

Healthy Schools Grant Annual Report

School: Cole Harbour District High School

School Year: 2021 - 2022

SUMMARY

Work undertaken with assistance from the grant to improve student well-being and success and how it supported the Student Success Plan (SSP):

Due to Covid and the uncertainty it presented in our school community we focused some of our Healthy Schools Grant Fund on supporting our Food Preparation program. The hope being that supporting student's capacity to understand the connection between nutrition and well-being will develop each student's ability to have a sustainable well-being plan that includes physical and mental health.

As a next step for the 2022 – 2023 school year we will use some funds to support our Cole Harbour District High School Student Action Committee. SHINE is a club that addresses serious issues within our school and community. SHINE provides students with an opportunity to get involved in their community, both at school and beyond. It provides leadership opportunities and teaches important organizational and collaboration skills. During the past two years of the Covid-19 Pandemic, food insecurity and general poverty have become an increasing issue in the communities around us. The major project of SHINE in the 2021-2022 school year was creating and sustaining the Food and Resource Pantry. Next year SHINE will continue to address food and general resource insecurity and the Healthy Schools Grant will allow us to organize activities and events for our school community that support SHINE's efforts.

Another next step is to use some of the funds during 2022 – 2023 school year to support our Equity Team's efforts to increase awareness around Equity and Respect. This year we focused on Equity and Respect and using Healthy Schools Grant Funds next year will allow us to build on what we have started by supporting Equity and Respect Wellness Days. Once a month we will host activities and events that will help to improve capacity by addressing issues that face our school community.

DETERMINING PRIORITIES

How the school engaged with students, teachers, the School Advisory Council (SAC), and other partners within the school community, to determine how to use grant funds:

During this year we as a school staff have identified and discussed numerous issues of concern that have an impact on our students. Students' physical, emotional, and mental health and well-being and our understanding of how to support and meet our students' needs have been a focus.

How the data from Student Success Surveys, and other sources of student evidence that provide a picture of student health and well-being, were considered when determining how to use these funds:

During the last few years, we have recognized that developing capacity for students to connect well-being to eating is an important and powerful tool to improve student health. The challenge of trying to determine what would have the most impact during the Age of Covid, when there is so much uncertainty due to constant disruption can be daunting. Thus, using Healthy Schools Grant funds this year to improve student knowledge of the connection between nutrition and well being by supporting our Food Preparation class was a small first step that will have a big impact in the future on well-being.

EXPENDITURES

Project/item	Link to health and well-being	Expenditure
Food Preparation Class Support	<input checked="" type="checkbox"/> supports student mental and physical health <input type="checkbox"/> supports land-based and outdoor learning <input type="checkbox"/> supports cultural opportunities and health <i>Impact (optional):</i> Using some Healthy School Grant funds to support our Food Preparation class has allowed our teacher to provide students with more opportunities to develop an important life skill. Also, this helped to engage students to become active participants in learning about food safety and developed their knowledge around meal prep. Using the funds to support the class allowed for a more thorough understanding to develop about health and nutrition.	\$476.68
Add text	<input type="checkbox"/> supports student mental and physical health <input type="checkbox"/> supports land-based and outdoor learning <input type="checkbox"/> supports cultural opportunities and health <i>Impact (optional):</i> Add text	\$0000.00
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Healthy Schools Grant Expenditure TOTAL		\$476.68