



Chilliwack Child and Youth Committee  
Early Years Sub-Committee



When: January 10, 2013 1:00-3:00  
Where: Fraser Valley Child Development Centre  
45474 Luckakuck Way

Recorder: Annette Williams

Co-Chairs: Trish Ackland and Kiran Sidhu

**ATTENDANCE:**

Charlotte Debruyn	Chilliwack School District	<a href="mailto:charlotte_debruyn@sd33.bc.ca">charlotte_debruyn@sd33.bc.ca</a>
Debbie Denault	Chilliwack Learning Community Society	<a href="mailto:debbied@chilliwacklearning.com">debbied@chilliwacklearning.com</a>
Karen Steegstra	Child and Youth Coordinator	<a href="mailto:chwkchildand youthcoord@gmail.com">chwkchildand youthcoord@gmail.com</a>
Katrina Beppe, Guest	Chilliwack Hospital & Health Care Foundation	<a href="mailto:katrina.beppe@chhcf.org">katrina.beppe@chhcf.org</a>
Kiran Sidhu	FV Child Development Centre	<a href="mailto:ksidhu@fvcdc.org">ksidhu@fvcdc.org</a>
Karin Rempel	Sardis Doorway	<a href="mailto:rempefamily@shaw.ca">rempefamily@shaw.ca</a>
Tamara Kelly	Sto:lo Child Development Consultant	<a href="mailto:tamara.kelly@stolonation.bc.ca">tamara.kelly@stolonation.bc.ca</a>
Trish Ackland	Child and Youth Mental Health	<a href="mailto:trish.ackland@gov.bc.ca">trish.ackland@gov.bc.ca</a>
Windy Solla	Stó:lō Nation Health Services	<a href="mailto:windy.solla@stolonation.bc.ca">windy.solla@stolonation.bc.ca</a>

**REGRETS:**

Barb Presseau	CCS – Childcare Resource and Referral	<a href="mailto:presseaub@comserv.bc.ca">presseaub@comserv.bc.ca</a>
Dan Bibby	MCFD	<a href="mailto:daniel.bibby@gov.bc.ca">daniel.bibby@gov.bc.ca</a>
Darby Wilkinson	CCS	<a href="mailto:wilkinsond@comserv.bc.ca">wilkinsond@comserv.bc.ca</a>
Jackie Buit	Stó:lō Nation - Head Start	<a href="mailto:Jackie.buit@stolonation.bc.ca">Jackie.buit@stolonation.bc.ca</a>
Margaret Castle	Chilliwack Society for Community Living	<a href="mailto:margaret.castle@cscl.org">margaret.castle@cscl.org</a>
Pauline Pigeau	Fraser Health	<a href="mailto:Pauline.Pigeau@fraserhealth.ca">Pauline.Pigeau@fraserhealth.ca</a>
Sara Van Basten	MCFD Guardianship Worker	<a href="mailto:Sara.vanbasten@gov.bc.ca">Sara.vanbasten@gov.bc.ca</a>
Shannon Carmichael	Central Gateway for Families/ Community School Coordinator	<a href="mailto:ccecss@gmail.com">ccecss@gmail.com</a>
Sheri Josephson	Chilliwack YMCA	<a href="mailto:sheri.josephson@vanymca.org">sheri.josephson@vanymca.org</a>
Yvonne Tumangday	Stó:lō Nation	<a href="mailto:yvonne.tumangday@stolonation.bc.ca">yvonne.tumangday@stolonation.bc.ca</a>

**1. Welcome and Introductions**

- 2. Approval of Agenda** – Approved, with the following change  
Add Middle Years Committee to the agenda (children ages 6-11).

**3. Approval of Minutes of last meeting** – Approved, with the following change

Page 4 section 8, agency update from Debbie of Chilliwack Learning Community Society. Need to change “Early Family Years task group” to “Early Family Literacy task group”.

