

Children are Healthy Pillar Committee
May 18, 2016 - Business Education Council

Attendees: Marena Doucette, Jackie Kerry, Rosemary Martin, Donna Mills, Sandra Noel, Judith Rudoler, Stacy Wilcox, Karina Armstrong (recorder)
 Regrets: Angela Alderson, Anne Biscaro, Blair Janzen, Michelle Knapman, Nancy Lisi, Sinead McElhone, Jennifer Moodie, Linda Morrice, Amy Romagnoli

ITEM	DISCUSSION	Action
Review of Minutes	<ul style="list-style-type: none"> - April 20, 2016 meeting minutes were reviewed and accepted without change. 	
Healthy Kids Community Challenge Update	<ul style="list-style-type: none"> - J. Rudoler announced that the steering committee will be hosting a mini-summit on the morning of June 10th, inviting individuals who have relevant experience and brainstorming powers for developing an action plan for Theme 2: water consumption. - Capital improvements will be made for the municipalities through water filling stations, and the larger chunk of the action plan will include an education campaign. They hope to have educators, health professionals, marketing professionals, etc. attend the summit and help create that marketing campaign. - The plan right now is to fund 2 water filling stations per municipality. The tagline for Theme 2 is “Water does wonders.” - The steering committee are also working on a comments section forum for the HKCC website for those who may or may not attend the summit to provide ideas and comments. Nancy Dubois will facilitate this summit to help determine the target group and how to educate them. Her advice is to plan for a specific group to deliver the message to, rather than the general population. 	
Knowledge Translation Exercise Topic Discussion	<ul style="list-style-type: none"> - After speaking to S. McElhone, and S. Noel explained that the Knowledge Translation (KT) exercise must happen after the brainstorming session. The work plan discussion will help develop the KT focus, rather than the reverse. A project idea is needed in order to move onto KT. - The group considered having a subgroup meet over the summer. It was decided to have a 3-hour meeting in June to prep the work plan. 	
Professional Development Task Group Update	<ul style="list-style-type: none"> - Helene Randle has agreed to take on the Seed to Table module. She has planned a theme surrounding indoor gardening with a list of 20 fruits and vegetables that do well indoors. The group discussed cooking with children using hot plates, toaster ovens and microwaves to ensure they get the full experience of cooking food safely. There are also themes of creating pleasant mealtime environments, and trying to cook and eat new and unique fruits and vegetables. Grocery store tours are being confirmed as well. - The task group has selected the evening of October 13 as the session date, with grocery store tours tentatively set for the morning of October 15th and the evening of October 18th. - The Pillar discussed the issue with health inspection and compliance guidelines, especially regarding the toaster ovens and hot plates. There is also the conflict of messaging to address. - J. Moodie and R. Martin met with Andrew Korchok who agreed to tape the session. He suggested condensing the video to the key highlights would be easier to watch rather than the full 3 hour session. J. 	

