



Central Okanagan School District
DISTRICT HEALTH PROMOTING SCHOOLS COMMITTEE



MINUTES

Thursday, September 16, 2010

School Board Office

4:00 pm – 5:30 pm

HPS Committee: Karen Barnstable, COTA ~ Secondary Betty Brown, IHA
 Jesse Bruce, COPVPA ~ Elementary Anna Hunt-Binkley, Board of Education
 Tricia Labrie, HPS Coordinator Janice Loukras, COPAC
 Cathie Pavlik, COTA ~ Middle Cathy Richards, IHA
 Rhonda Tomaszewski, IHA Jill Voros, COPVPA ~ Middle
 Bill Zeman, CUPE

Regrets: Rolli Cacchioni, Board of Education Jody Cronquist, COTA ~ Middle
 Beth Flynn, MCFD Lisa McCullough, SD No. 23

GUESTS: **HAROLD SCHOCK, ENERGY & SUSTAINABILITY MANAGER**

1. AGENDA

1.1 **ADOPTION OF SEPTEMBER 16, 2010 AGENDA**

MOVED by Anna Hunt-Binkley and SECONDED by Jill Voros

THAT: The Agenda of the District Health Promoting Schools for September 16, 2010 be adopted. CARRIED

Tricia Labrie

2. MINUTES

2.1 **ADOPTION OF MAY 6, 2010 MINUTES AS AMENDED**

MOVED by Cathy Richards and SECONDED by Cathie Pavlik

THAT: The Minutes of the District Health Promoting Schools for May 6, 2010 be adopted as amended. CARRIED

Tricia Labrie

2.2 **ADOPTION OF JUNE 3, 2010 MINUTES**

MOVED by Betty Brown and SECONDED by Karen Barnstable

THAT: The Minutes of the District Health Promoting Schools for June 3, 2010 be adopted. CARRIED

Tricia Labrie

3. PRESENTATIONS

3.1 **ENVIRONMENTAL SUSTAINABILITY FOR HEALTH PROMOTING SCHOOLS**

- School District No. 23's Energy & Sustainability Manager presented on Environmental Sustainability sharing their vision, purpose, commitment, goals, and initiatives. *(see attached presentation)*

Harold Schock

3.2 **CREATING A HEALTH PROMOTING SCHOOL THROUGH A COMPREHENSIVE SCHOOL HEALTH APPROACH (15 MINS)**

- *Deferred to October 7, 2010 Health Promoting Schools meeting.*

Rhonda Tomaszewski

4. OLD BUSINESS

4.1 **HPS COORDINATOR POSITION UPDATE**

- Tricia was hired as the .4 Health Promoting Schools Coordinator and Janelle will work .1 on Health Promoting Schools project work.
- The District provided the HPS committee with a \$15,000 operating budget.
- The Healthy Food Fair will be held on Tuesday, September 21, 2010 from 1:30 pm – 4:30 pm in Room 1 at HRES. Fourteen vendors have confirmed their participation.

Tricia Labrie

4.2 **REVIEW ACTION ITEMS**

- The *'In Progress'* Action Items were reviewed.

Tricia Labrie

Approved

4.3 **PROVINCIAL EDUCATION PARTNERS' HEALTHY SCHOOLS COMMITTEE ~ SAFE DRINKING WATER**

- Further discussion regarding safe drinking water, resulted in the following motion.

MOVED by Anna Hunt-Binkley and SECONDED by Jill Voros

THAT: The HPS committee recommend to the Board of Education that the Board write a letter to the Provincial Health Officer requesting that the Interior Health Authority apply the current water guidelines similarly to the interpretation in other BC Health Authorities; and, in the meantime, to ensure school children have safe drinking water available to them at no additional cost to School District No. 23. CARRIED

ABSTAINED: Cathy Richards, Rhonda Tomaszewski, and Betty Brown

5. **NEW BUSINESS**

5.1 **MENTAL HEALTH PROMOTION WORKING COMMITTEE
(SUB COMMITTEE OF HPS FOR MENTAL HEALTH PROMOTION)**

Betty Brown

- A committee was formed by Greg Walker, Behavior Specialist, to conduct FRIENDS parent workshops during the 2009/2010 school year. The committee functioned well and hosted a successful fall workshop with 70 parents in attendance. The intent was to continue with the team and to expand the scope. Due to some priority changes with the delivery model for FRIENDS parent workshops the team was suspended. Greg Walker retired in June 2010.
- Betty has suggested that FRIENDS parent education as well as the identified projects and tasks listed within the HPS Action Plan could be advanced through a Mental Health Promotion Working committee made up of COPAC parents, IH, Child and Youth Clinician, Aboriginal Education and Family Council, SD No. 23 staff representation, HPS coordinator, and other interested staff. This group would not be a decision making committee. One example of the committee's priorities is parent education around children's mental health.
- A suggestion was made that the working committee begin with a project by producing a chart or resource list of the available tools for teachers that could be posted on the HPS site. This request is in addition to those tasks already listed in the HPS plan.
- Clarification from Lisa McCullough is required to confirm that Betty is authorized to proceed to lead and form this working group.
- A request was made that Betty prepare a brief document and present to the HPS at a future committee meeting (i.e. draft Terms of Reference for the working committee).

