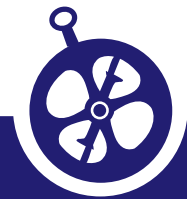


# CHAMPLAIN REPORT CARD

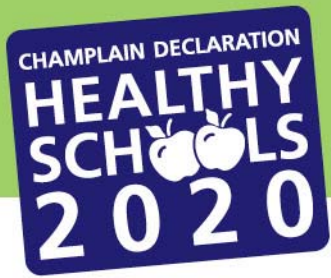
SCHOOL SURVEY RESULTS 2010

CHAMPLAIN DECLARATION

HEALTHY  
SCHOOLS  
2020



THE CHAMPLAIN  
CARDIOVASCULAR DISEASE  
PREVENTION NETWORK



**INTRODUCTION**

Childhood obesity rates have tripled over the past 25 years. As a consequence, today’s children are at risk of living a shorter life than their parents.

In the Champlain region, we are committed to reversing this trend. The Champlain Healthy School-aged Children (CHSAC) Initiative is focused on addressing the rise in overweight/obesity among our children and youth through a regional strategy aimed at home, school and community environments.

**THE CHAMPLAIN DECLARATION**

In April 2009, the nine Directors of Education of the Champlain region signed the **Champlain Declaration** – a commitment to establishing healthy school environments so that children in your schools can be physically active and make healthy food choices on a daily basis.



**HEALTHY SCHOOLS 2020**

Healthy Schools 2020 is the Champlain Declaration in action! It represents our collective activity in moving towards our vision of school-aged children being physically active and making healthy food choices every day. Health and school board partners prioritized **healthy school nutrition environments** for the first two years of our work with a specific focus on:

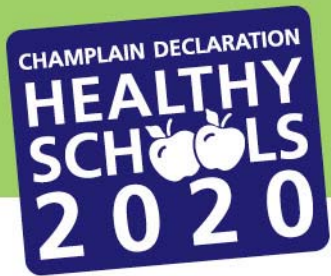
1. Healthy lunches and food service contracts;
2. Healthy fundraising; and,
3. Healthy classroom rewards.



This includes supporting implementation of the new School Food and Beverage Policy (PPM 150).

**A Healthy School Nutrition Environment** exists when a school promotes and supports healthy eating through both words and actions. Students get the same message about food, nutrition and healthy eating wherever food is served – in the classroom, in the school, and in the home.





## **WHAT IS CURRENTLY HAPPENING IN SCHOOLS?**

To help us better understand our starting point, we invited all school principals in the Champlain region to complete a brief survey regarding their current school nutrition and physical activity environments. Survey questions emphasized activity in the three nutrition priorities noted above, as well as principal and teacher professional development in these areas. This important information will allow us to set realistic goals and targets which can be tracked over time.

## **ABOUT THE SURVEY**

The survey was developed by the CCPN in consultation and partnership with our public health units, school boards, and other health partners.

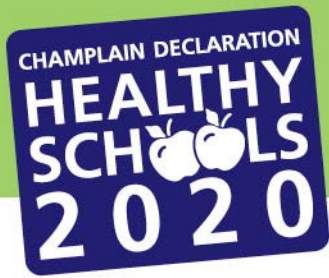
An online survey link was distributed to all principals through their respective school boards. Principals completed the 20-minute online survey through a secure survey site between the months of May and June 2010. Some school boards resent the survey link to their principals in November – December 2010 in an effort to increase the response rate. One school board completed the survey in January 2011. Data was collected and analyzed by the CCPN. Individual school boards or schools will not be identified in public reports.

A summary of the survey results for the Champlain region are found on the proceeding pages.

### **DID YOU KNOW?**

The 2009 **Active Healthy Kids Canada Report Card** indicates that physical activity plays an important role in facilitating learning and academic performance. Studies have also shown that children who regularly eat a healthy, balanced, and varied diet are more likely to have higher scores on literacy tests than children who do not eat a balanced diet.





