



**DISTRICT EDUCATION COUNCIL
Superintendent's Monitoring Report**

POLICY NAME	Healthy Living, Nutrition, and Physical Activity		
POLICY NUMBER	ASD-W-ER5	Number of Reports per year	1
Date of Report	February 19, 2015		
Date of Previous Report (s) This School Year	N/A		
Date of Future Report (s) This School Year	N/A		
Report Filed by:	David McTimoney, Superintendent		
Report Supported by:	Ross Campbell, Subject Coordinator for Health and Physical Education Roberta Knox, Healthy Learners Nurse for Woodstock Education Center		

REPORT:

- **Policy confirms that the District Education Council (DEC) believes healthy living practices will enhance effective learning and teaching. The DEC supports the instruction of and practice of healthy living, nutrition and physical activity in all schools and in all facets of school, including: classrooms, the gym, the playground, the cafeteria, canteens, vending machines and hot lunch programs. The DEC wants for all stakeholders in the school community – staff, food service providers, parents, and students – to be a part of achieving the goals associated with healthy living practices**
- **The Anglophone West School District (ASD-W) insists on the implementation of the Physical Education Curriculum in Grades K-10, with elective physical education classes at Grades 11 and 12. Most of the physical education is taught by a phys-ed specialist. Health Curriculum is also a part of the instructional week in Grades K-8 (You and Your World for K-2), with associated curriculum in Grade 10 (Personal Development and Career Planning) and elective courses in Grades 11-12. Please see Appendix A (Pages 1, 2) for more details.**
- **ASD-W has a District Health Advisory Committee (DHAC) that helps support the implementation of our District Improvement Plan (DIP) and the Healthy Learners Program. The DHAC will support school based health teams that help roll out initiatives and strategies in the school setting. The DHAC recognizes the four pillars of health (healthy eating, physical activity, mental fitness and risk reduction). ASD-W has school based data on these areas. Please see Appendix A (Page 2) and Appendix B**

POLICY NAME**Healthy Living, Nutrition, and Physical Activity**

(Page 1) for more details

- **Physical Education leadership is provided at the district level by a Subject Coordinator and a Physical Education Mentor. These two Phys-Ed Specialists provide leadership in the areas of instruction, assessment (there is a great initiative underway) and inclusion. They also help coordinate many activities. Please see Appendix A (Page 2, 3)**
- **Several schools in ASD-W are involved in a variety of initiatives to promote physical activity, positive health and wellness. Some of the initiatives are fuelled by data from wellness surveys and the Tell Them From Me survey. Some of the initiatives are examples of great community engagement and/or leverage grant money to help build resources in the school. Please see Appendix A (Page 3, 4)**
- **There are professional development opportunities available to teachers of Physical Education. Some of these professional learning (PL) opportunities are individualized or small group whereas others may be through large school PL sessions. Please see Appendix A (Page 4)**
- **Extra-curricular activities related to sports and physical activity are a staple of school life at elementary, middle and high school. Please see Appendix A (Page 4, 5)**
- **ASD-W has a Healthy Learners Program that sees three public health nurses stationed in the ASD-W Education Centers as well as various public health nurses assigned to a number of high schools in the district, either part time or full time. The nurses offer support to teachers in the delivery of Health Curriculum and implementation of health related policy. The nurses are involved in a variety of initiatives and partnerships and they meet with principals (as a group) at least once per year. Please see Appendix B**
- **ASD-W has partnered with UNB-Fredericton for the planned development of a Positive Mental Health Toolkit. This work is just getting started. There is much work surrounding positive mental health and this is promoted through Healthy Learner's Newsletters**
- **The Superintendent sits on a Health Advisory Committee with Public Health Directors from various branches and the Regional Medical Officer of Health as well as other staff from ASD-W. This committee meets formally three times per year and keeps a record of minutes**
- **A Sexual Health Nurse Practitioner program is evolving in ASD-W, with much thanks to the DEC for their advocacy and support. There are two Nurse Practitioners and other community health professionals having an impact in 13 high school settings**

POLICY NAME**Healthy Living, Nutrition, and Physical Activity**

- **\$94 000 has been assigned to elementary schools as a “Healthy Minds” budget. Each district Healthy Learner’s Nurse was also provided a small, operational budget to work with (\$1500)**
- **The Director of Finance and Administration (DFA) is coordinating a “Request for Proposal” (RFP) process that will help in the monitoring of food sales in cafeterias. The DFA has engaged a working group, including some principals and a dietician, in this process. This RFP will assist in ensuring that healthy choices, at competitive prices, are provided by food service providers. ASD-W does it’s best to comply with Provincial Policy 711 on nutrition**
- **There are a number of breakfast and lunch programs throughout ASD-W. These programs are often funded through community partnerships or grants from the Province of New Brunswick or other outside agencies**
- **ASD-W has a current section on its webpage that shares an abundant amount of relevant information for parents (www.asd-w.nbed.nb.ca, under “Parents” or <http://web1.nbed.nb.ca/sites/ASD-W/HealthyLearners/Pages/default.aspx>)**

