

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

Attendees: Gloria Boutcher, Marena Doucette, Jackie Kerry, Rosemary Martin, Donna Mills, Jennifer Moodie, Linda Morrice, Sandra Noel, Judith Rudoler, Stacy Wilcox, Karina Armstrong (recorder)

Regrets: Blair Janzen, Michelle Knapman, Nancy Lisi, Sinead McElhone, Amy Romagnoli

ITEM	DISCUSSION	Action
Review of Minutes	<ul style="list-style-type: none"> - March 23, 2016 meeting minutes were reviewed and accepted without change. 	
Healthy Kids Community Challenge Update	<ul style="list-style-type: none"> - J. Rudoler stated the HKCC steering committee will be addressing Regional Council next week to congratulate all mayors who championed the HKCC application and encourage their promotion of Theme 2: water consumption. She revealed the updated HKCC Niagara website, presenting its calendar of events, Ministry of Health information, information on each municipality, EPODE, community needs assessment and profiles, partners, etc. See here. She highlighted the contest page that will be promoted through school boards and around the community. - If there are any changes members would like to see on the website, please contact J. Rudoler at Judith.Rudoler@becniagara.ca. She also wishes to promote any member's events on the site to encourage physical activity that are free/low cost for families to participate in. 	
Professional Development Task Group Update	<ul style="list-style-type: none"> - J. Moodie announced that the Professional Development Task Group met recently, discussing how the forum should run. They followed up with Lorrey Arial Bonilla on how the event would link with QCCN training, and she suggested the modules be held on separate days, rather than a one-day event. - It was suggested to hold a session in October that is recorded, and hold a spring follow-up session. For the fall forum, Trust Me, Trust My Tummy could be offered as part of the training. Evening sessions may be more feasible than a full day event for attendees. J. Moodie offered to also do smaller trainings throughout the summer. - S. Noel suggested the Niagara Region headquarters could be a site for outdoor gardening sessions. There is also an on-site kitchen that could be used. She stated that modules on how to start a garden are in demand, based on feedback from projects with other centres. She mentioned the Niagara Farm Project could be recruited as a partner and explained that they offer a "garden in a box" starter kits. See their website here. If we have health inspectors approve these gardens, the centres can keep and maintain them afterward. - The cooks' network session was discussed. A variety of topics would be highlighted, and a hands-on approach would be needed. It was mentioned that these sessions are not always well attended, and that some buy-in may be needed to engage supervisors and increase attendance. In the past, cooks had a lot of questions on budgeting and dietary restrictions, which could be leveraged to promote a grocery store tour. - The table considered doing separate sessions for parents and for staff for Trust Me, Trust My Tummy, and alternatively, holding a session for educators that is recorded and have them educate parents on 	

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	<p>feeding. It was discussed that the Pillar may share a video series rather than offer several live sessions that require attendance.</p> <ul style="list-style-type: none"> - The table discussed how video recordings are widely used and preferred for staff meetings and training, and so recording these sessions will be a high priority. The table discussed securing a video recorder. A student project could be used to reduce costs for recording, and current contacts may also be considered. R. Martin will connect with her contact, Andrew, who may attend the next meeting if he is willing to participate and take on the recording task. She will introduce him to J. Moodie as well. Videotaping will be on future agendas. - The task group will meet again next month. 	<p>R. Martin will connect with her video recording contact, Andrew.</p>
<p>Updating the Work Plan</p>	<ul style="list-style-type: none"> - L. Morrice suggested the Pillar revisit the Children are Healthy work plan and go through a Knowledge Translation (KT) exercise at future meetings to determine direction, focusing on holistic, natural approaches to improved health. S. Noel will connect with Sinead McElhone to facilitate a KT session. The table will discuss the topic at the next meeting in preparation for the session. - G. Boutcher explained the Fort Erie Native Friendship Centre has a Healing Garden, and suggested it could be filmed to explain the importance of gardening and water, and be shared as an information session. The table agreed to further discuss this idea in future planning. - G. Boutcher also highlighted the importance of walking and encouraging long walks for children. Knowing where all the best hiking trails are would be a great way to encourage more walking and physical activity in children. - L. Morrice suggested having an expert do a session of Grief and Resilience in future. She will contact her on the subject. - The table will continue to brainstorm and create the new work plan in future. 	<p>S. Noel will connect with Sinead McElhone to facilitate a Knowledge Translation session.</p> <p>L. Morrice will contact an expert about doing a session of Grief and Resilience in future.</p>
<p>Updates</p>	<ul style="list-style-type: none"> - M. Doucette and S. Wilcox announced that the Niagara Child Care Sector meeting was held a few weeks ago. A list of changes was given with the hopes that each centre would create one goal with one approach, encompassing all age groups. They stated that this process has been challenging, but allowing agencies to have their own individuality is a great opportunity for improvement. All of the new requirements could tie in nicely in the future. - S. Noel announced that the CATCH Project will be featured at the Children’s Services Community Consultation May 18th 6:30pm – 8:30pm at the Niagara Region Headquarters. Room to be determined. - Phase 3 of CATCH will be given a new name as a program. S. Noel highlighted the issue that the CATCH structure was being adopted as a rigid framework rather than as a general guide. Phase 3 is intended to be an invitation to physical activity, looking at well-being from How Does Learning Happen. She asks if the table may consider participating as part of this program planning. The Children are Healthy Pillar may be a great group to help guide Phase 3, including seasonal activities, resources and tools to guide staff. A task group may be needed. Fall will be the general time to roll out Phase 3. 	

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	<p>- J. Moodie wondered if a video series would be helpful to show how these activities could naturally be included each day, how children can do the activities. S. Wilcox suggested highlighting centres are using it well and more fluidly as examples. The table will consider participating in Phase 3 planning in future meetings.</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) Wednesday May 18, 2016 Wednesday June 15, 2016</p>	