**RESPONSE RATE**

	Elementary	Secondary	Overall
<b>Number who responded</b>	N= 243	N= 55	N= 298
<b>Response Rate*</b>	55.8%	50.0%	54.7%

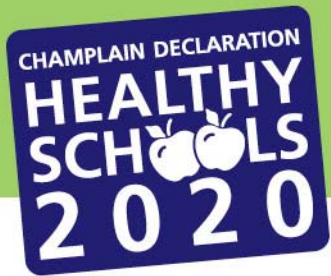
\* Response rate for Champlain was determined by the number of schools who responded divided by the total number of schools in the nine Champlain school boards. Response rate for the elementary schools was determined by the number of elementary schools who responded divided by the total number of elementary schools in the Champlain region. The secondary schools response rate was calculated in the same manner as the elementary schools.

**SCHOOL DEMOGRAPHICS**

	Elementary	Secondary	Overall
<b>Size of school:</b>			
<b>0-250 students</b>	42.7%	9.3%	36.6%
<b>251-500 students</b>	42.7%	14.8%	37.6%
<b>501-750 students</b>	9.5%	18.5%	11.2%
<b>751-1000 students</b>	5.0%	24.1%	8.5%
<b>1000+ students</b>	0.0%	33.3%	6.1%
<b>Grades taught**:</b>			
<b>Kindergarten</b>	95.1%	0.0%	71.1%
<b>Grades 1-6</b>	95.1%	0.0%	77.5%
<b>Grades 7-8</b>	39.5%	47.3%	40.9%
<b>Grades 9 -12</b>	1.2%	100.0%	19.1%

\*\* If a school taught Kindergarten to grade 8, it was classified as an elementary school. If a school taught grades 7-12, it was classified as a secondary school. For the three schools that indicated they taught all grades, they were coded as elementary schools for the purpose of this analysis.

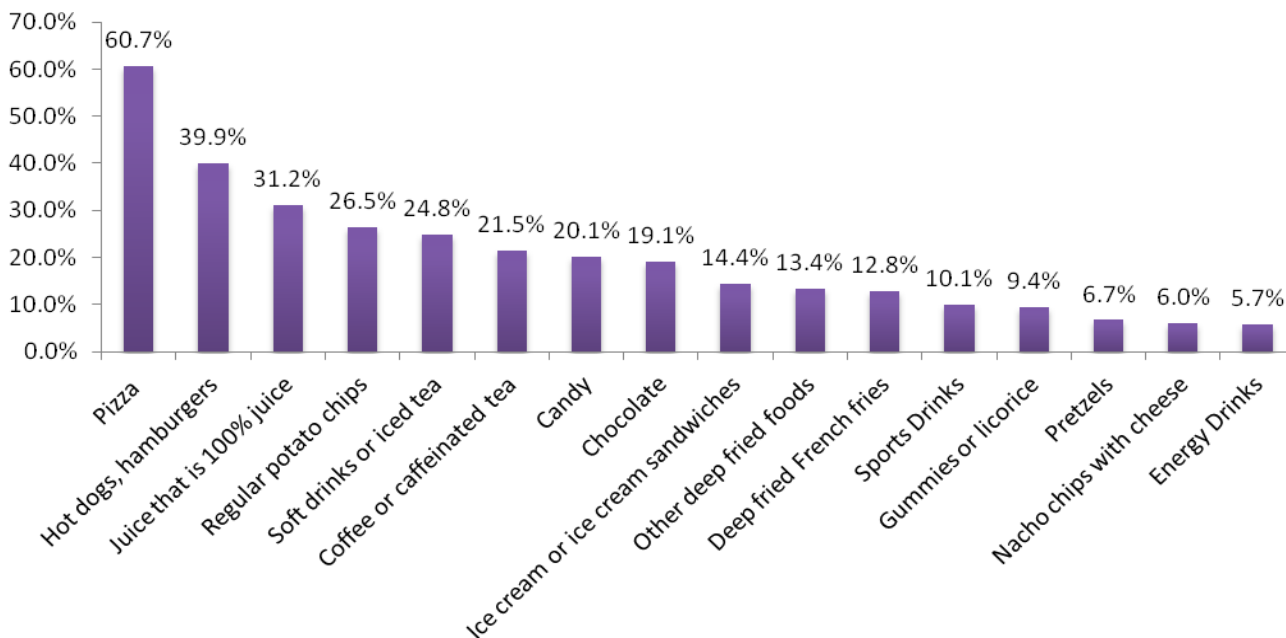




### FOODS IN SCHOOLS

Results indicate that many “Sell Less” or “Not Permitted for Sale” foods and beverages are currently available in Champlain schools. With PPM 150 taking effect September 1, 2011, we would expect to see a significant change in the offerings of food and beverages sold on school premises.

