A Note from the Team

Welcome to the second biennial HeartSmart Kids™ (HSK) Report Card. The Report Card is special for us – and we hope for you too – because it paints the picture of the contributions that so many of you have made to improving HSK every year. This Report Card is extra-special because it reviews HSK’s first year as a program that stretches from coast-to-coast-to-coast and everywhere in between. Educators are now using HSK in classrooms and programs in every province and territory.

The launch of HSK as a national resource was made possible with support from Elders, school teachers, health and early childhood educators, dietitians, and a wide range of other experts who gave their time and knowledge to review the content and design of HSK and recommend updates and improvements. As a result, HSK now has a more inclusive design with enhanced and expanded indigenous content from around the country. The online training and website now too reflect these changes and make it more accessible and easier to use.

By continuing to work together to educate and empower students and families with the knowledge and resources to pursue healthy lives free of heart disease and stroke, we can create a nation of HeartSmart Kids™.

Yours in heart & brain health,
The HeartSmart Kids™ Team

---

HeartSmart Kids™ 2017-18 Report Card

A heartfelt thank you to the educators who took the time to complete the survey and give us feedback and guidance on how to continue to elevate the program. The survey was administered across the country with 70 educators contributing. We are pleased to have received straight As, a “very good” rating, for our first year of the program being available outside of BC and in communities across the country as part of Heart & Stroke’s Indigenous Health Strategy.

How is the HSK program at offering diverse content and concepts for a multicultural audience?

HSK’s holistic approach to health education and incorporation of Indigenous viewpoints continues to receive a positive response from across the country. Aligning content with a diverse audience and incorporating feedback will continue to be a priority for the program.

How is the HSK program at offering innovative and engaging free programming that motivates children and youth to lead a healthier lifestyle?

Continued evaluation and incorporation of educator, stakeholder, partner, and student feedback will support continued innovation to the program.

How is the HSK program at improving students understanding of healthy living topics?

We strive to stay relevant, creative, and maintain our reputation of being a trusted source of health information.

How is the HSK program at connecting heart and brain health education from the school setting to the home?

Annually refreshing content that incorporates not just the school environment but also the home and community is a priority for the program.

When the HSK program is used as the primary tool, how is it at inspiring learning opportunities or extension activities?

We are continuing to add inquiry-based learning activities to encourage the exploration of health as well as extension ideas to further the HSK footprint.

How is the website and initial HSK training at equipping educators with the background they need to teach HSK?

The educator training and website has been expanded and continues to evolve and include additional learning and engagement opportunities around heart and brain health.

How is HSK doing at being relevant and accessible to rural, remote, and urban communities?

Developing further opportunities for educator networking and offering activities suitable for all communities.
Canvas of 2017-2018 Highlights

The history of HeartSmart Kids from the BC 1994-95 premiere to a national expansion in 2018 as part of Heart & Stroke's Indigenous Health Strategy.

Launched March 2018

New books launched in September 2017 with a more diverse approach.

2017-2018 Heartsmart Kids

The content and aesthetic of the program underwent extensive review and updates. As a result, a more diverse and inclusive program is rolled-out to indigenous communities across the country in the 2017-18 school year.

We have received over 1200 Reorder Surveys in 2017 and 2018:

- 100% of educators would recommend HSK
- 99% of educators are Very Satisfied/Satisfied with the program
- 73% of HSK educators are using the program once a week or more with their students
- 49% of respondents said: "Helps me teach my students about healthy living" is the top benefit of teaching HSK

We’re constantly looking for feedback on how we can improve. Please contact us if you have any comments or suggestions.

Manitoba

"We need this resource in our community because it incorporates culture and health. It is a resource that transfers from school to community, is simple to use and easy for the students to understand. As a nurse I love this because it means anyone can use this resource with their students, even if they don’t have a medical background.”

Barbara Thompson

Tribal Diabetes Coordinator and Nurse West Region Tribal Council, MB

Top BC HeartSmart Schools!

- BC's Glenmore Elementary of Kelowna
- Baker Drive Elementary of Coquitlam
- Catapine Elementary of William's Lake

Congratulations!

for being in the top Jump Rope for Heart schools in BC and having HeartSmart Kids educators teaching the program in each of the schools!

