



Central Okanagan School District  
**DISTRICT HEALTH PROMOTING SCHOOLS COMMITTEE**



## MINUTES

Thursday, February 3, 2011 ~ School Board Office ~ 4:00 pm – 5:30 pm

### IN ATTENDANCE

<b>Board of Education</b>	Anna Hunt-Binkley		
<b>COPAC</b>	Tyra Skibington, Elementary	Libby Luk, Middle	Janice Loukras, Secondary
<b>COPVPA</b>	Luke Campbell, Secondary		
<b>COTA</b>	Cathie Pavlik, Middle	Jody Cronquist, Middle	
<b>CUPE</b>	Bill Zeman		
<b>HPS Coordinator</b>	Tricia Labrie		
<b>IHA</b>	Betty Brown Mental Health	Cathy Richards Community Nutritionist	Rhonda Tomaszewski Child Youth Program
<b>MCFD</b>	Beth Flynn		
<b>SD No. 23</b>	Lisa McCullough		

### REGRETS

<b>Aboriginal Education</b>	Don Fiddler	<b>COPVPA</b>	Jesse Bruce, Elementary
<b>Board of Education</b>	Rolli Cacchioni	<b>COPVPA</b>	Jill Voros, Middle
<b>COTA</b>	Karen Barnstable, Secondary	<b>HPS Coordinator</b>	Janelle Zebedee

### 1. WELCOME

*Lisa McCullough*

- Vanessa Perrodou and Jill McDowell, UBS Dietetic Interns and Shauna Panton, one of the UBCO Practicum students were welcomed to the Health Promoting Schools meeting.

### 2. AGENDA

#### 2.1 ADOPTION OF FEBRUARY 3, 2011 AGENDA

*Lisa McCullough*

- MOVED by Cathy Richards and SECONDED by Luke Campbell  
**THAT: The Agenda of the District Health Promoting Schools for February 3, 2011 be adopted.**  
**CARRIED**

### 3. MINUTES

#### 3.1 ADOPTION OF JANUARY 6, 2011 MINUTES

*Lisa McCullough*

- MOVED by Cathie Pavlik and SECONDED by Jody Cronquist  
**THAT: The Minutes of the District Health Promoting Schools January 6, 2011 be adopted.**  
**CARRIED**

### 4. NEW BUSINESS

#### 4.1 2011-2012 HPS BUDGET

*Lisa McCullough*

- Tricia Labrie left the meeting.
- In 2010/2011 the full-time HPS coordinator position went to half-time. The coordinator position was funded by a \$30,000 IH grant, \$15,000 by School District No. 23, and a \$15,000 operational budget.
- The committee discussed the 2011/2012 HPS budget and coordinator position.
- MOVED by Luke Campbell and SECONDED by Jody Cronquist  
**THAT: The HPS committee recommends that in the upcoming budget deliberations the Board of Education reinstate funding, to augment the Interior Health contribution of \$30,000, to provide for a full-time HPS Coordinator from the current half-time position along with an operational budget of \$15,000.**  
**Abstained: Trustee Anna Hunt-Binkley**  
**Bill Zeman**

Approved

- Tricia Labrie returned to the meeting.

#### 4.2 2010/2011 REVIEW

Lisa McCullough

##### **GUIDELINES FOR FOOD AND BEVERAGE SALES IN BC SCHOOLS (SEE ATTACHED)**

- The 2010/2011 review is intended to improve the Guidelines by integrating learning from experience gained and reflecting changes in the current market place (i.e. new products that hadn't been anticipated and the issues facing them). It is not intended to make Guidelines' nutrient criteria more stringent.
- Cathy is one of the community nutritionist representatives on this committee.

