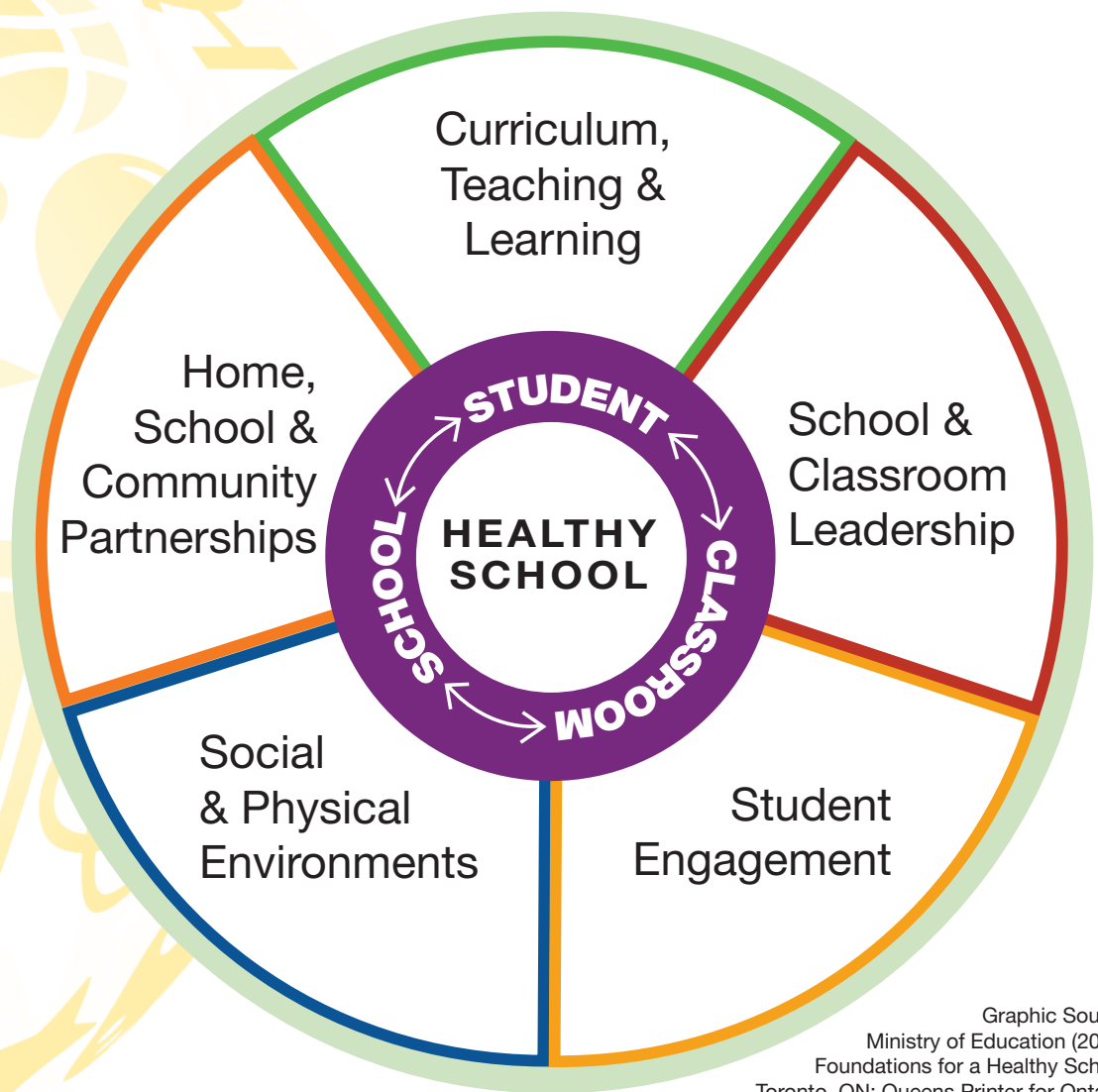


Special Issue on Student Engagement

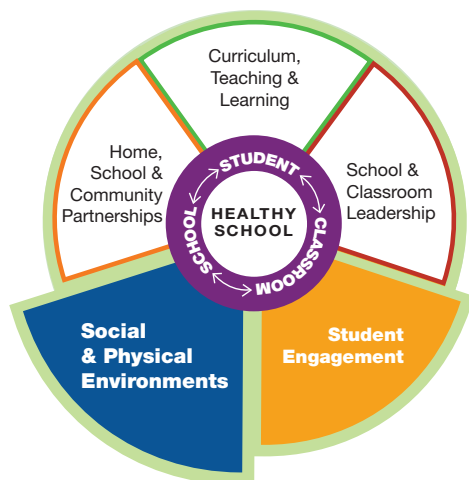
Secondary Students Stirring up Change in School Cafeterias Across Peel
Foundations for a Healthy School in Action



Graphic Source:
Ministry of Education (2014).
Foundations for a Healthy School.
Toronto, ON: Queens Printer for Ontario.

For Cafeteria Revolution activity ideas, including many of those discussed within this document, visit the [Cafeteria Revolution Resource](#).

 **Region of Peel**
Working for you
Public Health



Creating a Fun and Inclusive Social Cafeteria Environment

Louise Arbour S.S.

The hospitality teacher and students on the Healthy Food Committee at Louise Arbour S.S. made the cafeteria a fun place to be by trying activities from the [Cafeteria Revolution Resource](#). They also created some of their own activities aimed at improving the social and food environment, including:

- Games to win a meal in the cafeteria.
- Picture booth day.
- Song dedication lunch.
- Music organized by student DJ group.