In the 2017-18 school year, there were over 1100 HSK educators across the country engaging students with HSK and filling their canvas with heart and brain knowledge.
Team Portraits

“The Manitoba Story: Building Relationships with Schools through partnership with Manitoba First Nations Education Resource Center Inc.

In Manitoba, Heart & Stroke builds relationships with First Nation communities and schools through their partnerships with Manitoba First Nations Education Resource Center (MFNREC), First Nations School System (FNSS) and Frontier School Division (FSD). These partnerships are aimed at working with Indigenous communities to improve health, create supportive environments and build capacity, where the school is the hub of the community. Through these partnerships, last year alone we were able build relationships with 69 schools/organizations and train over 120 educators, reaching almost 3800 students in kindergarten to grade 6 in First Nations across Manitoba.

As we build and strengthen our relationship with First Nation Communities, we aim to recognize the unique circumstances and geographical challenges facing communities in Manitoba. Our relationship with MFNREC helps us to do just that. MFNREC provides services and support to 58 First Nation schools from 49 Manitoba First Nations while respecting the diversity of each community, implementing best practices informed by research/experience and using a team approach. Our relationship began with the Curriculum Development Writer and Physical Education & Health Program Facilitator who not only approved of the HSK program but promoted it to educators within their communities and joined Heart & Stroke at workshops, trade shows and culture camps to encourage use of the program and help gather feedback. Partnerships like these are integral to the work at Heart & Stroke, to enhance our Indigenous Health Strategy as we apply an equity lens in all we do and ensure we work in hand in hand with Indigenous communities to help improve conditions that enable healthy environments and lifestyles.

This partnership excels because both MFNREC and Heart & Stroke strive to promote the good life. MFNREC’s mission is “To help First Nations improve education for all learners to achieve: mimo-pimatisiwin (Cree/Ojibwe/Ojibwe-Cree), honso aynai (Dene), tokataliyi wiconi washahte (Dakota)” and Heart & Stroke’s vision is “LIFE. Uninterrupted by heart disease and stroke”. Working together, we can help each other see this happen.

Norbert Mercédi joins Heart & Stroke to highlight traditional games during an HSK educator training session.

“These resources are very much appreciated in the First Nation communities and schools. As you know, diabetes, heart attacks and strokes have become very common in our communities; we need to educate them young on healthy living.”

June Montour
Curriculum Development Writer, MFNREC

The Nova Scotia Story

HSK at the 2018 National Indigenous Diabetes Conference in Halifax

In April, 2018, Heart & Stroke was fortunate to be able to participate in the National Indigenous Diabetes Conference that took place in Halifax. This bi-annual conference attracts Indigenous front-line professionals and community leaders from Nations across the country and is a full two days of learning and sharing of Indigenous initiatives and opportunities.

During the conference, we had the opportunity to facilitate a workshop in which participants did an in-person version of the HeartSmartKids” (HSK) educator training that you can find on the HSK website (www.hskids.ca). At the end of the session, the 35 people who attended were certified as HSK educators and able to order the free resources for each child in their class or community group. Participants gave us great feedback on how to improve HSK and were also able to learn about how other educators use the resource in their classroom, programs or community groups.

The conference and workshop were truly great experiences for the Heart & Stroke team, marking another step in our journey of learning from and building relationships with Indigenous educators and Nations. We always look forward to these kinds of opportunities because they give us the chance to meet with and get to know wonderful people who are dedicated to the children they work with and the communities where they live.

Whenever we’re invited, we’re always happy to meet with educators, health workers, or anyone else to talk about HSK, to offer training workshops, and get feedback on how to enhance and improve the program.

