



July 1 to Dec. 31, 2023 Update Calgary

NSTEP's mission is to educate and motivate children, youth, and families to EAT better, WALK more and LIVE longer. NSTEP is focused on children, youth and families learning, practicing and applying these healthy habits for life.

NSTEP has done a strategic shift, for knowledge transfer, mobilization and SUPPORT for other community and school staff. NSTEP Certificates are the vehicle for this knowledge transfer. Here are the deliverables since July 1 for implementation of this strategy.



Lekan Ajibulu July 2023 Chef on NSTEP with Calgary Bridge Foundation Summer Camps.

July 2023

1. **Chef on NSTEP camps with Calgary Bridge Foundation for Youth.**
 - **180 youth and staff** in attendance at two locations - Bob Edwards School and Colonel Irving School.
2. **Planet Youth presentation with Shawnessy Planet Youth Manager, Camille Loiser, and United Way Manager, Crystal Milne.**
 - a. Crystal and Camille see NSTEP's model of building local health champions, education content, and promoting both physical and mental well being, as a key piece to take into the 5 locations of Planet Youth.

Planet Youth's Values and Mission:

"Planet Youth is a prevention model, proven to reduce substance use rates amongst young people and positively impact other areas of their lives. Planet Youth is not a program—it's a new approach to identifying and establishing long-term strategies that promote positive changes to the environment in which youth grow up. The Planet Youth model was developed in Iceland and is currently being adapted and implemented in countries around the world. When the model was created more than 20 years ago, Iceland's youth substance use rates were the worst in Europe. Today, they are the best in the world.

Together with our partners, we will approach this work by:

1. *Using the Planet Youth model*
2. *Fostering transformative ethical space between Indigenous and Western systems*
3. *Ensuring youth voice is central to the initiative*
4. *Integrating values-based **partnerships**; and*
5. *Including upstream systems responses to **enhance the wellbeing and resilience of youth.***

August 2023

1. **July 31, Aug 14, and 21, 2023: Families Matter Early Childhood Staff** took Level 1 NSTEP EAT WALK LIVE certificate program (seminar 1, 2 and 3 respectively)
 - **5 staff from Families Matter** took the Level 1 NSTEP EAT WALK LIVE certificate

Sept. 2023

1. **3 BBQ's NSTEP educational games and activities at West Dover, Valley View and Connaught School BBQs**
 - **2,225 children, youth, families** were fed in total. Rotary provided delicious BBQ (BBQ masters who cooked all the burgers) + apples, oranges
2. **Council of Champions** -diverse group of individuals, non profit, charity who work with children and youth
3. **Planet Youth and Indigenous Parallel with Planet Youth** -introductory meeting to Kimberly Van Patten United Way see above for descriptor

October 2023

1. **Oct. 2: Level 2 NSTEP Early Years 0-5 at Families Matter**
 - First trial of our early years certificate presentation-presented to early years caregivers at Families Matter

2. **Oct. 6: Level 1 NSTEP EAT WALK LIVE certificate program (seminar 1) at Khalsa School**
 - **4 teachers** on Khalsa Wellness Team, Harnoor Book is chair of this team
3. **Oct. 6 PD(Professional Development) #1 NSTEP EAT WALK LIVE**
 - **40 teaching staff** Khalsa School Kinder to Grade 9
4. **Oct. Sundance Socks and Mitts campaign- Year 11 NSTEP EAT WALK LIVE legacy school with Club NSTEP students who are the communication into the whole school community.**
 - **United Way and Alberta Chiropractors Assoc. Calgary** also collected donated socks and mitts. Craig Barabash United Way lead this
 - **Socks and mitts distributed to Connaught, Sacred Heart (SunAlta), West Dover, Valleyview, Holy Cross Schools, many are Rotary BBQ schools**

Nov. 2023

1. **16 0-5 years children plus caregivers.** Families Matter Staff 4-30 minute segments of the NSTEP content with the preschool families.
 - We learned from FM staff that when the toddlers went home looked in the fridge and classified the foods as “happy” (3 Food Groups) or “silly” (others) foods, the grade 1 child asked the toddler what happy and sad foods were. The toddler explained. This is the ripple effect of NSTEP knowledge into families.
2. **20 Planet Youth representatives-** NSTEP presentation on various programs, services and how we build Greater Forest Lawn, Harvest Hills, Shawnessy, Genesis plus Planet Youth Indigenous Parallel.
3. **25 Diverse Community Developers.**
 - NSTEP interacted with approximately 10 different community organizations during a morning of networking at CDLI's Big Meet Up.



Nagar Kirtan May 14, 2022



How Does NSTEP Reach Diverse Groups?

1. **LISTEN**
2. **BUILD TRUST**
3. **EMPOWER** community members
4. Create **AGENTS OF CHANGE**
5. Promotes **INCLUSION** and **RACIAL EQUITY**



December 2023

- **Dec.16: Life Hacks at the City of Calgary Downtown Library**
 - **50 Youth participated in Chef on NSTEP with City of Calgary After School partners, where each made a healthy and affordable burrito.**



1. **Dec. 18 2023**
2. **Healthy Heroes Calgary Hitmen Bears and grocery gift cards from Joggernuts**
 - a. **108 kinder grade 1 students received Calgary Hitmen stuffie and created their own healthy hero cape.**
 - b. **8 Sacred Heart Wellness students** helped assemble the capes beforehand, delivered the bears and physical activity, pencil, airplane super hero for all 4 classes.
 - c. **\$650 Real Canadian Superstore gift cards dollars donated from Joggernuts**, Sacred Heart admin identified the families who could use the gift cards the most.

Thank you so much, Deb. We are so grateful for everything you do for our school. The smiles on our students and families' faces are a testament to the great work you and your team does throughout the school year! Thank you helping make Sacred Heart a blessed and joyful place to work and learn. Merry Christmas! Amy Calixte, MEd Assistant
Principal **SACRED HEART SCHOOL**



Healthy Heroes

