

# The Hadden Family Foundation

## June 2022 Report



Toronto Foundation for Student Success



# Updates & Overviews

The start of the 2021/2022 school year gave us our first glimpse at a return to “normal” life after school closures due to COVID-19 (C-19). When schools opened in September, and most students were back in class, full-time, we were able to offer our programs in-person. Children were able to learn in-person, play with their friends at recess, and return to their daily routines. However, with public health restrictions in place, and the rise of new C-19 variants, we still faced many challenges, including finding ways to support children learning virtually. As well, schools closed for an extended period after winter break, and we mailed out grocery cards to ensure students had nutritional support when they couldn’t access their Student Nutrition Programs (SNPs). The Hadden Family Foundation’s continued support helped us “hit the ground running” this year, so that we could be there for students and tackle challenges as they arose.

While SNPs were able to return to a more consistent schedule, the rising cost of food put a strain on the budgets of many families, resulting in the need to provide more food at school. With your support, we not only supported SNPs, but were able to provide additional help to students through our Nutrition Pantry Program. As well we were able to provide support to children learning virtually through food cards. At **beyond 3:30**, we knew that students would need the joy and engagement that comes from socializing and being active, in-person with friends. We also knew they’d need the stability and security that comes from knowing they always have a place to go where they are welcome, and where they feel a sense of belonging. We focused on supporting students to help ameliorate academic slide from the previous year. As well we focussed on giving them tools they needed to help support their wellness, including getting them outside, active, and having fun.

The resilience of children is astonishing, and it has been wonderful to watch them jump back into being active and, as restrictions were lifted, eager to engage with the world around them. Your support has ensured that each time they turned to the programs they rely on, we were there. In this report we’ll share more about the programs you’ve supported.





# Student Nutrition Programs

While some aspects of life began returning to normal this year, with students back in school and back to their regular routines, families continued to face many challenges. With the C-19 pandemic still underway, and various public health restrictions and closures still in place, many parents faced continued job loss and economic hardships. Some also faced health challenges, either themselves or with loved ones. In addition to this, the cost of food continued to rise to unprecedented levels. Therefore, the stability and consistency of SNPs has been essential.

Though students were back in the classroom, public health restrictions were still in place. Programs couldn't serve meals in congregated settings, and continued to rely on in-class, morning meals that students ate at their desks. Single-servings and pre-prepared foods, which come at a higher cost than bulk items, were necessary. The rising cost of food combined with vendor supply-chain issues made budgeting and menu planning difficult. Also, while parents contributed what they could, with so many families facing economic hardships, it continued to be virtually impossible for programs to raise funds within their school communities. Across the province parental contributions were down significantly.

These past few years have brought SNPs a number of roadblocks and hurdles. Thanks to your support, through Feeding Hungry Minds, recipient SNPs were able to overcome the challenges they faced. With your help, they had the security to do what they do best; focus on keeping students nourished, and ready to learn.





# A glimpse inside our SNPs

## Program Spotlight: Beverley School

*Beverley School is a tight-knit community, welcoming students aged 4 to 14 years with developmental and/or physical disabilities. Finding the right foods that are affordable, inclusive, equitable and nutritious is a challenge most SNPs face every day. However, at Beverley, it can be particularly challenging as many students have very specific dietary restrictions and sensory preferences. Finding foods that are nutritious and palatable takes collaboration between the program coordinators, staff and the support of a nutrition consultant.*

*At Beverley, the students absolutely love and look forward to the SNP routine, and their favorite snacks. The SNP is an integral part of the students' learning experience providing opportunities for interaction, socialization and building life skills on top of filling hungry tummies.*

*Each morning, two students work together (with staff) to distribute the daily meal. Sadie and Ty push the cart from class to class to offer snacks to all students in the school. Though she is nonverbal, Sadie uses this opportunity to speak with her fellow students through her iPad using pre-set words. Once a student chooses what they'd like to eat, Ty is quick to retrieve the requested food from the cart and serve it. Both students work together and are very proud of their contribution to their school community. Staff at Beverley also find opportunities to include students who have unique eating restrictions in the food program by providing accommodations that support their needs. Things like pureeing foods, supplying extra crunchy options, and introducing new foods with different textures for sensory exploration are some ways in which they go above just supplying the common favorites. Funding from the Hadden Family Foundation helps to ensure that Beverley School can go that extra mile to get the specific foods that their students' needs.*





