



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

MINUTES

Thursday, April 14, 2016

School Board Office – Board Room - 4:00 pm to 6:00 pm



COMMITTEE MEMBERS PRESENT

Aboriginal Education	Claudia Hardy	
COPAC	Janice Loukras, Secondary	
COPVPA	Violeta Malfair, Secondary	
COTA	Mary Hope, Elem/Middle	
CUPE	Margaret Varga	
HPS Coordinators	Tricia Labrie	Janelle Zebedee
IHA	Cathy Richards Public Health Dietitian	Karen Davies Public Health Nurse
Mental Health	Guest Representative Skye Perry, CYMH Team Lead	
District Staff	Vianne Kintzinger, Director of Instruction	Yvonne Hildebrandt, Recording Secretary

REGRETS

Board of Education	Deb Butler	
COPAC	Jordan Edwards, Elementary	Deb Lawless, Middle
COPVPA	Kevin Auclair, Elementary	Raelyn Larmet, Middle
COTA	Karen Gilbert, Secondary	

1. WELCOME

Vianne Kintzinger

2. AGENDA

- 2.1 Adoption of April 14, 2016 Agenda. Additions/Approved.

Vianne Kintzinger

3. MINUTES

- 3.1 Adoption of February 4, 2016 Minutes. Amended and Approved.

Vianne Kintzinger

4. PRESENTATIONS

4.1 Alcoholics Anonymous

Christina M. &
Marla J.

- Christina and Marla shared their personal experience with alcohol abuse and the recovery program of AA. They included video testimonials from other young members from AA also in the recovery program, and some statistics of when problem drinking starts and where it can lead to.
- The AA presentation format is intended to give information and hope to youth that need to hear options for their problems. It has been used in many Gr. 11 and 12 classes in the lower mainland.

4.2 Daily Physical Activity (DPA)

Dr. M. Jung/
Katie Weatherson

- Katie Weatherson, MSc Candidate from UBC Okanagan's Health and Exercise Lab, along with Research Supervisor, Dr. Mary Jung, is researching children's physical activity at school.
- Katie's research focuses on BC's Daily Physical Activity (DPA) policy of elementary school-aged children receiving 30 minutes of physical activity during their school day. She is examining the strategies used by School District No. 23 elementary teachers to fulfill the DPA requirements and the effect it has on the children while at school.
- The physical activity levels of the children are measured by having them wear an accelerometer or a pedometer while they participate in the different DPA delivery methods.

- Children benefit from being active, a minimum of 60 minutes per day, which results in improved mental health and wellbeing. 10 minutes of duration at a time is recommended. Most children don't meet these recommendations, however, B.C. students seem to be more active.
- A goal of this research project is to describe the different methods teachers are using for DPA, discover some of the barriers that are in the way, and provide some recommendation of what is working best for the students.

5. 2015-2016 HPS ACTION PLAN

5.1 Presentations and Workshops

- February 17th – Dance PL3Y – Physical Literacy training session attended by 22 elementary teachers. Dance PL3Y teaches dance movement using the element of playfulness to inspire people to feel awesome. The message is not about perfection, but about embracing yourself the way you are, which breaks barriers down and makes it inclusive for all.
- February 19th – Employee Wellness Symposium at Rotary Centre for the Arts – Morning keynote with Melanie from Dance PL3Y. This was a very active keynote, with a powerful message of movement and self-acceptance. The symposium offered a wide variety of sessions for employees, including mindfulness, physical activities, art sessions, and healthy financial planning. A sold out day.
- February 23rd – Social and Emotional Learning session for elementary teachers. Guest speakers: Dr. Ty Binfet - shared his focus on Kindness; Dr. Karen Ragoonaden - Smart in Education skill and resiliency building
- February 25th – Physical Literacy Learning session of Fundamental Movement Skills for elementary teachers. Included discussion on different types of assessment strategies for Physical and Health Education.
- March 2nd - 3rd – Child and Youth Mental Health and Substance Abuse Collaborative. Learning session in Vancouver. Janelle and Tricia attended along with SD 23 support teachers.
- March 8th – Red Cross Healthy Youth Relationships Youth Facilitator Training session to train youth as youth leaders. Attended by Janelle and Tricia.
- April 13th – Dr. Trevor Corneil – Supporting Transgendered Youth – attended by counsellors and administrators
- March and April – Got Health? Team Meetings – visiting with students and teachers to hear their stories about the work they've done this year and implemented within their school environments. Video footage will be seen at "The Fire Within Us" final celebration on May 18th at Hollywood Road Education Services. **Tricia will send out the poster.**

*Tricia Labria/
Janelle Zebedee*

5.2 HACE Lunch and Learns

- Lunch-time meetings at all schools with middle years teachers
- Discussed the transition towards incorporating the revised Physical and Health Education curriculum.
- In June, educators will meet to talk about this transition in a more formal way.