**Are any of the following items sold or served within your school? When thinking of your school environment, please consider cafeterias, vending machines, food service providers, fundraising activities, school events, classroom celebrations and special food days. Check all that apply.**



## **PRIORITY AREA 1: HEALTHY LUNCHES AND FOOD SERVICE CONTRACTS**

### **CAFETERIA SERVICES**

Many secondary schools in the Champlain region provide students with food and beverage offerings through a cafeteria service provider. 19.8% of survey respondents in the Champlain region indicated that their school offers cafeteria services. Among those who offer cafeteria services, 78.8% reported that their contract is made at the school board level, and 13.5% of those respondents indicated that the contract contained nutritional guidelines which emphasize serving nutritious foods prepared in a healthy manner.\*\*

### **LUNCH PROGRAMS**

Providing students with an externally catered hot or cold lunch program is a popular occurrence among schools in the Champlain region, particularly elementary schools. Eighty one percent (81.3%) of survey respondents indicated that their school provides a lunch program. Among those who offer lunch programs, 2.0% reported that their contract is made at the school level and 14.5% reported it was made at the school board level. Fifty-four (54.5%) of respondents indicated that their food service contract contained nutritional guidelines that emphasize serving nutritious foods prepared in a healthy manner.\*\*

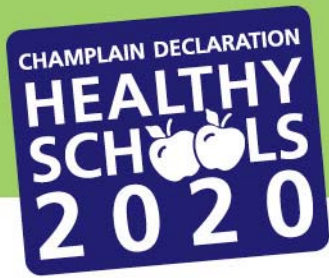
The vendors and food service providers most commonly reported included Subway and Pizza Pizza. Many schools order their pizza from their neighbourhood pizzeria or get meals from a local restaurant. A more complete summary of findings is found below.

As we move towards the implementation of PPM 150 in our schools, we encourage you to work with your food service providers in making adjustments to your menus so that you are offering the healthiest options possible for your students.

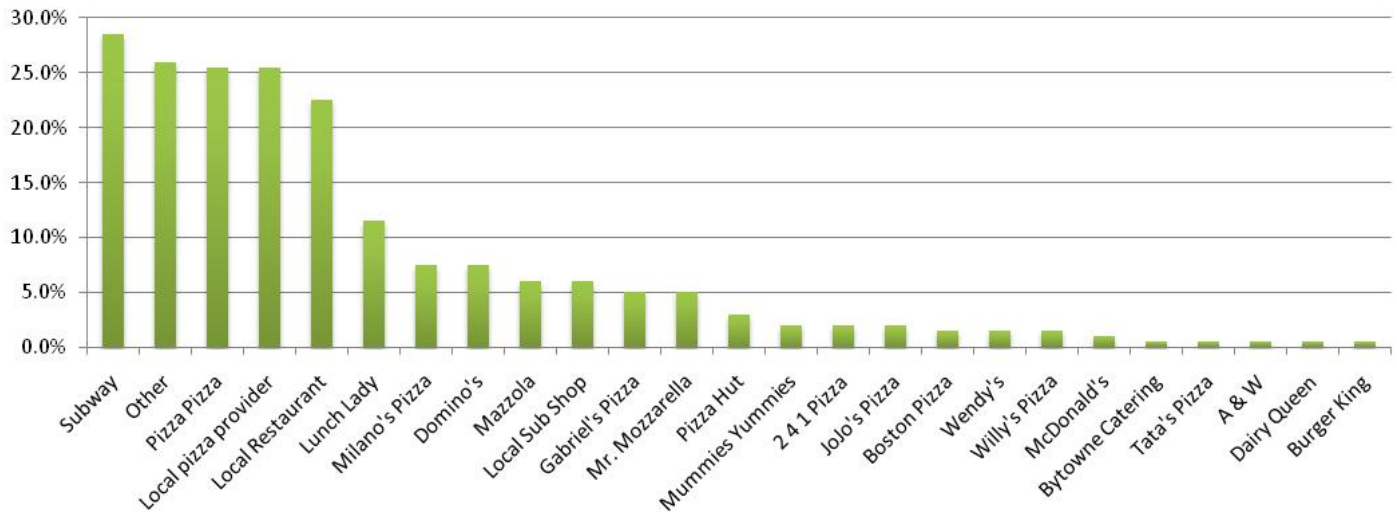
\*\*These questions had a missing rate higher than 20%. Interpret results with caution.



