

**Share & Learn: *Growing Healthy Together Now* - Story Highlights
December 7 & 8, 2011**

Weds. Dec 7	Description **	Contact Information
Story 1		
Natural Playscapes	Developing a natural Playscape (1 st phase is nearly complete) in the front playground area of O.V. Jewitt School. This joint project will offer children and families more exposure to nature and natural play opportunities. **	Jody Kehl, Ok Before & After School, Seven Oaks, Wpg 204-632-5115 okbeforejodie@mts.net
Story 2		
Youth Revolution	Y - Revolution is a student leadership group that creates programs to promote healthy life choices in order to minimize the use of drugs and alcohol among youth. Students within the Brandon School Division from grades six to twelve develop leadership, communication, and organizational skills while influencing others in a positive way. Y – Revolution has grown in the last year from 150 students to over 230 students representing 18 of the 22 schools in the School Division. Lili Jardine is also co – chair of Healthy Brandon (Brandon’s HTN program). **	Lili Jardine Coordinator Community Drug and Alcohol Education Coalition, Brandon School Division 204-729 – 3170 Jardine.lili@brandonsd.mb.ca http://daeducation.wordpress.com
Story 3		
An Exercise in 'Everybody Belongs'	In an effort to address their YHS report which noted that 23% youth had given up regular activities over the last year because of feeling overwhelmed, sad, or alone, as well as the 30% who reported not feeling connected to the school, WC Miller Collegiate high school students in Altona started an inclusive activity called " cup stomp " as part of their health fair. It is a rhythm routine that the students learned during a training retreat where kids in the circle pass the cup as part of the action with the goal to bring as many into the circle as possible". What started out as a few youth involved resulted in amazing participation of students!**	Dorothy Braun, Altona & Area Family Resource Centre, dobraun@mymts.net
Story 4		
Moonlight Ski Nights & Walk the Hall	Skiing in the moonlight to celebrate Winter Solstice, led to organizing a monthly moonlight ski event. ** Walk the Hall – building on the success of a walking group in McCreary led to switching locations from the school gym to partnering with the Community Center Committee to take advantage of wooden floors and easy access. **	Pam Little, McCreary 204-835-2529 Pamandgerald@inethome.ca
Story 5		
First Nations After-School Peer Mentoring	The Aboriginal Youth Mentorship program is a peer-led program for youth that provides support for healthy eating, physical activity and self efficacy. Jon will share his experiences about the role of peer mentoring as an attractive approach to supporting individuals making healthy lifestyle changes	Jonathan McGavock, Associate Professor, Manitoba Institute of Child Health, U of M 204-480-1359 JMcGavock@mich.ca
Story 6		
Men’s Cooking Class	Intended to get more men into and using the kitchen, men’s cooking class is a male’s only event led by a certified chef. From preparation to cooking to chowing down participants left with a full stomach and the skills and comfort in the kitchen to prepare more healthy meals at home.	Maurice Flett & Elsie Morris - Split Lake & Sally Beardy, Thompson, 204-677-1775 sbeardy@brha.mb.ca .

