

Children are Healthy Pillar Committee
January 20, 2016 - Business Education Council

Attendees: Angela Alderson, Marena Doucette, Blair Janzen, Linda Morrice, Rosemary Martin, Donna Mills, Jennifer Moodie, Sandra Noel, Mike Sheahan, Stephanie Tukonic, Karina Armstrong (recorder)
 Regrets: Jackie Kerry, Nancy Lisi, Sinead McElhone, Helene Randall, Stacy Wilcox

ITEM	DISCUSSION	Action
Review of Minutes	<ul style="list-style-type: none"> - December 16, 2015 meeting minutes were reviewed and the following changes were made to the Professional Development Task Group Update: <ul style="list-style-type: none"> o The Healthy Eating Series are tentatively going to run from March to summer; o The new school-aged tool for healthy eating is in its very early development stages, but may be incorporated in the future once it is ready. 	
Healthy Kids Community Challenge Update	<ul style="list-style-type: none"> - The Children are Healthy Pillar task group met January 18th and held a brainstorming session for the Healthy Kids Community Challenge (HKCC) Summit. They developed a Google document for members to input ideas and suggestions of policy recommendations for the HKCC Summit Task Group by January 22nd. The recommendations will be based on sustainable, low-cost/no-cost solutions for improving physical activity. - The Parent Knowledge Engagement Study results will be shared at the HKCC Summit. - They will provide examples of other cities as models for Niagara; cities that have repealed bylaws hindering physical activity, like street hockey, and cities that have switched from metal and plastic climbers to natural playgrounds. - The task group opened discussion to the Children are Healthy table for more ideas. The Pillar discussed the issue of winter temperature concerns causing school recess to be held indoors. A helpful initiative would be promoting schools and centres to carry extra snow pants and mittens for kids who have lost theirs or they are wet. The Pillar could explore this issue with the school boards. - The task group also had debated between the expansion of current programs and the development of new programs, and maximizing the use of existing programs like ProKids. - Debunking myths about accessibility and socioeconomic status barriers will be key to really encouraging the public awareness aspect. Perceived risk is the real barrier to enabling physical activity and making parents comfortable with their children freely playing in any environment. - The task group opened the Google doc to the rest of the Children are Healthy Pillar members. They asked that members share any other ideas by Friday, January 29th. 	<p>BEC will share the Google doc with all Children are Healthy Pillar members. Members will contribute to the list by Friday, January 29th.</p>
Parent Knowledge and Engagement Study	<ul style="list-style-type: none"> - The Pillar reviewed results from the Parent Knowledge and Engagement Study (PKES). Generally, the majority of parents felt confident in child growth and development knowledge, and that they know what is healthy for their children, but it is unknown if parents are acting on this knowledge. Areas of focus are listed below. - Mental health: <ul style="list-style-type: none"> o Parents tend to be aware of mental health issues in children and believe they are managing stress in their kids sufficiently. 	

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	<ul style="list-style-type: none"> ○ Parents understood the importance of talking about sexual health, and of limiting screen time and setting ground rules. However, electronics in the bedroom are not seen as a problem. ○ Daily physical activity benefits are known and acknowledged. - Healthy eating: <ul style="list-style-type: none"> ○ Parents agreed they should not just prepare their child’s favourite meal every day. But some parents will make separate meals for the kids. ○ Parents still use “no dessert” as a punishment. - Sleep: <ul style="list-style-type: none"> ○ Parents were generally aware of the recommended amount of sleep. - Physical Activity: <ul style="list-style-type: none"> ○ Most parents did not think their child needed to be in organized sports to be physically active but a large number did. - At the February 17th meeting, Sinead McElhone will be sharing information on the Knowledge Translation (KT) Planning Primer and Tool, which help determine a project’s details and direction. It lists questions to be considered before planning projects before executing. - The table chose Limiting Screen Time as the next Children are Healthy key message, as too much screen time affects all areas of health in general. Sinead McElhone will take the table through the KT exercise for the Limiting Screen Time key message at the next Pillar meeting. 	<p>S. Noel will ask Sinead McElhone to prepare a Knowledge Translation exercise on Limiting Screen Time at the next Pillar Meeting.</p>
<p>Infant Mental Health Pilot Project</p>	<ul style="list-style-type: none"> - January 20 marks the first anniversary of the Infant Mental Health Pilot Project. As such, the members of this Project attended a meeting today. - Infant mental health is more about the parent nurturing than it is about children born with mental health conditions. This may be a topic of Knowledge Translation exploration in the future. 	
<p>Professional Development Task Group Update</p>	<ul style="list-style-type: none"> - The timeline for the ECE training may start with the first module in the spring. - The plan is to have 5 different modules about healthy eating and mealtime concerns. - A grocery store tour may be scheduled as a field trip to inspire the love of food and eating together. - J. Moodie asks anyone interested in joining the Professional Development Task Group to contact her at jennifer.moodie@niagararegion.ca. 	
<p>Updates</p>	<ul style="list-style-type: none"> - Angela Alderson from the Kristen French Child Advocacy Centre has joined the Children are Healthy Pillar. The program is now catering to teenagers, and a creative teen program will begin in the summer for teens to express their story through the arts. Information on this program can be found online: http://www.cacniagara.org/teen-peer-support-group/ - A. Alderson has offered to answer any questions pertaining to situations when a child discloses abuse, and she asks Pillar members to refer any child abuse cases to the Advocacy Centre. 	

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Meeting Dates	<p>All meetings are, unless otherwise identified, from 9:00am to 11:00am at the Business Education Council (705-43 Church Street, St. Catharines)</p> <p>Wednesday February 17, 2016 Wednesday March 16, 2016 Wednesday April 20, 2016</p> <p style="text-align: right;">Wednesday May 18, 2016 Wednesday June 15, 2016</p>	