**Need a sample compliance letter for PPM 150 for your food provider? Go to [www.healthyschools2020.ca](http://www.healthyschools2020.ca).**



**Common Lunch Vendors**



**Frequency of Lunch Offerings**

Frequency	Pizza	Submarine Sandwiches	Pasta	Variety of meals offered	Salad	Soup	Milk	BBQ Items*	Other
Daily	0	0	0	2	0	0	10	0	2
Twice per week	3	0	0	5	0	0	0	0	0
Once per week	69	20	0	28	0	1	0	1	7
3 times per month	5	2	0	1	0	0	0	1	0
Bi-weekly	30	10	0	2	0	0	0	2	1
Once per month	33	26	1	2	0	1	1	5	9
3-4 times per year	8	3	0	0	1	0	0	0	0
Other	30	12	2	25	2	3	1	1	5

\*BBQ Items were defined as the sale of hotdogs, hamburgers or school BBQ event days.





**PRIORITY AREA 2: HEALTHY FUNDRAISING**

Fundraising activities are commonly used to generate funds for programs and activities in Champlain schools. Results of our survey indicate that **85.9%** of schools in the Champlain region use food for fundraising with **pizza** being the most popular food fundraising item.

Moving forward, speak with your pizza provider about alterations to make the pizza healthy (and compliant with PPM 150). Use a whole wheat crust, low-fat cheese, low-sodium tomato sauce, and lots of vegetable toppings.

**Does your school hold fundraisers?**

	Elementary	Secondary	Total
<b>Yes</b>	94.6%	87.8%	93.4%
<b>No</b>	5.4%	12.2%	6.6%



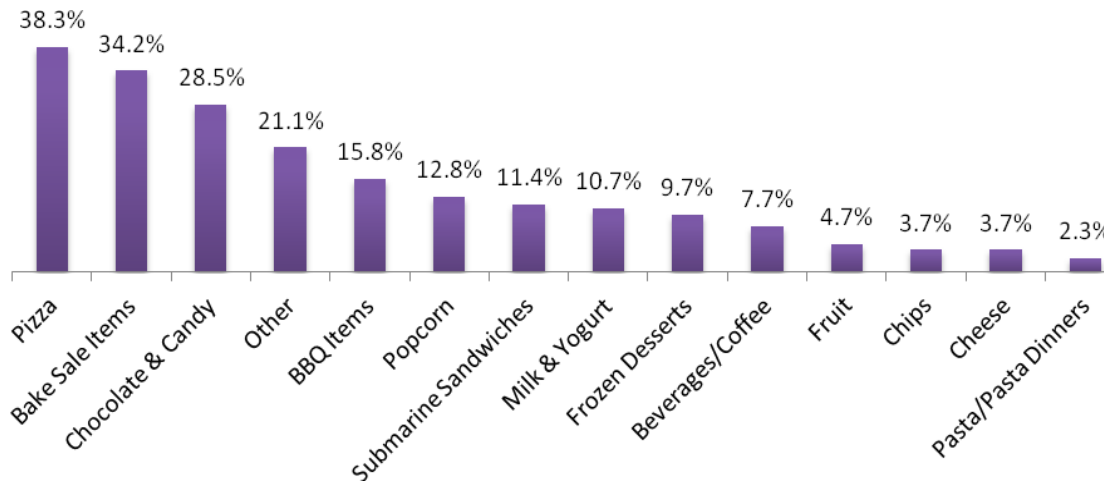
**Is food sold as a fundraiser at your school?**

	Elementary	Secondary	Total
<b>Yes</b>	85.8%	86.4%	85.9%
<b>No</b>	14.2%	13.6%	14.1%

**Strive for fundraising activities that use non-food items or the healthiest food and beverages...on *and* off school premises!**



