

MEND SK Delivery Team

Program Assistant

Job Description

APPLICATION DEADLINE



MEND (Mind, Exercise, Nutrition...Do it!)

MEND is a comprehensive, family-based educational program that has been specifically designed to help children who are above a healthy weight and their families improve their health, fitness and self-esteem. This healthy lifestyle program combines physical activity, healthy eating and behaviour change to facilitate safe, effective weight management and lasting lifestyle change. MEND has engaging, age appropriate programs for children between the ages of 2-13 years. MEND SK is funded by Saskatchewan Blue Cross and the Community Initiatives Fund. The program is administered and delivered by the College of Kinesiology, University of Saskatchewan in partnership with the Colleges of Pharmacy and Nutrition, Nursing and Medicine.

Role

The MEND **Program Assistant's** primary responsibility is to assist the MEND Program Leaders in the successful delivery of the MEND program. Each MEND program requires two Program Leaders and a Program Assistant. The Program Assistant will interact with the families, children and participate in both discussions, and age appropriate games and play with the children.

The MEND Program Assistant will report directly to the MEND Regional Program Manager.

Responsibilities

In this position you will be responsible for a wide range of duties including, but not limited to the following:

- ♥ Assist the MEND Program Leaders in the delivery of the MEND Program.
 - ♥ Engage and participate with the children & families in physical activity and/or play components of the program, under the guidance of the **Physical Activity / Play Leader**.
 - ♥ Actively participate in educational sessions with the families (nutrition session & mind sessions), under the guidance of the **Parent & Caregiver / Theory Leader**.
- ♥ Works with other Delivery Team Members to complete the collection & recording of data at two Healthy Growth Check sessions.
- ♥ Able to work in collaboration with the rest of the MEND Delivery team

Qualifications

Experience	<ul style="list-style-type: none">♥ Having an experience in one of the following areas: sport, recreation, physical activity and/or active play.♥ Enjoy working with groups and engaging children and their families♥ Experience working with children, youth & families (asset)
Skills, Abilities and Requirements	<ul style="list-style-type: none">♥ Enthusiastic and empathetic♥ Organized and punctual♥ Passionate about healthy eating, physical activity and living a healthy lifestyle♥ Successful candidates will be required to complete a criminal records check (including vulnerable sector) prior to start of employment.♥ First Aid & CPR (asset)♥ Safe Food Handling Certificate (asset)♥ Attend a mandatory training session♥ Primarily involves evenings and weekends
Wage	<ul style="list-style-type: none">♥ \$15/hour

Please submit your resume and cover letter outlining your experience via e-mail to:

mend@usask.ca

call: 1-844-899-MEND(6363)