



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



MINUTES

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

COMMITTEE MEMBERS

Aboriginal Education	Don Fiddler	
Board of Education	Rolli Cacchioni	Anna Hunt-Binkley
COPAC	Tyra Skibington, Elementary	Janice Loukras, Secondary
COPVPA	Jill Voros, Middle	Luke Campbell, Secondary
COTA	Cathie Pavlik, Middle	Jody Cronquist, Middle
HPS Coordinators	Tricia Labrie	Janelle Zebedee
IHA	Betty Brown Mental Health	Cathy Richards Community Nutritionist
MCFD	Beth Flynn	
SD No. 23	Lisa McCullough	

REGRETS

COPVPA	Jesse Bruce, Elementary	COTA	Karen Barnstable, Secondary
CUPE	Bill Zeman	IHA	Rhonda Tomaszewski Child Youth Program
SD No. 23	Jim Colquhoun		

1. AGENDA

1.1 ADOPTION OF MAY 5, 2011 AGENDA

Lisa McCullough

- MOVED by Anna Hunt-Binkley and SECONDED by Cathie Pavlik
THAT: The Agenda of the District Health Promoting Schools for May 5, 2011 be adopted.
CARRIED

2. MINUTES

2.1 ADOPTION OF FEBRUARY 3, 2011 MINUTES

Lisa McCullough

- MOVED Jody Cronquist by and SECONDED by Luke Campbell
THAT: The Minutes of the District Health Promoting Schools for April 7, 2011 be adopted.
CARRIED

3. WELCOME

Lisa McCullough

- On behalf of the committee, Lisa welcomed Janelle back to the HPS committee. Lisa also thanked Tricia for her work over the past year. Tricia will continue as .1 for the remainder of the 2010/2011 school year.

4. NEW BUSINESS

4.1 RECESS DISCUSSION

Anna Hunt-Binkley

- The HPS committee agreed to form a sub-committee to research recess and report back to the HPS committee at a future date.
- Members of the sub-committee are Trustee Hunt-Binkley, Cathy Richards, Jody Cronquist, Jill Voros, Tricia Labrie, Janelle Zebedee, and Cathie Pavlik.

4.2 UPDATE: HEALTHY WEIGHTS FOR CHILDREN (HWC)

Beth Flynn

- The Bridge Youth and Family Services received a grant from Public Health Agency of Canada to develop curriculum and pilot a project on Healthy Weights for Children. The focus will be on the importance of nutrition, activity levels, and healthy weights. Strategies will be provided for parents and caregivers to employ to encourage healthy eating and activity.
- An advisory committee has been developed to provide direction and expertise from diverse groups including Canadian and BC Associations of Family Resource Programs, BC Federation of Parent Advisory Councils, Child Welfare League of Canada, City of Kelowna, IHA, Kelowna Youth in Care Network, Ki-low-na Friendship Society, MCFD, Okanagan Foster Parent Association, UBC Okanagan, Westbank First Nation, UVic, etc. School District No. 23 was also invited to participate.
- Project Evaluation is being led by UBC Okanagan and UVic.
- The intent is to deliver the curriculum to a variety of implementation sites including community groups, (i.e. PACS, COPAC, alternate care environments, etc.).
- The age groups targeted are:
 - Conception to six years old
 - School age population
 - Youth age population
- Initially, the program will be piloted in the Kelowna area and then expand provincially and nationally.
- Beth will forward the HWC package to the HPS committee.
- The committee agreed to invite Amanda Turner to the September 15, 2011 HPS meeting.
- Lisa thanked Beth for her report and acting as the liaison between HWC and the HPS committee.

Beth	To forward the Healthy Weights for Children package to the Health Promoting Schools committee.	(completed)
Lisa	To invite Amanda Turner to the September 15, 2011 HPS meeting.	(completed)

4.3 MILK SLAM - BC DAIRY FOUNDATION

Lisa McCullough

- The Superintendent of Schools received a letter requesting that School District No. 23 promote the BC Dairy Foundation 'Milk Slam' program. The program is an eight week promotion for students to choose milk rather than juice and other sweetened drinks. *(see attached)*
- KLO Middle School already participates in this program and has received a positive response from students.
- A suggestion was made to ensure there is a focus on unsweetened milk and fortified soy drinks, with some inclusion of basic flavoured milks such as chocolate or strawberry. Also to ensure that there are options for students who do not drink cow's milk for reasons such as vegetarianism or allergies.
- The HPS committee agreed to support this program.

