The Boys & Girls Club of St. Paul & District

Shaping the Future

Who Are We?

- We are a Not-For-Profit Charitable organization that provides childcare programs for families of all income levels.
- 80% of our families that use our services have their fees subsidized.
- Our hours of operation are 6:30AM-6:00PM
- We have a staff of 13 full time, certified workers.
- We have 67children registered for our programs.

Boys & Girls Club
of St. Paul and District
Youth Programs
MONDAY - FRIDAY

Rising Stars Children's Centre

Our **Daycare** ranges from age 0-6 years old.

Youth Care Programs

- Our **Out of School Care Program** ranges from age 4.5-12 years old.
- We offer a free, drop in **Youth Program** for children 13 and up.
- We offer a full time **Summer Program** for school children during the summer holidays.

Health Is Important to us at The Boys & Girls Club

- Our daily routine is built around practices that support healthy lifestyles. We include habits, routines and activities that allow our children to learn about healthy choices and practice them independently. Our goal is give our kids basic skills and knowledge about a healthier lifestyle that will become habit forming for them into adulthood.

Teaching and Learning

We make it our responsibility to use every opportunity to teach our kids and give them as many healthy-living experiences as possible while in our care.

DON'T TELL MY
askie
THLETICS

Role Modelling

Role Modelling - What and how we eat in front of the children, dressing for the weather, being well groomed, being active with the children

Lakeshore

Providing healthy options.

- Healthy food choices is our policy.
- Our menu reflects our policy and we follow the Canada Food guide, with all changes reviewed by our local dietitian.
- We only serve fresh meat, fruits and veggies, and whole grains, and keep sugar, salt, and seasonings to a minimum.

Sample Winter Menu

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Snack (8:30-9:00)	Milk Yogurt & Bananas	Milk Whole grain Toast Apple sauce (unsweetened)	Milk Scrambled Eggs, cheese on toast	Milk, Cereal	Milk, Scrambled eggs Cheese on whole Grain toast
Lunch (11:30-12:00)	Milk Lazy Cabbage Rolls (whole grain rice, low sodium canned stewed tomatoes, cabbage & beef)	Milk Turkey/roast, Mashed potatoes Mixed veggies	Milk Spaghetti (whole grain) & Meat sauce with Broccoli & Cheese	Milk Lazy stir fry (rice, veggies, and meat)	Milk Turkey Soup or stew & Whole grain Bun/toast
Snack (2:30-3:00)	Milk Apple slices Honey & Cinnamon Sandwiches	Milk Orange slices Whole grain Crackers & Cheese	Milk Whole grain Oatmeal cookies & Apples	Water Cucumbers & Whole grain Crackers & Cheese	Milk Apple slices & Whole grain Banana Bread
Snack (3:30-4:00 osc)	Milk Apple sliced Honey & Cinnamon Whole Grain Sandwiches	Milk Orange slices Whole grain Crackers & Cheese	Milk Whole grain Oatmeal cookies & Apples	Milk Cucumbers & Whole grain Crackers & Cheese	Milk Apple slices & Whole Grain Banana bread

Tawow
Food table
HAZARDOUS
PUNCH
HERE

Teaching and Learning cont.

- Programming Activities - Creating activities that engage the children in healthy lifestyle choices; barrel planting, community garden, walking school bus, etc.
- Presenters - Community members present programs such as The Passport to Health
- Field Trips - Local Grocery Stores to see how our food is created, packaged and delivered to customers
- Car Seat Safety – Demonstrations/information for parents
- Routines - Outside twice daily (weather permitting), Gymnasium stocked with a variety of equipment, walking to all destinations, hair/teeth brushing

all seasons
all reasons

Social/Physical Environment

We set up the children's social and physical environments with the goal to foster healthy relationships with peers.

