

BOARD HIGHLIGHTS

From the meeting of:
April 7, 2009



CATHOLIC DISTRICT SCHOOL BOARD OF EASTERN ONTARIO

Learning and Growing Together in Christ

Healthy Advantage for Students

Superintendent of Education, Marg Shea-Lawrence, presented to Trustees an update regarding the various best-practices, programs and strategies being used in our schools to promote good nutrition and regular physical activity.

Mrs. Shea-Lawrence cited the outstanding performance of the Board's Secondary School cafeterias as an example. "All of our cafeterias have been Eat Smart! certified. Eat Smart! is a program that recognizes Ontario schools and other organizations that meet exceptional standards in nutrition and safe food handling. As well, our schools are compliant with the new provincial Trans Fat Standards regulations."

CDSBEO students are taught about making healthy choices to instill eating habits which are essential for the prevention of many chronic diseases and conditions. "Proper nutrition is necessary for effective learning, and normal growth and development," said Mrs. Shea Lawrence. "Wraps, salads, and soups are among the popular choices in our school cafeterias."

A number of best practices from across the Board were outlined, including the prominent placement of posters displaying healthy eating topics, and the practice of serving healthy foods in breakfast clubs and snack bins.

"Physical activity is a must in promoting a healthy lifestyle," said Mrs. Shea-Lawrence. "Schools have regularly

scheduled daily physical activity, as well as many intramural leagues and after-school fitness clubs."

The Board is aiming for 100% participation of all schools in the Ministry of Education's Healthy Schools Recognition Program, which honours schools for their ongoing efforts to promote and provide holistic healthy school environments.

Catholic School Councils as well as other community members, such as local Parishes, Knights of Columbus, Catholic Women's Leagues, and regional Nutrition Advisory Groups have raised funds in support of Nutrition, Breakfast and Snack Bin programs.

All efforts are part of the *Foundations for a Healthy School* framework. A healthy school generally has quality instruction and programs, a healthy physical environment, a supportive social setting, and strong community partnerships. "From providing healthy lunches and snacks, to hosting wellness programs, to school-wide bullying prevention – CDSBEO schools are leading the way when it comes to healthy schools," said Mrs. Shea-Lawrence.

Ten Years of Green - Improving the Learning Environment

Associate Director of Education, Gordon Greffe, and Manager of Plant Operations and Maintenance, Bernie Kehoe, introduced for Trustees a presentation detailing the Board's commitment to providing a safe, comfortable learning environment for students that reflects a

reduced carbon footprint and ongoing efforts to be good stewards of the Earth.

In a video presentation, Supervisor of Plant and Maintenance, Darhl Burger stated, "We would like to share our accomplishments of the past 10 years."

Among the many highlights discussed was the Wausau brand of tissue and paper towels. They are made completely out of recycled paper. Garbage bags are also made from 100% recycled materials and every school takes part in a recycling program. The Board uses green certified cleaning chemicals, and microfiber cloths, designed to trap more dirt. Vacuums contain HEPA filtration and state-of-the-art technology, such as the Kaivac indoor pressure washer/powerful wet vacuum, is also being used. This system cuts chemical and equipment costs.

Mr. Berger stated, "Serving as Disciples of Christ through responsible stewardship, our vision is to ensure that current practices will continue to be refined, and that environmental initiatives are continually reviewed for a healthy, sustainable future."

Associate Director Greffe, and Mr. Kehoe also shared two awards received by the Board - the first from EcoSoft which states the Board is committed to environmental responsibility, and another stating the Board has its Healthy High Performance cleaning certification.

Director of Education, Wm. J. Gartland, thanked the Department for its dedication. "The work you do is an outstanding example of how we all can be good stewards of the Earth."

April 29, 2009 - Special Education Advisory Committee, Kemptville Board Office, 7:00 p.m.

May 3 - May 8, 2009 - Catholic Education Week

For more information contact CDSBEO Communications at **613-258-7757** or **1-800-443-4562**, ext. 206. Visit us online at www.cdsbeo.on.ca for news from our schools, program information and much more.

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Next Board Meeting
April 21, 2009

Holy Trinity CSS, Cornwall
7:00 p.m.