# Student Nutrition Programs

*Since 2013, the Feeding Hungry Minds Program has supported the nutrition programs in the following schools in Toronto:*

Albert Campbell C.I.  
Alexander Stirling P.S.  
Anson Road P.S.  
Anson S. Taylor Jr. P.S.  
Banting and Best P.S.  
Berner Trail Jr. P.S.  
Beverley Heights M.S.  
Beverley School  
Birch Cliff Heights P.S.  
Birchmount Park C.I.  
Bliss Carmen Sr. P.S.  
Bloordale M.S.  
Bowmore P.S.  
Briarcrest Jr.S.  
Bruce P.S.  
Buchanan P.S.  
Burnhamthorpe C.I.  
Carleton Village Jr. and Sr.  
Sports & Wellness Academy  
Cedar Drive Jr. P.S.  
Cedarbrook P.S.  
Charles Gordon Sr. P.S.  
Chester Le Jr. P.S.  
Chief Dan George P.S.  
City Alternative School  
Don Mills C.I. / Don Mills M.S.  
Dorset Park P.S.  
Dovercourt P.S.  
Downsview S.S.  
Driftwood P.S.  
Dublin Heights Jr & MS.  
Earl Haig S.S.  
East York Alternative S.S.  
Eastdale C.I.  
Eastview Jr. P.S.  
Edgewood P.S.  
Elmlea Jr School

Emery C.I.  
Emily Carr P.S.  
F.H. Miller Jr. P.S.  
Finch P.S..  
First Nations Jr. and Sr.  
School of Toronto  
Flemington P.S.  
General Brock P.S.  
General Crerar P.S.  
George Peck P.S.  
George P Mackie Jr.P.S.  
Golf Road Jr. P.S.  
Greenholme Jr. M.S.  
John McCrae P.S.  
Joseph Brant Sr. P.S.  
Kapapamahchakwew –  
Wandering Spirit School  
L 'Amoreaux C.I.  
Leslieville Jr PS  
Lester B Pearson C.I.  
Lord Roberts Jr P.S.  
Lucy Maud Montgomery P.S.  
Lynnwood Heights Jr. P.S.  
Malvern Junior P.S.  
Martingrove C.I  
Mary Shadd P.S.  
Maryvale P.S.  
Melody Village Jr. P.S.  
Muirhead P.S.  
Native Learning Centre East  
North East Year Round  
Alternative Centre  
Northview Heights S.S.  
Oakridge Jr. P.S.  
Orde Street P.S.  
Parkview Alternative School  
Pauline Johnson Jr. P.S.

Perth Avenue Jr. P.S.  
Pineway P.S.  
Regent Heights P.S.  
Rene Gordon Health &  
Wellness Academy  
RH King Academy  
RJ Lang P.S.  
Roywood P.S.  
Samuel Hearne M.S.  
Scarborough Village P.S.  
Shirley St Jr PS/City View  
Alternative Sr School  
Silver Springs P.S.  
Sir Alexander McKenzie Sr. P.S.  
Sir Ernest MacMillan Sr. P.S.  
Sir Wilfrid Laurier C.I.  
Sir William Osler C.I.  
Sprucecourt P.S.  
St. Margaret's P.S.  
Stephen Leacock C.I.  
Subway Academy  
Tecumseh Sr. P.S.  
Terraview Willowfield P.S.  
Walter Perry Jr. P.S.  
Wellesworth Jr. P.S.  
West Hill P.S.  
Westmount Jr. School  
Weston C.I.  
Westview Centennial C.I.  
Westwood M.S.  
Winston Churchill C.I.  
York Humber H.S.



# Nutrition Pantry Program

During the height of the C-19 crisis, schools, and students, were struggling. Last school year we noticed that some elementary schools were having difficulty maintaining their SNPs due to lack of funds, or logistical barriers. As well, due to changes in school scheduling, high school students often had limited access to their SNPs, as they weren't in school every day. In response, we piloted the Nutrition Pantry (NP) program last year, bringing shelf-stable food directly into high schools. Each week, students chose food to take home to prepare a week's worth of lunches. The NP program also delivered bulk-purchased, individually packaged food to elementary schools that were unable to open their regular SNPs. The pilot was a huge success, and it wouldn't have been possible without the support we received from Feeding Hungry Minds.

