

Building Physically Literate Schools

We are ALL in this together!

Solutions to combat the
mental and physical health crisis
in our community



Our Presenters

Diane Nelson

Director of Instruction

Dr. Alex Choi

North Shore Medical Health Officer

Amber Pascual

WVS Physical Literacy Mentor

Erin Crawford

WVS Physical Literacy Mentor

Dr. Guy Faulkner

UBC Professor & Chair in Applied
Public Health, School of Kinesiology

Land Acknowledgement



We would like to acknowledge and thank the Squamish Nation upon whose traditional territory West Vancouver Schools reside.

We would like to express our gratitude to this Nation as we appreciate the opportunity to share the work we are doing in the area of physical literacy on this traditional land.



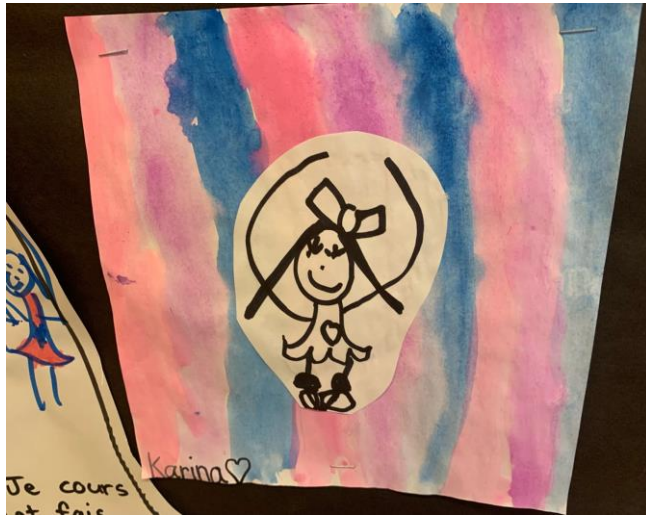
Agenda

WVS & VCH coming together for a common cause

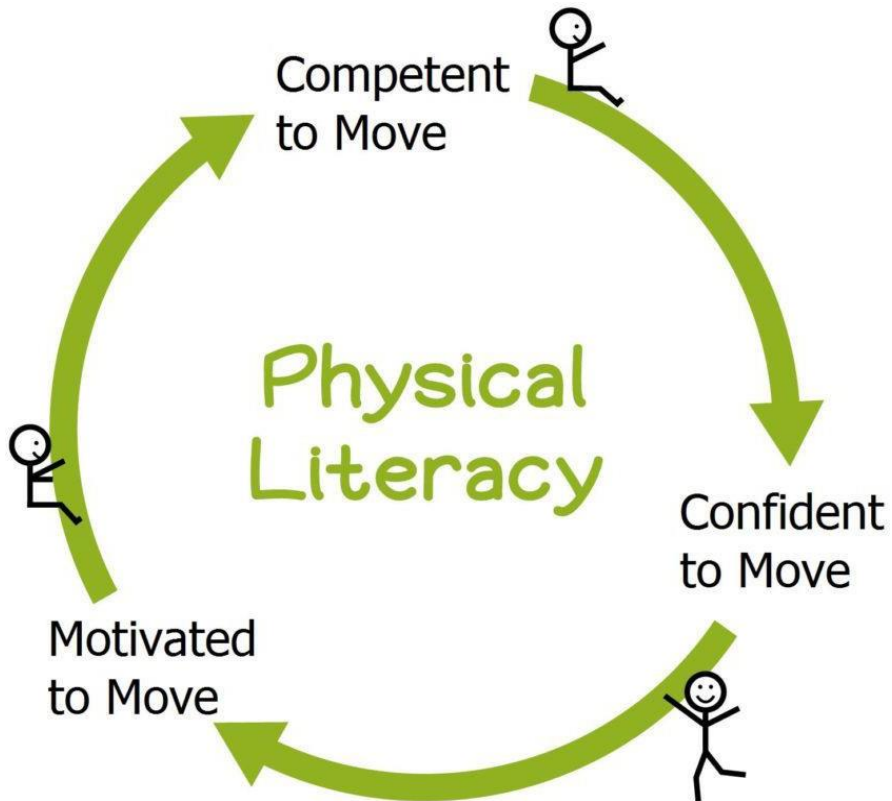
- To share highlights of our ongoing work in the MMM project
- To hear about our longitudinal research project
- To emphasize why this work is important by hearing about the physical & mental health crisis in our community
- To invite parents to join us on this important journey
- Highlight simple ways parents can effectively improve a child's overall mental and physical health