Appendices:

- **Appendix A – Physical Education, Health and Athletics Supporting Document**
- **Appendix B – Healthy Learners in School Program Supporting Document**

Superintendent’s Signature: _____**DEC Chair Signature:** _____**Date:** _____

**Report for District Education Council
2014-2015 school year**

David McTimoney

ASD-W

Physical Education, Health Education

Events and Athletics Programs

Curriculum: (PE)

- ASD-W offers a variety Physical Education Programs that are balanced in content and designed to facilitate learning of skills and concept that will allow student the ability to be life long active participants in society.
- K-5 Elementary Physical Education, 6-8 Middle School, Grade 9, Grade 10, 110 Wellness, 110 Outdoor Pursuits, 120 Leadership, 120 Nutrition, Local options for Yoga

ASD-W High School Physical Education Courses

2014-2015

School	Number of Students Enrolled					
	Outdoor Pursuits 110	PE Leadership 120	Wellness PE 110	Health & PE 9	Health & PE 10	Nutrition Healthy Liv 120
Cambridge Narrows	7	0	14	11	11	0
Canterbury High	0	0	8	24	19	2
Carleton North High	36	25	41	126	121	48
Central NB Academy	23	0	10	17	28	18
Chipman Forest Avenue	26	14	21	32	22	11
Fredericton High	147	28	110	420	253	142
Hartland	18	0	19	0	27	13
Harvey High	0	0	2	24	34	3
John Caldwell	0	0	22	0	43	0
Leo Hayes High	113	40	91	372	254	99
McAdam High	0	16	0	2	16	18
Minto Memorial High	17	16	15	42	41	15
Nackawic High	34	25	23	65	50	22
Oromocto High	35	19	58	290	205	81
Saint Mary's Academy	24	0	0	8	0	1
Southern Victoria	44	29	29	78	71	11
Stanley High	7	0	17	25	23	16
Tobique Valley	8	21	14	15	9	14
Woodstock High	31	46	48	22	137	5
Totals	570	279	542	1573	1364	519

PE Minutes K-8:

- K-5 Approx. 90 minutes per week mostly from a specialist. Goal would be to see 120.
- 6-8 Approx. 135 minutes per week mainly from a specialist. Minutes depend upon whether the school is on a 5 day or 6 day cycle.

Curriculums: Health

- K-2 You and Your World, 3-5 Health, 6-8 Health and 10 PDCP. Physical Education 9 and 10, 110 Wellness and 120 Nutrition have Health modules within each course as well.

District Health Advisory Committee:

- Advisory Committee is representation from throughout ASD-W with member sitting from all areas of Health and Education. They advise and develop the strategies for supporting the DIP and SIP and in work plans for the Healthy Learners Program. These groups then utilize Education Center teams to be working groups when needed. The DHAC will then provide support to the School Comprehensive Health teams who carry out work in the schools.
- This group provides support to teachers with Curriculum and to district wide projects.
- Also this group updates District Healthy Learners Website and provides resources to parents based on the 4 Pillars of Health (Healthy Eating, Physical Activity, Mental Fitness and Risk Reduction)

Physical Education Assessment Leadership Team:

- 4 PE specialists were brought together in a UDL leadership program by Dept. Of Education to conduct an action research project in Physical Education. The project focus was improving assessment for PE in particular using Assessment for Learning strategies.
- Ipad technology was being used in the gymnasium to allow PE specialists to be able to film and accurately assess student progress, allow students to self-assess, provide a medium for instant instructional feedback for the student, engage peer assessment, and also enable students to co-construct criteria.
- Research was documented and the team of teachers have presented to NB PE teachers, at the National UDL conference, Workshops for Nova Scotia PE teachers, partnered and coached the Saskatoon School Division on implementation of assessment for learning strategies, and will be presenting to PE specialist from across Canada at the National PE conference in May.
- In ASD-W approx. 30-35 schools have Ipad technology in the gymnasium and are at various stages of engagement in the assessment for learning project. Subject Coordinator and Lead are supporting with implementation and coaching operation of process.
- Research paper will be published sometime in the future.

PE Inclusion:

- ASD-W has been partnering with Ability NB, Para NB and the NB Physical Education Society in providing as much exposure, expertise and training as possible for teacher in the district. PL at provincial PE conference, one on one coaching, future webinar regarding working with students with disabilities and whole school experiences and exposure are a few of the projects that have or will happen in near future.
- ASD-W schools have also taken advantage of the Para equipment library which signs out gear to schools for class instruction. E.g. Class sets of wheelchairs are signed out to supplement a basketball unit with wheelchair basketball skills and awareness.

