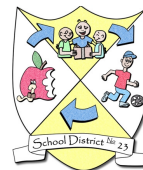




Central Okanagan School District No. 23  
**DISTRICT HEALTH PROMOTING SCHOOLS COMMITTEE**



## MINUTES

Thursday, November 3, 2011

School Board Office - Board Room ~ 4:00 pm to 5:30 pm

### IN ATTENDANCE

<b>Board of Education</b>	Rolli Cacchioni	Anna Hunt-Binkley	
<b>COPAC</b>	Tyra Skibington, Elementary	Valary Chidwick	Janice Loukras, Secondary
<b>COPVPA</b>	Jesse Bruce, Elementary		
<b>COTA</b>	Karen Barnstable, Secondary		
<b>HPS Coordinators</b>	Tricia Labrie	Janelle Zebedee	
<b>IHA</b>	Betty Brown Mental Health	Cathy Richards Community Nutritionist	Rhonda Tomaszewski Child Youth Program
<b>SD No. 23</b>	Terry-Lee Beaudry		

### REGRETS

<b>Aboriginal Education</b>	Karen Chase		
<b>COPVPA</b>	Jill Voros, Middle	Luke Campbell, Secondary	
<b>COTA</b>	Cathie Pavlik, Middle	Jody Cronquist, Middle	
<b>CUPE</b>	Bill Zeman		
<b>MCFD</b>	Beth Flynn		
<b>SD No. 23</b>	Rick Oliver		

## 1. AGENDA

### 1.1 ADOPTION OF NOVEMBER 3, 2011 AGENDA

- MOVED by Anna Hunt-Binkley and SECONDED by Valary Chidwick  
**THAT: The Agenda of the District Health Promoting Schools for November 3, 2011 be adopted as amended. Under New Business 5.3, 5.4, and 5.5 were added. CARRIED**

## 2. MINUTES

### 2.1 ADOPTION OF OCTOBER 6, 2011 MINUTES

- MOVED by Jesse Bruce and SECONDED by Tyra Skibington  
**THAT: The Minutes of the District Health Promoting Schools for October 6, 2011 be adopted. CARRIED**

## 3. 2011/2012 HPS ACTION PLAN

### 3.1 GOT HEALTH?

*Janelle Zebedee/Tricia Labrie*

- Nine schools submitted applications for the 'got health?' grant. AS Matheson Elementary, Constable Neil Bruce Middle, Springvalley Middle, Mount Boucherie Secondary, and George Elliot Secondary met the criteria and will be participating in this initiative. The HPS coordinators will provide various supports to the other four applicants: Kelowna Secondary, Quigley Elementary, Dorothea Walker Elementary, and Ellison Elementary.
- On November 10<sup>th</sup>, the HPS coordinators will hold the first session with teachers.
- On November 24<sup>th</sup>, teachers will attend a session with their student teams.

**3.2 WORKSHOPS**

- Ellison Elementary: Action Schools BC Healthy Eating
- Constable Neil Bruce Middle: Healthy Eating Presentation with Students; CNB is participating in the 'got health?' initiative
- Rose Valley Elementary: All Day Kindergarten Action Schools BC Physical Activity and Healthy Eating
- Casorso Elementary: Action Schools BC Student Leadership workshop
- The 2010/2011 CommunityLINK Report is finalized and forwarded to the Ministry

Janelle/Tricia	To prepare and share with the HPS committee a summary of the 2010/2011 CommunityLINK report.	(in progress)
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**3.3 REVIEW 2010/2011 SCHOOL PLANNING COUNCIL REPORTS**

Tricia Labrie

- The SPC report was reviewed. Principals and vice-principals received a copy of the report.

**3.4 HPS WEB SITE**

Tricia Labrie

- HPS web site additions:
  - DASH BC Healthy Schools Portal: sign up on Healthy Schools BC and become a contributor to healthy students in your community, click on the following link <http://www.healthyschoolsbc.ca/>;
  - under Teacher and Learning: Physical Activity, Healthy Eating, Positive Mental Health, and Healthy Living; and,
  - under Parent Resources: Physical Activity, Healthy Eating, and Positive Mental Health (Healthy Living will be added).