Our Mission

In West Vancouver Schools
Physical Literacy & Physical Activity
are **essential** to
protect and enhance the
mental and physical well-being
of its community



Our Vision



Make Movement Matter

For Everyone

Everywhere

More Often

Connecting the Dots: Make Movement Matter Program

Facilities:

Florencio De Dios, Director of Facilities & his entire staff

Inclusive Education:

Sandra-Lynn Shortall & her staff

Meetings and/or Consistent Communication

Occupational Therapist

Physical Therapist

Education Assistants

Learning Support Teachers

Counsellors

Physical Literacy Champions Reps

Classroom Teachers

School Administrators

Mental Health Champions

WVS Parents:

Parent education (e-bulletins)

PAC Mtg presentations

Parent Evening presentations

Community Partners:

West Van Rec

Various sport organizations

Sport for Life:

Collaboration, resources, potential

Grant funding, research

Vancouver Coastal Health:

Dr. Alex Choi & her team

The University of British Columbia:

Dr. Guy Faulkner & his team

Well-Being Teaching and Learning Resources and Tools

POSITIVE MENTAL HEALTH IN WEST VANCOUVER SCHOOLS

Aligned with Indigenous Ways of Knowing, this framework provides a common language and understanding to guide our work, identify goals, and support our school community.

In West Vancouver Schools, we aspire to foster resilience, social emotional well-being, and positive mental health.

Resilience is the ability to recover and adapt to misfortunes and setbacks.

Social emotional well-being is the understanding and managing of emotions, the ability to set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. Social emotional learning (SEL) is the process through which we achieve these competencies (CASEL, 2017).

Positive mental health is an ongoing journey, informed by a variety of emotions, that takes courage, patience and humility. Positive mental health is holistic, relational, inclusive, and a shared responsibility.

THE FOUR GUIDING PRINCIPLES OF POSITIVE MENTAL HEALTH

Holistic:

We have a personal understanding of ourselves in relation to the world. We recognize the interconnectedness of the cognitive, physical, social, and emotional domains of well-being.



A Shared Responsibility:

Different people need to be involved at different times to work intentionally towards common goals and purposes. This includes collaboration, communication, and community partners.



Positive Mental Health is:

Relational:

Positive mental health requires a sense of belonging and connection. This is built through care, compassion, and the recognition that relationships take patience and time.



Inclusive:

Healthy communities value diversity and are culturally aware. We treat everyone with dignity and respect. Recognizing that trauma may affect learning, we create environments in which all people feel safe and supported.



Grade 6-9

openparachute®

Kindergarten
to Grade 5

SECOND STEP® ELEMENTARY

**SEL for
Today**



Grade 1-3

**Safe Bodies
Strong Kids**



Why We Need to Continue to Care

ParticipACTION Report Card 2022

**Overall Physical
Activity**

Grade: D

A Sense of Urgency!