- Age appropriate toys, books, and activities
- Tooth brushing routine
- Hair combing routine
- Circle time
- Group activities led by caregivers
- Journaling
- Walking School Bus

Partnerships

We create relationships with community agencies and programs that help us to instill the importance of health into our programs.

- Zumba
- Swimming
- Yoga
- Community Garden
- Barrel Planting
- Dietician approved menu
- Health Promotion Coordinator-Passport to Health

FARM STAND

Policy

We want our parents and families to know how much we value healthy lifestyles, so we have turned many of our beliefs into club policies.

- Food Menu - Follows Canada Food Guide guidelines and is approved by a dietician
- Rules put in place - Treats and sweets are not eaten at the centre but saved for home.
- The children spend time outdoors twice a day, as long as weather permits. If weather does not permit, the children have access to a gym that is stocked with a variety of equipment.
- Walking School Bus - School aged children walk to school in the morning and back to the club after school, with a caregiver. This service is open to any community parents and there children.
- Celebration Food – Healthy snacks, suggestions for parents

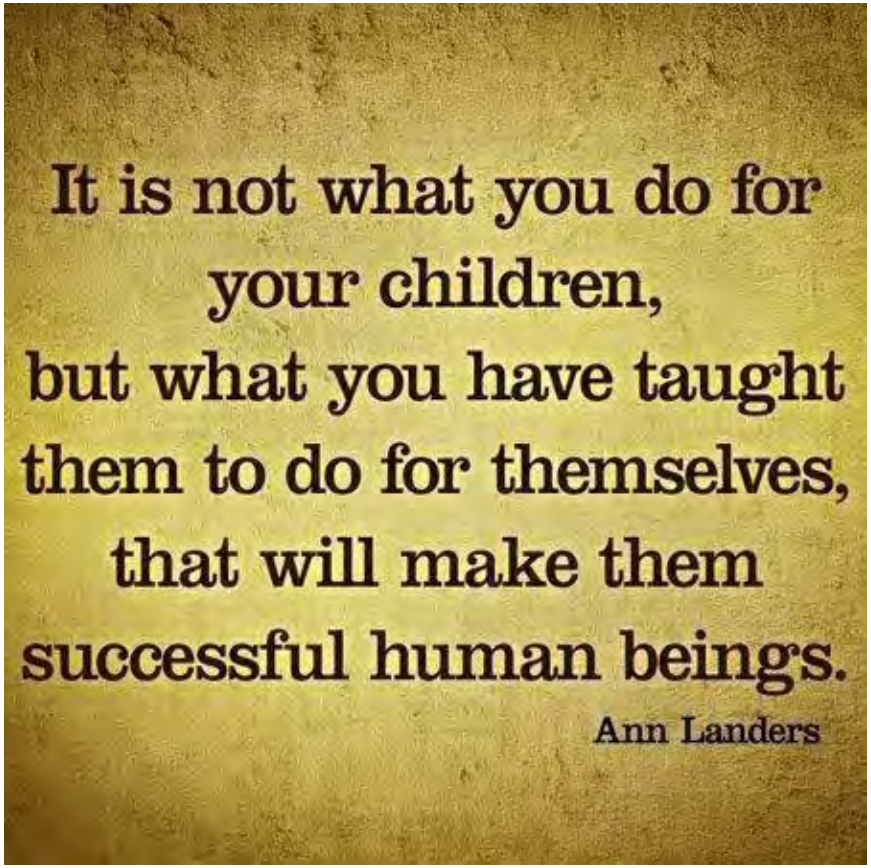
ST. PAUL, ALBERTA

How Do we Make this Work?

- Integrated Approach
- Funds – Grants, Fundraising
- Time – Built into our routine
- Cooperative Staff/Team
- Parent Buy-In
- Including the kids in choices
- Supportive Board who is also health-conscious
- Community Support (Partnerships)

Questions?

Thank You


It is not what you do for
your children,
but what you have taught
them to do for themselves,
that will make them
successful human beings.
Ann Landers