

Chilliwack Middle Years, March 4, 2014,  
Neighbourhood Learning Centre

Present: Margaret Castle (Chilliwack Society for Community Living), Jim Edgcombe (Principal Central Elementary), Rob Skinner (Community Services), Anne Todd (Fraser Health), Dan Bibby (MCFD), Karen Steegstra (Child and Youth Coordinator)

Results from the MDI and evidence in the classroom indicate that many children are not getting proper sleep. As a way to kick-off the Middle Years Committee and to begin to create awareness around Middle Years issues, it was decided at the February meeting that the Middle Years Committee would support a “Sleep Campaign”.

1. The members discussed how the campaign should look etc.:

- “20 Days of ZZZZ...”
- The campaign would run Sunday October 26 – Thursday November 20
- Students will be given a sleep diary in chart form and encouraged to participate in a healthy bedtime from a Sunday night to a Thursday night. They will be asked what time they went to bed, how many hours they slept and how they felt the next morning.
- The campaign will end with an all school event at the Cultural Centre as part of a National Child Day celebration. We will be focussing on a child’s right to life, survival and development.
- There will be a reward for class participation – some thoughts are a sleep over type fieldtrip (Aquarium, Planetarium...)
- The members acknowledged that sponsorship for this event would be needed with approximate costs being roughly \$3400 - \$4000. A possible corporate sponsor might be “Sleep Country”

- Curriculum would have to be developed that teachers could easily use in their classrooms to promote the campaign and teach about the importance of ‘Sleep Health’
- It was suggested that workshops on Sleep Health also be offered to parents
- Action: Jim, Rob and Karen have agreed to form a working groups for this campaign. Any other members who would like to be part of the working group are most welcome. Jim and Karen will meet to develop a formal concept paper.

2. Members also discussed the services lacking for Middle Years in Chilliwack. Action: Members will see what other communities offer in the way of free afterschool programs for Middle Years and report back at April meeting. Dan will look into getting a director from a Girls of Boys Club in Vancouver to attend our next meeting.

Next Meeting, April 22, 3:30 – 4:30 at the Neighbourhood Learning Centre