Only 35% of 5–17-year-olds
are reaching their recommended
physical activity levels

The Impact of the COVID-19 Pandemic

70% of children and adolescents experiencing deteriorating mental health

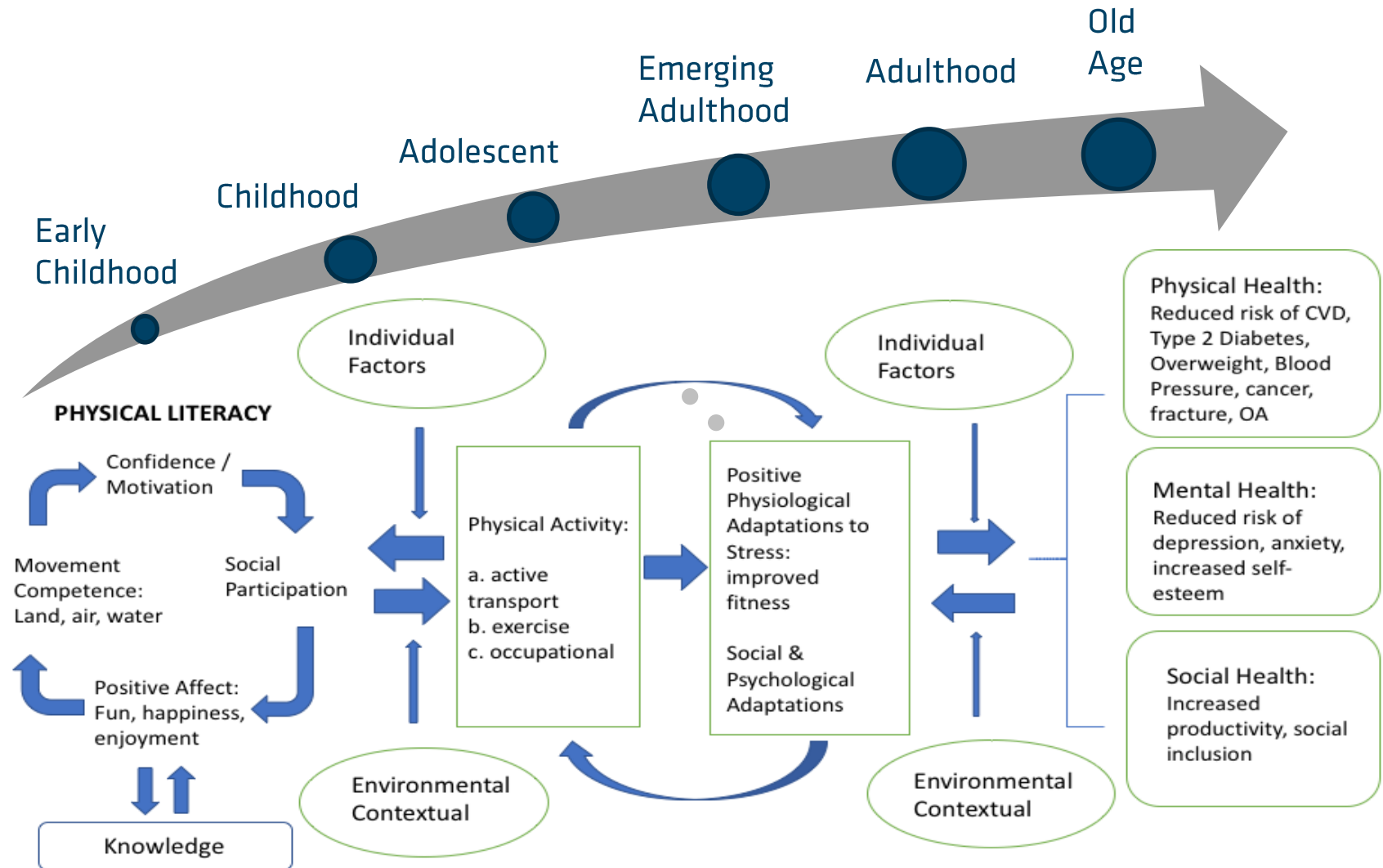
In BC, opioid overdoses a leading cause of death for children under 19

In West Vancouver:

- 80% of children decreased physical activity
- 94% of children increased screen time



