

Spring 2019

The Wellness Weaver

Survey Says...

If you recall, way back in March we asked for your input, and 42 of you answered the call — thanks! Your feedback helps us plan our work and events for the year. So, what did we find out? Well, most of you commented that having opportunities to **network and learn about resources and funding** are the primary benefits of being coalition members. And believe it or not, email notices that provide this information are most welcome. But you'd also like to connect **more face to face** and learn about each other. And quite a few of you want information about the **new food guide!** We know too that the majority of our members are located in the city. So this year, keep your eyes open for a new **Lunch and Learn series**, a session about the food guide, and one or two events that will get us out of the city and into the **surrounding communities**. In the meantime, we'll see you at the **annual gathering on May 31!**

Have a great spring and summer,

-Heather



Meet Our Members

We're sending a warm welcome to our newest coalition members! Find out what they do by clicking on the links where available.

[Able Sail NL](#)

[Connections for Seniors](#)

[Cygnus Gymnastics](#)

[Morris Academy](#)

[Trail Running Newfoundland and Labrador](#)

—Avalon East Chapter

[Villa Nova Junior High](#)

To see who else is a member and perhaps find a potential wellness partner visit the [membership listing](#) on our website.

What's Inside?

Project Spotlight: CNIB Post Secondary Youth Orientation

January 2019 Grant Recipients

Meet Worker Bee Peggy Orbasli

New Canada Food Guide

Positive Parenting Resources

Promotional Items



Join our Facebook group! Connect with other Wellness Coalition-Avalon East members, share what you're doing and find out about resources in our members-only group. [Click here](#) to find us and join the 85 members already there!

Wellness Grants Project Spotlight

CNIB Foundation - Post-Secondary Youth Orientation Week

-based on project report written by Amanda Halliday

Leaving home to start a post-secondary education is a time of excitement as well as apprehension for young people and their families. There are so many new things to learn, so many challenges to face. For a student living with vision loss, this milestone comes with a special set of concerns and fears. Being a blind or partially sighted post-secondary student is challenging, but not impossible. Through the [Post Secondary Youth Orientation program](#) at the [Canadian National Institute for the Blind \(CNIB\)](#), we encourage students, from the Avalon East region and all across the province who are blind or partially sighted, to explore their options and to develop the skills and confidence that can empower them to take the next steps in attaining their life goals—a post secondary education.

During the spring of 2018, CNIB partnered with three post-secondary institutions—[Memorial University of Newfoundland](#), [College of the North Atlantic](#), and [Keyin College](#) to give tours of their campuses, led by CNIB's Orientation and Mobility Specialist, to potential students. Other partners involved in the week long orientation were the YMCA and Dominion. At the [YMCA](#), the youth participated in a variety of recreational activities and learned about services available in the city for students with disabilities; while the nutritionist at [Dominion](#) provided information about eating well on a budget and led a cooking session with the students.

The students finished the week with a greater sense of confidence and are excited for their futures!

Congratulations January 2019 Grant Recipients

- Big Brothers Big Sisters of Eastern NL: In School Mentoring Program
- City of St. John's: Active For Life
- Community Youth Network Southern Avalon: Self-esteem & Empowerment for Young Women
- Kilbride to Ferryland Family Resource Centre Coalition: Snacks for me and you
- Logy Bay Middle Cove Outer Cove Development Assoc.: Community Garden Expansion
- MacMorran Community Centre: Young Chefs
- Manuels River Natural Heritage Society: Volunteer Gardens & Trail Improvement
- Mary Queen of Peace School: Snowshoeing at MQP
- NL Sexual Assault Crisis & Prevention Centre: Enhancing the Health of our Volunteers
- Paradise Elementary: School Community Garden
- Rabbittown Community Centre: Live Life Healthy
- Rennie's River Elementary: Sensory Pathway
- The Pottle Centre: Brunch and Learn
- Topsail Elementary: Commotion Days
- Town of Portugal Cove St. Philips: Painting with a Purpose
- Villa Nova Junior High: Mindfulness Matters

Next application **deadline:**

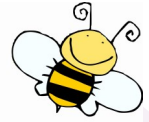
October 1, 2019

More info and application at:

wellnesscoalition-avaloneast.ca



Our Steering Committee - the worker bees behind the scene!



Here's the second installment in our Worker Bees series, where we highlight a member of our steering committee. The steering committee members, with the support of their organizations, give their time to promote the wellness coalition and make sure everything runs smoothly: from developing annual plans and budgets, to organizing gatherings and workshops, reviewing grant applications, contributing to our communication platforms, and representing the coalition at various meetings and events. **Meet Peggy Orbasli.**

What group, organization or sector do you represent on the Coalition Steering Committee?