**Most Common Food Fundraising Items**



**POPULAR HEALTHY FUNDRAISING IDEAS**

- ★ Gift cards (seasonal)
- ★ Smoothie sales (*Hint: see the recipe in your Healthy Fundraising fact sheet*)
- ★ Cycle-a-thon/ walk-a-thon/ dance-a-thon
- ★ Themed baskets - raffle
- ★ Cookbook with recipes compiled by students/ staff/ parents
- ★ Entertainment Books<sup>©</sup>
- ★ Items with school logo (e.g. clothing, enviro-bottles, recyclable bags)
- ★ Raffle a teacher or police officer
- ★ Evening events (e.g. family movie, trivia, or bingo nights)
- ★ School spirit days
- ★ Rummage sales (e.g. used books, equipment, clothing)

Want more healthy school fundraising ideas? Go to [www.healthyschools2020.ca](http://www.healthyschools2020.ca).



**PRIORITY AREA 3: CLASSROOM REWARDS**

Rewarding students with food is easy, inexpensive, and commonly used. Unfortunately, it comes with negative consequences that go beyond the short-term benefits of positive behavior, such as encouraging emotional eating, and adding unnecessary calories.

Results of our survey indicated that privileges are the most common form of reward provided by teachers at over 81% -- a positive result. Food, however, is still commonly used. Forty two percent (42.3%) of survey respondents indicated teachers are using food for rewards with **chocolate and candy** being the most commonly used food rewards.

Encouraging teachers to move away from food rewards reinforces the healthy eating messages children are learning in the classroom.

**Do teachers reward children for good behaviour in the classroom?**

	Elementary	Secondary	Total
<b>Yes</b>	93.9%	77.6%	91.0%
<b>No</b>	6.1%	22.4%	9.0%

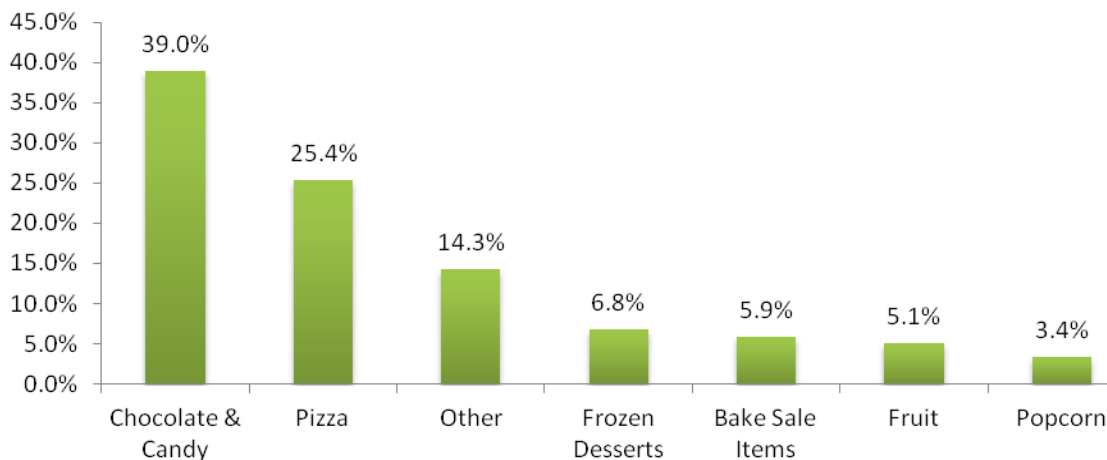
**What types of rewards are provided?**

	Elementary	Secondary	Total
<b>Food</b>	41.7%	44.9%	42.3%
<b>Beverages</b>	3.5%	10.2%	4.7%
<b>Stickers</b>	83.0%	16.3%	71.3%
<b>Privileges</b>	86.1%	59.2%	81.4%



**Strive for *non-food* rewards in your school classrooms!**

**Most Common Food Rewards**



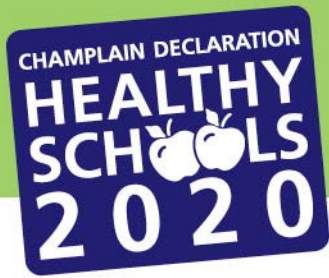
**POPULAR HEALTHY CLASSROOM REWARD IDEAS**

- ★ Allow the child to invite a friend from another class for lunch
- ★ Provide Preferred Activity Time (PAT)
- ★ Recognize a King & Queen for the day
- ★ Make a courtesy call to parents
- ★ Donate a birthday book instead of cupcakes
- ★ Create a classroom reward box full of small little prizes (e.g. pencils, erasers, hacky sacks)
- ★ Give hockey tickets (*Hint: Ottawa 67s will donate tickets to schools. Check with your local sports club about obtaining donated tickets.*)



Want more healthy classroom reward ideas? Go to [www.healthyschools2020.ca](http://www.healthyschools2020.ca).





