



## Health Promoting Schools – 2009/2010 Highlights and Summary

Submitted by: Chignecto-Central Regional School Board, Cumberland Health Authority, Pictou County Health Authority, Colchester East Hants Health Authority

Result Area	Goals	Actions Delivered
<p>1. Leadership Development and Accountability</p>	<p>1. Increase and enhance student leadership programs.</p>	<ul style="list-style-type: none"> <li>✓ The locally developed PE Leadership 12 course is offered in 6 schools with one school offering an all female and all male section. The course has been extended until provincial course completed.</li> <li>✓ There are 2 Youth Action Teams (YAT) that are supported through HPS - Riverside Education Centre and Parrsboro Regional High – 200+ students in total.</li> <li>✓ 8 new elementary schools received Playground Activity Leaders (PALs) training for student leaders in Grades 4, 5 &amp; 6 for a total of 21 schools and 275 PALs. Ongoing follow-up and support were provided.</li> <li>✓ Continued to support 7 Girls Leadership groups: 2 schools in Nova, Chignecto and Cobequid, 1 in Celtic Family. Grades 9 – 12 students, 80+ girls in total. On November 3, a retreat was held for 30+ students to provide resources, training, and support. Two girls received their NCCP Level I Coaching Certification; five girls attended a Violence against Women Conference in Antigonish.</li> </ul>
<p>2. Education and Communication</p>	<p>1. Increase awareness of HPS by schools/community.</p> <p>2. Increase the knowledge of students, teachers, staff and volunteers re: Healthy Eating and Physical Activity.</p>	<ul style="list-style-type: none"> <li>✓ <i>Balance</i> newsletter distributed to all schools and partners.</li> <li>✓ Community Education Program Guide with 2-page HPS/School Breakfast information distributed in September 2009 and January 2010 reaching 70,000 households.</li> <li>✓ Hosted a hands-on Healthy Eating Workshop “Fun With Food” for food service providers – October 23, 2010 – with 50 participants. Participants had the opportunity to test recipes from <i>Strive for Five at School!</i></li> <li>✓ The Regional Active Healthy Living website is active and available to teachers.</li> <li>✓ The CCRSB HPS Website went live September 2009 and can be found on the CCRSB main webpage. The website provides resources, information and tools for schools and families to support the Food Policy, School Breakfast program, Physical Activity, Fundraising, and Youth Leadership at their school.</li> <li>✓ Presented at the National Schools for All</li> </ul>

		<p>Conference in Dartmouth, NS on the subject: Taking Action through Coordination.</p> <ul style="list-style-type: none"> <li>✓ Girls Healthy Living Week was held in February 2010 where over 100 events were held and over 2,300 girls participated.</li> <li>✓ Boys Healthy Living Week was held in April 2010 where over 40 events were held and over 1,000 boys participated.</li> <li>✓ Created a Principal’s Advisory Group on the Food Policy &amp; HPS</li> <li>✓ Presented at Acadia Street Elementary Safety Conference on Food &amp; Playground Safety</li> <li>✓ Recreational Leadership students at NSCC Truro received a workshop on various playground games and team building activities to use when working with children.</li> <li>✓ Live &amp; Unplugged to decrease ‘screen time’ was held in Spring 2010, with 22 participating classes reporting with 575 registered students</li> </ul>
<p>3. Resources &amp; Structures (Supportive Environments)</p>	<p>1. Increase the quality and quantity of resources available to support HPS implementation in schools.</p> <p>2. Facilitate access to information and human resources to support HPS.</p>	<ul style="list-style-type: none"> <li>✓ CCRSB Finance, Purchasing, Human Resources, and Operations Department support HPS.</li> <li>✓ Breakfast Program: Schools that regularly submitted tracking forms and were in compliance with the food policy were not required to re-apply for funding. In June 2010, their allocations were decided. In May 2010, the applications were distributed to the remaining schools.</li> <li>✓ The HPS application deadline for schools is September 10, 2010.</li> <li>✓ All equipment for the 2010-2011 school year will be ordered regionally and delivered to schools.</li> <li>✓ Continue to provide site-based support and expertise as required.</li> <li>✓ Continue to work with schools, Food Service Providers, volunteers and producers to implement the policy directives.</li> <li>✓ Hosted a hands on Healthy Eating Workshop “Fun With Food” for food service providers on October 23, 2010. 50 participants had the opportunity to test out recipes from <i>Strive for Five at School!</i></li> <li>✓ The CCRSB HPS Website went live September 2009 and can be found on the CCRSB main webpage. The website provides resources, information and tools for schools and families to support the Food Policy, School Breakfast, Physical Activity, Fundraising, and Youth Leadership at their school.</li> <li>✓ The Regional Active Healthy Living website is active and available to teachers.</li> <li>✓ Girls and Boys Healthy Living Weeks as noted in Result Area #2</li> <li>✓ Live &amp; Unplugged as noted in Result Area #2</li> <li>✓ PALS, YAT, GL as noted in Result Area #1</li> </ul>

