

**Colonel By Secondary School  
School Council  
Minutes of meeting held on  
Tuesday, March 27<sup>th</sup>, 2018 at 7:00 p.m.**

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**Presents:** (Attendance was not taken, more than 100 persons (parents and students) attended the presentations.)

**1. Welcome and Introductions (Carla Bonora)**

- Start time 7:00 pm

**2. Introduction of the speakers (Adebimpe Egbeyemi)**

- The agenda and the December minutes are approved by all.

**3. Presentation 1: Importance of Sleep in Teenagers and healthy activities**

**Jean-Philippe Chaput, Ph.D.**

- The presentation tonight will highlight how exercise, screen time and sleep impact on mental health, and the reality of teenagers in high school.
- Mr Chaput is part of the HALO group at CHEO, the Healthy Active Living and Obesity Research Group, founded by Gary Goldfield.
- Mr Chaput is often referred to as Dr Sleep because of his work within this group, to study the effect of lack of sleep on mental health.
- Three things that people often say: 1- Sleep is a waste of time; 2- I exercise so I can eat anything I want; 3- I exercise so I don't need to worry about screen time.
- Introducing the movement continuum: Sleep – Sedentary Behavior (good and bad, screen time vs reading) – Light Activity – Moderate Activity – Intense Exercise.
- There is a triangle of relation between Physical Activity; Sleep and Sedentary Time.
- In 2016, the Canadian Society for Exercise Physiology (CSEP) released the world's first 24-Hour Movement Guidelines for Children and Youth (5-17 years), which indicate 1 ½ hour a day of intense activity and 9-11 hours per night of sleep:

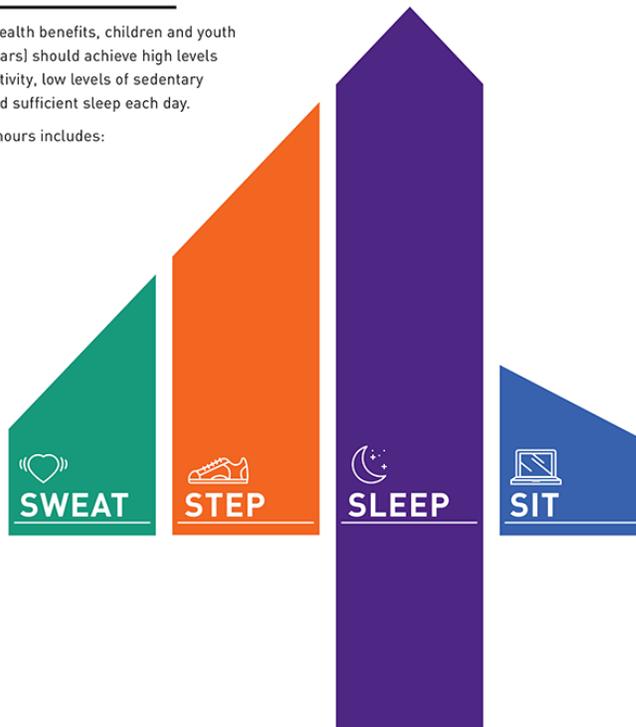
# Colonel By Secondary School School Council

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### GUIDELINES

For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

A healthy 24 hours includes:



Preserving sufficient sleep, trading indoor time for outdoor time, and replacing sedentary behaviours and light physical activity with additional moderate to vigorous physical activity can provide greater health benefits.

### SWEAT

#### MODERATE TO VIGOROUS PHYSICAL ACTIVITY

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;

### STEP

#### LIGHT PHYSICAL ACTIVITY

Several hours of a variety of structured and unstructured light physical activities;

### SLEEP

#### SLEEP

Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times;

### SIT

#### SEDENTARY BEHAVIOUR

No more than 2 hours per day of recreational screen time; Limited sitting for extended periods.

- In between being physically active, sedentary and sufficient sleep duration, there are 8 combinations of movement behavior in 24 hours.
- The question to ask is: are Canadian kids sleep deprived?
- In the US, school starts at 7h30, which is too early. The teenagers don't have time to recuperate enough with their sleep schedule.
- The factors affecting sleep loss are for example, the use of products like Red Bull, work in front of the TV, etc.
- The blue light coming from the screen also has a disruptive effect on sleep. Try to avoid screen time 1 hour before bedtime and set your phone to night light (orange tone) instead of the blue.
- There are numerous effects of lack of sleep: obesity, unhealthy behavior, hormones, anxiety, depression, irritability, weaker immune system, risky behaviors and lower quality of life. There are chronic effects over time.
- The goal is to maintain a maximum of good behaviors per day.
- We also need to ensure the timing of our sleep is optimal. We may sleep the right number of hours, but going to bed late instead of early generates bad effects (poorer diet, less physical activity, more screen time, etc.)