Sparks Fly: Run for Life:

- Upon some research and visitations to other schools in other jurisdictions, some schools in ASD-W (Nash Valley, New Maryland, Devon, Bliss Carmen, Harvey Elem, St. Marys Academy) have gone ahead and purchased silent spin bikes for classrooms. The purpose or goal of the usage is three fold... One to provide physical activity stimulation to students for academic readiness, two to offer an alternate support for sensory breaks for students so they do not have to leave the classroom, and third to use the bike as a tool to self-regulate emotions.
- Other schools are sourcing outside funding to purchase the bikes with grants as they see it as a tool for the above mentioned but also for school based afterschool fitness clubs for kids.

Health Promoting Schools Network:

- In partnership with PHE Canada and NBPES, ASD-W has 4 pilot schools (St. Marys Academy, Montgomery, Lincoln, Nackawic Elem) who have engaged in the structure of the Comprehensive School Health (CSH) philosophy. This is to build a sustainable model for school health and wellness focuses to be executed. Supporting DIP goal number 2.
- These schools have been coached in Asset Based Community Development training, which assisted them in creating school based CSH teams to plan and execute goals and objectives based on reports given to the school by the Joint Consortium for School Health: Healthy School Planner. The planner report was based on inputted data from the Wellness survey and Tell Then From Me survey.
- Grants will be given to each school to assist in the projects that they chose to engage in.
- School participants will be videoed for a promotional video for the PHE Canada launch of the HPS Network project. ASD-W schools will then be connected to other Pods of HPS schools across Canada to coach them through the process. Also to develop the reciprocal relationship of Health

Premier's Challenge:

- 39 ASD-W schools have taken up the Premier's challenge of getting their student population active for 60 minutes a day at school over a 3 year time span. In partnership with Canadian tire, the schools are eligible for equipment grants to assist them in attaining this goal.
- Subject Coordinator and Lead are engaged in supporting the schools in their projects.

Move Your Feet:

- ASD-W has partnered with Doctors for You is in a physical activity challenge that sees grade 2 students from various schools around the district challenge doctors to movement minutes. Schools are recognized after a six week period for the amount of movement they have accomplished!

NB Physical Education Conference:

- Partnering with the NBPES in the fall of 2015, ASD-W will be the host site of the 15th annual Remember When conference. A full day PE and Health conference geared for Specialists to become current in PE and Health education. This year in partnership with the Dept. of Education, Educational assistants will be offered seats and a strand of inclusionary sessions designed to assist them in supporting students in the school setting, playground and in gymnasium. Conference committee will be made up of ASD-W PE specialists and Healthy Learners Program.

NBTA Subject Council:

- ASD-W PE teachers are partnering with NBPES and NBTA Middle Level Council to host the Physical Education Strand at subject council. This event will be held at Nasis Middle school.

Extra-Curricular and Events for ASD-W:

- 1 **Elementary:** Over the course of the school year there are many events held in each ED center. These events are designed to get kids out and active while practicing the skills they are taught in PE classes.
 - a. **Cross Country:** 3 District events (one per Ed Center) approx. 1500 students participating in the events.
 - b. **Track and Field:** 3 District events (one per Ed Center) approx. 1800 student participating in events.
 - c. **NBA 2 Ball:** Currently in FEC and OEC one district event each approx. 500 students involved.
 - d. **Badminton:** Currently in FEC and OEC one district even each approx. 250 students involved.

- e. **Volley ball:** Currently in FEC and OEC one district event each approx. 600 students involved.
- f. **Basketball:** 3 Ed centers engage in informal basketball. Approx. 500 students involved.
- g. **Snowshoeing:** 3 Class sets of Snow shoes are constantly on loan from district equipment library in Jan, Feb and March for schools to use for extra activity time or support to curriculum.
- h. **Elementary Hockey Nights:** Partnership with UNB we have a FEC Northside and Southside hockey night where students receive free admission to the UNB men's hockey game and parents receive half price tickets. In negotiations to have a OEC night and in planning for a WEC night with the Woodstock Slammer Jr. A hockey team. Approx. 1000 students involved.
- i. **Read with the Reds:** UNB Athletics with PE leadership team travel to all Elementary schools in the FEC to read a book to K students. This program has been expanded to Oromocto and will eventually be offered to WEC as well. Approx. 1500-2000 students involved.

