



SO Active SO Healthy

- Seven Oaks School Division
- Pilot project stemming from APPLE Schools in Alberta
 - 4 Early years schools in Seven Oaks School Division

Goal: to increase the student's physical activity capacity to minimum 12,000 steps per day and increase their nutritional knowledge level through a variety of activities



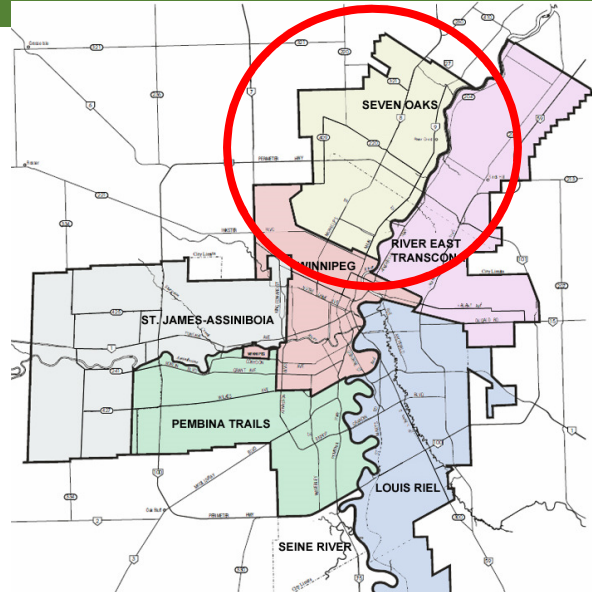
Focus of the Evaluation

- Nutrition component:
 - Short-term outcome: children have better understanding of healthy food choices
 - Intermediate outcome: children change their type of food intake
 - Long-term outcome: reduce disease – Type 2 Diabetes



Seven Oaks School Division

- Victory School (K-5) 247 students
- Margaret Park School (K-5) 262
- Collicutt School (K-5) 128
- AE Wright School (K-8) 428



Participants



- Students in Grades K-5
- Caregivers
- School Community: Staff, Teachers, Educational Assistants, Health Champions



Activities

- Food taste-testing
- Veggie packs
- Sending recipes home
- Bulletin Boards



Intended stakeholders/users

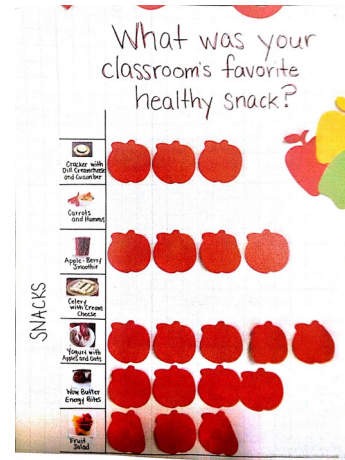
- **Board of Trustees:** *informed/accountability*
- **Superintendent Mr. Brian O'Leary:** *informed, input for questions, accountability*
- **Coordinator Greg Wazney:** *operational, input*
- Administration & School Community: *informed*
- School Health Champions: *input*
- Teachers: *informed, input*
- Parent Councils: *informed*
- Parents: *informed to be empowered*
- Children: *be happy, age-appropriate informed to be empowered*
- IGA: *informed, promotion, funder*
- Child Nutrition Council of Manitoba: *informed, promotion, possible funder*
- Community: *informed*



Purpose

We are evaluating the nutritional component of the SO Active SO Healthy program to determine the impact it has on children, caregivers, and the school community.


We will measure attitudes and behaviours related to healthy food choices to demonstrate to stakeholders that the program is worth continuing and expanding into other schools in the Seven Oaks School Division.




Evaluation Questions

- What activities do children enjoy the most?
- Do children have increased knowledge of healthy food choices as a result of the SO Active SO Healthy program?
- What do caregivers do differently as a result of the SO Active SO Healthy program?


Evaluation Question	Indicators	Methods	Timeline
What activities do children enjoy the most?	#/% of children who are actively participating in each of the nutritional components of the SO Active SO Healthy program	Observation & Logs (checklists)	Each Session (reported in monthly meetings)
	#/% of children who indicate their satisfaction for the activity	Smiley face voting on action cards	Each session (reported in monthly meetings)




Super
Yuck




Yuck



Okay



Yum



Super
Yum

Evaluation Question	Indicators	Methods	Timeline
Do children have increased knowledge of healthy food choices as a result of the SO Active SO Healthy program?	#/% of children who are able to effectively categorize their food choices between 'least often', 'sometimes', & 'most often' foods	Content Analysis	Time Series (Sept – Jan – June)
	#/% of children who are able to explain why they are making healthy choices	Portfolio Review	Ongoing Data Collection
	#/% of children who indicate that they have shared their new knowledge with others	Portfolio Review	Ongoing Data Collection
	#/% of caregivers who report that their children talked to them about healthy foods	Survey	End of Year

Evaluation Question	Indicators	Methods	Timeline
What do caregivers do differently as a result of the SO Active SO Healthy program?	#/% of caregivers who report offering more fruits and vegetables	Survey	End of Year
	#/% of caregivers who report buying more fruits and vegetables	Survey	End of Year
	#/% of caregivers who have tried any of the new recipes that have been sent home from the school	Survey	End of Year



Resources

- Survey tool:
 - “Parent Connect”; Google form; Fluidsurveys
- Arts & crafts supplies
- Journals/Notebooks
- Computer – Excel to gather data at monthly meetings
- Release Time
 - Coordinator, Health Champions, Teachers





Reporting & Use

Board of Trustees

- Provide video/Photo voice (High School Students?)
- Invite Board members into classrooms
- 1-page summary

All other Stakeholders

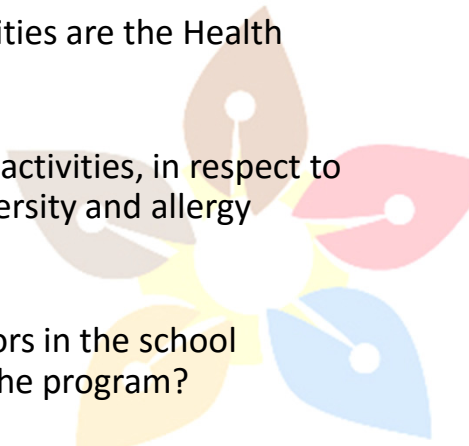
- Parent meetings
- Newsletter
- Poster
- 1-page summary
- Graphic templates

Potential funders



Out of Scope

- What SO Active SO Healthy related activities are the Health Champions doing currently?
- Does everyone have equal access to the activities, in respect to individual considerations for cultural diversity and allergy proneness?
- What do teachers, staff and administrators in the school community do differently as a result of the program?





Questions/Comments?

