

SHARING SUCCESSES

What is the **title** of your initiative? Exposé

Give us a **snapshot** of what it's about – what organizations are involved, who it's targeting...

- Peer-led Model - Hire Youth
- Facilitators (University/college students) to design and deliver program messages in high schools

How long has this initiative been in place? 5 years

What would you say has been the **greatest success** of this initiative?

- Reducing youth smoking rates in Ottawa (2190 → 1690)

What would you say has been the **biggest barrier or challenge** in implementing this initiative?

- Buy in from Superintendents initially

If you could offer **one piece of advice** to your colleagues who might be interested in implementing a similar initiative, what would it be?

- Ensure the initiative is well resourced - staff wise and funding
- It takes time for the program to develop and needs 5-10 year commitment

Who can we **contact** for more information?

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What is the **title** of your initiative? *The Cellbertons (Promoting healthy active living - diabetes prevention)*

Give us a **snapshot** of what it's about – what organizations are involved, who it's targeting...

- *Canadian Diabetes Association*
- *An interactive presentation geared to children aged 6-9 that promotes healthy active living and how this can help prevent type 2 diabetes*

How long has this initiative been in place? *2 years*

What would you say has been the **greatest success** of this initiative?

- *An understanding that type 2 diabetes can be prevented through healthy active living*

What would you say has been the **biggest barrier or challenge** in implementing this initiative?

- *Developing partnerships to implement program given limited resources*

If you could offer **one piece of advice** to your colleagues who might be interested in implementing a similar initiative, what would it be?

- *Build partnerships with like minded sectors/organizations to build capacity*

Who can we **contact** for more information?

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What is the **title** of your initiative? School Playground Stencil / Paint Machine Program

Give us a **snapshot** of what it's about – what organizations are involved, who it's targeting...

- The Ottawa Catholic School Board centrally has a series of 6 stencils and 2 paint machines.
- The stencils incorporate and are associated with literacy and numeracy.
- There are also stencils related to hopscotch from other countries.

How long has this initiative been in place? 5-6 years

What would you say has been the **greatest success** of this initiative?

- The presence of the new playground workings in the yard provide opportunities for students leadership to teach the games to the other students

What would you say has been the **biggest barrier or challenge** in implementing this initiative?

- Challenge in the fall - time and weather to install the new markings
- Enough machines from board and/or public health unit to complete the task at the various schools

If you could offer **one piece of advice** to your colleagues who might be interested in implementing a similar initiative, what would it be?

- Collaboration with the school council and the public health unit, and the schedule of equipment within the board system

Who can we **contact** for more information?

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What is the **title** of your initiative? Kids in Shape / Jeunes en Forme (KIS / JEF)

Give us a **snapshot** of what it's about – what organizations are involved, who it's targeting...

- It is a community-based (community organizations, municipal parks & recreation, public health, elementary schools) physical activity and sport program for under privileged kids aged 4-12.
- Currently it is in Vanier, but we are looking to expand across the city, province and country.

How long has this initiative been in place? 2 years

What would you say has been the **greatest success** of this initiative?

- It is community based. The people on the ground involved with kids decide what is needed.
- KIS/JEF simply helps fund these additional activities. The community has high buy-in.

What would you say has been the **biggest barrier or challenge** in implementing this initiative?

- Getting the initial funding at the KIS/JEF level to begin forming the community partnerships

If you could offer **one piece of advice** to your colleagues who might be interested in implementing a similar initiative, what would it be?

- Get the funding first (unfortunately, that's the reality) - the rest is relatively easy

Who can we **contact** for more information?

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What is the **title** of your initiative? Active Ottawa Actif

Give us a **snapshot** of what it's about – what organizations are involved, who it's targeting...

- Community-based collaboration to increase physical activity levels in Ottawa.
- Key message = "Get Active your way - Everyday"

How long has this initiative been in place? 4 years

What would you say has been the **greatest success** of this initiative?

- Development of many programs and projects
- All ages, variety of demographics, meeting some of the needs of high-need/under-service communities

What would you say has been the **biggest barrier or challenge** in implementing this initiative?

- Getting the message out
- Money - sustainable funding

If you could offer **one piece of advice** to your colleagues who might be interested in implementing a similar initiative, what would it be?

- Involve as many community partnerships as possible
- Need core money to provide on-going support
- Be patient

Who can we **contact** for more information?

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What is the **title** of your initiative? Freddies Cafe

Give us a **snapshot** of what it's about – what organizations are involved, who it's targeting...

