

# Health & Social Services Unit

Mississauga First Nation

April, May, June 2011

## First Quarter Report

From the Desk of the Health and Social Service Director



**T**he Health and Social Services Unit is pleased to provide community members with our first quarter report for the period of April, May, and June 2011.

The Health and Social Services Unit started the new fiscal year off by hosting a Health and Social Services Committee Retreat. The purpose of this retreat was to provide each of the committee members with the historical understandings and timeline of Health Transfer Policy as well as an overview of the current programs and services administration out of the Unit. This two-day retreat was held at Chiblow Lake Lodge. Gloria Daybutch and Roger facilitated the session over the two days. There were many great discussions about current First Nation health issues as well as the future of health and social services. *The PowerPoint presentations can be provided upon request.*

In this quarter, Roger continued to work with Williams Consulting to conduct the Health Transfer Evaluation focusing on Children and Youth Services in preparation for the new Health Canada contribution agreements covering 2012 to 2017. The Evaluation identified the following strengths of our programming: Participants felt that the MFN Child and Youth services were successful in creating and maintaining a variety of different relationships; Creativity is a key strength of MFN Child and Youth services; and traditional activities created a sense of belonging and a sense of identity. However, it provided us with some areas to grow in. These areas are human resource and participation. Workload and multiple programming played a role in the staff feeling burnt out at times. In response to this finding, Roger was able to bring in Chuck Jacobs from *Priority Management* to help combat the slippery slope towards worker's burn out and provide each of the staff a time management plan which determined their priorities and action steps to fulfill their programming plans successfully. Some of the priorities alerted from this evaluation were the general health and well being of our children and youth, programs focused on parenting, and improvement of community relationships. *A full copy of this Health Transfer Evaluation Report can be provided upon request.*

Nog-da-win-da-min (NOG) hosted a meeting with the Chiefs, Health Directors, and Board Members to discuss prevention options for service delivery. On behalf of Mississauga, Chief Douglas Daybutch, Debbie Mayer, and Roger spoke on behalf of the Mississauga First Nation. There were three options provided. After much discussion, the

collective, including Mississauga, voted to move towards a regional model for Anishinabek Family Preservation. The strength of this approach is focused on workers being allocated to cases based on need not geographical location. The community support services program continues to be community-based and funded through transferred funds from NOG. In the afternoon, Rosiland Johnston, Executive Director, shared that NOG was given the approval by the Ministry of Children and Youth Services to pursue their next phase towards designation as a Child Welfare Agency. *The diagrams for these models of service delivery can be provided upon request.*

With a focus on professional development during this quarter, Roger and the Health and Social Services Unit management team participated in *Management Development Training* hosted through the MFN Human Resource department by DiBrina Sure Human Resources. This training focused on nine modules covering skill development in the following areas: developing performance, attendance management, communication and conflict management, managing change, delegation, progressive discipline, performance appraisals, developing team, and effective leadership. The sessions provided real-life examples and scenarios to apply the learned module principles. By completing this training, Roger has been able to utilize several of the skills, i.e. *Management-by-walking-around*, to his daily routine directing the Health and Social Services Unit.

## Assistant Health & Social Services Director

**T**he pace of first quarter definitely sets the tone for the remainder of this upcoming year. It has been extremely busy and full of changes. We were definitely fortunate to have two placements from the Northern Ontario School of Medicine, both students in their first year. They certainly enjoyed their time here in Mississauga, made some new friends and learned a lot about the Anishinabek. The students were able to present their experience at our Annual Health Fair. The Health Fair was very well attended by the community, with a wide range of local and regional health and safety information being distributed. The staff of the Health and Social Services did a fine job in preparing, planning and executing this event.



Summer student hiring was a lengthy process. There were many job screenings and interviews conducted. The Health and Social Services Unit hired Philip Schoch and Tracey Fraser to implement the Green Plan. Shannon Boyer was also hired through the Indian and Inuit Health Careers program. Shannon worked with both Rita Wilson and Perry Joe Boyer in the areas of health promotion. In addition to the student positions, we also had two postings within the Health and Social Services Unit that needed to be filled. We were searching for a temporary replacement for our Team Secretary and the Community Support Services Worker. The Team Secretary, Lynn Niganobe is on leave till the winter of 2012; thankfully (especially on my part!!!) we found a great replacement. Welcome to Linda Vincent!! Linda Daybutch also retired in June. My dear old friend and sometimes partner in “crime” (lol) retired after 25 years of service to the Mississauga First Nation. The Health and Social Services Unit is pleased to welcome Terri-Lynn Chiblow aboard, she will be filling the position of CSSP.

