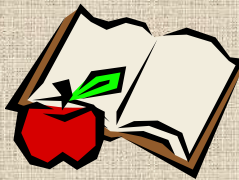


BRANDON Healthy Schools Committee

By
Community Nutritionist
Susin Cadman, RD



Outline

- Who is on the committee
- How we function
- How we use the funds
- How events are planned
- Benefits

Brandon



Manitoba's second largest city, a population of 43,000 22 schools consisting of
19 K-8 and 3 high schools



Superintendent

Physical Education Health Consultant

K-8 Principal

9-12 Principal

Community Drug & Alcohol Education Coordinator

Community Schools Connector & Building Student Success with
Aboriginal Parents Coordinator



Brandon RHA

Public Health Manager

Community Nutritionist

Public Health Nurse

Health Promotion Educator

Psychologist from Child Adolescent Treatment Centre (CATC)

Community Mental Health Nurse

Community

Parent Advisory Council

Sexual Education Resource Centre

Tentative:

Westman Immigrant Services

Addictions Foundations of Manitoba

Establish Terms of Reference

- our purpose
- membership
- officers
- duties of the officers
- frequency of meetings

Purpose

- “To create school environments that promote the physical, emotional and social health of students, their families, staff and communities”

Manitoba Healthy Schools



Objectives

- To promote partnership for health and education to work together
- To coordinate disbursement of funds
- To seek opportunities for matched funding and in-kind support
- To encourage community development to promote healthier choices

How we function

Officers:

Co-chairs – Superintendent

Public Health Manager

Secretary – Brandon School Division Executive Secretary

Frequency of Meetings:

Twice a semester:

- October & December
- February & May
- 1:00 p.m. – 3:00 p.m.
- At the BSD Administration office

Funding based on priority issues:



How We Use the Funds

- Conducted a focus group with students, parents, teachers, and community agencies
- Baseline data directed the actions of the committee on priority issues

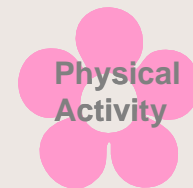
What they told us:

- Access to gym equipment during recess
- Healthier canteen choices
- Feel safe at school



2005/2006

- Equipped K-6 classrooms with activity bags and equipment for active participation at break time
- Partnered with Manitoba *in motion* and individual school grant monies



2005/2006

Collected data on school food environments:
to develop a Nutrition Policy
improve choices with healthier options



2005/2006

- Drafted a divisional healthy foods policy with input from schools, parents, teachers, and administrators



A3 THE BRANDON SUN
Sunday, June 1, 2003

LOCAL | the region

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- E-mail: opinion@brandonson.com

Workshop targets school nutrition policy

BY ELIZA BARLOW

Now that they've got breakfast covered, members of the Brandon Food for Thought committee want to establish school nutrition policies in the Brandon School Division and two other area divisions.

School and community members participated in a workshop in Brandon Friday looking at what elements would be included in a nutrition policy.

The policy will concentrate on what's served in school canteens, vending machines and cafeterias.

A 2001 survey of Manitoba schools showed junk food reigns supreme in most schools.

"The No. 1 thing in vending machines was pop, the No. 1 thing in snack bars was pizza pops," says Marty Onneling, director of the Brandon

YMCA and co-chair of the Manitoba Council on Child Nutrition.

"I'd like to see cafeterias in every school. With a school cafeteria you can control the menu choices. We'd like to get cooking facilities and lunch programs established."

Susan Cadman, community nutritionist for the Brandon Regional Health Centre, says she hopes a nutrition policy would help mould kids' eating habits and help them avoid such chronic diseases as diabetes, heart disease and obesity.

"Poor eating habits are related to chronic diseases, the research clearly shows that," Cadman says. "We want to educate kids on healthy habits so they might take it home to their parents."

The committee on Friday also honoured the Brandon branches of the big

banks, most of whom have pledged funding that will keep the Food for Thought program going in Brandon for at least another four years.

The Food for Thought program provides breakfast to 150 children in three elementary schools — King George, Betty Gibson and Kirkcaldy Heights — each school day.

The program supplies snacks to five more elementary schools, about 40 children a day take advantage of those supplies.

The program requires about \$30,000 a year in funding, including several paid supervisors and all the food, says program co-ordinator Shelagh Mosink.

The banks came on board under a five-year agreement five years ago, after then-Brandon mayor Reg Atkinson lobbied them for funding for the breakfast

program.

"I'd like to sincerely thank the banks," Atkinson said at the workshop. "It's made a difference to so many people in this city."

Most of those involved in Food for Thought say it's become an invaluable program in area schools.

"It gives kids the potential to learn more," says John Minshull, principal of King George School.

"I know what it's like for me on an empty stomach. You're thinking of other things rather than what you should be thinking about. Sometimes kids get into trouble in school when really it's the gnawing hunger that's causing them to get off task."

The need for breakfast when a child gets to school is not always due to poverty, though that is one of the factors.

"A lot of it is parents leaving for work early, kids that are on their own in the morning and though there's food available, don't have the will to eat it," she says.

Mosink says the program has opted not to do any kind of screening to determine whether or not a child really needs breakfast.

"We don't want to put a stigma on it," she says.

The need for school breakfast programs in Manitoba is huge, says Viola Prowse, co-ordinator of the child nutrition council, which distributes grants from the national charity Breakfast for Learning.

"Last year, we had requests for \$415,000 in funding. We could distribute \$117,000."

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Canteen Choices

Previous menu items:

- MC D burgers 3 X week
- Pizza
- Hot Rods
- Wagon Wheels
- Sugar sweetened beverages
- Ice cream treats
- Chocolate bars



Becoming a healthier school...