- This is the high school cafeteria.
- The focus of the food services is to provide healthy food choices at a reasonable cost.
- The menu is designed to promote trendy foods with a healthy twist.

How long has this initiative been in place? 10 years

What would you say has been the **greatest success** of this initiative?

- Reduction of the amount of fries served.
- Students look forward to healthy food choices.

What would you say has been the **biggest barrier or challenge** in implementing this initiative?

- Keeping the food services profitable.

If you could offer **one piece of advice** to your colleagues who might be interested in implementing a similar initiative, what would it be?

- Get the admin at the board level to buy-in.
- Provide trendy foods that are offered at fast food outlets.

Who can we **contact** for more information?

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What is the **title** of your initiative? Get WITH it! (Walking In The Halls)

Give us a **snapshot** of what it's about – what organizations are involved, who it's targeting...

- Community walking program for community members of all ages in our local high school.
- Tuesday & Thursday evenings from 6:30 - 8:30pm.
- FREE and accessible for all.
- Long term care centre drives in the elderly.
- High school students are volunteers.
- Deep River population = 4200, and we had 450+ people walking the halls last winter. Families walk together; expectant mothers, stroke recovery patients, etc.

How long has this initiative been in place?

- Launched last year Jan – April 2007
- Launch this year Oct - March 2008

What would you say has been the **greatest success** of this initiative?

- Wildly successful due to no barriers - free to all.
- We created a warm, safe, well-lit place for people to walk.
- The social aspect was very important, (esp. for seniors).
- Community groups joined us, i.e. Dietician with Canadian Food Guide display; Renfrew Health District; Tai Chi Club, Osteoporosis, etc.

What would you say has been the **biggest barrier or challenge** in implementing this initiative?

- The caretakers at the school - make sure they are on board. Can be a challenge but it can be done!
- Ensure all walkers respect the hallways (littering, snow boots, etc).

If you could offer **one piece of advice** to your colleagues who might be interested in implementing a similar initiative, what would it be?

- Go for it! Every community has a high school - hallways are not used in the evenings. This is more social than mall walking because it is more organized.
- Use PA system for music, tips on walking
- You need a champion!

Who can we **contact** for more information?

Name: Lesley Levinski

Title: Spearheaded initiative (volunteer)

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What is the **title** of your initiative? *PPL40F Grade 12 Women in Leisure and Recreation*

Give us a **snapshot** of what it's about – what organizations are involved, who it's targeting...

- Because there are a huge number of girls dropping out of or not taking senior phys-ed courses, we decided to create a "women in leisure" alternative to phys-ed.
- Any female grade 10-12 could take this class to do physical activity that does not involve sports. Their activities would include a walking program, aerobics, weight training, yoga, dance, etc.

How long has this initiative been in place? 2 years

What would you say has been the **greatest success** of this initiative?

- Girls who hate sports and/or the competitive nature of them get an introduction to active living activities that they can continue outside of the school setting on their own.
- We use the girls to do QDPE with our neighbouring elementary schools. I teach them dances/activities etc., from CIRA and OPHEA and we schedule visits with teachers where the students teach the elementary students.
- The teachers love it because they do not have to do the planning for QDPE and the girls enjoy the interaction with the children. (The barrier is that the grade 12 teacher has to do a lot of "leg" work to prepare the group to go over). Most importantly, the elementary kids can't wait for us to come!

What would you say has been the **biggest barrier or challenge** in implementing this initiative?

- We are limited to offering this course every second year because of class sizes.
- Too many options for students make a lot of small classes that may be cut later.
- The other barrier is the wrong kids taking the class (ex. Grade 9 dropouts, skippers, etc)
- Administration must buy-in

If you could offer **one piece of advice** to your colleagues who might be interested in implementing a similar initiative, what would it be?

- The benefits far outweigh the challenges.
- As long as you lay out a daily and weekly schedule, allow the girls to choose the activities that they are interested in and generate personal goals, they will buy in and love it!

Who can we **contact** for more information?

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What is the **title** of your initiative? Mustang Grill

Give us a **snapshot** of what it's about – what organizations are involved, who it's targeting...

- Our school (Mackenzie High School - Deep River) has taken over the running of our school cafeteria.
- Our goal is to improve the number of healthy choices available as well as preparing students to work in the hospitality industry.

How long has this initiative been in place? In its first year!

What would you say has been the **greatest success** of this initiative?

- Students are pleased with the choices; they are buying them!

What would you say has been the **biggest barrier or challenge** in implementing this initiative?

- We have a lot of pressure to ensure that we have profits to pay off our debts - loan for start up.