Lisa	To provide schools with the BC Dairy Foundation 'Milk Slam' program information.	(completed)
------	--	--------------------

4.4 **SCHOOL DISTRICT NO. 23 MIDDLE SCHOOL PARENT NIGHT**

Betty Brown

- The HPS Mental Health sub-committee and Interior Health have organized a parent night with speaker Scott Slater, Team Leader with Child & Youth Mental Health, on Thursday, May 26, 2011 from 7:00 pm to 9:00 pm at KLO Middle School. The topic is 'Stress, Anxiety, and Resilience' supporting middle school children to develop resilience. (see attached)

5. OLD BUSINESS

5.1 **UPDATE: BCSTA & SODIUM REDUCTION RESOLUTION**

Anna Hunt-Binkley

- Three of the Board of Education's resolutions were passed at the April 2011 BC School Trustees Association AGM. Two resolutions that pertain to the Health Promoting Schools committee are:
 - The Sodium Reduction Strategy:
That the BCSTA:
 1. Convey to Health Canada its support for the goal of reducing sodium intake of Canadians;
 2. Convey to Health Canada its support for the imposition on food manufacturers of mandatory limits on sodium content;
 3. Convey to Health Canada and the provincial government its support for restrictions on marketing of foods high in sodium to children; and,
 4. Convey to Health Canada its support for the development of consistent sodium limits for use across Canada by food service operations in publicly-funded institutions such as schools, daycares, hospitals, and care facilities.
 - The teacher training in Mental Health, Social & Emotional Learning principles and strategies:
 1. Urge BC College of Teachers (BCCT) to work with all postsecondary institutions to discuss a requirement for mandatory course work in mental health and social and emotional learning for all students enrolled in teacher education programs in British Columbia; and,
 2. Encourage BC Federation of Teachers (BCTF) and local school districts to provide ongoing professional development and in-service training opportunities in mental health and social and emotional learning for current teachers.

5.2 **2010/2011 COMPREHENSIVE HEALTH PROMOTING SCHOOLS ACTION PLAN PROGRESS REPORT**

Tricia Labrie

- Tricia presented and reviewed the Action Plan Progress Report.
- Tricia will email the revised document to the HPS committee including changes/feedback.
- The HPS committee thanked Tricia and Janelle for their work on the Progress Report.

Tricia	To email the committee the revised 2010/2011 Comprehensive Health Promoting Schools Action Plan Progress Report.	(completed)
--------	--	-------------

5.3 **2011/2012 COMPREHENSIVE HEALTH PROMOTING SCHOOLS ACTION PLAN PROPOSAL**

Janelle Zebedee

- Janelle presented the 'got health?' draft proposal she and Tricia prepared. *(see attached)*
- The draft proposal focuses on providing an opportunity for five schools to apply for a District Health Promoting Schools grant. The schools would utilize these funds to develop a school health team that assesses, devises, and implements health promoting schools opportunities at their school (elementary, middle, secondary). These schools will be provided with targeted support, resources, and professional development opportunities organized with the HPS Coordinator.
- The committee's homework is to read the 2011/2012 CHPS Action Plan proposal and provide Janelle with feedback before the June 2, 2011 meeting.

Committee	To read the 2011/2012 CHPS Action Plan proposal and provide Janelle with feedback before the June 2, 2011 meeting.	<i>(in progress)</i>
-----------	--	----------------------

5.4 **REVIEW OF ACTION ITEMS**

Lisa McCullough

- *Deferred to the June 2, 2011 meeting.*

6. **ELECTRONIC ATTACHMENTS**

- 6.1 **2010/2011 COMPREHENSIVE HEALTH PROMOTING SCHOOLS ACTION PLAN PROGRESS REPORT**
- 6.2 **2011/2012 COMPREHENSIVE HEALTH PROMOTING SCHOOLS ACTION PLAN PROPOSAL**
- 6.3 **FOOD GUIDELINES IMPLEMENTATION REVIEW 2010**
- 6.4 **2011/2012 'GOT HEALTH?' PROPOSAL**

7. **FUTURE AGENDA ITEMS**

- 7.1 **JUNE 2, 2011: 2011/2012 COMPREHENSIVE HEALTH PROMOTING SCHOOLS ACTION PLAN (15 MINUTES)** Janelle Zebedee
- 7.2 **JUNE 2, 2011: HPS PLANNING AND ASSESSMENT TOOL SURVEY RESULTS** Janelle Zebedee
- 7.3 **JUNE 2, 2011: REPORT ON SUCCESS OF COORDINATOR GRANTS IN OTHER DISTRICTS** Rhonda Tomaszewski
- 7.4 **JUNE 2, 2011: DASH CONFERENCE** Janelle Zebedee

8. **FUTURE PRESENTATIONS**

- 8.1 **JUNE 2, 2011: REPORTING ON PRESENTATION TO ADMINISTRATORS** Tricia Labrie and Janelle Zebedee
- 8.2 **SEPTEMBER 15, 2011: HEALTHY WEIGHTS FOR CHILDREN** Amanda Turner

- The HPS meeting adjourned at 5:35 pm.

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 **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 **May 5, 2011** HPS meeting

Action Item	Person(s) Responsible	Status
To forward the Healthy Weights for Children package to the Health Promoting Schools committee.	Beth	<i>(completed)</i>
To invite Amanda Turner to the September 15, 2011 HPS meeting.	Lisa	<i>(completed)</i>
To provide schools with the BC Dairy Foundation 'Milk Slam' program information.	Lisa	<i>(completed)</i>
To email the committee the revised 2010/2011 Comprehensive Health Promoting Schools Action Plan Progress Report.	Tricia	<i>(completed)</i>
To read the 2011/2012 CHPS Action Plan proposal and provide Janelle with feedback before the June 2, 2011 meeting.	Committee	<i>(in progress)</i>