Along with the challenges of filling staff positions, we had our regular reporting to Health Canada. We completed our Annual Narrative Report which we shared with the community. We also completed the Community Based Reporting Template. This document measures our activity and client numbers, an integral piece of information for both Health Canada and the Health and Social Services Unit. Kudos to the staff for both their input and timely completion of their reports.

The team meets regularly to discuss potential programming options so that we can deliver the best programs we can to the community, so if you have any questions, comments or concerns, please do not hesitate to contact me. My door is always open!! Or you can contact me at 356-1621, extension 2230. Chi Miigwetch...

## Community Health Nurse

**D**uring this first quarter report the CHN was busy finalizing the workplan for the First Year Med Students from the Northern Ontario School of Medicine. The Med Students first day in the community was April 26, 2011. During their 4 week placement, the med students will be assisting the visiting physician as well as the Nurse Practitioner when they have their clinic days in the community as well as working with Health and Social Services program staff.

The CHN continues to see clients in the clinic and provides assistance to the visiting physician when he is in the community.

On April 2, 2011 the CHN and the Family Home Visitor held a one day Couple Spa Day for new parents. Linda Vincent facilitated this event. The parents made their own sprays, bath salts, and creams as well as did foot soaks and facials. The day ended with a supper.

The CHN continues to work with the Family Home Visitor providing programs for prenatal and postnatal mothers and fathers.

In May/2011, the CHN attended a 3-day Communicable Disease training in Toronto with Health Canada-First Nations and Inuit Health. Topics covered during this 3 day workshop included HIV/Aids, Immunizations, TB and presentations from guest speakers and doctors.

The CHN attended the "MAAN-JIIDUCK" Program for girls ages 14-18 and provided information on HPV/Sexual Health.

The CHN was on annual leave from May 16-20/2011.

The First Year Meds students and the CHN invited the other First Nations communities along the North Shore to a meet and greet barbeque at Chiblow Lake Lodge. The weather was not favorable that day, but everyone enjoyed themselves at the Lodge.

Plans are underway for this year's Diabetic Conference which is being hosted by Mississauga First Nation. Meetings have been ongoing to secure speakers, agenda items and a place to host this year's conference.

On April 11, 2011, 22 students were screened for diabetes at the local elementary and high school in Blind River. We are pleased to report that there was only one who required follow up.

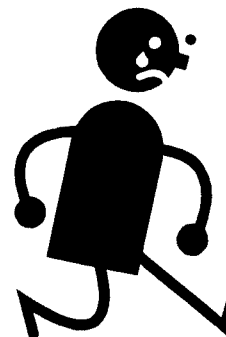
During this report, the CHN provided voluntary drug testing on some Council members. The CHN attended Chief and Council meeting to inform Council on the steps required to provide this testing. The annual Fridge inspection will be scheduled by the Algoma Public Health Unit in the near future.



During this report, a second year Registered Practical Nursing Student has been hired to work with the Community Health Nurse for the summer. Shannon Boyer will be assisting the CHN as well as the other program staff with programming and expanding her knowledge of nursing while working at the clinic.

### **Training/Meetings**

Clinic Team Meetings  
Health and Social Services Team Meetings  
CHAC meeting  
Quarterly Supervision Meeting  
Diabetes Conference planning meetings



## **Health Promotions Coordinator**

**T**he month of April started out on April Fools, and looking like a busy quarter for the Health Promotions Program. Perry had some visits at the local elementary schools for future presentations delivered through the Health Promotions. The Planning Committee for the 8<sup>th</sup> Annual Adult Diabetes Conference started its first meeting in early April as Mississauga will host this year in early September. A rep from each community helps with all the detailed planning.

