

Nutrition and Healthy Lifestyles

Archbishop M.C. O'Neill
Catholic High School



Breakfast for Learning Program

Kelly Berlinic



Regina Catholic School Board Vision & Planning - Vicky Bonnell



RCS Administration



RCS - Administration

- **Nutrition Promotion & Healthy Lifestyles – part of my work portfolio but equally a part of personal interest so this was an easy transition for me**
- **Experience in both community schools and suburban schools provided me with a sum of my experiences of what is needed in nutrition and healthy lifestyles**
- **Needed to be an advocate but also look at other community connections to assist us with a plan going forward**
- **At first it was slow – but it all began with gathering data to inform our practice and educate everyone (i.e. curriculum ties in Wellness classes and beyond)**
- **And listening and watching the students – they can be our greatest teachers**



RCS Administration

- Needed to look at big pieces of the puzzle to get on board to help us out:
- Above and beyond the grants that we receive from the Child Nutrition and Development Program Fund our school division puts forward an additional 115,000 to support the staffing component
- Community support through partnerships with Breakfast for Learning, Reach, U of S Nursing Program, Saskatchewan Potash Corporation and RQ Health Public Nutritionist have been fantastic. They are great supports to our program
- Champions for the program that exist at our schools, like O'Neill who are passionate and dedicated to making a difference. We have been blessed to have them at O'Neill



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- Arrived at O'Neill six years ago, with the understanding that it was designated as a Community School;
- Large range of socio-economic status within the school community;
- Multicultural Demographics within the school;
- Set of supports within school were to be established based on the Community School concept, one being nutrition.



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- Important to recognize that student needs, whether academic, personal, or nutritional, do not change upon their entry into high school;
- Of 10 associate elementary schools linked to O'Neill Catholic, 4 were designated community schools and another 3 had some of the same supports established – what were the needs of such students coming into the high school from their respective elementary school?
- A number of the schools had some aspect of a nutrition program established in the school; typically a snack program or a couple with a breakfast and lunch program;



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- **START SMALL; THINK & REQUEST BIG!**
- **ADVOCATE!**
- **What could we do with the limited resources we had and where was it that we wanted to go to support our students?**
- **2009 nutrition and canteen were one, options available to students were snack items (ex: muffins with high fat content, pop) that were for a nominal cost. Nutrition funding subsidized the cost of items in the canteen**
- **Implemented a continental breakfast out of our canteen and a fruit program; both supported by the Community Coordinator;**
- **Started with 4 Fruit stations in school; available throughout the day.**



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- Utilized the survey info to lobby our Superintendent to look at the potential of hiring a nutritionist to move this program forward;
- \$\$\$ focus changed from remaining funding → funding & grants → budget & grants;
- Position approved and grown: 0.25 FTE → 0.40 FTE → 0.80 FTE;
- Facility change from Foods Lab (an area upstairs) to establishment of a Nutrition Room (a visible area in main Commons Area);
- Now visibly an important entity in our school!



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- **Foods focus shift from 'convenience food' → nutritional food;**
- **Ability to provide a continental breakfast / hot breakfast each day of the week;**
- **Ability to provide a lunch service 2 to 3 times a week – cost recovery;**
- **More nutritional value present in what is being served;**
- **More nutrition education visible & available.**



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How we started

- In the fall of 2009 an Inter-professional Health Collaborative Project was initiated and a grant proposal was submitted with the aim to foster food and nutritional skills among students in a community high school.
- Grant was denied, however, the project moved ahead.
- School Year 2009-2010 we had 15 nursing students, 2 social work students, and 2 dietetic interns.
- Needs assessment was conducted by the interns



2009-2010 School Year Continued

- **RBC – Nursing for Kids grant applied for by Maxine Newton and Karen Hewson, U of S, Faculty of Nursing. Their project and grant application included O'Neill as a site partner.**
- **There was grant money allocated to support a hot breakfast once per week and the purchase of a fresh food bar.**



2010-2011 School Year

- 40% nutrition worker was hired.
- Breakfasts began daily upstairs in the food lab of the school at no cost.
- On a budget of \$600/month we provided a free breakfast each school day for our students, and free fruit was distributed every second day throughout the school
- The food lab teacher and her class began baking for the nutrition program and canteen.
- The Wellness 10 class began a project on the fresh food bar concept.
- Received grant money from Breakfast for Learning who has continued to support us over the past 5 years by providing funding for equipment, and food purchases.