**POLICIES AND PROGRAMS**

The survey data shows that 37.3% of schools have a committee that oversees programs and policies concerning healthy eating and the school nutrition environment. What is particularly encouraging is the number of schools currently utilizing a specific program or resource related to school nutrition. Fifty one percent (51.8%) of respondents indicated they are using one or more of these programs/ resources with the Eat Smart! program being the most widely used in the Champlain region.

**Policies and Priorities**

Question	Elementary	Secondary	Total
<b>Does your school have a committee that oversees programs and policies concerning healthy eating and the school nutrition environment?</b>	37.3%	37.3%	37.3%
<b>Does your school have a formal written food and nutrition policy?</b>	15.0%	23.5%	16.5%
<b>Is your school currently utilizing any specific programs or resources related to school nutrition?</b>	45.5%	80.4%	51.8%
<b>Does your school place priority on:</b>			
<b>Principal or teacher training in physical activity or healthy eating</b>	62.3%	63.0%	62.5%
<b>Healthy Food Service Contracts for food service providers</b>	43.6%	66.0%	47.6%
<b>Healthy Fundraising Programs</b>	49.3%	29.8%	46.0%
<b>Healthy Classroom Rewards</b>	43.8%	34.8%	42.3%



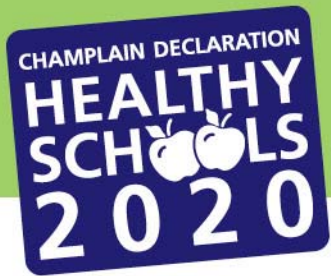
**Nutrition Programs Currently Used in Schools**



**Volunteers in Schools**

**Does your school engage *volunteer parent groups* to prepare and provide foods at your school?**

	Elementary	Secondary	Total
<b>Yes</b>	61.1%	8.9%	52.1%
<b>No</b>	38.9%	91.1%	47.9%



**PROFESSIONAL DEVELOPMENT**

Professional development opportunities allow members of the school community to increase their skills and knowledge in a particular subject area. Relating our survey results back to our three nutrition priority areas, it would appear that 51.3% of principals participated in physical activity or nutrition training this year. \*\*

**Professional Development Activities**

	Elementary	Secondary	Total
<b>Principals who have attended physical education or nutrition training this year</b>	52.7%	45.5%	51.3%
<b>Number of teachers who attended physical education training this year:</b>			
<b>No teachers</b>	26.8%	18.20%	25.2%
<b>1-10 teachers</b>	37.5%	45.5%	38.9%
<b>11+ teachers</b>	2.1%	3.6%	2.4%
<b>Number of teachers who attended nutrition training this year:</b>			
<b>No teachers</b>	32.5%	23.6%	30.9%
<b>1-10 teachers</b>	21.8%	29.1%	23.2%
<b>11+ teachers</b>	1.2%	3.6%	1.7%