The Walking Program has been seeing continued success at the new location of Red Pine Lodge. The group continues to walk and also take part in Tai Chi with a certified instructor leading the way. The participants take part in a poker walk to win small prizes for best hands and skunk; then enjoy a nutritious lunch.

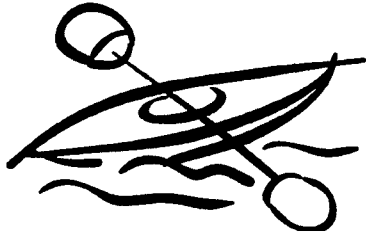
There was a special Diabetes Screening scheduled to take part at both schools April 11, as a pre-screening approach. Perry shopped for the prizes and 2 students were awarded new bikes and helmets. As Easter approached a few other programs were delivered, mainly a Foot Care Clinic each month. The Chiropody team provides home visits as well. A Luncheon prize bingo gets people talking and laughing and enjoying a healthy lunch and sometimes special guest speakers. The end of April there was scheduled HIV/Aids presentation at the local High school through the Sudbury Aids Access Center's Outreach Worker.

There as program that started and a few people joined the Rez On Move – as it help motivate participants to walk more often through incentives. There will be more of these programs offered throughout the calendar year. This program will run for a period of 12 weeks, and end June 30, and start again in September. The Health Promotion Coordinator went to Sudbury to shop for prizes for National Diabetes Day May 5. A barbecue was done with many staff helping out that day to make it a success.

The next big event was the annual Health Fair May 19, and The Health Promotion Program was helping the Assistant Health Director plan this event for Mississauga community members. A lot of people visited our booth and got screened for diabetes or received a new glucometer from our Lifescan representative Ileen Bertlot. The annual Foot Care Luncheon ended the month of May. The last week and beginning of June Perry attended school in London through FNTI.

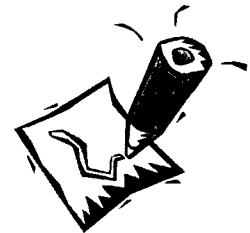
June started out with another planning meeting for the diabetes conference and reports due each month are getting completed. Time management is essential to get all the tasks completed, as

well as all the programming and final reports to various funding sources. Summer begins, so does more planning for summer activities and trips. A total of 12 men participated in this year's father's day golf. June ended with Perry taking part in a canoe/Kayaking white water certification level 1 course from June 27<sup>th</sup> to 30<sup>th</sup>.



Meetings/workshops	Date	Location	# of participants
Diabetes screening	April 11	Br public school	22
Healthy foods	April 13	Kids for life	7
Foot care luncheons	April 21, May 26, June 23	Activity room	41
Walking group-tai chi	weekly	12 average – attendance	
Health Fair ( screening)	May 19	82 screened	
HIV/Aids presentation	April 27	Wc Eaket	14
Diabetes sub committee	June		
Staff meetings	April 12, May 10	Activity Room	

## Health Records Clerk



**M**y duties and responsibilities as the Health Records Clerk are on-going daily duties, assisting clients, staff & visiting services as well as using the Health Screen for scheduling appointments and inputting client information. My duties also include working within the clients charts, upgrading and repairing the charts as part of the maintenance. I am also required to use the Health Card scanner for upgrading the clients information and any other clients information, which is mandatory for the clients overall care.

During this quarter, we had our Clinical Team Meeting which was dated for Monday, April 11, 2011 that was held at the Red Pine Lodge which included a continental breakfast. As required, the minutes were taken and distributed to the members. The Clinical Team will meet again September 12, 2011.

During this quarter, I attended along with our staff the M.F.N. Health & Social Services Annual Health Fair on May 17, 2011, which again was a success. We had our regular vendors and some new as well who all helped make the Health Fair successful. We also had the First Year Medical Students who were part of the NOSM's Aboriginal Placement Program - An Integrated

Community Experience who had a six week placement in the community. They outlined their six week experience with a power point presentation during the community luncheon. During this quarter, I have been attending our monthly Health & Social Services Staff - Breakfast meetings. As required I have been completing and distributing the minutes in place of the Team Secretary.

Within the last year, I've been assisting the (C.D.E.) Diabetic Educator and the Registered Dietician who have been working together as a team. They work closely with their clients which is a successful program that was launched by the North Shore Tribal Council. The clients are educated in group sessions, one-on-one appointments and also have home visits as well.