**4. Business Arising from the minutes of December 6, 2012**

**ACTION:** Add EDI links Early Years section of CYC website.

**5. New Business/other Business**

- **Special Guest Katrina Beppe, from Chilliwack Hospital Healthcare Foundation**

The foundation was launched in May, with an overall mission to make Chilliwack a healthier community. They raise funds to give to the hospital, early health projects, other community projects, and increase community awareness about health and healthy living. They have four projects main projects with a focus on the Chilliwack hospital, seniors, children and youth. They have launched a “5-2-1-0” Healthy Kids initiative.

The goal is to engage all community partners dealing with children and youth. Chilliwack schools have joined; Katrina has met with the principals to have resources available to schools. Teacher and parent engagement is very important, so Katrina and/or Donna Dixson will be meeting with teachers and parents in the New Year. Middle Schools are starting to be engaged in healthy living clubs.

Donna Dixson is involved with ABC planning.

The Foundation is looking for how they can partner and promote with the existing groups, including connecting people and/or providing funds. One example is to partner with an organization to submit a grant. The main purpose is to facilitate connection. They will be putting an application process in place for community organizations to use.

At the moment there isn't as much expertise in Mental Health in the foundation, and they would like to see more growth in that area. They are currently exploring partnership opportunities. Partnership with BC Childrens would involve training for Physicians, plus they're partnering for Pacific Sport for workshops about movement and physical activity and incorporating healthy eating. For parents there is some preliminary conversation about having information sessions rather than just handing out pamphlets. What if there was a binder ready to go with the presentation information, including a concrete example of 5 servings of fruits and vegetables per day, how much it costs to eat that during various parts of the year, etc.

**RECOMMENDATION:** The Foundation to make a YouTube video that the school can play in an assembly, containing what the Canada Food Guide nutrition requirements look like. An example of nutritional information to include is sugar cubes in a glass demonstrating how much sugar is in fruit juice.

**RECOMMENDATION:** A Foundation representative be invited to partner in the Healthy Kids Day with the YMCA and Early Years Subcommittee. Katrina is interested in being a representative for that.

- **Healthy Kids Day/Ready Set Learn Fair**

It's time to start making connection with the YMCA, and gain some task group participants from the Early Years Sub-committee.

Ready Set Learn was mostly facilitated by the School District, done in combination with the Early Years. It was held at community schools and halls. One year it wasn't held because of transitions in the Early Years and School District. Last year's event in partnership with the YMCA Healthy Kids Day was very successful. Event usually hosts 800 to 1000 families on the

first Sunday in June. The YMCA has good promotional activities for the event. Would be on the working task group and report back to the EY committee.

The Early Years contribution for the day of the event would consist mostly of manpower, perhaps assisting with food costs and planning, and finding entertainment. There will be Developmental Screening. It's hoped that the screening will be in a more noticeable location, but still offer privacy.

Chilliwack School District has considered using an Event Planner to plan a Ready Set Learn Fair. They have noticed a deficit in the Kindergarten children's school readiness. It seems parents don't know about community resources and how to access them. The School District has a Ready Set Learn open houses specific to individual schools, to orient children and parents as to what the school offers for their age of child.

**DISCUSSION:** Consider having an event in August or September because that's when families are starting to look for activities and subsidies for children returning to their more scheduled lives.

One of the reasons the CYC website was created is to find information on services and resources.

Years ago there was a tour of services in Chilliwack for an awareness day. Perhaps there could instead be a video of the places instead of a physical tour.

**ACTION:** Chilliwack Learning Community Society (CLCS) will add their program videos to the CYC website.

Other possible community events to participate in:

- Chilliwack Connect Day in October. Stuart MacLean and Bobbi Jacobs are on the steering committee for Chilliwack Connect Day.
- Health and Wellness Fair. This has been in September at Heritage Park. There previously hasn't much non-profit participation because the cost wasn't affordable for many of them.
- Sto:lo has a storytime in July – the target is Aboriginal families. This attracts over 100 people.
- Perhaps a Ready Set Learn in 2014.