I work as the School Health Promotion Liaison Consultant (SHPLC) supporting schools in the Avalon East area. My position is shared between Eastern Health's Health Promotion Division and the Newfoundland and Labrador English School District (NLESD).

Tell us about your work

As a member of the Wellness Coalition – Avalon East steering committee I assist in the collaboration between schools and community partners to enhance the physical, mental and social health of the school community. I firmly believe that healthier students learn better and aim to inspire school communities to use a comprehensive school health approach as a way to promote both health and academic achievement. I work to help improve the health and learning of students by supporting school health policies and initiatives at the provincial, district and school levels. I provide support to advance healthy living policies; current best health practices; and funding opportunities for healthy living initiatives in schools that aim to foster healthy behaviours.

What are the benefits of being involved with the WCAE?

I respond to calls from schools regarding a broad range of health topics: healthy eating, living smoke-free, injury prevention, healthy relationships, physical activity and allergies, to name a few. I work to connect schools to the appropriate partner and resource which is why being involved with the WCAE is so valuable. The WCAE brings together partners in the community who are involved with and passionate about supporting the health of school communities.

Discover the New Food Guide Online

Canada's new Food Guide takes a modern approach to provide Canadians with information and up-to-date advice on eating well. There are new features to explore that better meet your needs, whether you are looking for healthy eating information for yourself or as part of your work.

The Food Guide resources include:

- Food Guide Snapshot

- Resources such as actionable advice, videos and recipes

Check out Canada.ca/FoodGuide to get this information at your fingertips.

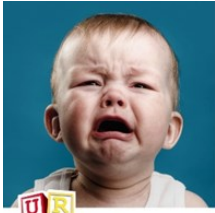
You can also find a printer-friendly Food Guide Snapshot on the website.



Resources

Supporting Parents by Encouraging Positive Parenting

-Cindy Saunders, Parent & Child Health Coordinator, Eastern Health



The latest parenting advice from Canada's pediatricians is to shift away from shaming, blaming and any other types of negative discipline and move to positive parenting.

Positive parenting is a set of principles to guide children's behaviour with empathy and communication - and sticking with it at the times when it's most challenging. Positive parenting fosters loving, predictable and secure relationships between a child and their parent or guardian.



Positive parenting does not involve time-out. New and ongoing research shows that the use of time-out as a routine disciplinary strategy should be discouraged because it is often misused and applied incorrectly. For more on this research, visit the [Canadian Paediatric Society \(CPS\)](#).

Here are some links that you can share with the families in your circles:

- [Frequently Asked Questions About Time-Outs](#) booklet
- [Building Resilience in Young Children](#) booklet
- [Children See, Children Learn](#) website
- [Eastern Health's URaParent](#) website

And if you want some ready-to-use workshops and tools to help you support parents, Best Start Ontario has a few to share:

- [Children See Children Learn](#).
- [Building Resilience](#).
- [Healthy Baby Healthy Brain](#).
- [Calm et Alerté pour Apprendre](#) (In French).
- [Taking Care of Our Children](#).
- [Growing Together with Our Children](#)



Coalition Promotional Items

New items available! A limited supply of promotional items are available to coalition members to help support/promote a wellness activity. For more information or to request an item please contact 752-4912 or e-mail heather.powell@easternhealth.ca. Items available include:

- | | | | |
|---------------------|--------------------------|--------------------|--------------------------------|
| •Lunch Bag | •Tote Bag | •Skipping Rope | Headlamps New! |
| •Food Container | •Small Bouncing Ball | •Magnetic Bookmark | Cell Phone Pockets New! |
| •Notebook & Pen set | •Kneeler Pad (gardening) | •Measuring spoon | |

Wellness Coalition-Avalon East Steering Committee

Contact Coalition Co-chairs if you have any questions, ideas or comments:

Heather Powell, Co-Chair, Health Promotion, Eastern Health 752-4912 or heather.powell@easternhealth.ca

Vacant, Co-chair, Community Organization

Ruth MacDonald, Community Sector Council NL

Yamuna Kutty, Multi-Cultural Women's Organization NL

Lesley Burgess, Health Promotion, Eastern Health

Peggy Orbasli, Eastern Health/NL English School District

Jim Crockwell, MacMorran Community Centre

Ashley Crocker, Health Promotion, Eastern Health

Jennifer Clarke, Public Health Nursing, Eastern Health