



Central Okanagan School District No. 23
DISTRICT HEALTH PROMOTING SCHOOLS COMMITTEE



MINUTES

Thursday, December 2, 2010
School Board Office
4:00 pm – 5:30 pm

COMMITTEE MEMBERS

Aboriginal Education	Don Fiddler		
Board of Education	Rolli Cacchioni	Anna Hunt-Binkley	
COPAC	Janice Loukras	Libby Luk	
COPVPA	Jesse Bruce	Jill Voros	Luke Campbell
COTA	Cathie Pavlik	Jody Cronquist	Karen Barnstable
CUPE	Bill Zeman		
HPS Coordinator	Tricia Labrie	Janelle Zebedee	
IHA	Betty Brown Mental Health	Cathy Richards Community Nutritionist	Rhonda Tomaszewski Child Youth Program
MCFD	Beth Flynn		
SD No. 23	Lisa McCullough		

REGRETS

Jody Cronquist	Jill Voros	Bill Zeman
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1. WELCOME

Lisa McCullough

- New committee member, Luke Campbell, was welcomed to the Health Promoting Schools meeting. Luke is the secondary COPVPA representative.
- UBCO student, Brenna Johnson, was welcomed to the Health Promoting Schools meeting as an observer.

2. AGENDA

2.1 ADOPTION OF DECEMBER 2, 2010 AGENDA

Lisa McCullough

MOVED by Anna Hunt-Binkley and SECONDED by Rhonda Tomaszewski
THAT: The Agenda of the District Health Promoting Schools for December 2, 2010 be adopted.
CARRIED

3. MINUTES

3.1 ADOPTION OF OCTOBER 7, 2010 MINUTES

MOVED by Rolli Cacchioni and SECONDED by Cathie Pavilk

THAT: The Minutes of the District Health Promoting Schools for October 7, 2010 be adopted.
CARRIED

Lisa McCullough

4. PRESENTATIONS

4.1 SOCIAL EMOTIONAL LEARNING AND SCHOOL BASED MENTAL HEALTH

Betty Brown

- Betty provided an overview on School Based Mental Health ~ the newest aspect of comprehensive health, most notably in the social environment pillar. (*see attached*)
- Janelle and daughter, Madden, are involved with the Roots of Empathy program at Casorso Elementary School.
- Lisa thanked Betty for the presentation.

5. NEW BUSINESS

5.1 UBCO PRACTICUM STUDENTS

Tricia Labrie

- Brenna Johnson and Shauna Panton have been working on building a framework for HPS resource information.
- When completed, the resource information will be available to teachers in the District.
- Thank you to Brenna and Shauna for all their hard work on the project.

5.2 TOUR OF THE NEW SCHOOL NUTRITION (IH) WEBSITE

Cathy Richards

- Cathy provided the committee with a visual overview of IHA's Nutritional website and links.
- To access the Nutritional website go to the following link http://www.interiorhealth.ca/school_nutrition.aspx
- Tricia will promote this site through PACs and District-wide.

Tricia	To promote the IHA Nutritional website through PACs and District-wide.	<i>(in progress)</i>
	• Lisa thanked Cathy for the nutritional website overview.	

5.3 WIFI

Anna Hunt-Binkley

- Anna reported that the BC Provincial Medical Health Officer indicated WiFi is currently not a problem.

5.4 SD No. 23 HPS ASSESSMENT AND PLANNING TOOL REVIEW (10 MIN. DISCUSSION)

Janelle Zebedee/
Lisa McCullough

- The HPS committee reviewed, discussed, and provided Janelle with feedback on the HPS Assessment and Planning Tool.
- The committee may email Janelle with updates up to December 17th in order to have it ready for schools in the new year.
- The committee agreed that the HPS Assessment and Planning Tool be available electronically.
- The committee agreed that the HPS Assessment and Planning Tool can be shared with other districts and organizations.
- Lisa thanked Janelle for all her work on the HPS Assessment and Planning Tool.

Janelle/Tricia	To post the HPS Assessment and Planning Tool on the HPS website.	<i>(in progress)</i>
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5.5 SWIM TO SURVIVE UPDATE

Tricia Labrie

- Six hundred and fifty grade 3 students from 15 schools will participate in three sessions of Swim to Survive at the H²O Centre.
- This program runs from January 12, 2011 to May 11, 2011.
- The vulnerability index scale was used to choose participating schools.
- A committee member requested that the HPS be provided with a list of participating schools.

Tricia	To provide the HPS committee with a list of schools participating in the Swim to Survive Program.	<i>(completed)</i>
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- Lisa acknowledged the District's Transportation Department for assisting with bussing coordination. Tricia will send a thank you letter to SD No. 23 Transportation Department and H²O Centre.

Tricia	To send a thank you letter to SD No. 23 Transportation Department and H ² O Centre.	<i>(in progress)</i>
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- Lisa thanked Tricia for her work on the Swim to Survive grant.