2 **Middle Level:**

- a. **Cross Country:** 3 Ed center District Events approx. 1000 students involved.
- b. **Badminton:** 3 Ed centers involved approx. 600 students involved.
- c. **Basketball:** 3 Ed centers involved approx. 90 teams of various skills and gender hosting 12 players per.
- d. **Volleyball:** 3 Ed centers involved approx. 110 teams of various skills and gender hosting 12 players per.
- e. **Track and Field:** 3 District events approx. 750 students involved.
- f. **GO Girl Event:** WEC event approx. 400 students involved.
- g. **Nasis Middle Move-a Thon:** FEC event involving 5 middle schools (Nasis, Devon, George, Bliss and Keswick Valley) Approx. 900 students involved plus High schools leadership.
- h. **Frisbee Golf, minor football, minor rugby, Ultimate Frisbee:** Club based teams approx. 1500 students involved from 3 Ed centers.

3 **High School:**

- a. **As per the NBIAA regarding sports teams.**

Report Submitted by:

Ross Campbell

Health and Physical Education

Subject Coordinator

Anglophone West School District

Healthy Learners in School Program

- **District Health Advisory Committee (DHAC):** Quarterly DHAC meetings held on October 2, 2014 and January 23, 2015.

Two Priorities:

Mental Fitness: Mental Fitness Campaign, March 2015. Positive Mental Health Toolkit implementation with Dr. Bill Morrison from the Health and Education Research Group. Preliminary planning for Positive Mental Health Tool Kit project with 2-3 voluntary schools beginning in September 2015.

Healthy Eating & Physical Activity: Invitation to schools to complete the health eating portion of the Healthy School Planner. District report can then be generated to assist the DHAC with future planning in relation to healthy eating.

- **Health Curriculum Support:**
 - Consultation to the Department of Education for the grade 3-5 health curriculum revision.
 - Support for Always Changing (Grade 5) and Vibrant Faces (Grade 7) puberty resources for elementary and middle schools respectively.
 - Promotion of National Nutrition Month through elementary activity package, using SMART technology, Lync, newsletter and website.
 - Lync sessions for teachers on sexual health topics and mental fitness.
 - Be Safe/C.A.R.E. kit strategy in partnership with Director of Curriculum and Education Support Services to support elementary teachers in teaching sexual abuse prevention and personal safety.
 - Health PIES (promotion in elementary schools) has been approved for teachers to use in the classroom. Developed through a partnership with UNB nursing. We will be having a Lync session and further PD for teachers on this resource. Information is being put on the portal for teachers
- **Healthy School Policy:**
 - Working in partnership with ASD-W, on Medical Policy 704, and Healthy Eating Policy 711. Consultation as needed/requested regarding health issues, i.e. head lice and communicable disease.
 - Public Health HLSP dietitian working with ASD-W to support the development of the renewed Request for Proposal for cafeteria services.
- **Communication:**
 - Resources to portal site for teachers.
 - Maintenance of Healthy Learners section on ASD-W website bi-weekly. Uploading free events, recipes and websites of interest.

- Quarterly, Comprehensive School Health Newsletter: Newsletter focuses on wellness, risk reduction and highlights wellness activities occurring in schools.
- Mental Fitness Campaign for all school staff, kick off March 2015. Monthly health notes to schools/website. Topics include; healthy eating, physical activity, safety, mental fitness, parenting, promotion of children's strengths and assets etc.
<http://web1.nbed.nb.ca/sites/ASD-W/HealthyLearners/Pages/default.aspx>
- **Partnerships:**
 - Celebrating healthy foods, local foods in school and community gardens and supporting schools in these efforts.
 - Partnering with "**Doctors for You**", **Move Your Feet Challenge**: Physical activity challenge for eleven (grade 2) schools. To date, schools include: Assiniboine, Burton, Connaught, Harvey, Keswick Ridge, Kingsclear Consolidated, Kingsclear First Nation's, Liverpool, Minto, Nackawic and Royal Road Elementary schools.
 - Roots of Empathy: Twenty one Roots of Empathy Programs throughout ASD-W:
 - FEC: 5 Programs (5 elementary schools).
 - OEC: 3 Programs (3 elementary schools).
 - WEC: 13 Programs (10 Elementary schools, 1 middle school).
 - Partnership with UNB nursing to develop resource to support grade 7 students with anxiety related to vaccinations. Resources added to portal for teachers to access as needed.
 - Partnership with Physical and Health Education (PHE) Canada and Health and Physical Education Lead ASD-W for Health Promoting Schools pilot.
 - Promotion of Take Action on Tobacco Use Grant in partnership with Department of Healthy and Inclusive Communities.
 - Promotion of LINK program throughout ASD-W.

Submitted by:
Roberta Knox, BN, RN
Coordinator, Healthy Learners in School Program
Anglophone West School District

February 12, 2015