



Minutes of the General Meeting

Date: Wednesday, 3rd August 2016
Time: 3.30pm - 4.30pm
Venue: Cancer Council
15 Bedbrook Place
Shenton Park
Chairperson: Sally Blane
Minute Secretary: Scarlett Duncan

Meeting opened at 3:35pm

1. Welcome and Apologies

Chair welcomed members and office bearers.

Present:

Office Bearers:

President:	Sally Blane	(Cancer Council WA)
Vice President:	Leisha Aberle	(Foodbank WA)
Treasurer:	Phoebe Joyce	(Mentally Healthy WA)
Secretary:	Amanda Ferguson	(WA School Canteen Association Inc.)
Committee Members:	Miranda Chester	(Foodbank WA)
	Jill Darby	(Edith Cowan University)
	Marcelle Coakley	(Stephanie Alexander Kitchen Garden Foundation)
Executive Officer:	Scarlett Duncan	(Act-Belong-Commit)

Members:

Karen Lombardi	(Edith Cowan University)
Jenni Palmer	(Oral Health Promotions DHS)
Shelle Tullon	(SHQ)

Apologies:

Nicola Churchill (Headwest)
Jessica McKenna (Kidsafe WA)
Adam Prztula (Armed for Life)
Sue Dimitrijevic (SHQ)
Agnes Weymouth (PFFWA)
Leisha Aberle (Foodbank WA)
Emma Hills (Healthway)

2. Guest Presentation

Karen Lombardi, Edith Cowan University

'Supporting Nutrition for Australian Childcare (SNAC) and SNACPlus - a whole of centre approach'

Karen Lombardi presented Ruth Wallace's PHD work.

- 800 000 Australian children are in Child Care for an average of 28 hours per week
- Kids form their food habits in these years
- Child Care provides 40-60% of food intake, for some children it's all they eat
- Australian research data shows children are consuming too much fat, salt and energy, and lacking in nutritional food
- In response to this, Ruth's PHD is focused on developing an evidence based resource center
- Child Carer Educators aren't nutritionists, yet they provide parents with information and advice, therefore it is vital to upskill Educators as well
- Asked Educators what they wanted and needed
 - Support; fact sheets, links, menu planning tools
 - Nutrition; recipes, nourish cookbook, nutritional calculators
 - Activities; Fussy eating, menu planning, reading and understanding food labels, basic nutrition concepts (Videos, resources and quizzes)
- After obtaining funding from Healthway, SNACPlus was developed for children under 5 years.
- There is currently 1900 SNAC members, which engages people through;
 - Free membership
 - Competitions
 - Promotions
- SNACPlus membership went from 900 to 1900 within a one year period, this was achieved by;
 - Engaging with communities on Social Media targeting groups on nutrition and body image.
 - Providing social media uses with information and links
 - Newsletter Articles
- Modules are provided and tailored for educators, and for parents
- There is an Educator forum, and a parent forum - User friendly
- Significant results (60%) improvements in: limiting use of salt, saturated fats and sugar, while increasing whole grain products
- SNACPlus also has a body image module
- By age 3 kids already stigmatize overweight kids
- Role models (parents and carers) need body image training, there is an interest in online PD
- Since Karen has spoken to educators, body appreciation has increased, they have more confidence talking to parents about their kids diet and weight.
- Significant increases in positive behavior and policy
- Online professional development and curriculum is popular with educators, and the success is evident as the message is understood and there has been noticeable behavior change
- SNACPlus still struggles to engage parents
- There is a need to get some regulations through government level/ outdated regulations

For more information contact Karen Lombardi k.lombardi@ecu.edu.au

3. Acceptance of Previous Minutes

Motion to accept the Minutes of the General Meeting held on 30th June 2016 by Sally Blane and seconded by Miranda Chester.

4. Executive Report

Sally Blane tabled the Executive/Presidents report.

4.1. Upcoming General Meeting

Wednesday the 26th October at 7.30am. It will be a breakfast networking event. The focus will be on hearing from schools and will be a chance for agencies to hear what works in schools.

Executive Committee has decided not to collaborate with another organisations event.

4.2. WAHPSA website

All members are encouraged to send through details of events, news, etc. for website and E-news to info@wahpsa.org.au

4.3. Request by Susan Whatman from Griffith University Queensland requested to reference WAHPSA and the Health Promoting Schools Framework for a not-for-profit research book chapter with Cambridge University Press Australia. WAHPSA Committee will approve the use.