Also, during this quarter, outlined are the dates of the group sessions and workshops that Marie-Andree Morin, (R.D.) was involved in:

- May 11, May 18, May 25 - Group Sessions/Conversation map at the Red Pine Lodge
- June 1 - Healthy Babies/Children Session with the Family Home Visitor
- June 15 - After school Program at the Education Building

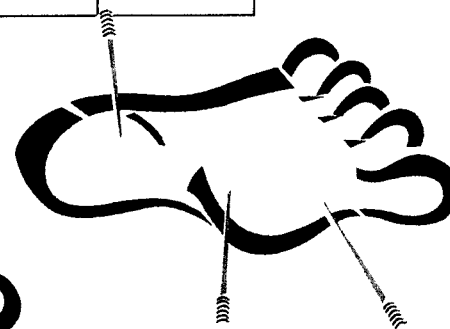
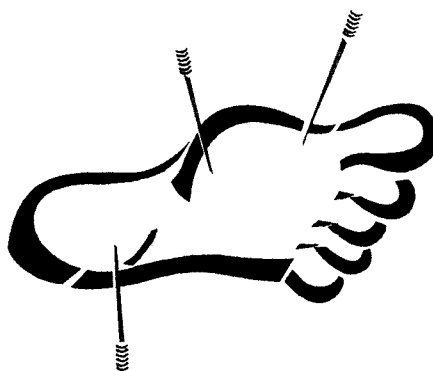
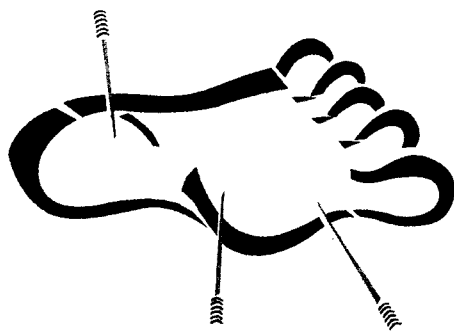
The chart below indicates the various services and clients seen by the  
Visiting Health Professionals:

<b>Visiting Professionals</b>	<b>Clients</b>	<b>Clients No Shows</b>	<b>Clients Cancels</b>	<b>Total Clients</b>	<b># of Clinic Days</b>
<b>Dr. Wannan, MD</b>					
April 2011	39	8	3	<b>50</b>	3
May 2011	53	1	3	<b>57</b>	3
June 2011	50	7	9	<b>66</b>	4
<b>Lori Russon, NP</b>					
April 2011	47	4	3	<b>54</b>	7
May 2011	55	5	3	<b>63</b>	7
June 2011	44	0	6	<b>50</b>	7

Visiting Professionals	Clients	Clients No Shows	Clients Cancels	Total Clients	# of Clinic Days
<b>Marie Morin, Dietician</b>					
April 2011	4	1	0	5	1
May 2011	1	2	0	3	1
June 2011	6	2	0	8	3
<b>Total</b>	<b>299</b>	<b>30</b>	<b>27</b>	<b>356</b>	<b>36</b>

Outlined below are the clients who were seen in the clinic and were home visited by Chiropodist, Lori Lehtimaki and assistants from the Sault Chiropody Clinic.

<b>FOOTCARE Sault Chiropody</b>	Clients	Clients - No Show/Cancels	Home Visits	Total Clients	Clinic days
April 2011	12	2	7	21	1
May 2011	16	5	5	26	1
June 2011	12	5	7	24	1
<b>Total FOOTCARE</b>	<b>40</b>	<b>12</b>	<b>19</b>	<b>71</b>	<b>3</b>
<b>TOTAL VISITING SERVICES</b>	<b>339</b>	<b>42</b>	<b>19</b>	<b>427</b>	<b>39</b>



# Medical Transportation Program

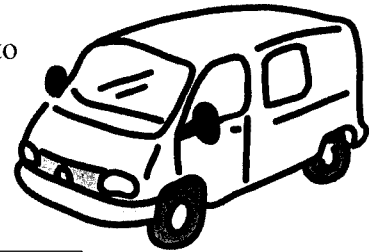
The past three months were quite busy for the Medical Transportation Program.