What We Already Know



Between 3 and 5 million
deaths



annually can be attributed to
insufficient **physical activity**



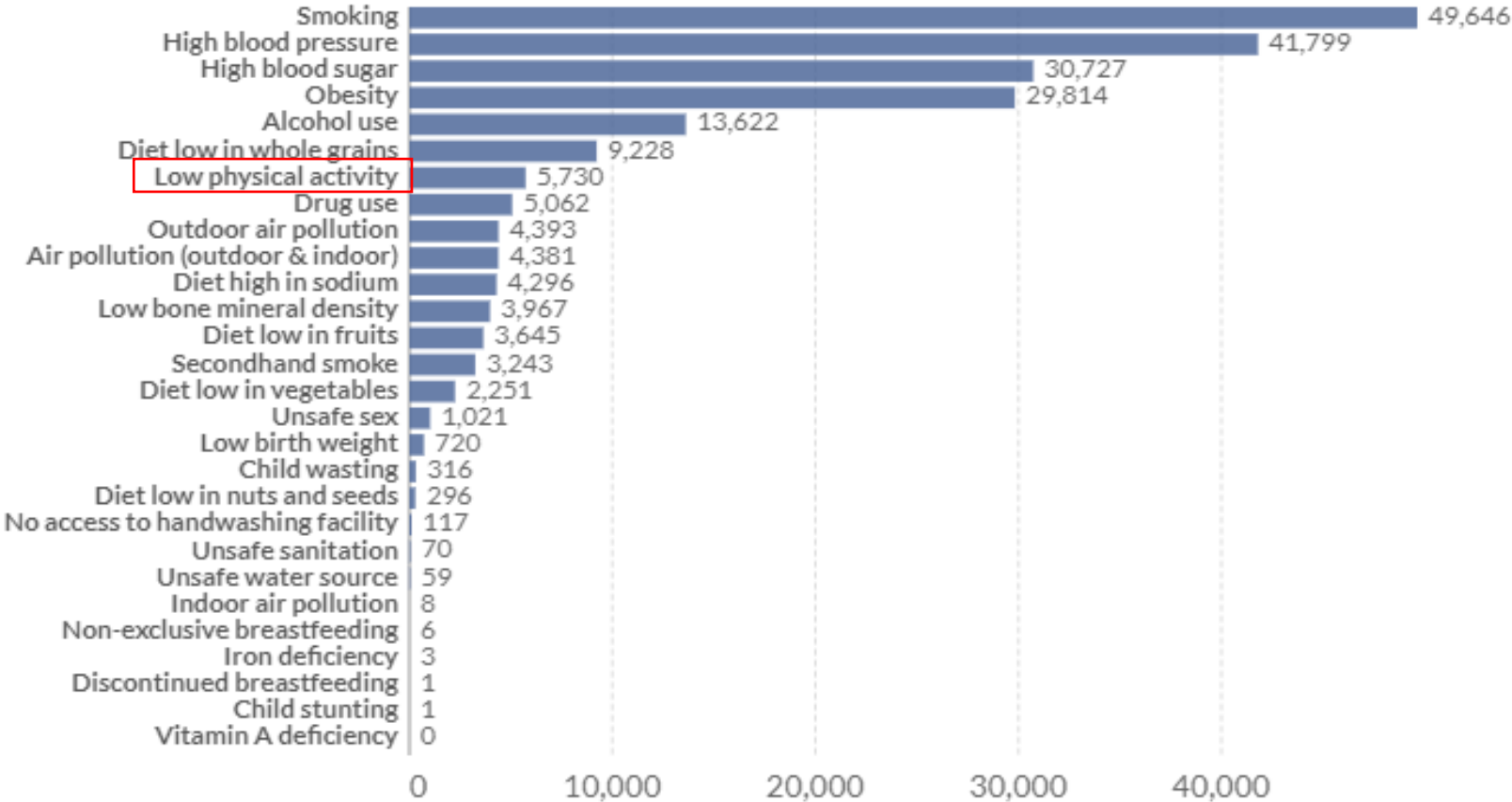
World Health
Organization

#BeActive

Number of deaths by risk factor, Canada, 2019

Total annual number of deaths by risk factor, measured across all age groups and both sexes.

