



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



## MINUTES

Thursday, October 6, 2011

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

### IN ATTENDANCE

<b>Aboriginal Education</b>	Karen Chase		
<b>Board of Education</b>	Anna Hunt-Binkley		
<b>COPAC</b>	Tyra Skibington, Elementary	Janice Loukras, Secondary	
<b>COPVPA</b>	Jesse Bruce, Elementary	Luke Campbell, 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>MCFD</b>	Beth Flynn		
<b>SD No. 23</b>	Lisa McCullough		

### REGRETS

<b>Board of Education</b>	Rolli Cacchioni	<b>COPAC</b>	Valary Chidwick
<b>COPVPA</b>	Jill Voros, Middle		
<b>COTA</b>	Cathie Pavlik, Middle	Jody Cronquist, Middle	Karen Barnstable, Secondary
<b>CUPE</b>	Bill Zeman		

Observers: Renee Webb, UBCO Human Kinetics Practicum Student  
Casey Berry, 5<sup>th</sup> year University of Saskatchewan Dietetic Intern

## 1. AGENDA

### 1.1 ADOPTION OF OCTOBER 6, 2011 AGENDA

*Lisa McCullough*

MOVED by Luke Campbell and SECONDED by Cathy Richards  
**THAT: The Agenda of the District Health Promoting Schools for October 6, 2011 be adopted. CARRIED**

## 2. MINUTES

### 2.1 ADOPTION OF SEPTEMBER 15, 2011 MINUTES

*Lisa McCullough*

MOVED by Tyra Skibington and SECONDED by Jesse Bruce  
**THAT: The Minutes of the District Health Promoting Schools for September 15, 2011 be adopted as amended. CARRIED**

## 3. PRESENTATION

### 3.1 ROOTS OF EMPATHY (15 MINUTES)

*Beth Flynn*

- Roots of Empathy (ROT) is a province wide classroom program to help children become more competent, caring citizens today and more caring parents of tomorrow. The program focuses on the parent and child.
- Roots of Empathy teaches children emotional literacy, problem solving, and diversity and caring. Roots of Empathy integrates into the curriculum, builds community, and encourages responsibility.
- The themes are broken down into four age ranges, Kindergarten, Primary (grades 1-3), Intermediate (grades 4-6), and Middle School (grades 7-8).
- The 2010 Feedback Report was distributed to the committee. (see *attached*)
- For more information click on the following links:  
<http://www.rootsofempathy.org/>  
<http://www.rootsofempathy.org/en/multimedia/videos.html>

#### 4. 2011/2012 HPS ACTION PLAN

##### 4.1 2011 HEALTHY FOOD FAIR

Janelle Zebedee/Tricia Labrie

- 17 vendors showcased their products at Hollywood Road Education Services. Approximately 100 people attended.
- A committee member shared that Dairyland's chocolate milk has a 25% reduction of sugar. Cathy will provide this documentation to Anna. Anna will forward the information to BCSTA and the Board of Education as an information item.

Cathy	To provide Anna documentation regarding the 25% reduction of sugar in Dairyland's chocolate milk.	<b>(completed)</b>
Anna	To provide BCSTA information on Dairyland's 25% reduction of sugar in chocolate milk.	<i>(in progress)</i>
Anna	To provide the Board of Education information on Dairyland's 25% reduction of sugar in chocolate milk.	<b>(completed)</b>

##### 4.2 PROFESSIONAL LEARNING OPPORTUNITIES

Janelle Zebedee

- November 15, 2011: Janelle and Tricia will facilitate a Screen Smart Workshop created by Dr. Tom Warshawski.

##### 4.3 HPS WEBSITE

Tricia Labrie

- Tricia is continually updating and refreshing the HPS website. Each pillar will have an area for physical activity, healthy eating, and positive mental health. A 'Parent Resources Section' will be added.

##### 4.4 REVIEW 2010/2011 SCHOOL PLANNING COUNCIL REPORT

Tricia Labrie

- The report is completed and was sent to schools for feedback. The report will be available to the committee in November 2011.

Tricia	To email the HPS committee the 2010/2011 School Planning Council report.	<b>(completed)</b>
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##### 4.5 HPS ASSESSMENT AND PLANNING TOOL REPORT

Janelle Zebedee

- All District schools will receive a hard copy of their school data along with the District report.

Janelle	To provide schools with a hard copy of their HPS Assessment and Planning Tool Report along with the District report.	<b>(completed)</b>
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##### 4.6 SOCIAL EMOTIONAL LEARNING (SEL) SCAN

Tricia Labrie

- A questionnaire has been created and sent to Dr. Peter Molloy. Student Support Services teams will complete the questionnaire during the month of November 2011.

##### 4.7 HPS COORDINATOR TELECONFERENCE

Janelle Zebedee

- Rhonda hosted the first HPS Coordinator teleconference. The focus was on Screen Smart.