Mary Ellen continues to struggle with the Prior Approval process and all the paper work that is required by Health Canada.

She continues to participate in the regular scheduled Team Breakfast Meeting, she also assists Perry Joe Boyer and Linda Daybutch with the Foot Care Clinic held the third Thursday of each month.

Mary Ellen was also host to our Medical Students who were with our unit for four weeks, Jessica and Megan were very much involved with community events and activities. Their time here will always be remembered.

Submission for reimbursements is ongoing, as are Prior Approvals. She continues to send out flyers, notices to changes to the Med Trans Program.



Destination	April	May	June	Total Clients
SSMarie	36	24	27	87
Elliot Lake	9	6	11	26
Blind River	129	99	114	342
Other Destinations outside Catchment area	8	7	12	27
TOTALS	182	136	164	482

There were 62 working days this quarter, which means this program served approximately 7.5 clients each day.

## Community Support Services Worker

This report will be forwarded under separate cover....



## Community Wellness Worker

**E**velyn participated in a two day workshop with Jane Middleton Moz, during the month of May. This was hosted by the North Shore Tribal Council and was open to all of the North Shore Communities. The focus of this workshop was “From Legacy to Choice”, Healing the effects of Generational Trauma and the effects on Individuals, Families and Communities. Evelyn also participated in a workshop entitled “Traditional Approaches to Understanding Mental Health” This was facilitated by Dr Brenda Restoule and Brian Nootchtai of the North Shore Tribal Council. Topics introduced were, Defining Mental Health and Mental Illness, Myths and Facts, Prevalent Issues, Common Treatments, Culture as Treatment and Medicine Wheel Teachings. This was held in the Council Chambers of the Administration Building.



Evelyn co facilitated the Young Girls Group -MAAN JIIDUCK Program which ran through the Month of May, various discussions were conducted with different presenters sharing their knowledge on specific topics. We talked about self care, FAS, Safe Sex, Self-esteem, Anger, Tobacco Offerings, Moon Ceremonies, and Spirituality.

Client Contacts	April	May	June	Totals
Office Visits	5	3	4	12
Home Visits	2	0	1	3
Client Accompaniments	0	0	0	0
Telephone Contacts	5	8	5	18
Referrals	0	1	1	2
Clinical Supervision	0	0	0	0
<b>Totals</b>	12	12	11	35

Evelyn continues to participate in the North Shore Tribal Council’s Mental Health Sub-committee and the Traditional Health Sub Committee which continue to meet quarterly. She also participates in the monthly H&SS Staff meetings and quarterly supervision meetings, and our Annual Health Fair

## Family Home Visitor

**T**he first quarter started off with a Couples Day Spa that was facilitated by Linda Vincent. Yvette and Rita Wilson the Community Nurse along with Stephanie Boyer, the Parent Resource Coordinator, helped to coordinate this event. We had door prizes and a catered supper for the participants.



Yvette and Stephanie Boyer attended three days of training in Toronto on “Making the Connection”. We are hoping to start the program in the fall.

Yvette also started up the new and improved Nutritional Food Box Program that runs every first Wednesday of the Month at 12:00 to 1:00. The program gives fresh fruit and vegetables with information and recipes on the different foods given. The program will run for a year with assessment at six months.



A Collective Kitchen is held every month as well. This provides parents with new recipes and new skills for the kitchen. The program allows the families to cook and take home the foods they have learned to prepare.

Yvette helped with the preparation for the community barbeque and Easter Egg Hunt. Yvette also networked with the Blind River Best Start for their Community Shower. Yvette had a Mother's Day Craft and Lunch where the mom's did scrapbooking and enjoyed a light lunch. Carnations and prizes were given out to the participants. Yvette and Stephanie Boyer had a Booth at the Mississauga Health Fair. We had prizes and nutritious snacks along with many pamphlets and information on FASD/E, healthy pregnancy and what each of our programs offer.

Yvette and Perry-Joe Boyer the Health Promotion Worker attended two days of Training in Ottawa for Communities Food Educator and Canada Prenatal Nutrition Program. Yvette will be implementing "Feeding your Toddler and Preschooler" workshop into the Nutritional Food Box Program.