- Themed menu day (fried rice, sweet and sour chicken balls, stir fry noodles, hot chili chicken, wonton soup).
- Blind fold taste tests to guess the secret ingredient.

Port Credit S.S.

The Student Athletic Council (SAC) at Port Credit S.S. had a goal of creating an engaging social environment in their cafeteria and raising awareness about healthy living. They selected activities from the [Cafeteria Revolution Resource](#) and created a healthy school action plan to organize fun activities throughout the year. One of their successes included getting students moving in the cafeteria by hosting regular 'Just Dance' sessions.

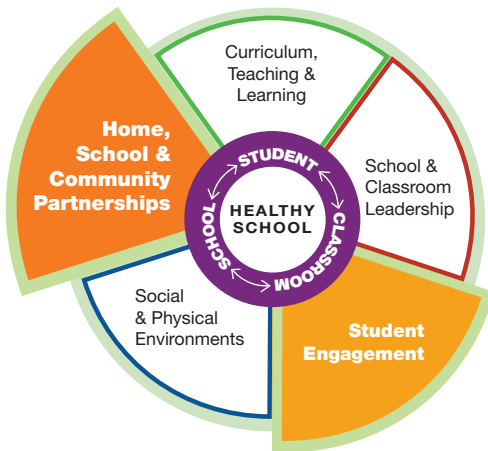
Enhancing the Physical Cafeteria Environment

Harold Brathwaite S.S.

Teachers at Harold Brathwaite S.S. created a Healthy Food Committee and put a call out to students to utilize their creative skills, and develop a poster or banner emphasizing healthy eating messages. Winners had their work digitally reproduced and showcased in the school cafeteria. In addition to this event, the school hired a local artist to create a large banner with messages provided by students on the committee.