5.6 **2009/2010 SUMMARY OF HPS ACTION ITEMS IN SCHOOLS**

Tricia Labrie

- Tricia reviewed the HPS Action Items in Schools with the HPS committee.
- The committee was invited to email feedback to Tricia.
- Tricia has completed the list of elementary, middle, and secondary school lead contacts.
- The HPS Action Items in Schools will be available electronically.

5.7 **HPS ACTION PLAN UPDATE**

Tricia Labrie

- Tricia provided a visual overview of the HPS website to the committee.
- The Wellness Sub-Committee has met and agreed to promote a worksite pedometer challenge that will be offered to all District staff in the new year.

6. **OLD BUSINESS**

6.1 **REVIEW ACTION ITEMS**

Lisa McCullough

- The 'In Progress' Action Items were reviewed.

7. **INFORMATION ITEMS/HANDOUTS**

7.1 **CHAMPIONING PUBLIC HEALTH NUTRITION ~ OTTAWA CONFERENCE**

Anna Hunt-Binkley

- Anna shared the following information from attending the Championing Public Health Nutrition conference October 25-26, 2010 (*see attached*):
 - keynote speaker focussed on world health nutrition (i.e. restaurant menus and school nutrition);
 - City of Toronto contribute funds to the school district for food; and,
 - Canada has higher sodium in the same boxed foods than the US.
- Anna requested that the HPS committee consider forming a sub-committee to prepare a recommendation to the Board of Education regarding 'sodium reduction'.
- A suggestion was made that the HPS committee may consider making a recommendation to other organizations (i.e. BCSTA, COTA, CUPE, etc).
- Anna will follow up on Economics and Public Finances of Nutrition Related Chronic Disease, Nutrition at Restaurants, and Salt Reduction.
- The HPS committee was requested to check with their organization to see if there is an interest in serving on an HPS sub-committee related to 'salt reduction' in Canadian food products.

Committee	To check with their organization to see if there is an interest in serving on a HPS sub-committee related to 'salt reduction' in Canadian food products.	<i>(in progress)</i>
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- The committee will discuss a recommendation and forming a sub-committee at the January 6, 2011 HPS meeting.

7.2 **CAPITAL NEWS ARTICLES**

Lisa McCullough

- Two articles regarding the Centre for Policy Alternatives study 'Every Bite Counts' was distributed.
- A link to the document is on the second page of the 'Every Bite Counts' handout.

8. **FUTURE PRESENTATIONS**

8.1 **MARCH 3, 2011: SD No. 23 RESEARCH REVIEW PROCESS**

Dr. Peter Molloy

The Health Promoting Schools meeting adjourned at 5:35 pm.

FUTURE MEETING DATES

January 6, 2011, February 3, 2011, March 3, 2011, April 7, 2011, May 5, 2011, June 2, 2011

Action items from the **March 4, 2010** HPS meeting

Action Item	Person(s) Responsible	Status
To follow-up the Ministry's Tobacco Free Schools Provincial observational assessment.	Rhonda/Lisa	<i>(in progress)</i>
To provide information at a middle and secondary school Director's meeting regarding the 'Brain Gains' DVD.	Lisa	<i>(in progress)</i>

Action items from the **May 6, 2010** HPS meeting

Action Item	Person(s) Responsible	Status
To present the HPS committee's recommendation to the Board of Education that the Board write a letter to the Provincial Health Officer as outlined in the HPS motion.	Anna	<i>(completed)</i>

Action items from the **June 3, 2010** HPS meeting

Action Item	Person(s) Responsible	Status
To investigate the possibility of adding a representative from SD No. 23 to align with Mental Health.	Lisa	<i>(in progress)</i>

Action items from the **October 7, 2010** HPS meeting

Action Item	Person(s) Responsible	Status
To take the HPS committee's recommendation to Harold Schock to work with District Student Council and Jill Voros.	Lisa	<i>(completed)</i>
To request that Harold Schock present the draft Sustainability Policy to the Health Promoting Schools committee for review and feedback.	Lisa	<i>(completed)</i>
To work on the Sustainability Policy 660 with her Environment Mind Grind students.	Jill	<i>(in progress)</i>
To get a quote for the installation of a bike rack and shower at the School Board Office and provide this information to the Employee Wellness Committee.	Lisa	<i>(in progress)</i>

Action items from the **December 2, 2010** HPS meeting

Action Item	Person(s) Responsible	Status
To promote the IHA Nutritional website through PACs and District-wide.	Tricia	<i>(in progress)</i>
To post the HPS Assessment and Planning Tool on the HPS website.	Janelle/Tricia	<i>(in progress)</i>
To provide the HPS committee with a list of schools participating in the Swim to Survive Program.	Tricia	<i>(completed)</i>
To send a thank you letter to SD No. 23 Transportation Department and H2O Centre.	Tricia	<i>(in progress)</i>
To check with their organization to see if there is an interest in serving on a HPS sub-committee related to 'salt reduction' in Canadian food products.	Committee	<i>(in progress)</i>