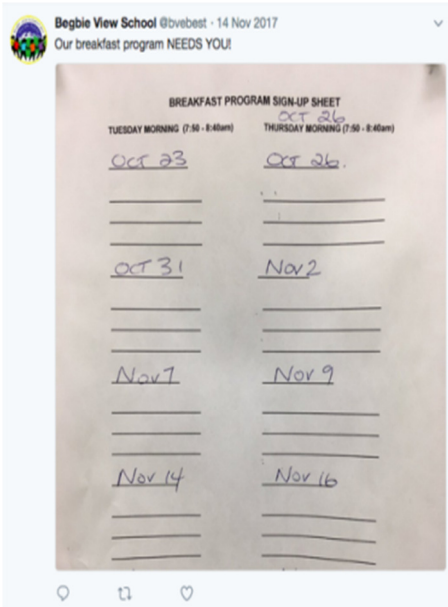




Daily Breakfast Program Pilot Projects 2017 – 2018

Older students are more likely to miss breakfast; 5% of Grade 7s in Revelstoke eat breakfast 2 or fewer times each week. (MDI, 2017)

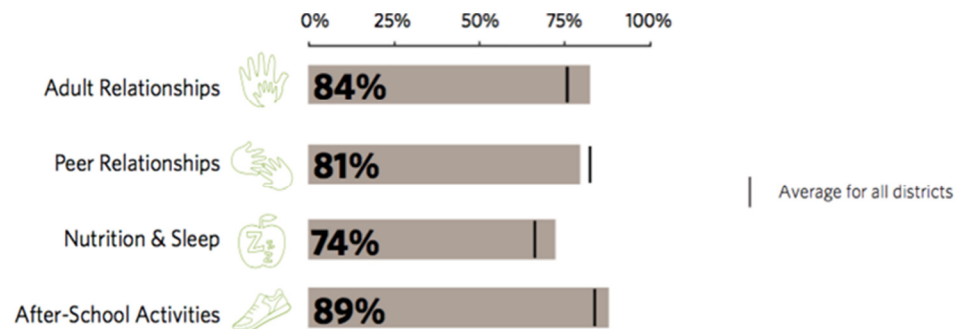


Volunteers are critical to the success of a nutritious breakfast program

The addition of the coordinator supports volunteers and helping to ensure consistency

During the 2017/18 year we have been working to enhance school breakfast programs and are currently piloting new initiatives with the support of volunteers and staff. We are focused on the development and implementation of programs that improve our student health and well-being. To that end, we gather information to monitor areas of success, and those in need of attention. The Middle Years Development Instrument (MDI) results from 2016-2017 indicate that based on student self-reports, nutrition and sleep are areas where “protective factors” may not be in place for all of our students. Studies have found that skipping breakfast is more common among girls, families with a lower socioeconomic factor, and among older children.

Percentage of children reporting the presence of the following assets in their lives:



Nutrition and Sleep are the protective factors most absent in Revelstoke schools. (Gr. 7 MDI, 2016-2017)

Elementary Programs

At both Begbie View Elementary School and Columbia Park Elementary School breakfast programs have been supported through parent volunteers and community donations. Ariel McDowell, District Principal, Support Services, has undertaken to pilot a daily breakfast program which is to be administered by a Coordinator working 5 hours per week.

School District No. 19 (Revelstoke) Context

Response Options

- Every day
- 6 times a week
- 5 times a week
- 4 times a week
- 3 times a week
- 2 times a week
- Once a week
- Never

Scoring

- High: 5 or more times per week
- Medium: 3-4 times per week
- Low: 2 or fewer times per week

IT'S IMPORTANT BECAUSE...

Promoting children's physical and mental health is important for maintaining their overall health outcomes. It is important to provide children with direction, information and opportunities to develop a healthy lifestyle and to make appropriate lifestyle choices. In addition to physical activity, a good night's sleep, combined with sharing meals with family members and starting the day with a healthy breakfast, are important factors for positive physical health outcomes.

Detailed information on the MDI survey questions and response scales for Physical Health and Well-Being are available in the MDI Field Guide at discovermdi.ca/making-sense/physical-health-and-well-being.

Results for your district

Number of children: 58

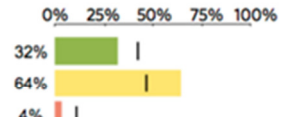
Percentage of children who reported:

- High well-being
- Medium well-being
- Low well-being
- Average for all districts *

* The average for all districts participating in the 2016/17 MDI represents 6,099 children, including those from your district. See page 9 for a list of participating districts.

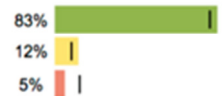
GENERAL HEALTH

Children are asked, "In general, how would you describe your health?"



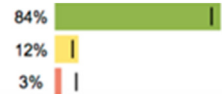
EATING BREAKFAST

Children are asked, "How often do you eat breakfast?"



MEALS WITH ADULTS AT HOME

Children are asked, "How often do your parents or adult family members eat meals with you?"



Secondary Program Support

Provincial Learning Survey results indicated that nutritious breakfasts were not a part of many students' daily lives. The pilot program at Revelstoke Secondary School includes the coordination of a breakfast program which has been running informally, with the support of volunteer staff for quite some time, to ensure consistency and address the nutritional value of the breakfast options. The program serves approximately 50-60 students each day. (15 – 20% of students)

Revelstoke Secondary School Satisfaction Results 2017:

How many times a week do you eat breakfast?

Gr 8 – 21% less than 4 times/7 days

Gr 9 – 29% less than 4 times/7 days

Gr 10 indicates that 44% of students eat breakfast less than 4 times/7 days.

Gr 11 – 35% less than 4 times/7 days

Gr 12 – 38% less than 4 times/7 days

Junior average age is 25% eat breakfast less than 4 times/7 days;

Senior average is 39%

These results indicate that there is work to be done in this area. Enhancing the informal breakfast program to ensure nutritional needs are met on a day-to-day basis, will improve student health and well-being.

Additional grants are available through a number of funding sources now that small contract positions have been established for these pilot programs. In addition to providing nutritional foods to students, these programs bring together volunteers, staff, and students in a welcoming environment which certainly helps to build the positive atmospheres that exist in our schools.