After the success of the pilot, and the positive feedback we'd received from schools, we knew that we'd continue and expand, the NP program this year, if funding permitted. With help from the Hadden Family Foundation, that's just what we did. Reaching over 38,000 students in nearly 100 schools, the NP program has become a consistent source of nourishing food for students.

While this year has been the most stable since the pandemic hit, it wasn't without its challenges. Supply chain issues and rising food costs posed challenges to families as well as to programs. Looking ahead, these challenges will likely continue for some time. By leveraging our relationships with vendors, as well as our bulk purchasing power, we will ensure that the NP programs continue to provide nourishing, shelf-stable food to children.





# Nutrition Pantries Impact

*"Our school is new to the Nutrition Pantry program and we are so very grateful for this partnership which is such a help for students who are experiencing food insecurity. The needs have always been high in our school but more so since the pandemic. The response from the students has been so gratifying. They know they can come to the pantry and choose what they need and pack it in a bag to take home."*

*– Secondary School Guidance Counsellor*



*"We all know that students do better when they have enough to eat, and this program gives students the opportunity to get food and not be embarrassed about it. The cost of food has taken such an upswing that it is hard for the average family to keep up. This program has helped many families who might have been forced to make the choice between paying a bill or putting food on the table."*

*– Secondary School Teacher*

*"Here at Eastdale C.I. we welcome students with special needs from across Toronto. The nutrition pantry program is a big hit. When deliveries arrive, students organize food into different categories and three times a week they put bags together for students to take home. This program helps teach our students organization skills, communication skills, and how to work together as a team. It is also heartwarming to know that students can take food home to ensure there is always food available for them. Thank you so much for all your support!"*

*– Secondary School Teacher*





# beyond 3:30

While not quite back to normal, life at **beyond 3:30** (B330) is starting to feel better than it has in a long time. With a few exceptions\*, our 22 programs ran in-person, every school day. We are thrilled to be back to cooking in the kitchens, playing dodgeball in the gyms, and doing all the fun and enriching things B330 is known for. It has been great seeing our youth having fun, laughing, and growing again.



Reaching this point has not been easy. Increased food costs, staff shortages and public health restrictions have posed challenges to the program. Learning loss, wellness challenges and significant poverty concerns have created more obstacles for our participants and their families. We're helping to address these needs through our increased academic supports, an improved focus on wellness, and a commitment to providing opportunities for personal growth. The Hadden Family Foundation's steadfast support of B330 has allowed us to consistently evolve to meet children's needs. We would not have reached this point without you.

*\* Due to Covid restrictions, B330 opened one month into the school year and was closed when schools were closed after the winter break. One site operated virtually all year and others closed periodically as required by individual schools.*





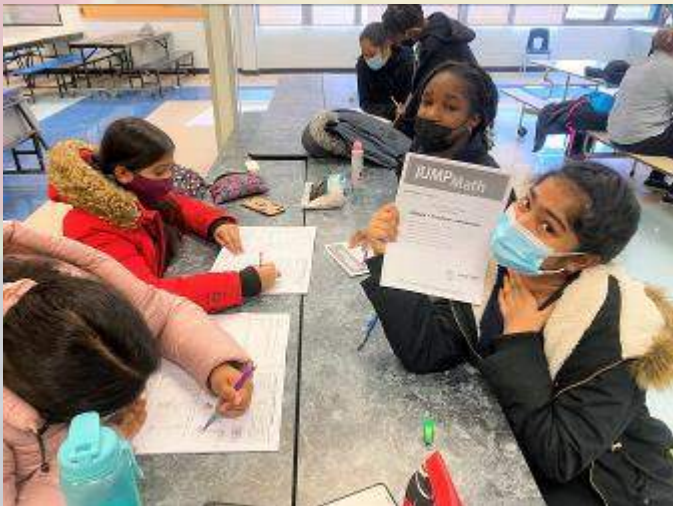
# beyond 3:30 Academic Support

While schools have been open for in-person learning for most of the 2021/2022 school year, learning loss continues to be a major concern for youth, particularly those living in underserved or marginalized communities. Building on our efforts from last year, we expanded our academic support. Our teacher-trained academic staff provide one-hour of homework help every school day, small group JUMP math sessions are run twice a week in-person, and all participants can access additional free tutoring sessions twice a week, either in-person, online, or both. Working with the Toronto District School Board's research department, we are measuring our progress and will continue to modify and develop the program to meet all our participants' needs.