Resources:
Conference website page: http://nida.ca/?page_id=9699

"Great resource that students look forward to using and taking home at the end of the year."
Grades 2-3 Teacher
Newbridge Academy, Dartmouth, NS
Team Portraits

The Alberta Story

The Saskatchewan Story

The Quebec Story

The Newfoundland & Labrador Story

Building relationships with HSK

*HeartSmart Kids* is an important part of our overall Indigenous Health Strategy at Heart & Stroke. *HeartSmart Kids* provides us an opportunity to start conversations and begin building relationships with Indigenous communities. As our relationships with communities grow we are able to identify opportunities for collaboration and partnership. Meadow Lake Tribal Council (MLTC) and Heart & Stroke have worked together on a number of projects in the past few years. Most recently, we partnered with MLTC to bring together health staff from their 9 member communities to begin a conversation to get to know each other’s work and explore opportunities to collaborate. That conversation led us down a path towards focusing on increasing the diversity of images that reflect Indigenous people and communities in our health information and resources. One of MLTC’s member communities, Birch Narrows Dene Nation, offered to host a photoshoot to help us to begin to expand our image catalogue. Sweetmoon Photography led us through a great day that produced a collection of beautiful photos that will enhance our work moving forward. Some of those photos are featured here. We sincerely thank MLTC, Birch Narrows Dene Nation and all of the photoshoot participants for so kindly offering to support our continued growth in this area. We very much look forward to continuing to build on what we have started together.

As a drum that beats in harmony with nature and the seasons, so does the heart of HeartSmart Kids aged 5 to 12, as they embark on a journey of fun activities to learn healthy habits that resonate for a lifetime. Books will be shipped to Indigenous communities throughout Quebec in the spring 2019. After two years of adaptation work, we are proud to finally offer francophone children and their families this unique resource that reflects a holistic approach to health.

This year, thanks to the generous support of our longtime partner Newfoundland Labrador Hydro, HeartSmart Kids was launched for all schools in Newfoundland and Labrador. We have received great initial feedback from our early-adopting teachers who have started using the resources in their classrooms. The Newfoundland and Labrador team is excited to see this program grow as we surpass our yearly goals - helping improve the health and well-being of children in our province, one classroom at a time.

"I like that it encompasses the whole health curriculum in one resource. It’s great that the ideas can be linked together and taught in a similar, familiar fashion to the students for the entire year. One stop shop!"  
Grades 4-6 Teacher  
Pine Street Elementary, Sherwood Park, AB

"These books are the cat’s meow! LOVE LOVE LOVE both the quality of the information and the way book is put together with perforated pages. It is very student AND teacher friendly. Thank you so much for offering this fabulous resource to my students and me!"  
Grades K-1 Teacher  
Elk Island Schools, Sherwood Park, AB

"The kit is outstanding. What sets it apart is that it allows children to acquire and practice preventive behaviours through games and activities that align with Indigenous culture and traditions. Also, children learn healthy habits progressively, as the program appeals to all grades."  
Training Officer: Diabetes  
One Board of Health and Social Services of James Bay Chisasibi, Quebec
Inside the Mosaic of HeartSmart Kids

Educators and students selected their top HSK sections and activities. Teachers have expressed that they rely on Heart & Stroke resources for reliable content on nutrition, Indigenous health, and the science of the heart and brain.

**The Most Preferred Sections**

- **Keep Moving**: Exploring the different types of physical activity with an emphasis on screen time.
- **As the Drum Beats**: There is an emphasis on Indigenous health philosophies, our connection to the environment and community, mental and emotional health with a few activities on stress or “worries”.
- **Food for Fuel**: Focus on nutrition and sugar consumption, the culture of food, food access and food literacy.
- **Count Your CUBES!**: Takes a closer look at the circulatory system with a focus on the heart & brain function.

**Grades K-1**

- **The Heart, Lungs & Brain**: Includes activities like “I am the Heart”, “I am the Brain”, and “I am the Lungs”.
- **Food Through the Body**: Activities like “What’s in my Food” and “The Journey of the Food”.
- **Positive Food**: Activities like “Food is Good for You” and “Food is Not Always Healthy”.

**Grades 2-3**

- **Why Do We Need Water?**: Activities like “I am a Human Water Cycle”, “I am a Human Water Cycle Song”, and “I am a Human Water Cycle Dance”.
- **Walking, A Good Way to Start!**: Activities like “I am a Human Walking Cycle”, “I am a Human Walking Cycle Dance”, and “I am a Human Walking Cycle Song”.

