

# Champions for Health Promoting Schools: An International Experience



**Joanna Sheppard** KPE Instructor  
**And**  
**Celine Charbonneau**

# Developing 'Best Practices' in Life Skills teaching within physical and health education programs





**Best Practices  
Student experience**

**Promoting Healthy Schools  
Sustainable programs**

# A History of the Program



Key Players:

Dr. Andy Anderson

Erin Hobin

Dr. James Mandigo

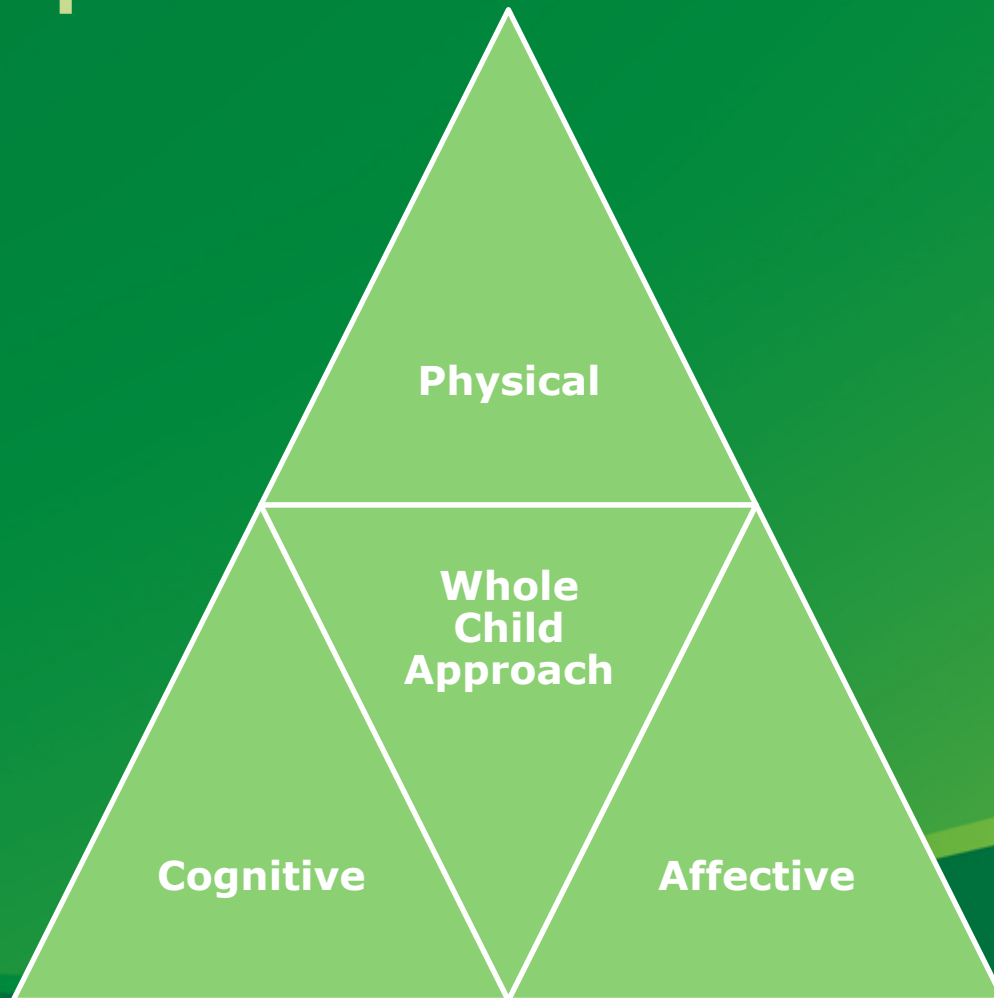
Joanna Sheppard

# Meet our students

- Past Champion
  - Celine Charbonneau
- Research Assistant for 2011 Champions team.