<p>4. Policy &amp; Advocacy</p>	<p>1. Increase the implementation of HPS philosophy and practice into the curriculum and school community culture.</p>	<ul style="list-style-type: none"> <li>✓ Ongoing HPS Team and Partner presence in schools and community. Linking activities between community, students and staff.</li> <li>✓ 2 CCRSB attended provincial gathering of 8 Black belt high school teachers interested in teaching the locally developed Martial Arts 11</li> <li>✓ 10 teachers &amp; 3 CCRSB staff were certified as yoga teachers (200 hours) through the Yoga Cohort for Yoga 11, PE programs, and lunch / after school programs.</li> <li>✓ Worked with Family Studies Teachers with the <i>Strive for Five! at School</i> Resource</li> <li>✓ Gender equity initiatives promoted and supported – through creation of locally developed courses Yoga 11 and Exercise Science 12 and girls only physically activity initiatives.</li> <li>✓ Girls and Boys Healthy Living Weeks as noted in Result Area #2.</li> <li>✓ The CCRSB Active Living Health Consultant mentors program advocates the HPS goals and actions.</li> </ul>
<p>5. HPS Planning &amp; Capacity Building</p>	<p>1. All participating schools will have or be in the developmental stage of creating a site-based HPS plan</p> <p>2. Utilize the resources from community partners to increase support and involvement in HPS initiatives.</p>	<ul style="list-style-type: none"> <li>✓ The application process was streamlined in response to school requests. All equipment for schools will be ordered centrally.</li> <li>✓ HPS team members met with individual schools to assist in the development of their HPS plans and activities.</li> <li>✓ Team members provided direct support to students and staff throughout the board providing activities such as outdoor survival, smoothie taste testing, cooperative games and playground activities.</li> <li>✓ Ongoing work and consultation between schools, communities, recreation departments, and communities to offer after school and summer programs.</li> <li>✓ Partnership with Sport Nova Scotia and Department of Community Services to have 6 Youth Leaders in our schools</li> <li>✓ Girls and Boys Healthy Living Weeks as noted in Result Area #2.</li> <li>✓ YAT &amp; GL as noted in Result Area #1.</li> <li>✓ **See partnerships</li> </ul>
<p>6. Evaluation &amp; Research</p>	<p>1. Increase/improve coordination between our HPS evaluation framework and Provincial framework.</p> <p>2. Improve our system for monitoring HPS</p>	<ul style="list-style-type: none"> <li>✓ Participation and representation on the Provincial Evaluation Framework Committee.</li> <li>✓ Ensured schools completed reporting and tracking forms and reports.</li> <li>✓ Continue to work with CCRSB Finance Department to ensure financial accountability and proper allocation of resources.</li> <li>✓ Representation on Food Policy Advisory Committee</li> <li>✓ Representation on Provincial Breakfast Committee</li> <li>✓ Sharing CCRSB success stories through the <i>Balance</i> newsletter distributed to all schools and partners.</li> <li>✓ Sharing success stories through CCRSB HPS</li> </ul>

	implementation.	<p>website launched in the 2009-2010 school year.</p> <p>✓ Hired Data Collection Team Member for PACY 3 for the 2009-2010 school year.</p>
7. Partnership & Collaboration	1. Focus on innovative partnerships which increase opportunities for schools and community to actively involve more students in active healthy living.	<ul style="list-style-type: none"> <li>✓ HPS Regional Partnership Team comprised of a broad range of partners including school board, public health, provincial government department and food service representatives met 2 times as per the TOR. Agenda and meeting notes distributed to all participants.</li> <li>✓ Sub-committee drafted 2010-2011 Health Promoting Schools plan and was approved by Regional Team.</li> <li>✓ All members worked directly with schools and student groups to increase student leadership opportunities on HPS Committees.</li> <li>✓ Coordinated HPS school planning meetings and information sessions.</li> <li>✓ Worked directly with other funding partners regionally and provincially such as Sport NS, Municipal Recreation, YMCA, and Community Health Boards.</li> <li>✓ Representation on Active Cumberland &amp; Cumberland Kids Committees.</li> <li>✓ Met with Active Fundy Regional Advisory Committee</li> <li>✓ Met with all Recreation Directors in the Fundy Region.</li> </ul>

**Human Resources and Financial Support**

**Human Resources:**

Leadership provided by the Regional HPS team: Coordinator of Community Education & Partnerships, 2 Sport Animators, Active Healthy Living Consultant, Community Education Programmer/School Breakfast Program Manager, Community Education Programmer (0.5 HPS), Director of Public Health, Public Health Managers, Nutritionists, School Nurse, Regional NSHPP Reps.