[↻ Change country](#)



Source: IHME, Global Burden of Disease (2019)

OurWorldInData.org/causes-of-death • CC BY



The Health Benefits

PHYSICAL

- Improved competence
- Preventing obesity
- Reduced risk of cardiometabolic disease
- Increased aerobic fitness & muscular strength

SOCIAL

- Higher quality of life
- Ability to make & keep friendships
- Improved relationships
- Active for life

COGNITIVE

- Improved attentiveness & ability to focus
- Enhanced problem solving & creativity

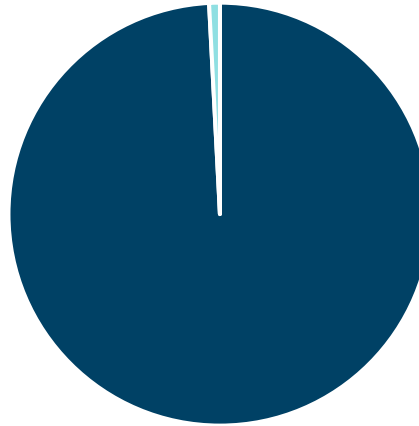
EMOTIONAL

- Improved confidence
- Improved self-esteem
- Building resilience
- Greater emotional self-regulation

What is Happening Over Time?

PL Pre-Assessment: Fall 2017

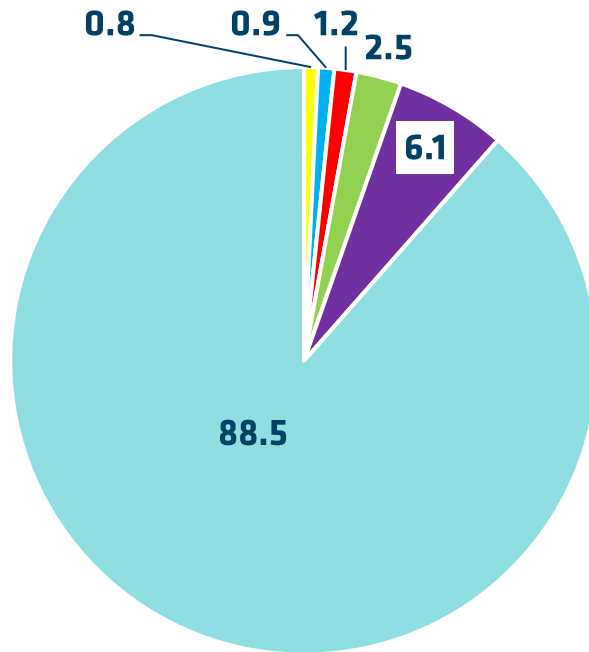
Student Competency



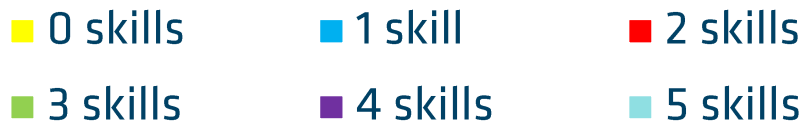
- Not Competent
- Competent

13 out of 1580 students were competent in all 5 tasks

Student Competencies



88.5% of all students
WERE
Competent



Key Accomplishments

West Vancouver Schools has developed an exemplary model in the area of physical literacy.

The consistent and successful work across West Vancouver Schools has extended into multiple provincially and nationally funded projects designed to emulate this model.