Story 7	Plenary – Evergreen Ballroom	
Tobacco Tackle Team Ruth Betts Community School, Flin Flon	Tobacco Tackle is a peer lead model that uses a mentoring approach to engage students (Grades 4 to 8), around the issue of tobacco and smoking by NOR-MAN youth. In partnership with a school champion, usually a teacher, our Smoking Reduction Coordinator works with both the champion and the students, who function as the “Tobacco Tackle” Team, acting as a mentor, trainer and resource person. With youth leading the way, inventive approaches have been created by youth for youth to “tackle” the issue of tobacco in their school. For additional information see handouts.	Deanna Johnson, Regional Smoking Reduction Coordinator /Community Health Developer, NOR-MAN RHA, 204-687-1369 djohnson@normanrha.mb.ca
Thurs. Dec 8	Description **	Contact Information
Story 1		
Thompson Boys & Girls Club	The Thompson Boys & Girls Club provides a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life. All programs and services are offered free of charge and include, but are not limited to, after school programming for children 12 and under, and youth 13 and over, late night program for youth 13 and over and a nutrition program for all ages which includes a daily (Monday to Friday) snack and supper service. Programming components and activities target primary areas of recreation, nutrition, vocation and education. Healthy Together Now (CDPI) provides support that enhances these target areas through education sessions, promotion of physical activity and teaching of healthy living strategies.	Kim Hicke, Executive Director Thompson Boys and Girls Club, 204- 778-7575 bgclub@mymts.net
Story 2		
Walk, Stretch & Refresh	Purpose: is to engage seniors in physical activity, promote social interaction and help with stress management and mental well being. Once a week, we offer “free of charge” for our Seniors to meet at the Arena to utilize the walking track, followed by a gentle stretching and breathing class. Afterwards seniors are encouraged to stay and socialize. Each participant is given a “punch card” where they will earn a stamp each time they attend the program. At the end of the 8 weeks, all participants with a minimum of 7 stamps can enter their card for prize draws. Our program has a two-fold evaluation. First, we keep track of the participants and their attendance. Second at the end of the program, we will give the participants a new punch card with 50 possible punches to encourage them to use the walking track. Each time they utilize the track, or take part in a recreation program (Yoga, Tai Chi, swimming etc...) they will get a stamp. After 10 stamps they will earn an incentive. Our program has been quite a success. We will have anywhere from 10-25 participants weekly.	Angela Reid, Recreation Director, Town of Morris, 204-746-6622 recreation@townofmorris.ca

Story 3		
Activity & Community Places	Open schools in the evening for families to get active and to have fun. Addressing community barriers that prevents families from being active; transportation, cost and location. Numerous partners assisted with either providing access to facilities or equipment or skill development **	Sandee Deck - Seven Oaks, Wpg 204-334-4391 sandee.deck@7oaks.org
Story 4		
Tobacco Free Quit Program	Specialized Support Services for Group Living program provided group tobacco cessation sessions over 5 weeks in common areas of an apartment building that house older adults, adults with disabilities and adults with a low socioeconomic status. **	Mari Kitching, Healthy Living Facilitator-LPN Brandon RHA 204-578-2194 kitchingm@brandonrha.mb.ca
Story 5		
Spot Reward Program	Program was designed to help promote healthy eating in schools. Children were encouraged to bring a fruit or vegetable in their lunch each day in order to receive a ticket on a prize. One ticket was rewarded for each day per child with healthy snacks in their lunch. Every student received a token of appreciation for participating **	Presenters: Dave Little & Cathy Johnson Interlake Contact: Chrissie Erickson cerickson@irha.mb.ca
Story 6		
Celebrity Kids in the Kitchen	In an effort to support the families affected by the closure of the Pine Falls paper mill, Wings of Power Community and Family Resource Centre, partnered with Edgewater Recreation to provide a 6-week " Celebrity Kids in the Kitchen " program for children 8-12 years of age. Goals of Kids in the Kitchen are to produce the foundation of lifelong healthy eating, improve food preparation skills, teach healthy nutrition in a fun manner, improve social supports and encourage food security through promotion of affordable meal and snack ideas. The program is currently being run a third time, and has spread to neighbouring communities! **	Sheena Millette, Outreach Worker Wings of Power, Community and Family Resource Centre, Pine Falls 204-367-2492 wingsoutreach@mymts.net
Story 7		
Play for Everyday	This is a strength-based approach that builds on the knowledge and expertise of families in our neighbourhood. Play For Everyday is a project designed to engage community parents in the development of physical activity resource that can be carried over to the home environment. **	Terrie Moar & Lorie Fiddler, Selkirk Terrie- 204-785-8218 gryears@mts.net Lorie – 204-482-8656 sfcdcare@mts.net
Story 8		
Hockey Players Ace-ing Health	This project has been designed to educate young hockey players and their parents about the valuable skills for living a more active and healthy life. The purpose is to enhance their exercise, mental and physical well-being and to promote change where needed. This project involved a series of workshops and on-ice training led by a qualified Phys Ed teacher and sports trainer.	Lise Charrière, Teacher and Ste. Anne Aces Minor Hockey Project Coordinator; 204-422-5176 mlva@mts.net

**** additional information will be available at www.healthincommon.ca - Healthy Together Now section**