**ACTION:** YMCA Healthy Kids Day volunteers and planning committee representatives from Early Years table will Karen Steegstra, Charlotte Debruyne, Kiran Sidhu and Katrina Beppe. Barb Pousseau might also participate. Kiran will contact the YMCA about committee meeting dates. Debbie will assist with some of the resulting tasks.

- **Child Development Guide**

There are about 20 Guides left. Part of the Early Years strategic plan was to develop and print the guide annually. If this year's Guides are going to be ready for the Healthy Kids Day event the work needs to be started now. Katrina will ask Donna Dixson about the potential of CHHCP funding some of it.

**ACTIONS:** Debbie will follow up with the library about adding them to the bag of books they give for newborns. Trish will talk to the hospital about including it in the package that is given to new parents. Karen will revise it. Charlotte will review and update the School District section. More money is required for printing costs.

**ACTION:** Move forward to next agenda for more discussion.

- **Middle Years Committee**

A subcommittee of the CYC, Sherry Josephson and Jim Edgecombe are the chairs. A number of agencies are represented. The Terms of Reference are being developed. Right now they're looking at the recently updated Middle Years Developmental Instrument (MDI) data. They're doing a mapping similar to the EDI process.

Some members of the Early Years Sub-committee would like to be invited to look at it. If someone from Health comes out to help interpret, others might be invited. It would be interesting to see if there is a link to the EDI.

## **6. Strategic Plan - Goal Activity Updates**

The final Strategic Plan has been received and was handed out in print form at this meeting. People are welcome to review the formal Strategic Plan on their own, and add discussion/questions to the next meeting's agenda.

### **1.1 Review and support a central screening process**

Kiran reported that it is on hold, and the viability is still being reviewed. A decision will be reached around May. Having more opportunities to do developmental screening is important. First the resources need to be in place. One of the priorities was to identify the most complex needs in the community. There has continued to be improvement in this, with the people at the CYC table.

### **1.2 Partnering with community agencies to provide an annual health fair to the Chilliwack community**

We are working on this, as above in this meeting's minutes.

### **1.3 Joint Training**

Joint training events are being brought to the Early Years meetings.

Fraser Valley Child Development Centre is hosting a Sensory Regulation Workshop with Kim Bartel on February 14<sup>th</sup>. It's also on February 15<sup>th</sup> for Hope and Abbotsford School District, but it's open for the Fraser Valley in general. On April 10<sup>th</sup> and 11<sup>th</sup> Dianne Melvin, the guru of FASD training will be doing.

Trish reported that Trauma Informed Practice sessions are the third Thursday of month from 9-11am. Bruce Perry is coming out again at a later date.

### **1.4 Education and promotion of optimal child development**

CYC website usage stats were not brought to this meeting, but are to be reported at each meeting.

Community coordinator (Karen) will collaborate with the community. Need a social marketing task group that looks at recommended events. What about a special healthy day around Family Day?

**ACTION:** Social Marketing Task Group targeting the public's education.

Karen is now attending the CLCS Early Family Literacy (EFL) meetings. This promotes good interagency connection and more consistent exchange of messaging. The CLCS EFL committee can look for things to work on with the Early Years Sub-committee.

Perhaps have specific event task groups as social marketing groups rather than a specific task group that commits all year.

**ACTION:** Continue this discussion at the next meeting. Move remaining Strategic Plan activities to next meeting's agenda.

## **7. Task Group Updates – not covered at this meeting**

## **8. Coordinators Report – will be posted on the CYC website**

## 9. Agency Updates

### Trish (Child and Youth Mental Health - CYMH)

The Young Parenting Committee has a question. A group is interested in going to the school board with the information that there were 39 births by people aged 19 and under, which is slightly higher than Abbotsford which has a larger population. The group would like to go to the school board to request more consistent school curriculum on the topic. A parent, a teacher and a young parent are willing to speak at the School District meeting.

**RECOMMENDATION:** Start the conversation with the new Superintendent Evelyn Novak, and ask for advice as to the most effective presentation process.

10. **Next Meeting:** February 7, 2013

11. **Adjournment** 3:10pm

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Children  
First