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	<p>Moodie has sent him some information and he is researching the key information to include. They are working on meeting again before the June Children are Healthy meeting to update.</p> <ul style="list-style-type: none"> - The group discussed the need for meeting compliance when cooking with children specifically, how to do this, and tips for cooking with kids. S. Noel will speak to Chris Gaspar on this tip sheet. - S. Noel will speak with health inspector Rob Lavay about using crock pots, tips, etc. 	<p>S. Noel will speak to Chris Gaspar on the tip sheet.</p> <p>S. Noel will speak with health inspector Rob Lavay about using crock pots, tips, etc.</p>
<p>Updating the Work Plan</p>	<ul style="list-style-type: none"> - The group reviewed the current work plan. See here. Objective 1 has been completed. Objective 2 gaps will be approached as a general message but tailored to different age groups rather than the specific “gap populations.” The future KT session could be about how to get the messaging out. Leveraging our current resources, including the website and social media outlets, would be the best solution to reaching the broader population. It was also suggested to work with groups that put on community dinners, advertising and sharing messaging through partner newsletters and bulletin boards. - Objective 3 includes the healthy eating workshops that are in the works, and the feedback from these sessions will allow us to build on messaging and the information educators need on the subject. - R. Martin will meet with Andrew Korchok to see how his role at this table could evolve. His background includes film and video, and technical experience. - The group discussed the impact of the new health manual and the need for child care centres to have a contact when they have questions, and being able to reach out for clarification. Making health inspectors approachable is important for clarification on compliance guidelines. - The group will revise the work plan at the next meeting with a large brainstorming session. After more discussion, the Pillar determined that it cannot move forward with KT until September, and the next meeting will involve a large brainstorming session in preparation for KT. - The table will include CATCH phase 3 as part of the revised work plan, key messages, and the Professional Development component. The group will also discuss helping with the launch of the new health manual and links to resources for centres and parents. K. Armstrong will share the current work plan for review prior to the meeting with the notes from today’s meeting. 	<p>R. Martin will meet with Andrew Korchok to see how his role at this table could evolve.</p> <p>K. Armstrong will share the current work plan with today’s meeting notes.</p>
<p>Updates</p>	<ul style="list-style-type: none"> - S. Noel spoke to Veronique Emery, executive director of La Boite a Soleil, and she is interested in joining the Children are Healthy Pillar as the Francophone representative. K. Armstrong will send her an invitation to the next meeting with minutes. 	<p>K. Armstrong will send Veronique Emery an invitation to the next meeting with minutes.</p>
<p>Upcoming Meeting Dates</p>	<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 June 15, 2016 from 9:00am to 12:00pm.</p>	

Children are Healthy
Indicators: Healthy Eating and Healthy Weights

Objective 1 – Roll out Trust me Trust my Tummy to licensed child care and Family Resource Programs

What needs to be done?	By whom?	What are the resources required?	What evidence indicates progress?	When?
Attend a Hub Operators Meeting to introduce Trust my Trust my Tummy and identify potential opportunities.	Melissa Westoby will attend Hub Operators Meeting	Trust me Trust my Tummy supplies and Melissa's time	Melissa will report back on meeting at October Children are Healthy meeting	October 2014
Connect with Sandra Noel regarding the Coordinated Approach To Child Health (CATCH) Program	Linda Morrice	Invite Sandra Noel to October meeting	Children are Healthy has an understanding of the CATCH Program and identifies potential opportunities to support the program	October 2014

Objective 2 – Identify locations and/or opportunities for key messages to be shared with “gap populations” and share health related messages to these populations.

What needs to be done?	By whom?	What are the resources required?	What evidence indicates progress?	When?
Identify potential locations where key messages can be distributed	Children are Healthy Pillar Committee		Create a list of potential sites	
Identify “Gap Populations” in Niagara	Children are Healthy Pillar Committee		Create a list of potential gap populations	
Develop a communication strategy to share identified key messages	Children are Healthy Pillar Committee		A strategy is developed and implemented	

Objective 3 – Develop Professional Development Sessions for educators of young children

What needs to be done?	By whom?	What are the resources required?	What evidence indicates progress	When?
Identify key subjects to develop PD sessions around	Children are Healthy Task Group	Time, ECCDC	A list of potential PD session topics is determined	October 2014
Plan PD sessions on topics outlined above and report to Children are Healthy	Children are Healthy Task Group and ECCDC	Time, ECCDC	PD Sessions are developed	Fall 2014
Promote planned PD	Children are Healthy		Sessions are promoted	Winter 2014/Fall 2015

Objective 3 – Develop Professional Development Sessions for educators of young children				
What needs to be done?	By whom?	What are the resources required?	What evidence indicates progress	When?
Sessions	and Partners		and well known	
Execute PD sessions in the community on aforementioned subjects	ECCDC and Community Partners		Sessions are well attended and impactful	Winter 2014/Fall 2015