



HEALTH PROMOTING SCHOOLS COMMITTEE MEETING

"MINUTES"

Thursday, APRIL 6th, 2023

VIA ZOOM @ 4:15 - 6:00 pm



REPRESENTING :	C O M M I T T E E M E M B E R S				
Board of Education	Lisa Guderyan	Wayne Broughton, alternate			
Indigenous Education	Deanna Necan				
ARC Programs	Cassy Lukey, Counsellor				
COPAC	Camila Biffard, ELEM	Tanya Leshuk, MID		Mike Figurski, SEC	
COPVPA	Bryce Owens, ELEM	Scott Sieben is looking for a MID Rep		Robbie Franklin, SEC	
COTA	Mary Hope, ELEM	Lois Aeckersberg, MID		Kevin Robinson, SEC	
CUPE	Meran Couzens	Simone Gauthier			
District Student Council	October Angell-Janfield (CPS)	Zach Johnson, President (KSS)	Mila Kresina (KSS) Kaiya Lee (MBSS)	Jessie Beggs (MBSS)	Chloe Leyao (RSS)
HPS Coordinators	Andrea Locke	Alicia Kudryk			
IHA	Virginia Bowman, Public Health	Leah Perrier, Public Health Dietitian			
Mental Health	Ping Flynn, CYMH				
Sexual Health Educators	Nicole Weremy	Leanne Woodrow		Jenny Rabinovitch	
District Staff	Al Lalonde, Assistant Superintendent	Sherri Roche, District Principal Learning Support Services		Wendy Kennedy, Recording Secretary	

ATTENDEES BOLDED & HIGHLIGHTED IN YELLOW

1. WELCOME & ACKNOWLEDGEMENT

Al Lalonde

2. AGENDA

Al Lalonde

2.1 Adoption of April 6th, 2023 Agenda

Motion to accept; Camilla Biffard and Cassy Lukey

Carried

3. MINUTES

Al Lalonde

3.1 Adoption of February 2nd, 2023 Minutes

Motion to accept; Sherri Roche and Alicia Kudryk

Carried

4. PRESENTATIONS

UBCO's Nursing Program partnership with SD23

Christine Balfour

This is a great collaboration for 2nd year nursing students. Christine explained the process and gave a quick synopsis of what the students teach in their classroom visits which consists mainly of hygiene and nutrition and healthy eating.

5. 2022-23 HPS ACTION PLAN UPDATE

Andrea & Alicia

Alicia Kudryk went through the slide deck to show what they have been up to; which included: (presentation attached to minutes)

- Coordination of MDI and McCreary surveys
- Supporting Student Health Guide: PHE Health Grid
- Consent Lesson for grade 11 & 12's
- Ongoing Program Coordination: Okanagan Swims,
- Chefs in the Classroom, UBCO student Nurse visits,
- Food Programs
- Movement Pathways Initiative
- Student Leadership/Playground leaders

6. BUSINESS

- 6.1 Sexual Health Education – update *Leanne, Nicole & Jenny*
Nicole Weremy says they are finishing up the SHEP review with the focus groups and provided a brief update.
- 6.2 Mental Health Support/Social Emotional Learning – update *Sherri Roche*
They are currently looking into the "Take A Hike" program which is a mental health and well-being program currently operating in 10 different districts for the upcoming school year.
- 6.3 Al Lalonde says that we are close to an action plan on the anti-gang/anti-gun initiative with the City of Kelowna. The district will be given \$2 million over the next 3 years to help with carrying this out as the focus is on prevention for high-risk vulnerable students.

7. FUTURE PRESENTATIONS

- Weight Bias and Stigma Resource (McCreary data) *Leah Perrier*
- Teach Food First Tool Kit *Leah Perrier*

8. 2022-2023 HPS COMMITTEE MEETINGS are on Thursdays; 4:15 pm - 6:00 pm

Next Meeting:

- June 1, 2023 (in person)
- October 5, 2023 (Fri, Oct, 6th is Admin Implementation Day & Mon, Oct 9th is Thanksgiving stat)
- December 7, 2023
- February 1, 2024
- April 4, 2024 (Tues, Apr 2nd schools reopen after spring break)
- June 6, 2024 (wrap up)