**Financial Support:**

Total Amount Requested from Schools \$371, 215.25 for Breakfast and \$234, 850.63 for HPS. Health Promoting Schools funding allocation to Schools: \$100,200 (the entire \$100,200 HPS grant is allocated to schools) School Breakfast Program Allocation to Schools: \$127,500. Financial tracking and reporting managed through SAP with support from the Board Finance Department.

## Highlights of Sample Success stories throughout CCRSB

1. Over 400,000 breakfasts were served at 74 breakfast programs during the 2009-2011 school year.
2. Over 100 events held in celebration of Girls Healthy Living Week with 2,300 students participating.
3. Over 40 events held in celebration of Boys Healthy Living Week with 1,000 students participating.
4. 8 new elementary schools received Playground Activity Leaders (PALs) training for student leaders in grades 5 & 6 – 250+ PALs in total. Ongoing follow up and support were provided.
5. 10 teachers & 3 CCRSB staff were certified as yoga teachers (200 hours) through the Yoga Cohort for Yoga 11, PE program, and lunch / after school programs.
6. There are 2 Youth Action Teams (YAT) that are supported through HPS - Riverside Education Centre and Parrsboro Regional High – 200+ students in total
7. Continued to support 7 Girls Leadership groups: 2 schools in Nova, Chignecto and Cobequid, 1 in Celtic Family. Grades 9 – 12 students, 80+ girls in total. On November 3, a retreat was held for 30+ students to provide resources, training, and support. Two girls received their NCCP Level I Coaching Certification; five girls attended a Violence Against Women Conference in Antigonish.
8. South Colchester's GL team hosted a Dove Self Esteem Sleepover for Grade 8 female students. A group of 24 girls practiced yoga, ran through a fitness circuit, had free time in the gym, ate healthy snacks & meals, heard an inspiring speech from guest speaker Lenore Zann, and watched a movie.
9. Parrsboro's Youth Action Team organized a Health Fair Conference for their school. Students were able to participate in a variety of different sessions including mountain biking, football, archery, healthy eating, sexual health, yoga, and wrestling.
10. 6 students from the Girls Leadership Team at Hants North Rural and 10 YAT from Parrsboro were trained to be PALS Facilitators.
11. Hosted a hands-on Healthy Eating Workshop "Fun With Food" for food service providers – October 23, 2010 – 50 participants. Participants had the opportunity to test out recipes from *Strive for Five at School!*
12. North Colchester's GL team held an afternoon "Girls Day" workshop for 40 Grade 4 – 6 students from Tatamagouche Elementary at the local fire hall. Students participated in self-esteem activities, watched and discussed a video, had a question box so the elementary students could ask questions of the Girls Leadership students, had a healthy snack and chanted "I am beautiful!".
13. A workshop was held for the Recreation Leadership students at NSCC Truro on various war- up activities, 'including get to know you' games, ice breakers, team-building activities, warm down and debrief activities. All students received resources to support their learnings.
14. Cobequid Consolidated Elementary held a Healthy Living Sports Fair.
15. 2 Girls Leadership students leaders took the NCCP (National Coaching Certification Program) Level One Course.
16. Partnership with Sport Nova Scotia and Department of Community Services to have 6 Youth Leaders in our schools
17. Presented at the National Schools for All Conference in Dartmouth, NS on the subject: Taking Action through Coordination.
18. The CCRSB HPS Website went live September 2009 and can be found on the CCRSB main webpage. The website provides resources, information and tools for schools and families to support the Food Policy, School Breakfast, Physical Activity, Fundraising, and Youth Leadership at their school.
19. The Live & Unplugged program was held in the Spring of 2010. The purpose of the program is to decrease screen time (such as watching television, using the computer, and playing video games) and increase physical activity time. 22 classes reported, with 575 students registered. West Colchester Elementary, Enfield Elementary, and Debert Elementary won \$100 each for physical activity equipment for their school and Karen MacQuarrie Grade 5A/B at Redcliff Middle School won a yoga mat for inspiring her students to participate in the program.
20. CEC Girls Leadership has a strong presence in the community running afterschool programs for students through Sport Nova Scotia, Self Esteem workshops for two local junior high schools, supporting the School Breakfast program, and leading a 14 -week Zumba program & a 16-week Kickboxing Bootcamp for the students.
21. Three schools received menu makeovers including taste testing and extensive menus support.
22. Worked with The Best Western Glengarry in Truro to help modify their meeting and workshop menu to comply with the Food policy to help model healthy eating.

23. Used *Strive for Five at School!* recipes in food-related exploratories, hands-on cooking sessions, and various presentations.
24. Created a Principal Advisory Group to assist in HPS and Healthy Eating related topics.
25. Created a comprehensive HPS Resource guide for all schools to be distributed to principals at their August meeting.