

**School Nutrition Work Group
Secondary School Task Group
Minutes**

**May 28, 2018
2:30 p.m. – 4:00 p.m.**

**Teleconference instructions 416-343-4997 pass code 1260566#
1-866-440-4486**

Present: Susan Finkelstein, Valène Aylwin, Erin Beaulieu (minutes) , Lescia Hucal
Regrets: Connie VanBellinghen, Jennine Seaman, Michelle Lim, Nora Kozman, Eliz Smith
Chair: Susan Finkelstein

1.0 Introductions – round table introductions

2.0 Approval of minutes from March 21 , 2018 - approved

3.0 Additions to agenda - 6.0 mental health / nutrition education connections and support for schools

4.0 Follow-up from Previous Meeting

4.1 Curriculum Support Resources for F & N 9, 12 courses

- Action: Susan to review videos to see if food industry ones can be deleted - completed
- Action: Susan will save teacher-survey on ODPH website, Secondary School task group section to collect feedback - completed
- Action: Connie will make the changes with regards to the ERO closure; Web resources are being transferred to Unlockfood.ca and phone-in service will be revised; - completed
- Action: Lescia to share with OFSHEEA (Derik Won, Chair) at the end of April once edits have been made - not shared to ensure most updated version
- Action: Erin to add in video from CDO about role of an RD

4.2 Summary Chart (google document - live and evergreen) to share initiatives in Secondary Schools

Action: Group to start completing table and Susan will save to SNWG side of web site and send to SNWG members to access and complete- Done

4.3 Family Studies Update- Lesia

- Action: Valene will follow-up with DC's workgroup co-chair- ANN- Alison Gates
- Valene tried to locate Alison Gates, but could not find her contact information
- Susan emailed Terri and Melissa Hardy, of DC's ANN network to inquire about FNMI (First Nations Metis Inuit) messaging linked to the curriculum and the resources they could connect us with, to promote a more body and mind approach to nutrition. They provided a fulsome response along with links to journal articles.

"The teachings I have received about a holistic (mental, physical, emotional and spiritual) approach to

health were from Elders and traditionalists during ceremony, and almost always incorporate the medicine wheel teachings. These teachings differ from nation to nation so you would be best to consult Indigenous knowledge keepers near you.”

Action- Susan to ask her curriculum consultants about the addition of Aboriginal teachings in schools

5.0 Standing Items

5.1 Bright Bites

- Evaluation - about to launch survey link, looking for user feedback
- Trying to fix glitches and clarifying
- Tips for secondary schools resource under “Show me the Money” - 19 views
- Fresh it Up Badge - 11 schools claimed for 2017-18 school year (York region, Rainbow District school board), not reaching high schools, using it for their SNPs to make the eating environment more appealing
- Susan to send out chart to group members to summarize and put into minutes
- Determine next steps and if anything can be done with the information

5.1.1 Overall Update

5.1.2 Cafeteria Revolution & Show Me the Money Badges

- Covered under 5.1

5.2 Health Unit Updates-

- Add to chart
- We will still keep this on the agenda to discuss initiatives and troubleshoot

6.0 New Business

6.1 Promoting Healthy Eating in Secondary Schools Resource

- Updated based on feedback from RD with CMHA re: some of the language

6.1.2 How to disseminate fact sheet

- Target audience? OFSHEEA, family studies teachers, phys ed teachers, healthy school committees, school councils, parent involvement councils, supervisory officers
- Provide action plan as to what to do with it - e.g. workshop
- Endorsement from partner agencies e.g. CAMH
- Action: Susan to follow-up with Branka and RD from CAMH who reviewed

6.2 Mental Health / Nutrition Education

- Schools are having mental health discussions, RDs on the panel
- Are there materials/resources based on DC's guidance documents
- Could be targeting teachers, students, PHNs
- Format? Needs further discussion, who would we want input from? (students, teachers)
- E.g. world cloud - what do you do to support mental well-being?
- Find out how much it is not on people's radar
- How do we tweak the message so that it appeals to teens?
- Who do we partner with? (stress lessons training, mental health first aid, OPHEA)

7.0 Next Meeting

2017-2018 Meeting dates - 4th Wednesday of every other month:

- September or October