- Hosted Fun Food Fair
- Taste test with more nutritious choices improved canteen choices
- “Get Caught Campaign”
- Parent Education:
created displays
submitted info for school newsletters



Fun Food Fair



Students get taste for better eating

BY MARCY NICHOLSON

The smell of vegetable sushi lingers above New Era school's stage where young students pop the healthy rolls into their mouths in the name of nutrition.

"Some kids didn't like it but others were really open minded," said Grade 8 student Julia Redfern.

Yesterday, Grade 7 and 8 students helped those in kindergarten through to Grade 4 sample healthy foods.

"I think it's really important," Redfern said.

"I think if they only had the choice of healthy foods they'd eat more healthy food."

The Brandon school already has many healthy options in its canteen but a parent-driven initiative is taking its menu one step further. Yesterday's food fair had kids taste-testing healthy snack items to decide what should be sold in the canteen.

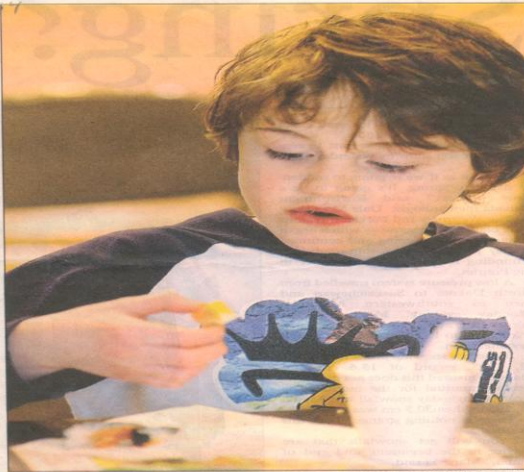
"We're getting them to recognize where these fit into the food chain," said Heather Duncan, a parent and member of the healthy eating committee.

Although sushi will not be sold in the canteen, other sampled items that could be included trans-fat-free cookies, non-processed cheese and crackers and rice snacks.

"Our biggest challenge is having kids make good choices most of the time," Duncan said.

"I think most kids do know what's good."

Brandon Regional Health Authority



BRUCE BLUMSTEAD/BRANDON SUN
New Era school student Phillip Goernert ponders the idea of eating vegetable sushi during a healthy food fair on Tuesday afternoon.

nutritionist Susin Cadman hopes the food fair will catch on in other schools.

"This is really a parent-driven initiative that happened here," she said.

For vice-principal Lena Boisjoli, it's about offering healthy snack alternatives at a time when childhood obesity rates are soaring across the country, Westman included.

"This is kind of a jumping board.

We're looking at different ways to entice kids to eat the fruit," Boisjoli said.

Instead of fruit snacks loaded with sugar, the students enjoyed many without the sweetener.

The healthy eating committee will meet soon to evaluate the taste-test results and decide on additions to the canteen menu.

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Becoming a Healthier School



“Get Caught Eating Vegetable and fruit”

Encouraging students to try new foods



Safety/Substance Use

Support Safe Kids Forum:

Target: Grades 6-8

Topics: gambling, drugs, bullying, relationships

Safe Kids Coalition: BSD, SERC, CFS, AFM,

police, military



2006/2007

- Support Nutrition Policy – Sent school teams to provincial nutrition forum
- Supported Phys.Ed. teacher to attend National Conference
- Funded school health fair
- Funded division wide health fair
- Provided grade 7/ 8 classrooms with equipment bags similar to K-6

Freggie visits Health Fair



2007/08

- Manitoba Theater for Young People – Professional theater presentation
- Purple Pirate FUN-damental of Fitness
- Sponsor two Phys. Ed. Teachers to attend UBC –Teaching Games for Understanding Conference
- Support - Suicide Prevention Conference

The Purple Pirate

Children's entertainer,
using comedy and dance to
promote positive self esteem
and confidence in children.



“Power of One” Conference

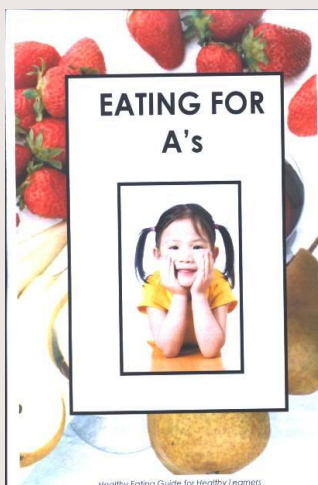


2008/2009

- Community Drug and Alcohol Education Coalition – Enhance curriculum for grades 4, 6, 8, 11/12
- Produced Parent Healthy Eating resource
- Offered Mental Health First Aid



Parent Resource Healthy Eating Guide



Mental Health First Aid Course

Instruct teachers to recognize and manage mental health issues

- Increase in referrals to mental health workers
- More mental health programming in schools



2009/2010

- Trustee attended National Early Development Instrument Conference

EDI - a tool to measure children's health and school readiness



- Healthy Schools Forum

Presented results of youth health survey

2010/2011

Youth Health Survey

focusing on:

- Improving vegetable and fruit consumption
- Encouraging physical activity
- Increasing school connectedness

Youth Health Survey

- Taste tests
- Family fitness challenge
- Enhance play ground equipment
- Enhance orientation for students entering high school
 - motivational presentation
 - scavenger hunt
 - BBQ

How Events are Planned

- Events are planned by the member representing the priority issue or the agency requesting funding

Benefits

- Schools have increased awareness of health services
- Improved relationship with community partners
- Schools have a positive effect on health of children, families and community

Questions!