4.4. Alcohol advertising

Advocate Sam Menezes asked WAHPSA for support regarding her concerns with alcohol advertising. Sam Menezes provided a written advocacy piece.

Action:

Jill Darby and Sally Blane will reply and ask for Sam to provide information.

5. General and other business

6. Member updates







See next page



7. Next Meeting

- Wednesday 26th October 2016,
- Time: 7.30am - 10.00am
- Venue: Cancer Council WA Seminar Room. 15 Bedbrook Place, Shenton Park

Meeting closed at 4:15pm by Sally Blane

Member updates

	<p>Mentally Healthy WA - Act Belong Commit - Phoebe Joyce</p> <ul style="list-style-type: none"> • ABC is the theme for mental health week 8th - 15th October • Mental Health week is during the school term for the first time in 6 years • The schools program is going well
	<p><u>SHQ Sexual Health Quarters - Sharelle Tullon</u> Sharelle Tullon SHQ</p> <ul style="list-style-type: none"> • Change of name and logo to suit the youth focus • Releasing new resource 'Relate'. Respectful relationships for senior school students. Linking it in with schools and parents. • Resource released, publication happening in the upcoming weeks. Electronic version available, and schools can purchase hard copy resources. • Currently seeking funding to make it accessible to schools for free.
	<p>Cancer Council WA SunSmart - Sally Blain</p> <ul style="list-style-type: none"> • SunSmart launched a competition for a school to win \$10, 000 worth of shade, and another school to win \$25,000 worth of shade. • LiveLighter ads to appear in West Australian advocating against junk food sponsorship in sport • Healthy school news to all schools in the state - centerfold lift out on how to have a healthy athletics carnival. • Fruit and Veg September - focusing on vegetable intake. • Grant from Healthway is continuing with Crunch&Sip, but the focus will be on vegetables.
	<p>Dental Health Services - Oral Health Promotions - Jenni Palmer</p> <ul style="list-style-type: none"> • Oral Health Promotions is now under North Metropolitan Health Services. • Dental health week run by the Australian Dental Association is 1st- 7th of August. Great resources and a focus on women's health. • Website is currently been updated, therefore is not accessible. • Currently training staff to network and interact with the wider community to spread and reinforce the message "get the mouth back into the body".
	<p>WISA - Maria Hart</p> <ul style="list-style-type: none"> • One day conference: Harnessing strengths to enable students to reach their full potential. Monday 5th September. To register contact Linsey Hart linsey_hart@bigpond.com 0421 343 137, or Maria Hart mariaed@hart-solutions.com.au 0314 841 023 • One day training: Essential basic training for School Wellbeing Coordinators/leadership roles addressing Wellbeing. August 17th. http://www.wisawellbeing.com.au/calendar/events/ • Register online: wisawellbeing.com.au
	<p>School Breakfast Program (SBP) - Miranda Chester</p> <ul style="list-style-type: none"> • Poster 'Go green at Breakfast' collaboration with WASCA for breakfast clubs. • Sent to 1100 schools with WASCA's CenTeam newsletter • 438 schools are registered for the School Breakfast Program. • Food Sensations® in schools is extremely popular, and nearly booked out for the rest of 2016.

	<p>Stephanie Alexander Kitchen Garden Foundation - Marcelle Coakley</p> <ul style="list-style-type: none"> • Early years activity book is on the press and is expected to be ready before the Early Years conference on 20th and 21st of August. • Marcelle has recently been on a rural trip to Mt Barnet, Wananami School. Amazing kitchens, excellent knife skills and quality early learning sector with everyone engaged.
	<p>WA School Canteens Association Inc. (WASCA) - Amanda Ferguson</p> <ul style="list-style-type: none"> • Combined promotion for Fruit & Veg September with Cancer Council encouraging canteens to promote the consumption of vegetables. Prizes awarded on the best initiatives. • October event to be held at the Brownes factory in Balcatta for canteen staff: includes a cooking masterclass with chef Herb Faust and Heart Foundation Dietitian Nick Nation, networking session and tour of the factory, registration brochures to be sent later this month. • Third term newsletter to arrive at schools this week • TAFE course for canteen managers is running at Bentley TAFE