Yvette coordinated a program with the Blind River Best Start Hub called "Family Food and Fun". Yvette provided the supper and they provided the activities and a book. Yvette conducted her regular Home Visits through-out the first quarter. She also had monthly and annual reports due this quarter. Yvette attended regular staff meetings. Yvette also took holidays within this first quarter.

<b>Date of Event</b>	<b>Name of Event</b>	<b>Facilitator</b>	<b># of Participants</b>	<b># of children</b>
Apr 2/11	Couples Day Spa Workshop	Linda Vincent	6	0
Apr 13/11	Nutritional Food Box Program	Perry-Joe Boyer	5	6
Apr 27/11	Collective Kitchen and dinner	Yvette Moffatt	4	3
May 4/11	Nutritional Food Box Program	Perry-Joe Boyer	8	3
May 9/11	Mother's Day Circle	Yvette Moffatt	4	2
May 19/11	Health Fair Booth	Yvette Moffatt and Stephanie Boyer	20	10
May 25/11	Collective Kitchen and dinner	Yvette Moffatt	8	12
June 1/11	Nutritional Food Box Program	Marie Moran	8	3
June 22/11	Family Food and Fun	Roxanne Christianson	4	5

## Parent Resource Coordinator

The Parent Resource Coordinator / Kids for Life Centre program continues to deliver services to the community families on the Mississauga First Nation and off reserve band members. The services offered are in the form of office visits and drop-in's. The Parent Resource Coordinator also continues to network with other Health and Social Services Staff Program Workers, attends monthly staff meetings, supervisory meetings, assigned training opportunities, attend planning meetings, delivers programs and activities, developing infant/child development and culturally appropriate activities for families and the community, draft quarterly reports, funding reports.



### April 2011 STATS

Program		Participants
Craft Nights	Every Thursday Evening	16 Participants
Family Walking Group	Every Monday Evening	18 Participants
Active Lifestyles Subsidy	On-Going	2 Participants
Infant Child Subsidy	On-Going	0 Participants
Equipment Lending	On-Going	2 Participants
Magic Diaper Run	On-Going	8 Participants
Maternity/Infant Clothing Ex.	ON-Going	3 Participants

### May 2011 STATS

Program		Participants
Craft Nights	Every Thursday Evening	18 Participants
Family Walking Group	Every Monday Evening	24 Participants
Active Lifestyles Subsidy	ON-Going	1 Participant
Infant Child Subsidy	On-Going	2 Participants
Equipment Lending	On -Going	4 Participants
Magic Diaper Run	On-Going	6 Participants
Maternity/Infant Clothing Ex.	On-Going	5 Participants

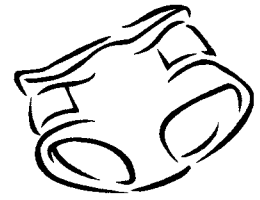


### June 2011 STATS

Program		Participants
Craft Nights	Every Thursday Evening	26 Participants
Family Walking Group	Every Monday Evening	18 Participants
Active Lifestyles Subsidy	On-Going	4 Participants
Infant/Child Subsidy	On-Going	1 Participant
Equipment Lending	On-Going	3 Participants
Magic Diaper Run	On-Going	6 Participants
Maternity/Infant Clothing Ex.	On-Going	4 Participants

The Parent Resource Coordinator also attends monthly Police Advisory Meetings (PAC) and quarterly Parent Resource Committee Meetings also

have been preparing for FASD Day on September 9 this year the North Shore Tribal Council is holding East and West in Workshops on these two day. The FASD Sub-Committee has been busy preparing for this event. This year the workshop will be held in Sagamok. April and May consisted of the Regalia Workshops for parents and caregivers to come in to make regalia for their children; we had 5 regalia that were completed. Also for the first quarter the PRC held Family Walks every Monday night for families, as well as the Craft nights which have been moved to Thursday Nights instead of Wednesdays. The PRC also attended the Media Blitz on June 14, 2011 for the Sudbury and Area Diagnosis Centre located out of the Sudbury and Regional Hospital.



## Youth Coordinator

**A**prils programming started off with completing work plans and annual

reports and planning for activities and events for the upcoming months.