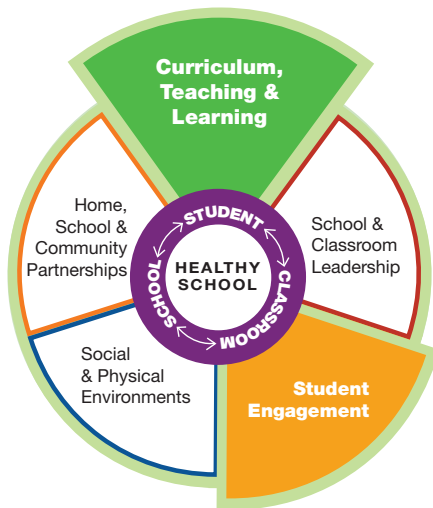


Peel Public Health is engaging secondary students in the Cafeteria Revolution campaign to be active contributors in creating a healthy school environment. Students participate in the planning, implementation and evaluation of healthy eating initiatives to improve the cafeteria environment and become champions of their own health and wellness. For more information regarding Cafeteria Revolution, please visit the [Cafeteria Revolution Resource](#) and contact your school's public health nurse or email zzg-schoolhealth101@peelregion.ca.



Home, School & Community Partnerships

Partnerships have contributed to the Cafeteria Revolution, taking Peel by storm. Through collaboration with school staff, Peel Public Health, food service providers, and local community members, Peel students are making positive changes to their school food environments and enhancing their well-being.



Cross-curricular Connections to Support a Cafeteria Revolution

St. Edmund Campion S.S.

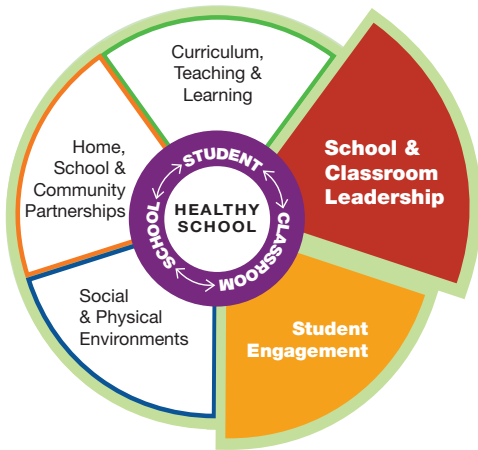
The Cafeteria Revolution home team involved teachers and students working together to revolutionize their school cafeteria environment, providing students with a voice regarding what meals should be served. This group consisted of:

- **Cross-curricular teachers** in accounting, marketing, communications and hospitality.
- **Accounting students** responsible for keeping track of money spent to promote healthy meals in the cafeteria.
- **Student marketing team** in charge of promoting healthy meals using social media and the bulletin board outside of the cafeteria.
- **Communication technology** students who created commercials that appeared on the morning televised announcements.
- **School hospitality** classes who prepared the healthy meals for their fellow students.

David Suzuki S.S.

The Cafeteria Revolution lead teacher at David Suzuki S.S. also took a multi-pronged approach to engage students across the school to be active participants in improving the social and food cafeteria environment. This involved:

- **Engaging students who are taking the course 'Working with School-Age Children and Adolescents,' to plan and host 'Wacky Wednesdays'**, involving lunch-time Cafeteria Revolution activities (e.g., nutrition trivia, dance competitions, ball toss activities) with healthy foods such as smoothies and fresh fruit cups.
- **Engaging Hospitality** to collaborate with their food service provider in order to help create new dishes based on student feedback.
- **Market research by marketing students** and creating nutrition billboards to share healthy eating messages (e.g., Fabulous Fibre, So Much Sodium).



School and Classroom Leadership

St. Edmund Campion S.S.

To find out what students would like to see in their school cafeteria, students at St. Edmund Campion S.S. were surveyed after they purchased a meal in the cafeteria. Healthy meals were promoted in the cafeteria by giving out free meal raffle tickets. Other examples of healthy food initiatives included \$2 pita days and \$5 chicken and vegetable meals, which were sold out every time. The cafeteria is planning to introduce more ethnic flavours to their menu and will continue to promote healthy eating.

David Suzuki S.S.

Students at David Suzuki S.S. used the [Post It Wall Activity \(pg.4\)](#) to gather student input about which foods they would like to see served in the cafeteria. The feedback was then shared with their food service provider to determine feasibility of incorporating student suggestions.