Wellness 10 Project 2010-2011



2011-2012 School Year

- Nutrition worker 40% working out of the school's food lab
- School system initiated changes to our school canteens, our view at O'Neill was we needed to incorporate a nutrition area with our canteen and work together.
- Lesa & Beth's Wish List For Nutrition Space:
 - Electrical requirements – 120 V, NEMA 5-15P plug
 - Ventilation system
 - Space to store fresh food bar
 - A Triple sink
 - Hand washing sink
 - Hot water
 - A lot of locked storage space
 - Commercial dishwasher
 - Stove
 - freezer
 - Dishes/cups/cutlery
 - Cooking utensils/pots/pans



Picture of food lab and new space



What to do when we suspect a student is hungry?

- The push of our nutrition program is to feed students in the morning.
- Teachers please continue to tell students in your class that breakfast is from 8:15-8:45 am. and is free.
- If you have identified a student who you suspect is hungry please shoulder tap them and reinforce and suggest the free breakfast.
- Please also email one of us in students services, so we can follow up on this student.
- We will continue to have fruit in the school, available in the nutrition area, but only in the morning.
- We will have emergency lunches available in the nutrition area. Lesa's hours cover the lunch time.
- We can feed students but we can't fill them.



Wellness 10 Project 2011-2012



Ninja Noodles
stir fried vegetables and
noodles



Vender Fair 2012



This is where we are now!

- **Nutrition worker is 80%**
- **Variety of free hot and continental breakfasts throughout the week.**
- **Free fruit given out at the break 2-3 times per week.**
- **Nutritionally sound bake goods that include: lentils, ground flax, whole wheat, and fruit. These are sold in the canteen for a charge of 50 cents each.**
- **Our nutrition worker in collaboration with the food lab teacher and her classes supports the nutrition program throughout the school year for lunches, snacks, and special events.**



Breakfast



Snacks



Lunch



Just another
lunch



Salad Bar Lunch





Added
Benefit



Promoting Nutrition

- Tweets
- Through the school newsletter
- On our TV monitors
- The sweet smell in the halls



Challenges:

- **Do we still have hungry students:**
Yes, and that is our challenge.
- **Our school is getting bigger, number of students increasing.**
- **We have used up all our physical space.**
- **Balancing a Budget; shopping demands as we try to stretch our school budget; a great deal of time goes into preparing, and making sure we don't waste because we buy nothing pre-packaged except oatmeal.**



Student Interviews



Nutrition Rant





Feeding Children

Changing

Lives



About Us



Vision

To ensure all children and youth in Canada attend school well nourished, improving their ability to learn, giving them the best chance of success in life.

Mission

Breakfast for Learning is a national charity that educates and empowers communities to deliver school-based nutrition programs, helping children and youth realize their full potential in life.

What We Do



- Student Nutrition Grants
- Equipment (small and large appliances and supplies)
- Nutrition Education & Awareness
- Volunteer & Program Development

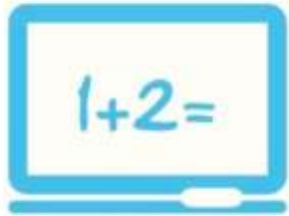
Funding Model



- Apply and meet pre-set criteria.
- Applications are prioritized according to eligibility and need.
- Examples of criteria :
 - Availability of nutritious food
 - Frequency of the program
 - Universality (program access for all students)

The Results

2012/13 Results



2,225
SCHOOL SITES



3,363
PROGRAMS FUNDED



349,522
CHILDREN FED



53,928,478
MEALS SERVED

Saskatchewan

In the 2013/2014 school year
Breakfast for Learning is serving:

- 127 school nutrition programs
- 17,532 children
- 2,788,037 meals



A Growing Hunger

13%

of children live
below the poverty
line

25%

of Aboriginal
children live
below the poverty
line

31%

of elementary
school students do
not eat breakfast
daily

62%

of secondary
school students
do not eat
breakfast daily

Saskatchewan



- One in five children in the province of Saskatchewan live in poverty
- 43.8% of Saskatchewan Food Banks users are children, the 2nd highest rate in the country
- 45% of Aboriginal children living in Saskatchewan live in low-income families
- More than one in three immigrant children in the province are living in poverty

As a result, many Saskatchewan children attend school without the daily nourishment they require, impacting their nutrition and academic success.

Research Shows

Nutrition programs improve learning

- Test scores
- Comprehension
- Attendance
- Behaviour
- Sense of well-being



Research Shows



Nutrition programs foster lifelong healthy eating habits

- Improves overall nutrient consumption
- Creates positive attitudes towards eating nutritious meals throughout the day
- Improves family knowledge and attitudes towards healthy food choices

The Impact

What Educators & Nutrition Program Leaders are saying....



89% report that breakfast and nutrition programs improve students' ability to learn



78% state that programs help decrease student irritability



85% indicate that student eating habits have improved

Based on 2012/13 Program Progress Reports

Our Good Works

Good Works Index Breakdown for
Breakfast for Learning for the
Year Ending June 30, 2013



Thank You!

