**JCSH News and Resource Bundle for January 8 2021**

Hello everyone

Happy New Year! Here is the News and Resource bundle for this week.

Cheers

Susan

News Articles:  
1. What if free school meals became the norm after the pandemic ends?

How food is distributed to school-aged children and youth has changed in Canada and numerous countries since the beginning of the COVID-19 pandemic early in 2020. One parent and kitchen manager with a school district in Washington state says the changes highlight the essential connections between hunger and learning: “I was a hungry child at one point, and I would hate to see any child go hungry,” said Tracy Renecker. “I know they can’t learn when they’re worried about when they’re going to be fed.” Another association has also been highlighted by the pandemic: “Schools feed [] children. And the pandemic has forced schools toward providing free food to all students, long the dream of those fighting child hunger.” A policy analyst for child nutrition at the Food Research & Action Center in Washing, D.C. says free school food for all is “the best way to operate school nutrition programs. School meals are just as important to students’ ability to succeed in school as textbooks and transportation.”

<https://truthout.org/articles/what-if-free-meals-from-schools-become-the-norm-after-the-pandemic-ends/>

2. COVID-19 takes physical toll on health of young Canadians, scientists and school board find

In a [study](https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-020-0914-2) published in the [International Journal of Behavioral Nutrition and Physical Activity](https://ijbnpa.biomedcentral.com/), researchers found that the COVID-19 pandemic has had a serious negative impact on physical activity levels in Canadian children and youth, but it is not entirely to blame. Prior to the pandemic, only about 15 percent of kids met Canada's 24-hour guidelines for physical activity, sedentary time and sleep. In the early weeks of lockdown in the spring of 2020, activity levels plunged about three percent: "Almost no Canadian kids were practising the healthy living behaviours that are associated with health, and that puts them at increased risk, of course, of physical and mental health issues going forward," Tremblay said, which "is not what public health officials want."

<https://www.cbc.ca/news/health/phys-ed-covid-1.5767912>

3. Singapore launches 24-hour activity guidelines to improve the health of children and teens

Related to the story just above, a group of health professionals attached to Singapore’s largest hospital specializing in healthcare for women and children have developed guidelines to provide families with ways to add physical activity and co-essential behaviours throughout the whole day. The guidelines were developed based on [international guidelines](https://www.who.int/publications/i/item/9789240015128) and a survey of parents. "This set of guidelines help to promote a structured and comprehensive approach in organising a child's 24-hour day of physical activities, sedentary time, and sleep, to optimise his or her health outcomes in the long run," said Dr. Benny Loo, chair of the guidelines workgroup.  Providing a time frame of 24 hours helps to inculcate in children the idea that these are small, daily steps that they have to take to reach the goal of a healthier life.

<https://www.straitstimes.com/singapore/singapore-launches-24-hour-activity-guideline-to-improve-the-health-of-children-and-youths>

4.Language learning in Canada needs to change to reflect ‘superdiverse’ communities

What does the increasing diversity of cities and communities in this country mean for education systems committed to providing instruction in public schools in Canada’s two official languages? French immersion teacher and PhD student Ria Angelo argues that classrooms continue to provide outdated models of language instruction that conflict with the reality of students and dismisses their prior linguistic knowledge and experiences, leading them to [lose interest, become disconnected and may become set for failure](https://www.multilingual-matters.com/page/detail/Identity-and-Language-Learning/?k=9781783090549). She calls on policy makers, educators, and teacher trainers to expand how language is taught, so that the language learning classroom becomes a place that champions equity issues of race, gender, class, religion, ethnicity to address [the suppression of other languages](https://books.google.ca/books?id=4jVeGWtzQ1oC&pg=PA55&lpg=PA55&dq=linguicism+phillipson&source=bl&ots=MVbqu_nOif&sig=TM8dEZ7nAhzNqcd3I3Dmoxq0jKk&hl=en&sa=X&ved=0ahUKEwi8-YeItpHPAhWqz4MKHUgnDYIQ6AEIVTAJ#v=onepage&q=linguicism%20phillipson&f=false) in the language learning classroom.

<https://theconversation.com/language-learning-in-canada-needs-to-change-to-reflect-superdiverse-communities-144037?utm_medium=email&utm_campaign=Latest%20from%20The%20Conversation%20for%20November%2011%202020&utm_content=Latest%20from%20The%20Conversation%20for%20November%2011%202020+CID_675a556923ed2baa0b527850d9278eb7&utm_source=campaign_monitor_ca&utm_term=Language%20learning%20in%20Canada%20needs%20to%20change%20to%20reflect%20superdiverse%20communities>

Resources:

Resource 1: Research: The effect of diet, exercise and lifestyle intervention on childhood obesity: A network meta-analysis

This study is not focused on schools. It is focused on childhood obesity in children and youth between ages 5 and 19, and the role of parental involvement as well as education in reducing obesity levels and, thus, the associated mental and physical risks. Where there is information of benefit to health and education sectors, it supports a whole school approach. Supporting the findings in this meta-analysis, the authors cite the following as evidence that involving families in interventions and education for children increases effectiveness: “In a meta-analysis of childhood obesity prevention programs by Wang et al., the strength of evidence for interventions involving physical activity conducted in schools with home involvement was high; however, the strength of evidence for school-only-based intervention targeting physical activity was moderate.” There is much more that may be of assistance in the article, which is available through Open Access; the link is below. This article predates the COVID-19 pandemic.

<https://www.sciencedirect.com/science/article/pii/S0261561420306105?casa_token=34jPMN2uvb0AAAAA:kWxqfzu91UteaUl4X1sq4yv1gfV-X4duULHqF9bNhcXe1fA_KYoC6umLfYpbkChNXjMPeYNx>