

EDMONTON PUBLIC SCHOOLS

DATE: November 27, 2007

TO: Board of Trustees

FROM: E. Schmidt, Superintendent of Schools

SUBJECT: Responses to Trustee Requests for Information

ORIGINATOR: D. Barrett, Assistant Superintendent
T. Parker, Assistant Superintendent

RESOURCE
STAFF: Gloria Chalmers, Stuart Wachowicz

INFORMATION

TRUSTEE REQUEST #11, NOVEMBER 13, 2007 (TRUSTEE ESSLINGER): BRING RESPONSE TO TRUSTEE ESSLINGER'S REQUEST FOR INFORMATION (TT#7) TO PUBLIC BOARD AS INFORMATION. The response to Trustee Request #7 indicated that schools had been informed about the Draft Alberta Nutrition Guidelines for Staff and Students and about the opportunity to respond. It also advised that the administration was in the process of developing a health and wellness regulation to support the Health and Wellness for Staff and Students policy approved by board in June 2007. The regulations will be submitted to the Superintendent for approval in December 2007. The regulation will address the following:

- Promotion of physical activity, emotional well-being, nutrition education and healthy eating
- Development of expertise at the school level
- Partnership with parents and community
- Support from central services to increase knowledge and understanding.

To ensure alignment between the district regulation and provincial nutrition guidelines, the regulation, which will incorporate specifics from the guidelines and be approved prior to the provincial guidelines being finalized, will be reviewed once the guidelines are finalized.

As well, the district is involved in two research projects with the School of Public Health at the University of Alberta. This involvement will help us better understand what is required to change school environments and individual practice and what strategies have the greatest impact. The research projects are under the direction of Dr. Paul J. Veugelers, Canada Research Chair in Population Health and an Alberta Heritage Health Scholar. They are:

1. *Make the Healthy Choice the Easy Choice* – This is a three and a half year research project, beginning January 2008, aimed at changing the school environment. The objective of the intervention research project is to improve nutrition and prevent childhood overweight and obesity. Based on criteria identified by the researchers, Bannerman, Belmead, Lee Ridge and Sifton are involved in the project.
2. *Evaluation of Healthy Weights Among Children and Youth in Alberta* – This research project will evaluate the effectiveness of five provincial programs aimed at achieving healthy weights. The five programs are: (1) Regional Health Promotion Coordinators for Healthy Weights, (2) Child and Youth Nutrition Guidelines, (3) Healthy Weights Social Marketing Campaign, (4) Wellness Fund for Healthy School Communities, and (5) Healthy School Communities Award. A randomly selected group of district schools will be involved in this study. (G. Chalmers, 429-8398; S. Wachowicz, 429-8186)