#### 4.3 BCSTA RESOLUTION: MENTAL HEALTH AND SOCIAL AND EMOTIONAL LEARNING

Betty Brown

- The HPS committee discussed a recommendation to the Board of Education regarding course work in mental health and social and emotional learning for the teacher-in-training program and to provide on-going pro-d opportunities for teachers.
- MOVED by Bill Zeman and SECONDED by Janice Loukras  
**THAT: The Health Promoting Schools Committee recommends that the Board of Education send the following resolution to the upcoming BC School Trustees Association (BCSTA) annual meeting.**

***“THAT: BCSTA recognizes the important contribution positive mental health and social and emotional competence has on student achievement and life success, and, that BCSTA lobby the Minister of Education and British Columbia College of Teachers (BCCT) to require mandatory course work in mental health and social and emotional learning for all teachers-in-training enrolled in Teacher Education Programs in British Columbia.***

***FURTHER THAT: BCTSA respectfully recommends that the BCTF and local School Districts provide on-going Professional Development and in-service training opportunities in mental health and social and emotional learning for current teachers.”***

**CARRIED**

#### 4.4 HPS APRIL 7, 2011 MEETING

Lisa McCullough

- The HPS committee discussed not meeting in April as Lisa will be in staffing meetings all day.
- The committee agreed to go ahead with the April 7<sup>th</sup> meeting.

### 5. OLD BUSINESS

#### 5.1 SCHOOL AUDIT - TOBACCO FREE PROPERTY COMPLIANCE (SEE ATTACHED)

Committee

- The HPS committee reviewed and discussed the School Audit Executive Summary short and long term recommendations including signage and cleaning of property.
- Updating signage may be investigated at a future date.

#### 5.2 HPS PLANNING AND ASSESSMENT TOOL APPROVAL (SEE ATTACHED)

Lisa McCullough  
Tricia Labrie

- The HPS Planning and Assessment Tool was vetted through District Student Council; Operations – Harold Schock, Energy & Sustainability Manager; Human Rights Committee; Advisory Council of Exceptional Students; Aboriginal Parent and Family Education Council; Central Okanagan Principals and Vice-Principals Association; and Safe Schools Committee.
- Lisa and Tricia are scheduled to present the 'Tool' at the February 15<sup>th</sup> Superintendent's meeting.

- The committee recognizes that the 'Tool' is an ongoing working document.

- MOVED by Cathy Richards and SECONDED by Cathie Pavlik  
**THAT: The Health Promoting Schools Committee approve the updated HPS Planning and Assessment Tool.**  
**CARRIED**

5.3 **HPS ACTION PLAN UPDATE**

Tricia Labrie

- The HPS website advertising and highlighting information is working well. The website has had over 800 hits.
- The first three schools have completed the Swim to Survive program. Feedback from schools has been very positive.
- The Employee Wellness 'District Pedometer Challenge' started February 1, 2010. Over 850 employees are participating.

5.4 **REVIEW OF ACTION ITEMS**

Lisa McCullough

- The HPS Action Items were reviewed.

6. **INFORMATION ITEMS/HANDOUTS**

6.1 **SODIUM REDUCTION RECOMMENDATION**

Anna Hunt-Binkley

- ***Below is the amended Board of Education Motion: January 26, 2011***

**THAT: The Health Promoting Schools Committee recommends to the Board of Education that the Board send the following resolution to the upcoming BCSTA Annual Meeting:**

***THAT: BCSTA support Health Canada's "Sodium Reduction Strategy" and that BCSTA lobby Health Canada to ensure that the recommendations within the strategy as they relate to sodium reduction targets by industry be changed from voluntary to mandatory; and, that there be restrictions placed on the marketing of foods high in sodium to children.***

**CARRIED**

- This motion was passed unanimously at the January 26, 2011 Board of Education meeting.
- Anna will take the resolution to the BC School Trustee Association (BCSTA) Regional Branch meeting on February 4, 2011. Tricia is presenting at the BCSTA on February 4, 2011.

Anna

To take the Sodium Reduction resolution to the BC School Trustee Association Regional Branch meeting on February 4<sup>th</sup>.

(in progress)

6.2 **FEBRUARY 18, 2011: LINKING POSITIVE MENTAL HEALTH WITH SOCIAL AND EMOTIONAL LEARNING**

Betty Brown

- Betty is facilitating a session on 'Linking Positive Mental Health with Social and Emotional Learning' at the teachers' Pro-D day on February 18, 2011.
- Betty is also presenting to the middle/secondary school counsellors on February 4, 2011.
- The HPS Mental Health sub-committee has an organizational meeting scheduled on February 8<sup>th</sup> at HRES.