**3.5 ACTION SCHOOLS BC HEALTHY EATING PILOT**

Janelle Zebedee/Tricia Labrie

- School District No. 23 has been invited by Action Schools BC to participate in a Healthy Eating Pilot.
- Black Mountain Elementary, Chute Lake Elementary, South Kelowna Elementary, and South Rutland Elementary are participating in the pilot and will provide feedback to Action Schools BC.

**3.6 HPS SUCCESS STORIES**

Tricia Labrie

- The 2010/2011 video was well received. A video for the 2011/2012 school year will be created with a focus on 'got health?' teams and student involvement.
- A committee member shared that George Elliot Secondary's PAC has provided fruit to students over a number of years and is able to continue.

**3.7 NATIONAL YOUTH HEALTH FORUM**

Janelle Zebedee

- On October 25-26, 2011, the National Youth Health Forum was hosted by the Joint Consortium for School Health. Youth Engagement was the theme. The forum focused on bringing people from policy, research, and practice to share their provincial stories.
- A follow up meeting will be held on December 5, 2011. The Provincial Health Service Authority of BC has been mandated to put together a survey to collect health data from BC youth.

**3.8 UNDERSTANDING BY DESIGN TRAINING**

Tricia Labrie

- Tricia attended a session on Understanding by Design. To keep the language and format consistent with teacher learning, this model will be incorporated with the 'got health?' initiative.
- November 18, 2011: Tricia and Janelle will attend an Understanding by Design training session.

#### 4. 2011/2012 EMPLOYEE WELLNESS ACTION PLAN

##### 4.1 SEE IT! TRY IT! DO IT!

Tricia Labrie

- October 27, 2011: Tricia and Janelle attended Zumba night at Central School. Renee and Ashlea, UBCO practicum students, provided body composition analysis information.
- November 24, 2011: Boot Camp night at Central School at 7:00 pm.
- These activities are held on the last Thursday of the month at 7:00 pm (October and November; January, February, April, and May 2012).
- February 17, 2012: Dr. Art Hister will present at the Rotary Center for the Arts. This is open to all School District employee groups.

#### 5. NEW BUSINESS

##### 5.1 INTRODUCTION OF UBCO HUMAN KINETICS PRACTICUM STUDENTS

Janelle Zebedee/Tricia Labrie

(Renee Webb and Ashlea Fricke)

- Renee and Ashlea provided body composition analysis information suggesting ways to increase physical activity, etc. at the See It! Try It! Do It! Zumba night. They will also participate in Boot Camp night providing nutritional information, (i.e. portion control, healthy eating ideas, etc.).
- Renee and Ashlea will be involved in the 'got health?' school based teams doing energizer activities with students.
- Renee will create a newsletter on 'got health?' and Ashlea will create a newsletter on 'Screen Smart'.
- Trustee Hunt-Binkley thanked Renee and Ashlea for their work with School District No. 23.

##### 5.2 2008 BC ADOLESCENT HEALTH SURVEY (MCCREARY CENTRE)

Committee

- The committee discussed the upcoming McCreary Centre Society meeting. The committee agreed that this meeting would be a HPS focus group session.
- The session will include:
  - a 45 minute presentation including a general introduction of the study, overall results, information on the new piece regarding physical activity and mental health; and
  - 45 minutes for input from the HPS focus group and invited guests.
- The committee agreed to invite people that are directly related to the HPS committee partner groups. Each HPS committee member is to invite guests and email Janelle the names.

Committee

To invite guests and email Janelle the names.

**(completed)**

##### 5.3 SAFE ROUTES TO GLENMORE ELEMENTARY SCHOOL PILOT PROJECT

Valary Chidwick

- Valary provided an overview of the 'Safe Routes to Glenmore Elementary School' project which began in 2007 when the École Glenmore Elementary Cool Ways to School committee was formed. The committee partnered with UBCO Nursing Program and then the City of Kelowna in 2009. Parents believed that if routes were improved to meet children's safety standards this would promote walking to school. In 2010 the City hired Stantec, an engineering company, to create an infrastructure plan. The 'Cool Ways to School' committee will present the pilot project to the District's Planning and Facilities Department.
- The City is looking for support as well as establishing a relationship with School District No. 23. The 'Cool Ways to School' committee is requesting that the HPS committee provide a recommendation to the

Board of Education supporting the pilot project.