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- Tips for a healthier sleep, maintain good habits in terms of: screen time, exercise, mattress/pillow, alcohol/drug/caffeine. TV, cell phone, computers should stay out of the bedroom.
- In terms of sedentary behaviors, we have been more and more inclined to sitting and being dependent of our means of transport (e.g. use of the drive-ins).
- Sedentary period for child/youth should be no more than 2 hours per day. Canadians exceeds this 2-3 times.
- A good habit is to stand up every 30 minutes of sitting time. It is proven that too much sitting impacts on hormones.
- We also need to pay attention on what kind of sedentary activity we take: screen time vs reading doesn't have the same impact on the brain.
- In terms of activity, we all need motivation. The motivation needs to be intrinsic, so it needs to be an activity that you like, that you chose (made your own decision). Friendship is often an important factor when choosing an activity and persevering in it.
- Whatever goal you wish to achieve, make it SMART: Specific, Measurable, Achievable, Relevant and Time Bound.
- And remember to get outside!! Being outside has many benefits, it's cheap and provides lots of vitamin D. One example of a good outside activity is geocaching.
- Take home message: No matter how slow you go, you are still lapping everybody on the couch.
- Four recommendations:
  1. Get enough activity, and enough of high intensity activity.
  2. Don't sit for long periods of time, limit screen time 1 hour before bedtime.
  3. Sleep at least 8 hours per night.
  4. Maintain a balanced diet, limit processed food and alcohol.
- For questions: [jpchaput@cheo.on.ca](mailto:jpchaput@cheo.on.ca)

**4. Presentation 2: Developing Resilience and Strategies to Managing Stress minimizing impact on mental health**

**Gary Goldfield, Ph.D.**

- Resiliency is the ability to overcome or bounce back from adversity.
- Historically, psychology focused on reducing emotional distress, such as anxiety/depression: bringing people from depressed to neutral.
- New psychology is positive psychology: bringing people from neutral to happy, with heightened well-being.
- The good: In modern society, life is no longer "poor, nasty, brutish and short". Modern technology has benefitted our lives in many ways (Skype, Facetime,

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helping learning, artificial intelligence, etc.)

- The bad: Modern society is not making us happy. The demand for mental health services are on the rise. Suicide rates are up 300% in female teens since 1960's. Explosion of students with mental health needs and explosion of adults with mental health needs, with stress leave being the number 1 source of disability claims.
- Modern society makes people over connect with screens, not people. Many spend more time in front of a computer than face to face. Kaiser Foundation Media Study revealed that for 8-18 years olds: average of 7.5 hours daily on media; 30% will multi-task (10h45 worth of media into the 7.5 hours (2009)).
- Prior to the introduction of TV in Canada in 1952, there was no screen time. In 2009, we spend an average of 10 hours daily, multi-tasked within 7.5 hours.
- Screens are addictive. Our hunter/gatherer brains love sensory stimulation. Today's games, phones, etc. have been designed to be addictive. Devices deliver dopamine and adrenaline without having us working for it.
- Excessive screen time have been associated with and increased risk of: depression, anxiety, insomnia, body image disturbances, increased snack food intake and obesity, reduced quality of life, poorer academic performance.
- In schools, technology is not good or bad: must be used carefully because technology does not replace good teachers and pedagogy.
- The main reason why excessive recreational screen time is harmful to our mental health is that it disrupts human attachment and promote isolation. It is insidious even though technology makes us feel more connected, studies show the exact opposite.
- Attachment to parents and family is important because it promotes resiliency. Secure attachments to caregivers and nurturing adults are the most important source of resilience at home, school and work. Helps to cope better with stress, and is the most resiliency factors for physical health, mental health, school achievement and staying out of trouble with the law.
- 30-50% of children have insecure attachment with at least one parent, but teachers can contribute to improve attachment. Benefits are multiple, including better language, knowledge, social competence, better academic achievement, etc.
- As humans we are programmed to require attachment. We are a social species that is dependent on other humans for survival. Our brains are hard wired to require connection. When we have secure relationships, our brains are happy.
- How do we promote better attachment: love, most of all unconditional love, which is provided most of the time or best by parents.
- We need to show unconditional acceptance towards our children/ youth/ teenagers. Unfortunately, society is conditional.
- Tips for mental health and resiliency: put down our devices when we are with the ones that we love.

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- We are still hard wired to require nature, deep connections, and other things such as community, culture, etc. Nature is essential to health.
- Find a meaningful activity with loved ones, find a hobby that causes “flow” (highest states of positive human emotion).
- With our kids: praise the effort, not the outcome, learn from failure to build resiliency, do effective problem solving/coping, practice mindfulness and meditation for well-being, expand your comfort zones, engage and model a healthy active lifestyle, practice self-compassion.
- Many resources available, books... “Treat yourself like your own best friend”.

**5. Closing (Adebimpe Egbeyemi)**

- Next meeting will be held on April 17<sup>th</sup> at 7pm

Minutes prepared by  
Julie Laurendeau, co-secretary