9. ADJOURNMENT 5:20 pm

HPS Update

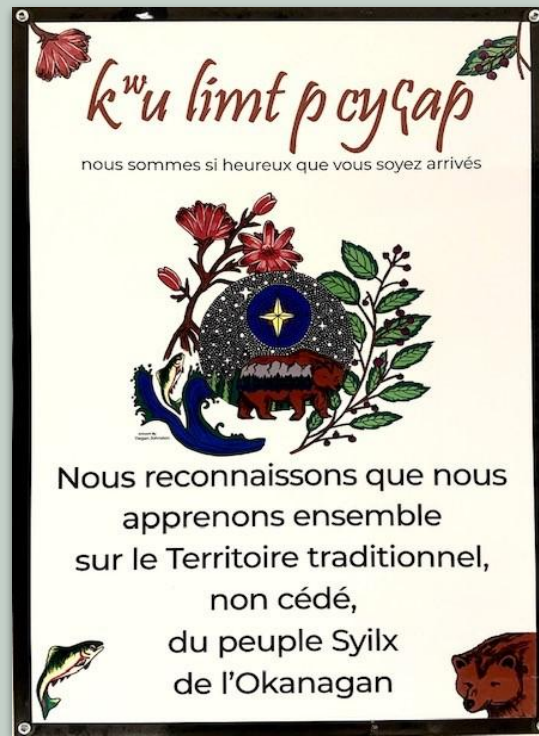
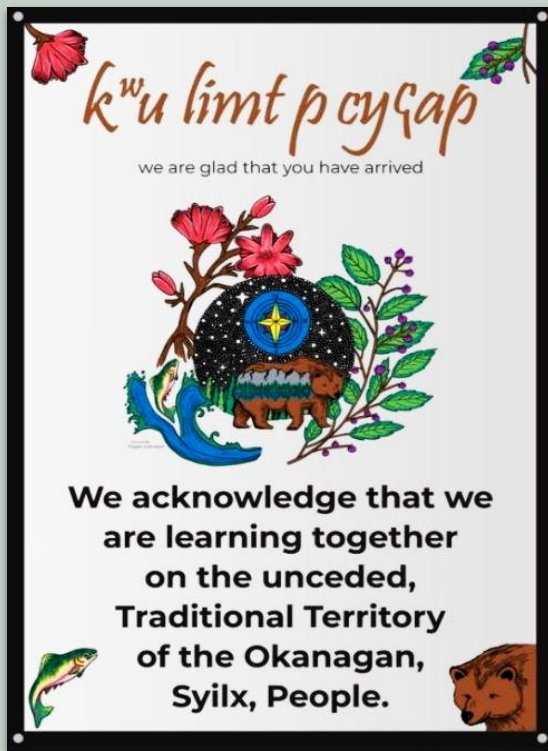
April 2023

Andrea Locke and Alicia Kudnyk



**Central Okanagan
Public Schools**
Together We Learn





What have we been up to?

- ❖ Coordination of MDI and McCreary surveys
- ❖ Supporting Student Health Guide: PHE Health Grid
- ❖ Consent Lesson for grade 11 & 12's
- ❖ Ongoing Program Coordination: Okanagan Swims, Chefs in the Classroom, UBCO student Nurse visits, Food Programs
- ❖ Movement Pathways Initiative
- ❖ Student Leadership/Playground leaders



Student Surveys

MDI data collection was completed in early March. All grade 5 students in the district took part. Results should be reported in June.

McCreary data collection is ongoing, it started in January and runs through May. 59 classes from Grade 7 to 12 participating. Results coming next school year.



Supporting Student Health Guide

Elementary

Secondary

PHE Health Grid K-5

PHE Health Grid 6-10



Consent Lesson

This initiative stemmed from a group of youth activists who have highlighted the importance of comprehensive consent education in K to grade 12 classrooms. To ensure the safety of our students, the Ministry is asking all districts to deliver consent lessons to all students, including those in grade 11 and 12.

A collaboration between the SHEP team, SD 23 teachers and EFRY.

Lessons to be delivered in Secondary Schools April-June.

Thinking about the future. How will this look next year?



Ongoing Program Support/Coordination



Okanagan Swims Program

- all grade 3 students are taking part in swim lessons at KFY and H2O pools

Chefs in the Classroom

- first lesson of 8 week program starts Monday April 17th
- Lomi has donated a small appliance composter to each classroom participating in the program

Food Programs

- we went to the Fat Daddy facility to learn more about this food provider and how they coordinates the Brown Bag lunch program in our district
- it was evident that a lot of care and effort is put into creating lunches that provide quality, variety and follow our guidelines

Movement Pathways Initiative



Sept

Learned about movement pathways and their benefits. Discovered they are being used in some of our schools and wanted to share this with others.



Nov

Visited Sd83 (Shuswap) and saw how they created outdoor movement pathways. Spoke with teachers and they provided positive feedback about the benefits of the pathway



Dec

Found some other teachers (Tess Perry and Reanna Lamb) who were interested in creating an indoor pathway at AS Matheson



Jan/Feb

Started the design process. Using concepts from the story of the 4 Food Chiefs, Physical Literacy/ISPARC and SEL principals



Now

We have shared our design with some Elders and members of the Sylix community and are waiting for approval of the design

OUR PLAN

Student Leadership & Playground Activities

Last year's HPS team offered a playground leaders workshop. We've had some schools reach out for support this year and I am currently working with 2 schools (Chute Lake and Mar Jok Elementary) to help develop leadership opportunities for their grade 5 students



Thank you!



Credits.

Presentation Template and
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