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*“B330 helps me with my schooling and makes me more motivated to do my homework than when I'm home!”*

*– B330 Participant*





# ***beyond 3:30 Wellness***

Children and youth are currently facing unprecedented wellness challenges. Between the pandemic, climate change and troubling stories in the news, students are struggling. Researchers at Sick Kids Hospital reported that marginalized youth populations have experienced excessive rates of depression and anxiety during the last two years and our own front-line staff have witnessed, firsthand, the emotional toll the pandemic has had on our children. We have heard participants talk about feeling isolated, sad, and concerned for their futures.

Over the past year, we have been working with a team of experts from CAMH (Centre for Addiction and Mental Health) to develop our programming to meet this growing need. Wellness supports are being further embedded into our daily program, and staff are receiving additional training. Some of our new program elements include journal writing, one-on-one check ins, mindfulness activities, as well as Arts for expression activities. Our project with CAMH will span three years and we are tracking our progress. B330 is not a clinical setting, and our staff are not health professionals, but CAMH sees great potential in providing ongoing wellness interventions in an after-school settings; we do too. We will continue to work together to support participants' wellness and to reinforce healthy habits.





# beyond 3:30 Junior Chefs

As COVID-19 restrictions eased, we have been excited to welcome students back into the kitchen. Participants are back to learning all about food, nutrition, as well as menu prep and budgeting, all while getting hands-on experience cooking food they get to enjoy with their friends at B330.

Even when we haven't been able to have students in the kitchen, we've still offered cooking demos, fun recipe planning and other activities around meal prep so students could continue to become more food and nutrition literate. Many of the youth at B330 come from homes facing food insecurity and the meals provided at B330 are essential. During school closures we were able to send additional food cards home to make up for the meals students would have normally eaten at B330. Rising food costs are proving challenging for all families, but the situation is dire for those facing poverty. Feeding Hungry Minds' support has ensured that our B330 students always have access to nourishing food.



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*“I like making the lasagna a lot. Very cheesy!”  
– B330 Participant*





# beyond 3:30 Sports & Physical Fitness

For the first half of the 2021/2022 school year, B330 focused on activities that would get kids active, while keeping them safe and socially distanced. Participants learned dance routines, played badminton, practiced ball handling drills and more. When the weather cooperated, our staff made sure B330 participants spent time being active outside in the fresh air.

During the second half of the year, we've been thrilled to get the children back to playing sports. Much to the students' excitement, they've been enjoying all their favourites - football, basketball, and dodgeball. To celebrate the end of another great (but challenging) year, we are planning a B330-wide 5K Wellness Walk at Downsview Park in June. This will be the first time that all our B330 programs will be together since the pandemic began. Our kids can't wait.

After two long years, we are happy to have a noisy gym and active youth once again!

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*“At beyond 3:30 I like football because at first I had no idea how to play and I was scared to, and thought I was really bad. But now, I'm actually getting more skills and I'm doing better than I thought I would!”*

*– B330 Participant*





# ***beyond 3:30 in photos***





# Budgets & Allocations

*beyond 3:30*

B330 Program Site	2021-2022 School Year
Bliss Carman Senior Public School	\$5,555.56
Brookview Middle School	\$5,555.56
Carleton Village Public School	\$5,555.56
Charles Gordon Senior Public School	\$5,555.56
DA Morrison Middle School	\$5,555.56
Dixon Grove Junior Middle School	\$5,555.56
Dr Marion Hilliard Senior Public School	\$5,555.56
Emily Carr Public School	\$5,555.56
Greenholme Junior Middle School	\$5,555.56
Joseph Brant Public School	\$5,555.56
Lawrence Heights Middle School	\$5,555.55
Maple Leaf Public School	\$5,555.55
Military Trail Public School	\$5,555.55
Portage Community School	\$5,555.55
Rockcliffe Middle School	\$5,555.55
Smithfield Middle School	\$5,555.55
Tecumseh Sr Public School	\$5,555.55
Valley Park Middle School	\$5,555.55

## *Student Nutrition Programs & Nutrition Pantries*

Nutrition Pantry Program		Student Nutrition Program	
Donation Amount	# of students reached	Donation Amount	# of students reached
\$100,000	38,401	\$50,000	2,044





Toronto Foundation for Student Success



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