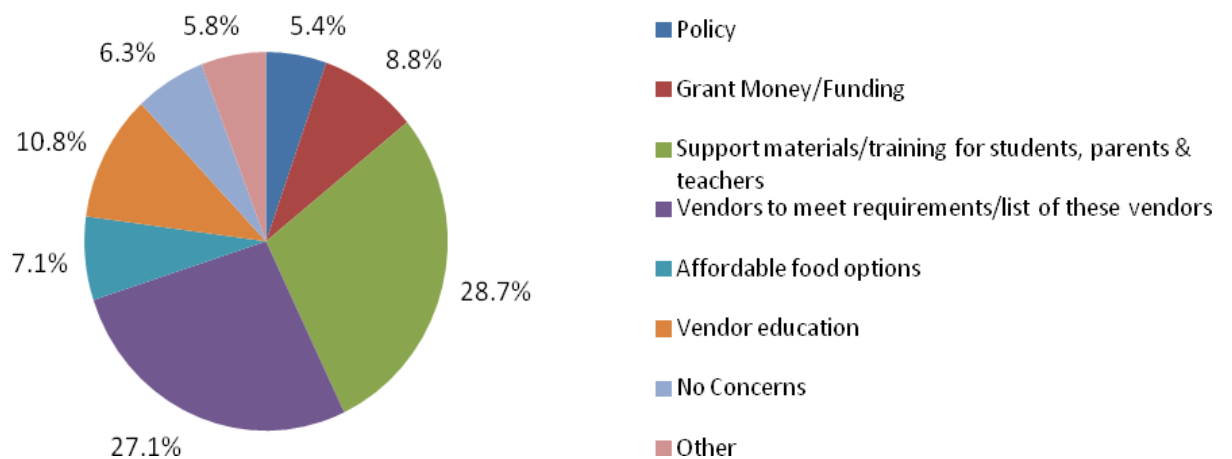
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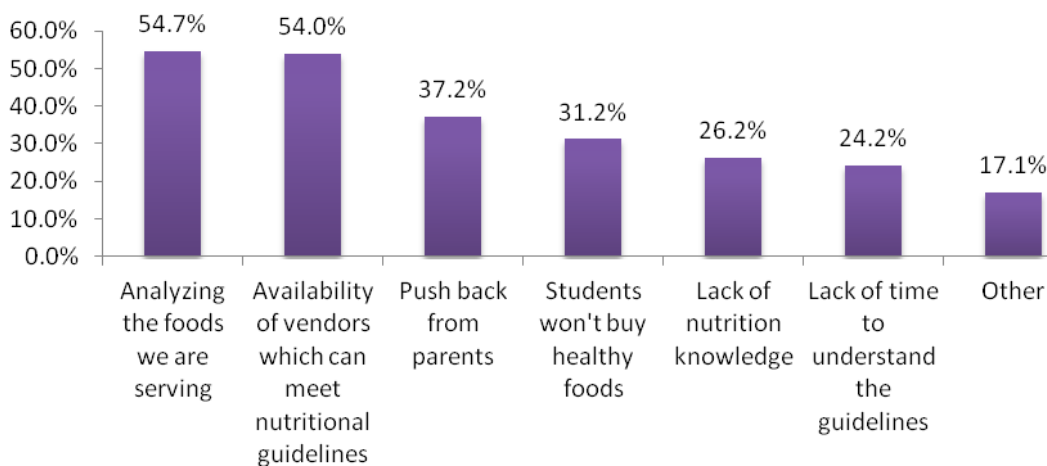
**SUPPORTS AND BARRIERS**

Our survey sought to identify what supports would assist schools in making changes to their nutrition environments as well as what barriers they felt might impede their progress. A summary of findings is presented below.

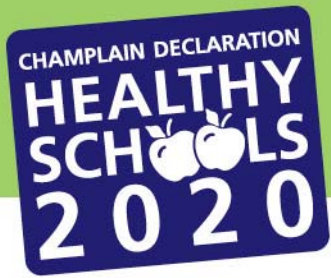
**Supports needed to make changes to the school nutrition environment**



**Barriers to changing the food offerings**





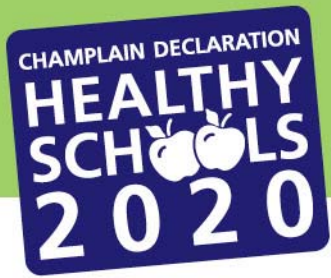


## **CONCLUSION**

The Champlain Healthy School-aged Children Baseline Survey served to assess what is currently happening in schools with respect to nutrition environments, and in particular, lunch programs, fundraising, and classroom rewards. There are many positive activities, programs, and policies already underway, but there is also room for improvement. The implementation of PPM 150 is a significant step forward in moving schools towards ensuring healthier food and beverage offerings. We know there are challenges ahead, but we hope that the resources and supports being provided through our partnership will be helpful to your efforts.

Our vision remains the same: to create healthy school environments so that school-aged children in our region can be physically active and making healthy food choices at school on a daily basis. Thank you for your ongoing commitment to this vision!





THANK YOU TO OUR PARTNERS!!



The Champlain Healthy School-aged Children Initiative was made possible through funding from:







