

This document was created using best practices in document accessibility. Should you need assistance reading or understanding this document, call 902-543-8181 or email info@modl.ca.

Policy & Strategy Committee Meeting AGENDA

Tuesday, April 18, 2023 – 9:00 a.m.

Council Chambers, 10 Allée Champlain Drive Cookville NS

- 1. Call to Order**
- 1.1 Mi'kma'ki Territorial Acknowledgement
- 2. Announcements, Acknowledgements, Recognition**
- 3. Approval of Agenda**
- 4. Approval of Minutes - Nil**
- 5. Business Arising from Minutes - Nil**
- 6. Presentations**
- 6.1 Lunenburg County Seniors' Safety Program, David Murdoch, Chair 1-4
Lunenburg County Seniors' Safety Partner Society and Lisa Bennett, Senior Safety
Coordinator Lunenburg County
- 7. Consideration of Correspondence - NIL**
- 8. Referral from Council Staff Reports - Nil**
- 9. Staff Reports**
- 9.1 Recreation Department**
- 9.1.1 NS Active Smarter Kids Project Update – Britt Vegsund 5-15
- 9. Mayor's/Deputy Mayor's/Councillors' Matters**
- 10. Added Items**
- 11. In Camera - Nil**
- 12. Adjournment**



Lunenburg County Seniors' Safety Program - *What We Are Up To...*



1



Together we are...

- Continuing with what works well – Home Visits, connecting older adults and their families to relevant resources.
- Adapting to the changing needs within the community
- Helping to identify gaps
- Systems navigation/advocating
- Being proactive in empowering seniors with information through workshops and presentations.



2



We have... Ongoing Presentations and Discussions

RCMP ROMANCE SCAM
February 2020

Falling in love or falling victim?
Beware of online romance scams!

RECOGNIZE IT! Don't ignore these red flags in a new online relationship:

- The person moves the relationship quickly from initial contact to "love"
- They claim to be nearby but work out of the country
- They claim to have a good job but ask for financial help

REJECT IT! Follow these guidelines to stay safe while online dating:

- Never send money – requesting money is a telltale sign of a scam.
- Never agree to accept and transfer money or goods – this is helping scammers to commit fraud and it's illegal.
- Never send intimate photos – these open you to blackmail attempts.
- Never share personal or financial information – it can provide access to your personal computer and accounts.

REPORT IT! If you do become a victim of a scam:

- Stop all contact with it
- Contact your financial
- Report the situation with
- File a complaint with it

For more information:
Canadian Anti-Fraud Centre
Call Cyber Safe www.cafc.gc.ca
Competition Bureau www.cbc.gc.ca

HOME MANAGEMENT BOOK!
HOW THIS HOME WORKS!



Many new pop-up locations promoting safety topics & discussions! Leaving space for seniors to voice their concerns while working closely with community partners.

SENIORS' SAFETY
with Cst. Sonia Upshaw, RCMP
Legion

TOPICS OF DISCUSSION WHEN: April 12, 2023

• PERSON SAFETY
• FRAUD /
• VIAL OF

SCAMS TARGETING SENIORS
Presented by the Better Business Bureau
FRIDAY, MARCH 10th

Session #1
11:00 am - 12:30 pm

Session #2
2:00 pm - 3:30 pm

Where
The Flourish Centre
678 Lorraine St.
Bridgewater, NS

Register at The Flourish Centre or call
902-543-2226

You will learn about:

- The most common scams targeting seniors
- How to identify scams
- How to protect yourself and others from falling victim

BBB

3



We are...

Continuing with The Vial of Life!

The information in this vial gives emergency personnel immediate onsite access to an individual's medical history and medications.

VIAL OF LIFE™

EMERGENCY MEDICAL INFORMATION

4



We are...

Putting the finishing touches on the **Home Management Navigator Book**

This tool will include information that is relevant and unique to each individual household! It is created by the homeowner so they decide what is important to have in the book.



HOME MANAGEMENT BOOK!
HOW THIS HOME WORKS!

Some common categories might be:

- ✓ Emergency Contact List
- ✓ Locations of shut off valves, fire extinguishers, etc.
- ✓ In-home care schedule
- ✓ Frequently called phone numbers
- ✓ Cleaning/chore schedule
- ✓ Grocery list
- ✓ Bill payment schedule
- ✓ Important dates to remember
- ✓ Maintenance schedules (home, vehicle, yard)
- ✓ Important information such as wills, insurance, POA
- ✓ Emergency preparedness kit check list

7



Thank you!

We couldn't do what we do with out your support!



8



THE NS ACTIVE SMARTER KIDS PROJECT

MODL Update April 18, 2023

PRESENTED BY
Britt Vegsund

1

Land Acknowledgement and Reconciliation Statement

We begin by acknowledging that we are in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People. This territory is covered by the Treaties of Peace and Friendship which Mi'kmaq, Maliseet, and Passamaquoddy People first signed with the British Crown in 1726.

Safe and happy learning environments in school are a right for ALL students, not a privilege for some. The UN Convention on the Rights of the Child and the UN Declaration on the Rights of Indigenous Peoples state this clearly.

The negative impacts of the residential school system across generations, and across Canada stand as a stark reminder of the injustices of the education systems in this country and serve as a call to action.

The NS ASK Project acknowledges that its practices and methods are founded in colonial ways of knowing and thinking about physical activity, learning and play.

The NS ASK Project endeavors to work in open and authentic collaboration with Mi'kmaq communities to build relationships built on reciprocity, safety, and trust.

2

Part of what the NS ASK Project can contribute to the process of reconciliation is sharing the skill sets and methods that we have developed over the past 5 years. If desired, we will work together with Mi'kmaq communities to co-create a physically active learning methodology that honours and incorporates the wisdom and experience of Mi'kmaq ways of learning and playing. In doing so, we seek to help co-create healthy, playful and engaged learning opportunities that are culturally safe and appropriate for all learners. If not, we will seek other ways to contribute.

Our work is guided by the Truth and Reconciliation Commission's 10th Call to Action in the domain of Education.

Working towards reconciliation in this country is an immense task. But perhaps, as Treaty People, if we all take small, effective steps in the right direction, we can collectively begin to move the dial.

Everyone here is invited to participate in this important work.



3

Provincial initiative to train and support teachers with Physically Active learning (PAL)

Project Year 5

Currently 1.5 years into 3-year funding commitment from NS Dept. CCTH, NS DEECD to MODL



4

Annual Funds to MODL:
\$150,000

1 FTE Position: NS ASK Project
Lead

1 80% FTE: NS ASK Project
Coordinator

Project Expenses



5

2018 Municipality of the District of Lunenburg The NS ASK Pilot Project



6

2018 Municipality of the District of Lunenburg The NS ASK Pilot Project

Evaluation

Evidence

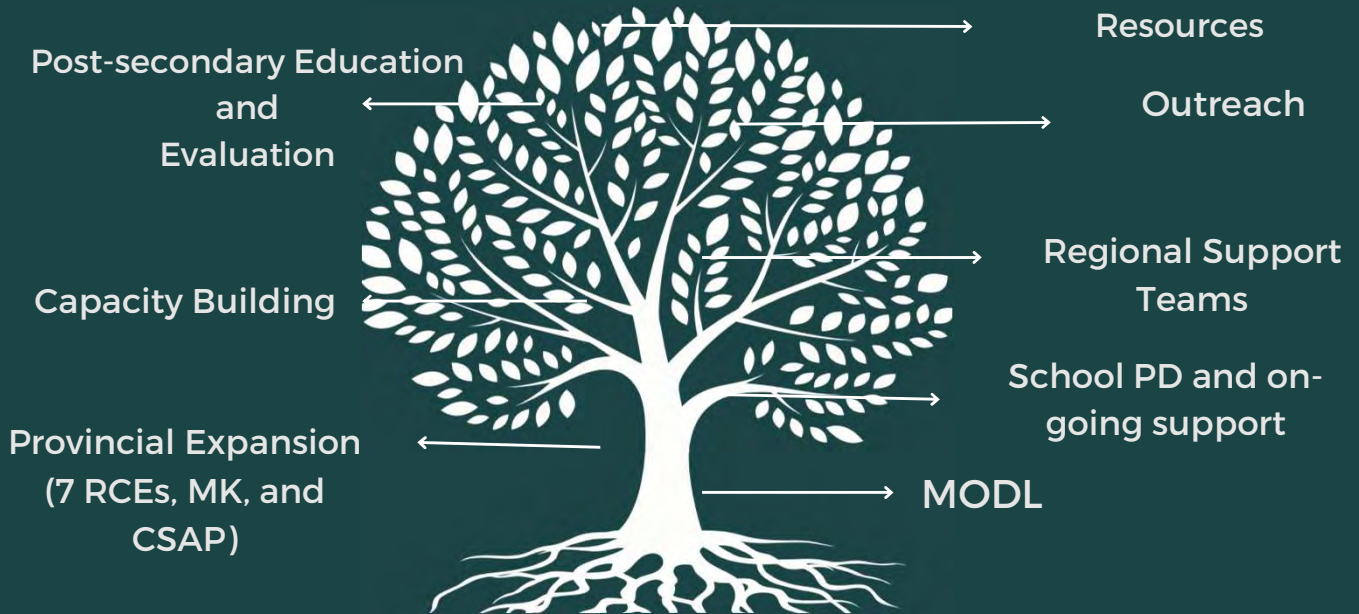
Engaging
Professional
Development

Alignment with
provincial PA and
Educational
policies

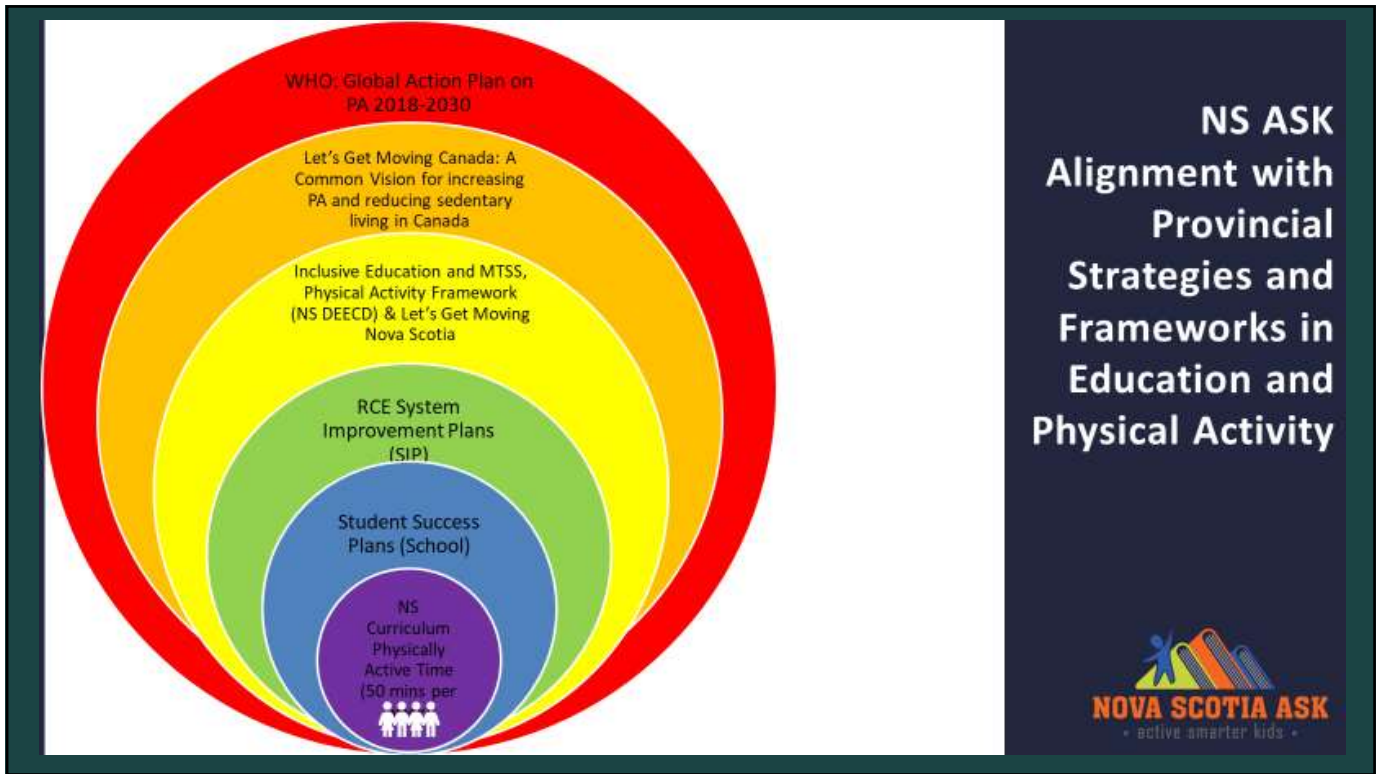


Time

7



8



9



10

Physical Active Learning (PAL) & Active Smarter Kids (ASK)

How does the NS ASK Project support schools with physically active learning (PAL)?

- Responsive Professional Development Sessions
- Follow-Up Implementation Support



11

It was, hands down, the best and most useful PD I have ever attended!"

— JR HIGH TEACHER, HRCE, 2021

I think the biggest thing I am hearing is just how often teachers are using ASK lessons. I know there was a lot of excitement for it after your PD session and that really hasn't changed."

— VICE-PRINCIPAL



12

Why NS ASK?



2022 ParticiP ACTION Score = D for overall PA
-only 28% of Canadian 5-17-year-olds meet PA
target

-11% drop from 2020 score



Standard, teacher-led lessons contribute to around
7-8 hours of sedentary time per day.
(Mantjes, et al. 2012)



Students in the SSRCE reported low sense of
belonging in school (2018)

13

Why NS ASK?

Physically Active Learning (PAL):

- Effectively increases student daily physical activity*
- Positively affects academic-related outcomes (academic achievement and classroom behaviour (time on task, focus),
- Overall mood and sense of enjoyment of school (Resaland, 2017)

* (see Dunn et al. (2012), Watson et al. (2017), Daly-Smith et al. (2019), Martin and Murtagh, (2017), Norris et al. (2019), (Resaland, 2017)

14

Teacher Reflection

“Having students look forward to practicing skills is amazing in and of itself, but to also expose them to fresh air, movement and teamwork is a win all around. Students who are reluctant participants in the classroom or whole group instruction become active, animated and participate fully in our ASK lessons. The at-risk students benefit the most as they gain confidence, develop leadership skills and practice concepts that they typically shy away from.”

Teacher, 2022



15

ASK IN MODL



5

years involved in the NS ASK Project

8

schools (elementary and Jr/Sr High)

**100
%**

continuation rate post initial training
over a 4 year period

16

CAPACITY BUILDING



NS ASK Train the Trainer



26 Trained since Sept. 2021



Next seminar: April 20-21, 2023 @ Dalhousie



18 more future ASK Facilitators

17

UNIVERSITY PARTNERSHIPS

B.Ed. Training



Research and Evaluation



18

COURSE DE RELAI VRAI/FAUX

RÈGLE DU JEU

- Organisez la classe en quatre équipes.
- Chaque élève a une dérogation et la liste de questions rouge. Avec des fiches V/F, préparez une fiche par équipe à lire à haute voix.
- Lisez à la classe les questions que le sujet des "vrais" ou "faux" affichés l'équipe au tableau pour les approuver ou non. Par exemple: $2 + 3 = 11$ ou $100/100 = 10$ (complétez les trous à l'intérieur de la cellule des réponses "V/F").
- Chaque équipe choisit sa réponse collectivement et un nombre limité de joueurs de chaque équipe se rend à la zone de départ du départ. Ils doivent traverser leur "tableau" avec une fiche V/F ou avec un mouvement du corps. (Plus on a d'élèves qui traversent, plus les élèves font de l'exercice.)
- Faites un bilan pour chaque question/réponse.
- Commencez à l'élève qui a une main avec chaque table le maître.



Database / Website

www.nsaskproject.ca



IMAGES & SCÈNES DE RELIÉVÉ

ASK BEAN BAG WORD / NUMBER STUDIES

DESCRIPTION

Use number / word tiles for fact families and create Ask Beanie Bag Word / Number Studies to support mathematical literacy development with students of all ages.

If you don't have access to Ask Beanie Bags, create your own either at 25¢ per bag or use your own Ask Beanie Bag Word / Number Studies to support mathematical literacy development with students of all ages.

EXAMPLE SET UP



NS ASK Project Resources

19

Notable outreach 2023



20

Teacher Reflection

"Since incorporating these activities in multiple subject areas, I have seen many improvements. I did not anticipate the number of skills students would learn during ASK activities. Students have been learning skills in content material, communication, strategizing, teamwork, problem solving, movement and so many more. My students are always eager to participate, and I feel it is something they can all be engaged and have success with. I highly recommend these activities to all teachers of any age and subject area."



21

Thank you!



Britt Vegsund
NS ASK Project Lead
MODL
britt.vegsund@modl.ca

22