



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



MINUTES

Thursday, January 6, 2011

School Board Office

4:00 pm – 5:30 pm

IN ATTENDANCE

Board of Education	Rolli Cacchioni	Anna Hunt-Binkley	
COPAC	Janice Loukras	Libby Luk	
COPVPA	Jill Voros	Luke Campbell	
COTA	Cathie Pavlik	Jody Cronquist	Karen Barnstable
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

Aboriginal Education	Don Fiddler		
COPVPA	Jesse Bruce		
CUPE	Bill Zeman		

1. AGENDA

1.1 ADOPTION OF JANUARY 6, 2011 AGENDA

Lisa McCullough

MOVED by Rolli Cacchioni and SECONDED by Cathy Richards
THAT: The Agenda of the District Health Promoting Schools for January 6, 2011 be adopted as amended.
CARRIED

2. MINUTES

2.1 ADOPTION OF DECEMBER 2, 2010 MINUTES

Lisa McCullough

MOVED by Cathie Pavlik and SECONDED by Karen Barnstable
THAT: The Minutes of the District Health Promoting Schools for December 2, 2010 be adopted.
CARRIED

3. NEW BUSINESS

3.1 HPS MENTAL HEALTH SUB-COMMITTEE

*Betty Brown/
Lisa McCullough*

- The Health Promoting Schools Mental Health sub-committee will address positive mental health and decrease harm from anxiety and depression in children and youth.
- On Monday, January 10, 2011 Janice and Betty will attend a COPAC meeting inviting those parents to share back with their PACs to invite a PAC representative to participate on the sub-committee.
- Maria De Giovanni is the District representative on the sub-committee along with Beth Flynn, and Becky Clarke who is a representative from the Aboriginal Parent and Family Education Council.

Approved

- Lisa advised that Becky Clarke needs to go through COPAC for membership on the HPS Mental Health sub-committee.
- Betty is facilitating a workshop on Social and Emotional Learning at the District's February 18, 2011 professional development day.
- Lisa thanked Betty and Janice for all their work coordinating a HPS Mental Health sub-committee.

3.2 SODIUM REDUCTION

Anna Hunt-Binkley

- The HPS committee discussed a recommendation to the Board of Education regarding 'Sodium Reduction'.
- MOVED by Anna Hunt-Binkley and SECONDED by Janice Loukras
- **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 supports Health Canada's 'Sodium Reduction Strategy'; however, recommends that the recommendations within the strategy relating to industry be mandatory particularly as they relate to sodium reduction targets and the marketing of food and beverages to children.
CARRIED
- For more information on 'Sodium Reduction' click on the following link: [Sodium Reduction Strategy for Canada](#).

3.3 HPS PLANNING AND ASSESSMENT TOOL

Lisa McCullough

- The HPS Planning and Assessment Tool has been emailed to the committee.
- The Planning and Assessment Tool has been forwarded to District Student Council; SD No. 23 Operations Department, Harold Schock for the sustainability piece; Human Rights Committee; Safe Schools Committee; and Employee Wellness Committee in accordance with Goal #2 in the Comprehensive Health Promoting Schools Action Plan for their review and to forward to other committees through their respective representatives.
- Bonnie will send the HPS Planning and Assessment Tool to Michelle Price, a member of the Aboriginal Parent and Family Education Council for review.

Bonnie	To send the HPS Planning and Assessment Tool to the Aboriginal Parent and Family Education Council.	(completed)
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- Approval of the HPS Planning and Assessment Tool will be made at the February 3, 2011 meeting.

3.4 INVITATION TO PARTICIPATE

Karen Barnstable

- A brochure for the BC Generations Project was distributed. The Kelowna clinic held a grand opening January 6, 2011.
- This project will help researchers understand how the environment, lifestyle, and genes contribute to cancer and other chronic diseases in BC.

- The BC Generations Project is open to British Columbians between the ages of 40 to 69. To participate, email: bcgenerationsproject@bccrc.ca.
- For more information, click on the following link: [BC Generations Project](#).

Rhonda
Tomaszewski

3.5 NEW PHYSICAL ACTIVITY GUIDELINES

- A pre-media release dated January 4, 2011 indicates that the new Daily Physical Activity Guidelines are significantly reduced.
- An official release is expected later in January.
- Anna will follow-up with Dr. Tom Warshawski, Pediatrician, and Cathy will contact Dr. Mark Tremblay, Director of the Healthy Active Living and Obesity Research Group at Children's Hospital of Eastern Ontario Research Institute, regarding the suggested reduction to the Daily Physical Activity Guidelines.

Anna	To follow-up with Dr. Tom Warshawski regarding the suggested reduction to the Daily Physical Activity Guidelines.	<i>(in progress)</i>
Cathy	To follow-up with Dr. Mark Tremblay regarding the suggested reduction to the Daily Physical Activity Guidelines.	(completed)

4. OLD BUSINESS

4.1 HPS ACTION PLAN UPDATE

Tricia Labrie

- Three schools start the Swim to Survive program January 10, 2011. A media release will be made within the next few weeks. Thank you cards have been sent to those organizations that helped make the Swim to Survive program a reality.
- The Pedometer Challenge will be held during the month of February 2011 for all district staff. To register click on the following link: [Employee Wellness Pedometer Challenge](#).

4.2 REVIEW ACTION ITEMS

Lisa McCullough

- The 'In Progress' action items were reviewed.

5. INFORMATION ITEMS/HANDOUTS

5.1 JANUARY 27-29, 2011 AT KANANASKIS, ALBERTA

Lisa McCullough

SHAPING THE FUTURE 2011: A NATIONAL HEALTH PROMOTING SCHOOLS CONFERENCE

- Tricia and Janelle will be attending this conference.

6. FUTURE AGENDA ITEMS

6.1 FEBRUARY 3, 2011: APPROVE HPS PLANNING & ASSESSMENT TOOL

Lisa McCullough

7. FUTURE PRESENTATIONS

7.1 MARCH 3, 2011: SD No. 23 RESEARCH REVIEW PROCESS (4:00 PM)

Dr. Peter Molloy

7.2 MARCH 3, 2011: SUSTAINABILITY POLICY UPDATE (4:20 PM)

Harold Schock

The HPS meeting adjourned at 4:45 pm.

FUTURE MEETING DATES

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

Approved

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	<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 **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>(completed)</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>
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>(completed)</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>(completed)</i>
To post the HPS Assessment and Planning Tool on the HPS website.	Janelle/Tricia	<i>(in progress)</i>
To send a thank you letter to SD No. 23 Transportation Department and H2O Centre.	Tricia	<i>(completed)</i>

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

Action Item	Person(s) Responsible	Status
To send the HPS Planning and Assessment Tool to the Aboriginal Parent and Family Education Council.	Bonnie	<i>(completed)</i>
To follow-up with Dr. Tom Warshawski regarding the suggested reduction to the Daily Physical Activity Guidelines.	Anna	<i>(in progress)</i>
To follow-up with Dr. Mark Trembley regarding the suggested reduction to the Daily Physical Activity Guidelines.	Cathy	<i>(completed)</i>