Action Required by:

Betty

To prepare a document and present to the HPS committee at a future meeting (i.e. draft Terms of Reference for the working committee).

(in progress)

5.2 **SWIM 2 SURVIVE GRANT APPLICATION**

Tricia Labrie

- The Life Saving Society's purpose is for grade 3 students to know how to save themselves in the case of drowning.
- Students attend three 45 minute sessions at no cost to them.
- This initiative falls within the Teaching and Learning section of the Comprehensive Health Promoting Schools Action Plan.
- The committee agreed for Tricia to apply for the grant.

Action Required by:

Tricia

To apply for the Swim 2 Survive Grant and advise the HPS the outcome.

(in progress)

Approved

5.3 HOME EC TEACHERS' RELEASE

Tricia Labrie

- Tricia met with the Home Ec teachers at end of June 2010 where they expressed an interest in making a standard set of trans fat free recipes which would be an excellent resource and tool. This was a directive from the Health Promoting Schools committee.
- The Home Ec teachers requested that the HPS cover the TOC costs to meet over one or two days to complete the recipes. The HPS committee agreed that the HPS committee not provide funds for TOC costs and suggested that principals buy release time for the Home Ec teachers or use pro-d for collaborative meeting time.

5.4 UBCO STUDENTS

Tricia Labrie

- The UBCO student will provide 30 hours of work for the Health Promoting Schools. The HPS Coordinator will have approximately 60-90 minutes of paperwork to complete.
- The student will work on the K - 12 document (i.e. videos, webinars, other resources) and frame it around the four pillars.
- The committee agreed that having the UBCO student for 30 hours is a valuable opportunity.

6. INFORMATION ITEMS/HANDOUTS

6.1 SECONDARY ADMIN REP

Bonnie Browns

- Vianne has stepped down from the Health Promoting Schools committee. Scott McLean, President of COPVPA, was contacted to invite a secondary administrator to sit on the HPS committee.
- The committee recognized Vianne for her valuable input and commitment while on the Health Promoting Schools committee.

Action Required by:

Lisa	To invite a secondary administrator representative from COPVPA to sit on the Health Promoting Schools committee.	(completed)
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6.2 ACTION SCHOOLS BC EVALUATION

- Results indicate that the Physical Activities Action Schools BC resources are being used more than Healthy Eating resources. Tricia will email schools the Action Schools BC free resources link(s).

Tricia Labrie

Action Required by:

Tricia	To provide schools the Action Schools BC free resources link(s) to schools.	(completed)
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7. FUTURE PRESENTATIONS

7.1 NOVEMBER 4, 2010: SOCIAL EMOTIONAL LEARNING AND SCHOOL BASED MENTAL HEALTH

Betty Brown

7.2 MENTAL HEALTH PROMOTION WORKING COMMITTEE

Betty Brown

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

Dr. Peter Molloy

The Health Promoting Schools committee sends Lisa their best wishes.

The Health Promoting Schools meeting adjourned at 5:45 pm

FUTURE MEETING DATES

October 7, 2010, November 4, 2010, December 2, 2010, January 6, 2011, 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.	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>(in progress)</i>

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

Action Item	Person(s) Responsible	Status
To invite Dr. Peter Molloy to present on 'SD No. 23 Research Review Process' in the fall of 2010.	Lisa	<i>(completed)</i>
To update CHPS Action Plan with suggested amendments.	Tricia/Janelle	<i>(completed)</i>
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 **September 16, 2010** HPS meeting

Action Item	Person(s) Responsible	Status
To prepare a document and present to the HPS committee at a future meeting (i.e. draft Terms of Reference for the working committee).	Betty	<i>(in progress)</i>
To apply for the Swim 2 Survive Grant and advise the HPS the outcome.	Tricia	<i>(in progress)</i>
To invite a secondary administrator to be a representative for COPVPA on the Health Promoting Schools committee.	Lisa	<i>(completed)</i>
To provide schools the Action Schools BC free resources link(s).	Tricia	<i>(completed)</i>