MOVED by Janice Loukras and SECONDED by Cathy Richards

**THAT: The HPS committee recommend to the Board of Education to support, in principle, the Safe Routes to School pilot initiative through the City of Kelowna/École Glenmore Elementary's Cool Ways to School.**

- Valary will provide background information to accompany the HPS committee recommendation.

Valary	To provide background information regarding the Safe Routes to School pilot project to Bonnie.	<i>(completed)</i>
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- Anna will provide the Coordinating Committee with the Health Promoting School's committee recommendation to the Board of Education and supporting background information.

Anna	To provide the Coordinating Committee with the HPS recommendation to the Board of Education.	<i>(in progress)</i>
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#### 5.4 HPS MENTAL HEALTH SUB-COMMITTEE UPDATE

*Betty Brown*

- Approval has been given for the Canadian Mental Health Association to present the Knowledge is Power Series 2011 to parents.
- Jill Voros will continue to be the District liaison representative on this sub-committee.
- A HPS Mental Health sub-committee meeting is scheduled for December 3, 2011. Valary Chidwick has volunteered to chair the sub-committee meetings.

#### 5.5 CAFFEINATED BEVERAGES UPDATE

*Cathy Richards*

- A summary of new Health Canada Regulations for Caffeinated Beverages (energy drinks) was distributed. *(see attached)*
- Caffeinated beverages will be switched from being categorized as a natural health product to a food product which includes indicating sugar content on the nutrition facts table.
- Health Canada is accepting feedback from the public until November 15, 2011. It will take approximately 1 ½ years to see any changes in the market place.
- For more information go to the following link: <http://www.hc-sc.gc.ca/fn-an/legislation/pol/energy-drinks-boissons-energisantes-eng.php>

MOVED by Anna Hunt-Binkley and SECONDED by Janice Loukras

**THAT: The Health Promoting Schools Coordinators provide feedback to Health Canada by November 15, 2011 regarding the new federal regulations for caffeinated beverages.**

Janelle/Tricia	To provide feedback to Health Canada regarding caffeinated beverages by November 15, 2011.	<i>(completed)</i>
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## 6. ONGOING BUSINESS

### 6.1 REVIEW OF ACTION ITEMS (5 MINUTES)

*Janelle Zebedee/Tricia Labrie*

- The Action Items were reviewed.

## 7. FUTURE AGENDA ITEMS

### 7.1 NOVEMBER 17, 2011: MCCREARY CENTRE SOCIETY PRESENTATION

*McCreary Centre*

**FUTURE MEETING DATES:** January 5, 2012; February 2, 2012; March 1, 2012; April 5, 2012; May 3, 2012; June 7, 2012.

Action items from the **September 15, 2011** HPS meeting

Action Item	Person(s) Responsible	Status
To forward the Hi5 Living information to Healthy Schools Coordinators within IH.	Rhonda	<i>(completed)</i>

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

Action Item	Person(s) Responsible	Status
To provide BCSTA information on Dairyland's 25% reduction of sugar in chocolate milk.	Anna	<i>(completed)</i>
To send Interior Health's Healthier Schools Healthier Students (HSHS) Coordinator Evaluation Summary to School District Superintendents within Interior Health.	Rhonda	<i>(completed)</i>
To share Interior Health's HSHS Coordinator Evaluation Summary with the Board of Education.	Anna	<i>(in progress)</i>

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

Action Item	Person(s) Responsible	Status
To prepare and share with the HPS committee a summary of the 2010/2011 CommunityLINK report.	Janelle/ Tricia	<i>(in progress)</i>
To invite guests and email Janelle the names.	Committee	<i>(completed)</i>
To provide background information regarding the Safe Routes to School pilot project to Bonnie.	Valary	<i>(completed)</i>
To provide the Coordinating Committee with the HPS recommendation to the Board of Education.	Anna	<i>(in progress)</i>
To provide feedback to Health Canada regarding caffeinated beverages by November 15, 2011.	Janelle/Tricia	<i>(completed)</i>