**Grades 4-6**

- **Warm Your Heart**: Activities like “I am a Human Heart Warmer” and “I am a Human Heart Warmer Song”.
- **Welcome to My Community**: Activities like “I am a Human Community Welcome” and “I am a Human Community Welcome Song”.

**Popular Activities By Grade**

- **Traditional Indigenous Games**
- **Relaxation Techniques**
- **Stress Management**
- **Physical Activity Challenges**
Student Mural

Below is a selection of HSK student artwork that has been submitted to the HSK team and through our website (hskids.ca).

Thank you for sending in such inspiring works of art... and of the heart!
Yukon

"Such a great resource and saves time!"
Nurse in Charge
Watson Lake Health Centre, Watson Lake, Yukon

Northwest Territories

"Great additional resource to support my health curriculum. It's wonderful to have a resource with Aboriginal connections that my students can relate to. There is a great mix of information and activities that the students find engaging! They love getting out their HeartSmart books!"
Grades 1-6 Teacher
East Three Elementary, Inuvik, NWT

Saskatchewan

"It is easy to follow and provides engaging activities for the students. They take away knowledge that they are excited to share with their family."
Grades 2-6 Teacher
White Bear Education Complex, Carlyle, SK

Ontario

"My grade 2 students have enjoyed their personal HeartSmart Kids’ booklets from Heart & Stroke Foundation. They were so surprised that they were able to keep the book for themselves. They are able to tear out the sections that require them to do so. We completed the activity with the straws on page 16 in the grades 2-3 booklet. They all now love drinking water from a straw and drink many glasses all day long. They are sharing their learning at home and their parents are impressed with how much they know about their circulatory system so far!

Miigwech for the resource!"
Grade 2, First Nations, Metis, Inuit K-8 Educator
Lakefield District Public School

Quebec

"The kit is outstanding. What sets it apart is that it allows children to acquire and practice preventive behaviours through games and activities that align with Indigenous culture and traditions. Also, children learn healthy habits progressively, as the program appeals to all grades."
Training Officer
Heart Diabetes, Cree Board of Health and Social Services of James Bay, Chisasibi, Quebec

Newfoundland & Labrador

"We have received them and have used them! So far so good, the kids enjoy them, and they are very relevant right now as we have a family member who recently had a heart transplant, and another who just died of a massive heart attack. So the students are invested in this type of learning. We haven’t gotten into the books very far yet, so I have no suggestions, but if anything comes up I will be sure to email you. Thanks so much!"
Mud Lake School
Mud Lake, Newfoundland & Labrador

British Columbia

"My Grade 3 students love it. I think including the Aboriginal content is wonderful. The class looks forward to working in with their books and learn a lot. It allows for creativity and the students like the attractiveness and colour, cartoons and art in the HeartSmart Kids’ books."
Grade 3 Teacher
University Hill Elementary School
Vancouver, BC

I liked how there was attention focused on Indigenous perspectives. The students liked the brightly colored pages and that the content was accessible for their age level."
Grades 4-6 Teacher
Tuc-el-Hult Elementary
Oliver, BC

Alberta

"I teach on a reserve and I am wildly excited that this resource incorporates First Nations perspectives!"
Grades 2 Teacher
Alexis Elementary, Treaty 8 & Bon Accord, AB

I have used this resource when subbing at other schools and it is excellent."
Grade 4 Teacher
Naps Playground Elementary School
Brocket, AB

Manitoba

“These activity books will help low income families have access to beautiful books for their children. It will help the children, not only with health information, but also in learning to read. Using the books in the home setting helps the family to learn together and strengthen the bond between mom and child.”
Marion Head Start Outreach Sapotaavik Cree Nation

“HeartSmart Kids” is very beneficial for our community. I used this book in many different aspects and the children loved using the books. I even learnt a lot from the training and from using the books. The students enjoyed having their own books, right in front of them during the lessons.”
Middle years educators, S’Theresa Point First Nation

PEI & Nova Scotia

“Wonderful program. Fantastic books that the children love to use!”
Grades K-6 Teacher
The Montessori School of Charlotte-town
Charlotte-town, PEI

“Great content!”
Dietitian
The Confederacy of Mainland Mi'kmaq, Truro, NS