6.3 **REPORTING OUT ON 'SHAPING THE FUTURE 2011'**

Tricia Labrie

- The keynote speaker, Jim Diers, spoke on 'Community Engagement' and recommended the following books:
  - The Abundant Community by John McKnight
  - Bowling Alone by Robert Putnam.
- Dr. Jonathan McGavock discussed the factors that lead to childhood

obesity and the role of schools in addressing these factors.

- The Calgary Catholic School District has a full-time coordinator working with 129 schools. The coordinator targeted her efforts with 10 schools' specific school projects and has now grown to 20 schools. She does provide general assistance to the other 109 schools.
- Students from the Banff Community High School spoke on the importance of daily physical education.
- The key message from a number of the sessions was getting the 'student voice'.

6.4 **GRANTS:** Janice shared that the City of Kelowna and UBCO are offering a Sustainability Community Development Grant for grants up to \$10,000. These grants will be awarded to faculty applicants who will partner with community groups for projects and research opportunities for the Glenmore neighbourhood. The deadline is mid February 2011.

*Janice Loukras*

6.5 **RECESS:** This topic will be on the May agenda. Approximately nine years ago recess was changed from mornings to afternoons. Some committee members have agreed to research morning and afternoon recess for discussion at the May 5, 2011 HPS meeting.

*Anna Hunt-Binkley*

## **7. ELECTRONIC ATTACHMENTS**

7.1 **2010/2011 REVIEW OF THE GUIDELINES FOR FOOD AND BEVERAGE SALES IN BC SCHOOLS**

7.2 **BCSTA RESOLUTION: MENTAL HEALTH AND SOCIAL AND EMOTIONAL LEARNING**

7.3 **SCHOOL AUDIT: TOBACCO FREE PROPERTY COMPLIANCE EXECUTIVE SUMMARY**

7.4 **HPS PLANNING AND ASSESSMENT TOOL**

7.5 **PHYSICAL ACTIVITY: DR. MARK TREMBLAY**

- Dr. Tremblay views the new guidelines as making exercise more achievable.

## **8. FUTURE AGENDA ITEMS**

8.1 **MARCH 3, 2011: PRESENTATION TO BCSTA**

*Tricia Labrie*

8.2 **MARCH 3, 2011: PRESENTATION AT SD NO. 23 SUPERINTENDENT'S MEETING**

*Tricia Labrie*

8.3 **MAY 5, 2011: RECESS DISCUSSION**

*Anna Hunt-Binkley*

## **9. FUTURE PRESENTATIONS**

9.1 **MARCH 3, 2011: SD NO. 23 RESEARCH REVIEW PROCESS (4:00)**

*Dr. Peter Molloy*

9.2 **MARCH 3, 2011: SUSTAINABILITY POLICY UPDATE (4:20)**

*Harold Schock*

## **FUTURE MEETING DATES**

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. <i>Requested they do a one pager report and RT will follow-up</i>	Rhonda/Lisa	<b>(completed)</b>
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 **October 7, 2010** HPS meeting

Action Item	Person(s) Responsible	Status
To work on the Sustainability Policy 660 with her Environment Mind Grind students.	Jill	<i>(in progress)</i>

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

Action Item	Person(s) Responsible	Status
To post the HPS Assessment and Planning Tool on the HPS website.	Janelle/Tricia	<i>(in progress)</i>

Action items from the **January 6, 2011** HPS meeting

Action Item	Person(s) Responsible	Status
To follow-up with Dr. Tom Warshawski regarding the suggested reduction to the Daily Physical Activity Guidelines.	Anna	<i>(in progress)</i>

Action items from the **February 3, 2011** HPS meeting

Action Item	Person(s) Responsible	Status
To take the Sodium Reduction resolution to the BC School Trustee Association Regional Branch meeting on February 4, 2011.	Anna	<b>(completed)</b>