1. School Physical Activity/Physical Literacy Mentorship Project (SPAPL) in 20+ school districts
2. The Ministry of Health 3-Year PL Research Project with Dr. Guy Faulkner
3. Supported by Vancouver Coastal Health by Dr. Alexandra Choi

**West Vancouver Schools
Exemplary Model recognized Provincially & Nationally**



Public Health Agency of Canada (PHAC) 3-Year Research Project 2021-2024

The Goals:

1. To examine how physical literacy support is implemented in West Vancouver Schools
2. To identify best practices for sharing with other communities right across Canada
3. To identify & collect evidence of the positive impact or benefits (short-term & medium-term) on student physical activity levels when physical literacy is fully supported within an organization

WAVES Physical Literacy Project

14 Schools

355 consenting families

Research Team of 10

The Time Frame

September 2021 – June 2024

Research Lead

Dr. Guy Faulkner

Year 1: 2021-2022

Grade 2

Year 2: 2022-2023

*Grade 3

Year 3: 2023-2024

*Grade 4

*Those Grade 2 students a part of the Research Project in Year 1 will continue in Years 2 & 3



Surveys

Parents

PLAYself Reflection Tool

Accelerometers

Each year, the targeted grade level cohort of students wear an accelerometer for a one-week duration

More Extended Physical Literacy Assessment

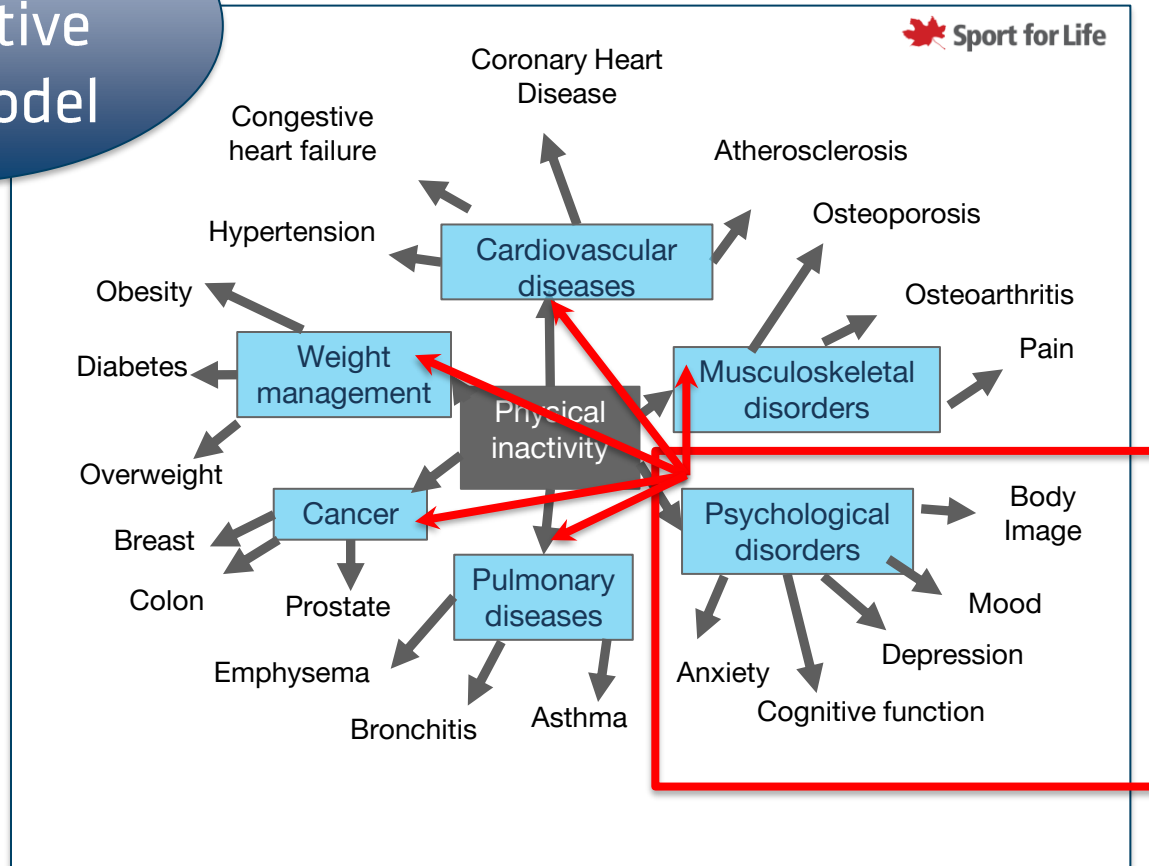
Observe targeted grade level cohort of students complete a few additional PLAYfun tasks coinciding with the regular PL Post Assessment completed by Amber & Erin



This is URGENT.