5.3 Physical Health Education (PHE)/Social Emotional Learning (SEL) Update

- May 19th – Social and Emotional Learning for elementary teachers
- May 28th and 29th – Melanie from Dance PL3Y - Kids Instructor Training. Certified training with online access to registration. Open to teachers, community recreation people, etc. Target is supporting school age children.
- June 1st - Middle Years Physical and Health Education - Morning learning session at HRES

- June 2nd - Physical Literacy session for elementary teachers. Teachers will share lesson plans and assessment ideas. Ultimately, a weebly website will showcase the lesson plans and resources.
- New course offering for 2016-2017: Leadership Independent Directed Study course for SD23 students in Gr 10, 11 and 12. 4-credit course, outside of the instructional day, with a blended delivery model. Work with students on-site in their school settings, as they receive credited training in various service skills, and develop a plan they can use in their school community. Students can register for this course through the school counsellor contacting Tricia or Janelle.

5.4 Employee Wellness

- February 19th - Employee Wellness Symposium: This event supports all employee groups in School District No. 23.
- This year's theme: "Thrive. Flourish. Grow."
- Funded through a provincial grant
- Keynote speaker ideas and theme suggestions for next year's event in February 24th, 2017 are being welcomed. Janelle and Tricia would love input and suggestions for guest community presenters.

6. **NEW BUSINESS**

6.1 Review of Action Items (5 minutes)

Vianne Kintzinger

- Still waiting for budget info for next year
- Interior Health Authority funding may come, but we are waiting to hear on actual budget dollars. HPS leverages the \$30,000 very well, so it is great value for Interior Health.

6.2 Caring For Your Child (Mental Health Resources)

- Key messages have been developed for Mental Health Promotion and information for families on how to support their child in a positive way.
- Interior Health's public website contains all the key messages so that public health nurses can use them while helping families, and also contains links to mental health.
- The CYMH-SU Collaborative is very excited about this resource for parents and will produce the first printing so that parents will have a paper copy going into the summer holiday. Initially it can be attached to June report cards and given to StrongStart centers, but it would be useful if posted on school websites.
- Family meals information would be an asset if included in the resource

6.3 Farm to School Program – becoming a very popular and supported program throughout BC.

Cathy Richards

- Increases awareness among students on how food is produced and where it comes from, and makes connections between schools, farmers and food providers.
- Started as a salad bar concept, using mostly local produce. Children explored eating salad and veggies that they had not experienced before. The program has now expanded to a school-yard farm concept, or a farm to school snack program, involving local food.
- Grant money is provided by the Farm to School Association for equipment infrastructure (a fridge, cooking equipment, etc.). Interior Health encourages SD 23 to get a school involved that can take it from grant application to running the program. Those that become involved in this program will need to have Interior Health support. There are plenty of local food producers (gleaning group has extra food i.e. apple pie fund raising)

and the Central Okanagan Young Farmers group is trying to support those that are keen to start farming, but don't have land.

- Vianne voiced appreciation for Cathy Richard's tremendous contribution to the Health Promoting Schools Committee and her support of our SD23 schools over the years. Cathy remains on the committee but will be looking for an eventual replacement.

Vianne Kintzinger

7. FUTURE PRESENTATIONS

- 7.1 Beyond the Bell
- 7.2 Middle Years Development Instrument (MDI)

8. FUTURE HPS 2016 COMMITTEE MEETINGS

- 8.1 May 19, 2016
3:50 – 5:15 pm (School Board Office)

MEETING ADJOURNED – 5:30 pm

ACTION ITEMS SUMMARY

Action items from the April 14, 2016 HPS meeting

Action Item	Person(s) Responsible	Status
The Fire Within Us Celebration poster – Tricia Labrie to send out.	Tricia Labrie	Completed

Action items from the Feb 4, 2016 HPS meeting

Action Item	Person(s) Responsible	Status
Vianne to send a letter to the Board of Education requesting their support of the 2016-2017 HPS Budget recommendations during their upcoming budget deliberations	Vianne Kintzinger	Completed
Janelle will send the signup link for the March 15 th Kevin Breel event	Janelle Zebedee	Completed