

May/June 2011 Update



Ophea is a not-for-profit organization led by the vision that all kids value, participate in, and make a lifelong commitment to healthy active living. Ophea works in partnership with school boards, public health, government, non-government organizations, and private sector organizations to develop programs and services that support healthy active schools and communities. Much of our work focuses on the implementation and support of the Health and Physical Education (H&PE) curriculum in the context of healthy schools and communities.

*** Ophea's Provincial H&PE Curriculum Implementation Support Strategy Update ***

Ophea is committed to supporting H&PE as a foundational component of healthy schools and communities. Ophea has developed a multi-year provincial strategy to support the implementation of H&PE and several initiatives are currently underway, including:

- **Ophea H&PE Curriculum Resources: Grades 1-8.** The new Ophea H&PE Resources are available online to educators in the 62 (of 72) partnering school boards and 12 (of 36) partnering public health units through a password-protected site at hpe.ophea.net. The resources are available in English and French, include over approximately 130 lesson plans and related materials per grade, and address all of the expectations in the curriculum.

All Ontario school boards and public health units have been invited to participate in a partnership which will allow them to access the H&PE Resources through an equitable fee for service model. For more information visit www.ophea.net/schoolboard or www.ophea.net/publichealth. Ontario universities have also been offered access to the resources—more information is available at www.ophea.net/universities

- **Ophea's New Early Learning Resource - Now Available!** Ophea's Early Learning Resource is now available for free download at earlylearning.ophea.net! The resource, designed for kindergarten teachers, early childhood educators, and early-learning teams, assists in the implementation of the Health and Physical Activity learning area of the Full-Day Early-Learning Kindergarten Program 2010-2011 (draft version). It includes 50 easy-to-implement activities that support a variety of health and physical activity topics, information on program instruction, strategies for inclusion, warm-up and cool-down activities, safety considerations, and an Anecdotal Recording template for assessment.
- **H&PE Secondary Needs Assessment.** Ophea has conducted a number of research activities to identify the needs of secondary educators, public health and youth service providers in supporting healthy active living for secondary students, primarily through delivery of the revised secondary H&PE curriculum (release date has yet to be confirmed by the Ministry of Education). This work has included a literature review, surveys of students, teachers and other partners, and an environmental scan. Currently in progress is a comprehensive needs assessment which will be used to inform Ophea's next steps in helping to build the knowledge and skills of educators and community partners to support healthy active living for secondary students.
- **H&PE Curriculum Resource Supplements.** These resources will provide support to address key health promotion topics addressed in the 2010 H&PE Curriculum using a healthy schools and healthy communities approach, and will be available to schools, public health and community leaders at no cost. They include:
 - **Steps to Inclusion** resource is available at www.ophea.net/inclusion, and helps educators and physical activity providers develop inclusive school- and community-based physical education and physical activity programs to meet the needs of students of varying abilities. It includes a downloadable resource (currently available) and 100 adapted lesson plans from the Ophea H&PE Curriculum Resources: Grades 1-8 (available Spring 2011). Development of this resource is funded by the Ministry of Health Promotion and Sport and involves partnerships with Achilles Canada, Ontario Blind Sports Association, Ontario Wheelchair Sports Association, ParaSport Ontario, Special Olympics Canada and Variety Village
 - The launch of **Connect[ED] - Real Life Online**, an **Internet safety resource**, will be in Fall 2011 with delivery of the resource to all Ontario schools with Grade 4, 5 or 6 classrooms and training for educators across the province. Development of this resource is funded by the Ministry of Education and supported by partnerships with Factor-Inwentash Faculty of Social Work - University of Toronto, Hamilton-Wentworth District School Board, Legal Studies Program - University of Ontario Institute of Technology, Kids Help Phone, Ontario Provincial Police and TVO Kids
 - **HIV and AIDS Online School Support Kit** is for teachers, school administrators, and community partners who provide age-appropriate HIV education in Ontario schools, and is currently in development. Development of this resource is funded by the AIDS Bureau Ministry of Health and Long-Term Care and involves partnerships with Ontario Aboriginal HIV/AIDS Strategy, Access AIDS Network, Peterborough AIDS Resource Network, Regional HIV/AIDS Connection, Black Coalition for AIDS Prevention, Toronto Public Health, Ottawa Public Health and Patrick 4 Life
 - **Also in development** are resources to support educators and community leaders to address key health promotion topics such as Tobacco Use, Alcohol and Substance Misuse, Mental Health and other topics that may be "challenging to teach" such as self concept, harassment and abuse

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- **H&PE Evaluation Project.** During the 2010/11 school year, Ophea collaborated with the Propel Centre for Health Promotion at the University of Waterloo to conduct an H&PE Evaluation Study in 29 school boards to gain insight about the current practice and context with respect to H&PE Implementation as well as effective strategies and support needed to make the vision of the revised H&PE curriculum a reality. Ophea hosted a series of meetings with key experts and stakeholders, school boards, public health, NGOs, government and the research community to inform the priorities and design of the study which involved the collection data from teachers, principals and school boards. Ophea anticipates that the results of this research will be very valuable to school boards, health units, and other stakeholders and is committed to sharing the results to inform and support our continued collective efforts to implement H&PE curriculum in Ontario. Knowledge and information generated from this study will also have important implications for future provincial policy and program decisions in Ontario, and will provide evidence to inform similar school health strategies in other Canadian jurisdictions. Results will be available to participating school boards and other stakeholders in the coming months.

*** Support for the Development of Healthy Schools and Communities ***

- **Make Ontario the Healthiest Province Campaign.** Ophea and the partner organizations of the Ontario Chronic Disease Prevention Alliance (OCDPA) have launched a campaign called *Make Ontario the Healthiest Province in Canada*. The campaign has one primary goal: to urge the Ontario government to take action and leadership, and make Ontario the healthiest province in Canada. More information and tools are available at www.healthiestprovince.ca. We invite you to join us and disseminate the Healthiest Province message to your networks and encourage them to advocate for a healthier Ontario within their local communities, and to their Members of Provincial Parliament and candidates as the provincial election approaches.
- **2011 Ophea Conference.** The 2011 Ophea Conference will provide an enriching professional development experience for leaders who support the health and learning of children and youth in Ontario schools and communities. The conference takes place **Thursday, October 13 - Saturday, October 15 at Nottawasaga Inn Resort in Alliston, Ontario**. Delegates include elementary and secondary teachers, administrators, health and physical education consultants, public health professionals, recreation leaders, and others interested in the health of children and youth. The **early bird deadline is June 30th—don't miss out!** For more information and to register visit conference.ophea.net
- **2011 PARC Physical Activity Symposium.** The PARC Physical Activity Symposium took place in Toronto on Tuesday, March 22, 2011 - Wednesday, March 23, 2011, The PARC Symposium brought together over 150 physical activity promoters representing all regions of Ontario and from a variety of sectors including public health, NGO's, government, community health, recreation, Education, and Students. The PARC Symposium was a big success and continues to provide a professional development, planning and networking opportunity to learn about successful evidence-based physical activity initiatives, current research and its practical application, as well as "hot topics" in physical activity promotion. The PARC 2011 Symposium proceedings with all workshop slides are available online at parc.ophea.net/parc-physical-activity-symposium-2011
- **Active Healthy Kids Canada Report Card.** The 2011 Active Healthy Kids Canada (AHKC) Report Card on Physical Activity for Children and Youth is now available online at www.activehealthykids.ca. This year, AHKC has partnered with Ophea and the Children's Hospital of Eastern Ontario (CHEO) Research Institute to develop an Ontario Supplement to the AHKC Report Card. The supplement will summarize existing research into an easy to use format, and can be used as a tool to create awareness and support advocacy efforts related to healthy active living. The Ontario supplement will be released in Fall 2011.
- **Community Engagement Project.** Ophea, Parks and Recreation Ontario, the Ontario Public Health Association, People for Education and Health Nexus, have formed a provincial partnership to provide coordinated and integrated support for the development of healthy schools and communities across Ontario. With funding support from the Ministry of Health Promotion and Sport and the Ontario Trillium Foundation, the project will assist local efforts to support a comprehensive, community-based approach that will empower healthier living for Ontario's children and youth, and their families. The project involves working with regional teams to: share resources, programs and services that are offered by the partner organizations and that can be used by or adapted for each community, provide consultation support, and help facilitate increased or improved community partnerships. The current regions include Thunder Bay, Hastings-Prince Edward, North Bay, Halton, Windsor-Essex and Ottawa.

To discuss opportunities for collaboration and partnership, please contact Chris Markham, Ophea's Executive Director, at chris@ophea.org or Jennifer Cowie Bonne, Ophea's Director of Partnerships and Public Affairs, at jenncb@ophea.org. For more information about Ophea, visit www.ophea.net