

PDIG FINAL REPORT – Health Journal Revision

1. **Project Description.** Describe/show to what degree the project was carried out as planned. Include what went well and what proved to be a challenge. Include a synthesis of your journal entries.

In terms of the project focus, this project was carried out as planned. The goal to revise the elementary health journals was not modified and all work carried out was to accomplish this task. Notably however, the project was not carried out to completion. We quickly realized that three days was not enough time to do the work of revising 6 journals. It took us the entire first day as a group of 6 people to go through the journals from multiple grade levels all together to share comments on the activities, content etc. in order to get an idea of what our approach and priorities would be in revising the journals. On the 2nd day we spent time discussion what our strategy would be in the revision in terms of actually getting the work done. We decided on forming groups of two, and each group would be assigned two themes/sections to revise in the journals across all grade levels. We thought it would make the content across grade levels more consistent than if we assigned a group of two a specific grade level to revise, encompassing all themes. The afternoon of the 2nd day and the full duration of the third day we spent working in our groups of two.

Recognizing the need for more time, the Educational Services Department of the English Montreal School Board provided 5 additional days of release upon request, so that the group could meet for an additional day to continue the work in pairs. The final work day for this project this year is taking place on Tuesday, May 1st.

One of the challenges encountered is that we wanted to revised journals to reflect the newly revised Canada's Food Guide, which was supposed to be released in January of 2018. The release has been delayed so we were not able to consult it in updating the nutrition portion of the journals. In continuing this work next year, we hope to be able to include the new Canada's Food Guide.

2. **Project Goals.** Describe/show to what degree the goals of the approved project were met. If the goals were only partially met or not met at all, describe the reasons for this.

The goals of this project were only partially met, in that we did not finish the revision work and therefore do not have a revised journal project to offer schools. We are hoping to complete the work next year.

3. **Project Outcomes.** Describe/show the gains that the participating teachers achieved through this project.

Being a member of a PDIG team significantly enhances teachers' pedagogical understanding of the QEP through the number of discussions that happen around the table as the resources are co-created. Despite this project not being carried out to completion, the following gains were still achieved by participating teachers:

- Enhanced understand of the need to be sensitive about certain health-related topics (e.g. what students bring for lunch, relationship between food and weight).

- enhanced understanding of Competency 3 of the PEH program
- enhanced understanding of the Frameworks for Evaluation
- enhanced understanding of Formative and Summative assessment is expected as the evaluation tools in the journals are reviewed (these journals were created prior to the release of Frameworks for Evaluation and one of the objectives in updating them is to align them with the Frameworks).
- Enhanced understanding of the different ways the health journal activities could be implemented. As a group of teachers who all used the health journals in their teaching, there were many discussions on the different activities presented in the journals and the different ways teachers implemented them with their students.

4. **Reinvestment** Clearly describe how the resources created and/or the learning achieved by the participants can be of benefit to the educational community at large. If applicable, comment on whether or not this project should be carried out by other teams and if so, how it could be improved.

Once this project is completed, the revised journals will benefit the educational committee at large as they will have access to the journals and be able to use the updated versions with their students. Many schools order printed copies of the journals on an annual basis to use with students. We also plan on making the journals available in Microsoft word version in addition to PDF, so that teachers can take the journal pages and modify them to suit their own individual classes needs.