Exercise is medicine.

MMM
Preventative
Health Model



Daily physical activity improves the mental health & well-being of everyone

What Can You Do At Home?

Tips and Tricks
to help your child become more physically active and
physically literate



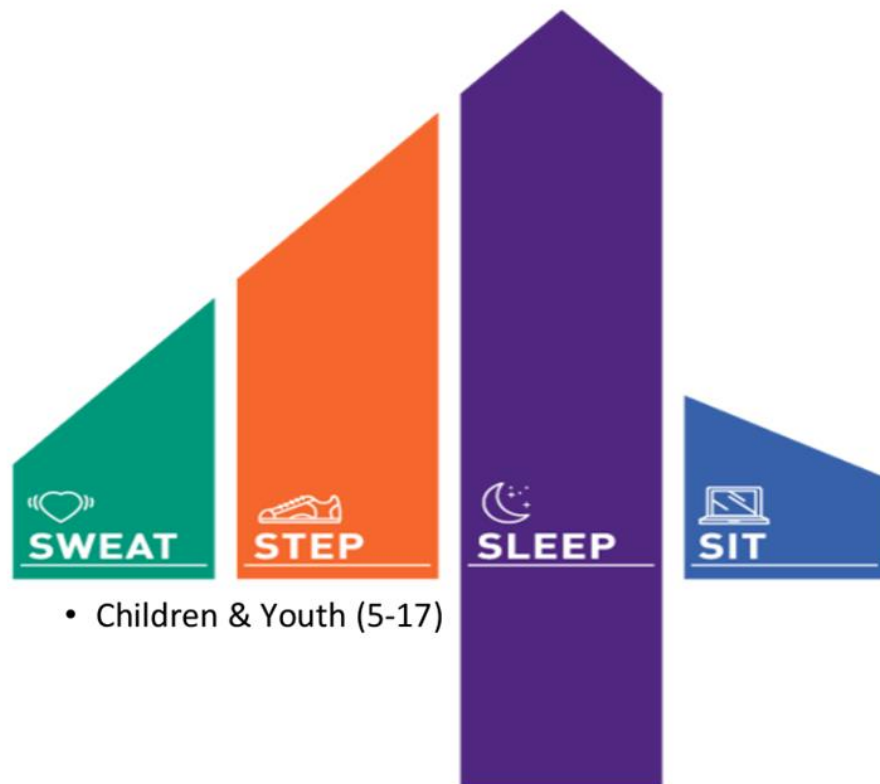
Canadian 24-Hour Movement Guidelines

Sweat: 60 minutes per day of moderate to vigorous PA (activities that make you breath harder than normal)

Step: Several hours of structured and unstructured light physical activity

Sleep: 9-11 hours uninterrupted sleep for 5-13 year-olds

Sit: No more than 2 hours per day of recreational screen time; **limited sitting for extended periods.**



Words we should know when moving at home!