#### 5. 2011/2012 EMPLOYEE WELLNESS ACTION PLAN

##### 5.1 SEE IT! TRY IT! DO IT! ACTIVITIES

Janelle Zebedee/Tricia Labrie

- These activities will be held on the last Thursday of October and November 2011, January, February, April and May 2012. There will be a minimal drop in fee. The first activity, Zumba night, will be held on October 27, 2011 at Central School at 7:00 pm.
- Dr. Art Hister is scheduled to present at the February 17, 2012 Pro-D day at the Rotary Centre for the Arts.

#### 6. NEW BUSINESS

##### 6.1 SCHOOL DISTRICT No. 23 'got health?' GRANT SELECTION PROCESS

Janelle Zebedee/Tricia Labrie

- The deadline for 'got health?' grant applications is October 14, 2011. Janice and Tyra volunteered to participate on the grant selection committee. The selection committee will review applications on October 20, 2011 at Hollywood Road at 9:00 am.

## 6.2 UBCO HUMAN KINETICS PRACTICUM STUDENTS

Janelle Zebedee/Tricia Labrie

- Renee Webb and Ashlea Fricke, UBCO Human Kinetic practicum students, will provide an information session for Employee Wellness. They will also participate on the 'got health?' school based teams as well as create a 'got health?' newsletter.

## 6.3 IH YEAR ONE HPS COORDINATOR EVALUATION REPORT

Rhonda Tomaszewski

- Rhonda distributed and reviewed the Project Update Year 1 Evaluation of the HPS Coordinator Initiative. Over 100 principals were surveyed on their knowledge and beliefs around comprehensive health. The report includes key findings with respect to the three evaluation questions, conclusions with opportunities for improvement for year two, and recommendations. *(see attached)*
- Year three will focus on Impact: What is the impact on health promotion efforts at the school?
- Rhonda will send Interior Health's Healthier Schools Healthier Students (HSHS) Coordinator Evaluation Summary to School District Superintendents within Interior Health.
- Anna will share the HPS Evaluation Summary with the Board of Education.
- Lisa thanked Rhonda for preparing and sharing the report.

Rhonda	To send Interior Health's Healthier Schools Healthier Students (HSHS) Coordinator Evaluation Summary to School District Superintendents within Interior Health.	<i>(in progress)</i>
Anna	To share Interior Health's HSHS Coordinator Evaluation Summary with the Board of Education.	<i>(in progress)</i>

## 7. ONGOING BUSINESS

### 7.1 MENTAL HEALTH SUB-COMMITTEE (10 MINUTES)

Betty Brown

- A letter was received from the Canadian Mental Health Association offering their services to partner with the HPS Mental Health Sub-committee to develop parent sessions on the Knowledge is Power Series for 2012.

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

Lisa McCullough

- The Action Items were reviewed.

## 8. INFORMATION ITEMS

### 8.1 SODIUM REDUCTION (SEE ATTACHED)

Anna Hunt-Binkley

- Anna distributed a letter from the Minister of Health department to BCSTA acknowledging their support of the Sodium Reduction Strategy for Canada.

## 9. ELECTRONIC ATTACHMENTS AND HANDOUTS

## 10. FUTURE AGENDA ITEMS

### 10.1 REVIEW 2010/2011 SCHOOL PLANNING COUNCIL REPORTS

Tricia Labrie

### 10.2 HPS WEB SITE

Tricia Labrie

### 10.3 NOVEMBER 3, 2011: INTRODUCTION OF UBCO HUMAN KINETICS PRACTICUM STUDENTS

Janelle Zebedee/Tricia Labrie

### 10.4 CAFFEINE UPDATE

Cathy Richards

## 11. FUTURE PRESENTATIONS

**FUTURE MEETING DATES:** November 3, 2011; December 1, 2011; 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 email the 2010/2011 Assessment & Planning Survey report to the Health Promoting Schools committee.	Janelle	<b>(completed)</b>
To add the Hi5 Living link to the HPS website.	Tricia	<b>(completed)</b>
To forward the Hi5 Living information to Healthy Schools Coordinators within IH.	Rhonda	<i>(in progress)</i>

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

Action Item	Person(s) Responsible	Status
To provide Anna documentation regarding the 25% reduction of sugar in Dairyland's chocolate milk.	Cathy	<b>(completed)</b>
To provide BCSTA information on Dairyland's 25% reduction of sugar in chocolate milk.	Anna	<i>(in progress)</i>
To provide the Board of Education information on Dairyland's 25% reduction of sugar in chocolate milk.	Anna	<b>(completed)</b>
To email the HPS committee the 2010/2011 School Planning Council report.	Tricia	<b>(completed)</b>
To provide schools with a hard copy of their HPS Assessment and Planning Tool Report along with the District report.	Janelle	<b>(completed)</b>
To send Interior Health's Healthier Schools Healthier Students (HSHS) Coordinator Evaluation Summary to School District Superintendents within Interior Health.	Rhonda	<i>(in progress)</i>
To share Interior Health's HSHS Coordinator Evaluation Summary with the Board of Education.	Anna	<i>(in progress)</i>