of this newsletter, the Comprehensive School Health Research (CSHR) Group at UPEI spent the 2008-09 school year collecting student- and school-level data in PEI as part of the first phase of the School Health Action Planning and Evaluation System—PEI project (SHAPES-PEI).

The team is pleased to report that the data collection was a success. Carried out in partnership with the PEI Department of Education and Early Childhood Development (DEECD) and the Centre for Behavioural Research and Program Evaluation (CBRPE) at the University of Waterloo, 85% of eligible PEI schools containing grades 5-12 participated. During the Spring and Summer, many of these schools received school-specific feedback reports providing them with data and information about their students' beliefs, attitudes, and behaviours concerning smoking, healthy eating, physical activity, and mental fitness (schools with small numbers of students may not have received a school-specific report due to the need to maintain student anonymity). In addition to school reports, the three PEI school districts (Western, Eastern, and French) received board-level reports summarizing data from their schools, and a provincial report reflecting the three districts is expected in the coming months.

This feedback to schools, districts, and the province is a critical aspect of the SHAPES-PEI project. Reports provide not only data, but also ideas for action. It is this opportunity to take action based on SHAPES-PEI data that will occupy the project team during the 2009-10 school year. The CSHR Group and the PEI DEECD are working together to encourage schools and districts to review and use their reports to support planning and development.

(Continued on page 2)

PROJECT UPDATE (cont'd)



The goal for the 2009-10 school year is to support SHAPES-PEI school communities to plan, implement, and evaluate comprehensive school health approaches through the launch of a School Health Grant Program. The Grant Program will support schools, families of schools, and districts who wish to respond to their SHAPES-PEI data by identifying at least one priority area through their feedback reports. With support from the CSHR Group and the DEECD, schools will have access to resources and be able to initiate activities that would not have been possible without the extra funding. The Grant Program will build on, enhance, and strengthen existing networks, as well as stimulate new efforts. Linkages will also be made to other community and provincial groups (e.g., Home & School Association, PEI Healthy Eating Alliance, etc.) to assist with the implementation of local initiatives to meet desired goals.

The project team has been presenting the SHAPES-PEI project and plans for the School Health Grant Program and will continue this throughout the Fall. Presentations have been, or will be, made to principals/vice-principals within the three school boards, teachers at the Annual PEI Teachers' Federation Convention (October 2009), parent representatives at the Home & School Federation Semi-Annual Meeting (October 2009), students at the PEI Student Leadership Symposium (October 2009), and other health alliances and governmental committees. In addition the project team will be offering each SHAPES-PEI school the opportunity to meet with project staff to discuss their feedback reports, identify priority areas, and facilitate networking. The team will also engage more broadly with the public once the provincial report is available.



It promises to be an exciting and busy school year for all as the SHAPES-PEI team continues its work to support a coordinated approach to school health in the province. Plans are also underway to collect data in Island schools again during the 2010-11 school year and to ensure continued support for participating schools.

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Event Report: PEI Student Leadership Symposium

The University of Prince Edward Island and Holland College are hosting the 2009 Prince Edward Island Student Leadership Symposium on Friday, October 30. It is an exciting opportunity for high school students, and their advisors, to spend a day together learning and sharing.

Presentations and panels aim to both inform and inspire students. The day begins with a session hosted by motivational speaker Phil Boyte who has extensive experience working with, and training, student leaders. Other sessions will cover reshaping high school, leadership styles, team building, and student voice. Youth groups and post-secondary leader panels will introduce students to current and future leadership opportunities.

Sessions are also available for student advisors and will engage them in thinking about the role of student voice in school development, in addition to other ways student leaders can be supported within their schools and communities.

A dinner at Holland College will be followed by presentations by each school group. This activity will provide an opportunity for students and advisors to share their experiences and talk about student leadership activities and plans at their own schools.

The CSHR Group is excited to be part of this event and is presenting on student leadership opportunities associated with the SHAPES-PEI project. Along with the other panel participants, including representatives of Students Working in Tobacco Can Help (SWITCH) and Students Against Drinking and Driving (SADD), we hope to encourage students to get involved in, and organize, health and wellness initiatives in their schools and communities. This is also an important opportunity to connect school health research with those it ultimately aims to support.



Conferences/Events

National Conference on Tobacco or Health

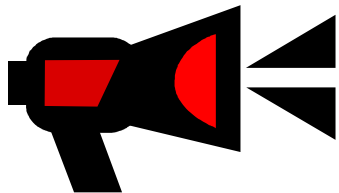
- ◇ Nov 1-4, Montreal, QC
- ◇ Website: <http://www.ncth.ca/>

Child Development Update Conference

- ◇ Nov 13-14, Toronto, ON
- ◇ Website: <http://www.sickkids.ca/eventlistings/2009/Child-Development-Update-Conference.html>



Call for Profiles and Conference Reports



We would like to continue to dedicate sections of our newsletter to sharing information on individuals, schools, or organizations involved in school health. If you are interested in submitting content please email us at cshrt@upei.ca.

We are also interested in receiving conference reports from our readers. If you have attended a relevant conference or event in recent months and would like to submit a summary of conference highlights or an account of your experience please email us at cshrt@upei.ca.

Additional suggestions for content are also welcome.

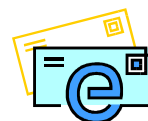
Recent Publications & Reports

Murnaghan, D.A., Blanchard, C., Rodgers, W., LaRosa, J., MacQuarrie, C., MacLellan, D., & Gray, B. (2009). The Influence of student-level normative, control and behavioral beliefs on staying smoke-free: An application of Ajzen's Theory of Planned Behavior. *Addiction Research & Theory*, 17(5), 469-480.

Murnaghan, D.A., Blanchard, C.M., Rodgers, W.M., LaRosa, J.N., MacQuarrie, C.R., MacLellan, D.L. & Gray, B.J. (2009). Predictors of physical activity, healthy eating and being smoke-free in teens: A Theory of Planned Behaviour approach. *Psychology & Health*. Retrieved September 17, 2009, from <http://www.informaworld.com/10.1080/08870440902866894>

Peters, L.W.H., Kok, G., Ten Dam, G.T.M., Buijs, G.J., & Paulussen, T.G.W.M. (2009). Effective elements of school health promotion across behavioral domains: a systematic review of reviews. *BMC Public Health*, 9(182). Retrieved October 20, 2009, from <http://www.biomedcentral.com/content/pdf/1471-2458-9-182.pdf>

Watch for our next issue coming January 2010!



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