# The Whole Child Approach

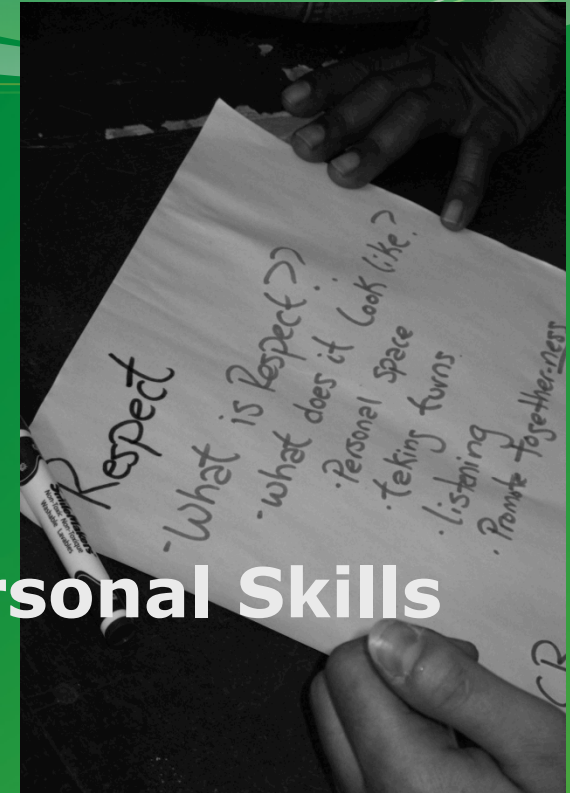


# Life Skills Defined

- Life skills are a set of skills that people use to effectively deal with life challenges.
- A balanced set of life skills is most effective.
- An individual's set of life skills influence, and are influenced by, their community
- Life challenges include:
  - Alcohol, tobacco, substance abuse
  - Interpersonal relationships
  - Sexual and reproductive health
  - Physical fitness and health

# Life Skills Defined

- **3 Life Skill Sets:**
- **Communication and Interpersonal Skills**
  - Interpersonal Communication
  - Negotiation/Refusal
  - Empathy Building
  - Cooperation and teamwork
  - Advocacy



# Life Skills Defined

- **Decision-Making and Critical Thinking Skills**
  - **Decision-making/Problem solving**
    - Gathering information
    - Evaluating possible consequences
    - Analysis skills
  - **Critical Thinking**
    - Peer and Media
    - Individual and community
    - Information



# Life Skills Defined

- **Coping and Self Management Skills**
  - Increasing Confidence
  - Assuming Control
  - Taking Responsibility
  - Making a Difference
  - Bring about Change
  - Managing Feeling
  - Managing Stress



# Consequences of Teaching Life Skills

Teaching life skills create **healthier communities**

- Skill development **and** teaching basic information leads to better results
- **Practicing** skills leads to real behaviours
- **Learning by doing** is the most effective method.

# CCR

## Check, Connect, Reflect

- Questions that will have **your** students think, reflect and connect about what they have learned.
- **Check**
  - Simply a review of the topic(s), skill(s), and/or game(s) learned throughout the lesson.
  - It can focus on the lesson's tactical objective and/or life skill objective; it checks to see if the obvious objective was achieved
  - For example:
    - What skills did we work on in today's lesson?
    - What did you find difficult about that skill?
    - How did you use this skill in the game?

# CCR

## Check, Connect, Reflect

- **Connect**

- Focus's your students on the life skill(s) they used during the lesson and how it can connect it to situations outside of the lesson's environment.
  - Classroom, school yard, recess/lunch time
- For example: Decision Making
  - What are some daily decisions you have to make at school?
  - Why do you decide to do your homework?
  - When you see garbage lying on the ground what should you do? Why?

# CCR

## Check, Connect, Reflect

- **Reflect**

- This has your students reflect upon:
  - 1. How they can use these life skills at home or within the community.
  - 2. How developing and using these life skills now can affect their life later.
- For example:
  - When your mom asks you to clean your room, how do you know what the right decision is?
  - What do you do when you see your mom is putting the dishes away after dinner?

