

REPORT TO THE BOARD OF EDUCATION OF SCHOOL DISTRICT NO.46 (SUNSHINE COAST)

STRATEGIC PLAN REPORT: PHYSICAL HEALTH

Submitted by Director of Instruction Christa Rive
January 12, 2021

Goal 1.g.: Our students will apply skills to support their physical health

OVERVIEW:

Physical Health is foundational to the work we do in School District 46. Our focus on health and wellbeing is supported through our committee work as well as in the longstanding work of our partners in our community. Access to food is critical for students to flourish at every level of their health, wellbeing, and learning.

SYNOPSIS OF THIS YEAR'S INITIATIVES:

The Food in Schools Review Committee was established in the October 2021. To date the committee has met three times. Values, purpose, and vision were explored to set the foundations for our Terms of Reference. Data has been examined to determine the trends, strengths and gaps of our existing programs.

The committee includes the following members:

- SD46 Board: 2 Reps
- SD46 Staff: CUPE; SCTA; Exempt; and Leadership
- Community Schools: Representing 3 areas
- Vancouver Coastal Health: VCH Dietician
- To be added: shíshálh Nation member if available; DPAC parent; student

Vision

- To provide children and youth universal, consistent, and equitable access to food without stigma
- To inform, deepen the understanding and appreciation of the food cycle keeping an Indigenous lens

Purpose

- To gather data from students, families, staff, and community sources about access to food in order to inform our recommendation to the district.
- To make recommendations to the district for systemic change in the consistency and equity of access to food in schools including budget, staffing, and strategies.

DATA ANALYSIS AND REVIEW:

Data was gathered in the spring of 2021 from every school across the district (see below). The Food in Schools Review Committee analyzed the data collated below to identify trends, gaps, and successes.

SD46 Food Programs

Elementary Schools Summary:

Sunshine Coast Community Schools, in collaboration with PACs, Parent Volunteers and Individual Schools provide Breakfast programs 5 days/week at all 9 Elementary Schools within the district.

Funded by:

- Sunshine Coast Breakfast for Kids
- Community Schools
- Individual School Funds
- PAC's
- Churches and Community Donations.

Prepared and Served by:

- Parent Volunteers
- School Staff
- PACs
- Community School Staff
- Community Volunteers (Church Volunteers, restaurant industry volunteers).

Additional programs:

- All day snack buffet including healthy choices of fruits, vegetables, cheese and baked goods provided at all elementary schools.
- Hot lunch programs ranging from 1-5 days/week offered at most schools, including supplemented lunches for those that need it, no questions asked.
- BC Agriculture in the Classroom - Fruit, Veg and milk delivered twelve times per year. Distributed by parent volunteers to classrooms at every school, both Elementary and Secondary.
- Comprehensive Gardens/Greenhouses which provides food to students and families at some elementary schools with plans to expand the program into every elementary school in the district.
- Fresh fruits, veggies, healthy snacks for after-school programs at schools
- Snacks provided for some special events- Terry Fox Run, Sports Days etc.

Secondary Schools Summary:

Breakfast programs are available at Chatelech, Elphinstone, Pender Harbour and Alternative Secondary Schools 5 days/week. A variation of hot breakfasts along with

breakfast platters that offer fruit and baked food items are available. Diverse hot lunch programs vary at each Secondary school, varying from 1-5 days/week.

Funding Provided by:

- Community Schools
- Sechelt Rotary
- Sechelt Food Bank
- School PACs
- Individual Schools

Meals are Prepared and Served by:

- PAC's
- Parent Volunteers
- Students
- Community School Coordinators
- School Staff

RESOURCES/BUDGET:

For the 2021-2022 school year, \$100,000 was allocated from SD46 and distributed to each school.

EMERGING AREAS OF NEED:

Emerging areas of need arising from initial data analysis:

- Increase in need for across the district
- Availability of people to support programs fluctuates from year to year
- Grants, donations vary year to year. Consistent funding needed
- Structure needed – explore possibility of coordinated system
- Education in the food cycle. Garden to plate. Waste management

ADAPTATIONS/NEXT STEPS:

- Finalize Terms of Reference
- Review survey questions from New Westminster school district
- Begin to generate survey questions for SD46
- Working session to develop district survey
- Explore and create focus group structure and generate questions
- Survey completed and administered
- Further development of possible focus groups
- Analysis of the data
- Recommendations arising from the data