Some of the activities were: community clean up and barbeque and the annual Easter egg hunt for the children. These two activities were carried out with the help of the Health & Social Services Unit.

As well the Youth Coordinator covered the Native Resource Room at the high school when the Traditional Youth Mentor was away. During her time there 30 surveys were conducted for Williams Consulting for the assessments needed for youth programming.



During this quarter 3 youth who will be attending Cambrian College in Sudbury this year had the opportunity to tour the college and meet some of the professors. As well 12 youth completed the Youth Leadership Challenge with Stan Wesley. This was an amazing opportunity for the participants to look at their own self development and become confident in their skills and abilities to lead in a positive and productive manner. The skills that the youth learned at this workshop are skills that most people don't recognize or develop until their later years. It is evident that our community will only thrive with the knowledge of our future leaders

During the month of June 4 girls completed their regalia's and two guests came in to teach them about the meaning of their regalia's and dance. The youth coordinator also attended team meetings and the monthly Police Advisory Committee meetings and also went on holidays.

### Participation:

April	May	June
159	35	57

# Long Term Care Program



**A**pril, May, and June have been a busy quarter with reports due to the Ministry of Health & Long Term Care, First Nations Indian Health, & NELHIN. The reports that were due to the NELHIN include community annual planning, fourth quarter reports, annual reconciliation reports and human resources updates. Reports due to First Nation Indian Health include e-SDRT, e-HRTT, and the financial reports. Other reports that were due to the Ministry of Health and Long Term Care include homemakers & nurses services reimbursement claims and quarterly trial balance submissions.

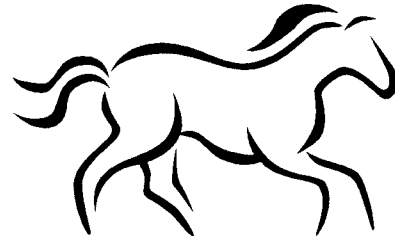
The long term care staff have been completing their monthly time sheets as per changes in the personnel policies and procedures. It was a difficult transition for many staff especially with the implementation of the new procedures involving sick leave, timesheets, and flow sheets.

The Long Term Care Administrative Assistant attended training in Health & Safety, management development program, and NELHIN inter RAI cha conference. The LTC Administrative Assistant also attended the LTC managers meeting on Assisted Living for High Risk Seniors, as well as the Health and Safety Committee meetings.

The Elders meeting took place on April 29 to plan the next four months of activities which included two prize bingos per month, Easter lunch, Mother's day lunch, cook out at the pow wow grounds and Father's Day lunch. The activities for bocce ball and carpet bowling were poorly attended. The out of town trips for Elders were cancelled due to poor attendance.

Activities	April	May	June	Total
Carpet Bowling	0	0	0	0
Bocce Ball	0	0	0	0
Prize Bingo	12	10	12	34
Out of town trips	0	0	0	0
Luncheons	15	15	30	40
Referrals	April	May	June	total
Assessments	1	0	1	2
Reassessments	0	0	0	0
OT, PT Referrals	3	3	3	9
OT, PT followup	5	5	5	15
Attend meetings	3	3	3	9

## After School Program



**I**n the months of May and June, the After School Program was engaged in activities such as hiking, horseback riding, golfing; and with good weather, a lot of outdoor sports/activities. The end of the year trip was to Treetop Adventures, students enjoyed the various team building exercises that they were engaged in.

The reporting to Ministry of Health, as well regular monthly reports has been completed. The After School Program worker participated in meetings with the Health and Education Departments in order to co-ordinate calendars and updates the program partners. During a teleconference with the Ministry of Health Promotions, we were assured that funding will be available for next year to continue the After School Program.

The After School Program Coordinator and team have implemented a wide variety of ways to keep the children interested in the information regarding wellness, nutrition and physical activity. The program was a great experience for the students and team. The students learned the importance of a healthy lifestyle, by the introduction of new nutritious foods. As well from the various speakers that contributed their time and expertise.

The After School Program is deemed an overall success that is delivered by an energetic team. The After School Program would like to thank the Health and Social Services Unit and the Education Department for their continued contributions of knowledge and guidance throughout the program. As well, Thank You to all students and parents who actively participated.

**CHI MIIGWETCH FOR READING OUR REPORT!!**