# Champions in Action

## Mingle Mingle

Critical Thinking and Decision Making

## Can't Touch This

Communication and Interpersonal Skills

## Sort the Trash

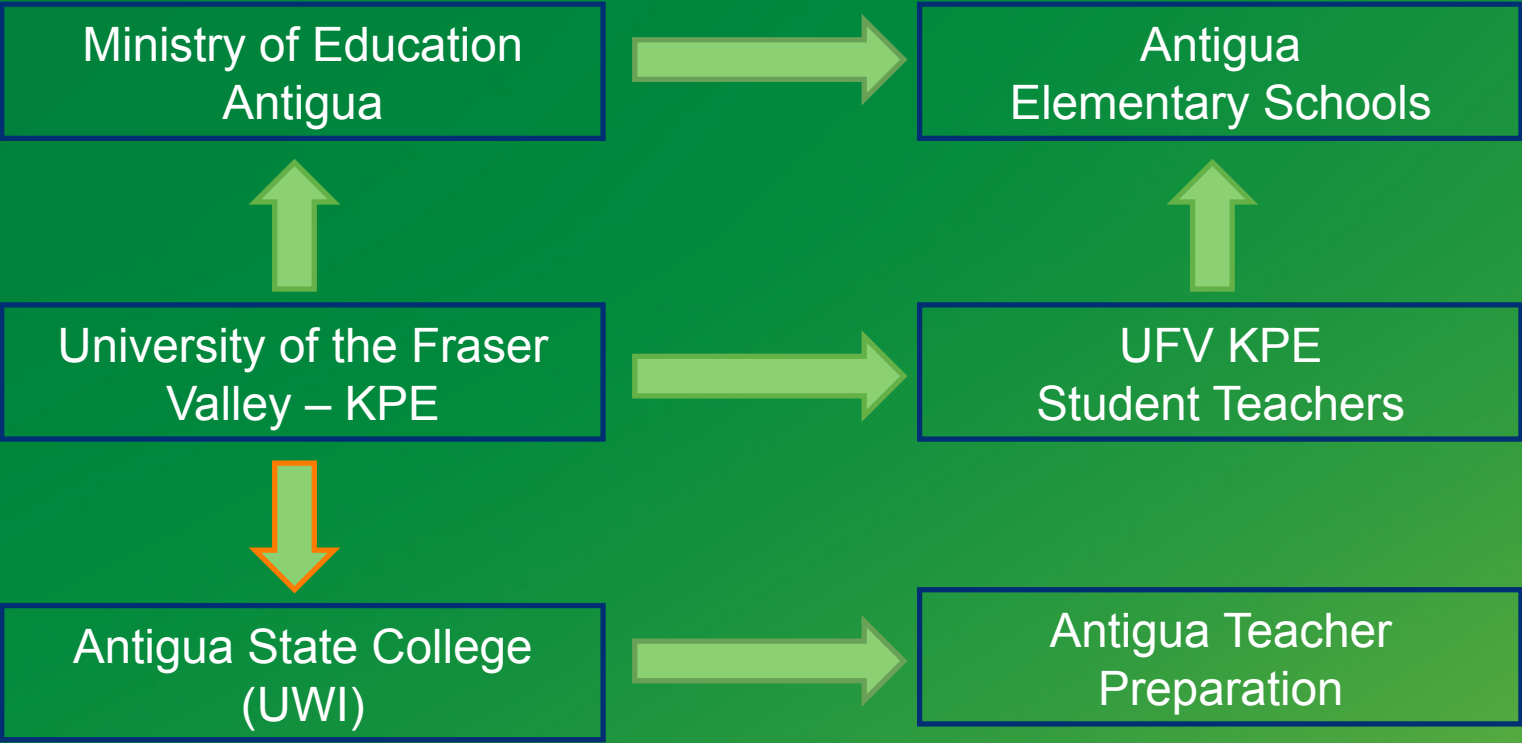
Coping and Self Management Skills



# What we learned

- Need for training in Physical Education and Health and Family Life
- Social issues have an impact on the education: drugs, violence, gangs, respect
- Need for physical resources (equipment and trained personnel)





# MULTIPLE LEVELS OF INVOLVEMENT

## Local:

- UFV students in schools
- Model for best practices in teaching
- Lesson plan dissemination

## National:

- Teacher in service training
- Curriculum development
- Curriculum implementation and evaluation
- Teacher preparation training

# Next Steps

- In service for teachers
- Teacher exchange for education
- Short courses for ASC teachers in training
- Development of life skills curriculum
- Evaluation of curriculum
  - Knowledge
  - Culture
  - Social impact
- Life Skills Resource development





Thank You! And Questions