If you could offer **one piece of advice** to your colleagues who might be interested in implementing a similar initiative, what would it be?

- Teachers are key to success

Who can we **contact** for more information?

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Title: Principal

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What is the **title** of your initiative? Neighbourhood park program and triathlon training for children in neighbourhood parks (free program offered by the city)

Give us a **snapshot** of what it's about – what organizations are involved, who it's targeting...

- Parks & recreation department partnered with the local health unit to develop a triathlon training program in the various neighbourhoods during the summer.
- Playground program that city offers - our parks have outdoor pools, playground leaders that organize games, sports, outings where children walk, nutrition workshops, etc.

How long has this initiative been in place? 2 years

What would you say has been the **greatest success** of this initiative?

- Some of the children have gone on to participate in the Red Cross triathlon held every year in the City of Cornwall.
- Children are playing outside in the parks during the summer.

What would you say has been the **biggest barrier or challenge** in implementing this initiative?

- Equipment - bicycles
- Getting the children interested

If you could offer **one piece of advice** to your colleagues who might be interested in implementing a similar initiative, what would it be?

- Create partnerships with local stores to provide the needed equipment
- Create partnership with local health unit to deliver info on programs and facilities to community through schools, etc.

Who can we **contact** for more information?

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What is the **title** of your initiative? Buddy Day!

Give us a **snapshot** of what it's about – what organizations are involved, who it's targeting...

- Elementary School Program that combines 1 hour of professional development per week for teachers and at the same time classes in grade 1, 2 and 3 are buddied up with classes of grade 4, 5, and 6 students.
- Buddy activities involve the older buddies working 1:1 with younger buddies to teach them playground games, dances, sports, etc. They have all year to impact/review/teach.

How long has this initiative been in place? 4 years

What would you say has been the **greatest success** of this initiative?

- Win : Win. It is hard to find professional development time for teachers and it is hard to teach little ones how to play games.

What would you say has been the **biggest barrier or challenge** in implementing this initiative?

- Getting principals at our schools to go through with setting it up for their school and making it work - but its growing!
- It's a union issue, too.

If you could offer **one piece of advice** to your colleagues who might be interested in implementing a similar initiative, what would it be?

- Don't re-invent the wheel - take the model and apply it to your school.

Who can we **contact** for more information?

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SHARING SUCCESSES

What is the **title** of your initiative? École active et en santé

Give us a **snapshot** of what it's about – what organizations are involved, who it's targeting...

- Un partenariat entre l'école le service à l'élève du conseil scolaire et la ville d'Ottawa.
- (1) Formation aux leaders de 5^e/6^e; enseignants et parents par l'infirmière de la ville
- (2) Activités physiques quotidiennes et changement de culture au seins de l'école. (Récompenses, jeux, tout es axé sur la santé).

How long has this initiative been in place? Nous sommes à notre 2e année

What would you say has been the **greatest success** of this initiative?

- L'engagement de tous les élèves de la 1^e à la 6^e année et de tous les enseignants sous le leadership de l'enseignante d'éducation physique.

What would you say has been the **biggest barrier or challenge** in implementing this initiative?

- Le déménagement du début et le fait de rendre les activités quotidiennes routinières. Mais une fois lancée, c'est un succès

If you could offer **one piece of advice** to your colleagues who might be interested in implementing a similar initiative, what would it be?

- N'hésitez pas- essayez! Quitte à vous ajuster plus tard.

Who can we **contact** for more information?

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What is the **title** of your initiative? Écoles en santé

Give us a **snapshot** of what it's about – what organizations are involved, who it's targeting...

- Projet de partenariat avec Santé publique Ottawa que cible la promotion d'une bonne alimentation et de l'activité physique selon l'approche globale de la santé en milieu scolaire, et ce pour toutes nos écoles du conseil des écoles catholiques de langue française de centre- Est

How long has this initiative been in place? 3 années

What would you say has been the **greatest success** of this initiative?

- Approche septématique
- L'appui de Ministère de l'éducation
- Engagement des partenaires

What would you say has been the **biggest barrier or challenge** in implementing this initiative?

- Appropriation des activités pour toutes les communautés scolaires
- Bâtie la capacité de nos écoles et la pérennité des activités

If you could offer **one piece of advice** to your colleagues who might be interested in implementing a similar initiative, what would it be?

- Créer des partenariats entre conseils scolaires avec les services de santé publique et les services de loisirs. C'est ensemble que nous ferons une différence !

Who can we **contact** for more information?

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