Locomotor Skills

Walking
Running
Skipping
Bounding
Leaping
Jumping
Rolling
Galloping
Sliding
Dodging

Stability Skills

Balancing
Landing
Turning
Twisting
Bending
Stretching
Extending
Flexing
Hanging
Bracing
Rotation

Manipulative Skills

Throwing
Catching
Striking
Kicking
Dribbling
Bouncing
Pushing
Pulling
Carrying
Trapping
Collecting

1. **Hop to it.** After breakfast, hop or skip to the bathroom to brush their teeth. If one-foot hopping, don't forget to switch legs.
2. **Catch a snack.** Instead of putting snacks directly into their backpacks, throw them instead! This works well with oranges, apples, and boxes of raisins.
3. **Sock toss.** While the kids put away their laundry, have them toss a rolled-up sock into the air in front of them and then catch it with their non-dominant hand. When this becomes easy, get them to do it while moving around.
4. **Step on the crack.** During the morning walk to school, develop balance by walking along cracks in the sidewalk as if they were a tightrope.
5. **Be a stork.** At the grocery store (or anywhere else you're waiting in line), balance on one foot. Don't forget to change feet!
6. **Kick it.** On the way home from school, kick a rock along the sidewalk. The purpose is to keep the same rock in play and not to kick it too hard or too far.
7. **Stair jump.** If your kids are old enough to do this safely, have them try walking backwards down the stairs or jumping up the stairs with both feet.
8. **Do the can-can.** While the kids are helping put away groceries, challenge them to balance cans on the palms of their hands.
9. **Backwards brush.** Before bed kids can brush their teeth with their non-dominant hand (but make sure they go back over them with their dominant hand to avoid an angry dentist).
10. **Laundry shoot.** Throw dirty clothes into the laundry basket by shooting them in from a couple of feet away. As their accuracy improves, increase the distance.

Even choosing just one of these a day will help your kids develop skills like balance, throwing, catching, jumping, and kicking.

Easy At-Home Games & Activities:

- Juggling - cup and a ball, socks
- Agility ladder with tape or chalk
- X marks the spot

There are strong links between being physically active and better brain development.

Physical activity increases brain development. It strengthens the neural connections in our brains.

And the best part is that it's fun!

SOLUTIONS TO COMBAT THE MENTAL & PHYSICAL HEALTH CRISIS IN OUR COMMUNITY

Mark
March 1 on your
Calendars

Help us promote

Register for childcare
if required

Date: Wednesday, March 1, 2023

Time: 7:00 p.m. - 8:00 p.m.

Location: West Vancouver Secondary Gymnasium

Cost: Free

Presenters: Diane Nelson, Director of Instruction
Amber Pascual & Erin Crawford,
WVS Physical Literacy Mentors
Dr. Alex Choi, Medical Health Officer
for the North Shore
Dr. Guy Faulkner, UBC Professor & Chair, Applied
Public Health, School of Kinesiology

Childcare for children ages 4-12 will be offered for parents during this evening session. If parents would like to take advantage of this opportunity, you MUST register so that we can adequately plan for the care of the children. To confirm your child's spot, please RSVP to Tara Ledingham: tledingham@wvschools.ca

This presentation is designed to inform parents of the ongoing important work that is happening across the district in the area of Physical Literacy. A distinguished line-up of presenters will provide interesting statistics, data, and other information that outlines not only why focusing on the importance of movement, wellness, and social connectedness is preventative medicine, but also how parents can use their influence to be the ultimate difference makers in the overall trajectory of students' physical and mental wellbeing.



Alex Choi

Dr. Alex Choi is the Medical Health Officer for the North Shore. She is a dual-certified family physician and public health specialist physician, and a Clinical Instructor at UBC. In addition to a Medical Degree from McMaster University, she holds a Master's degree in Clinical Epidemiology from UBC. Prior to arriving on the North Shore, she served populations through public health work at the local, regional, and international levels.



Dr. Guy Faulkner

Guy Faulkner is a Professor and Chair in Applied Public Health in the School of Kinesiology, University of British Columbia. As lead of the Population Physical Activity Lab (kin.ubc.ca/pop-palab), he is an internationally recognized expert in physical activity and public health with a particular interest in the relationship between physical activity and mental health in children and adults. He is currently Chair of the ParticipACTION Research Advisory Group and is a Research Work Group member for the 2022 ParticipACTION Report Card on Physical Activity for Children and Youth.

FREE EVENT



We Were Born to Move!



Thank You!

Question & Answer Period