



Central Okanagan Public Schools
DISTRICT HEALTH PROMOTING SCHOOLS COMMITTEE

MINUTES

Thursday, December 1, 2016
School Board Office – Board Room - 4:00 pm



COMMITTEE MEMBERS PRESENT

Board of Education	Deb Butler	
COPAC	Cadre Simpson, Elementary	
COPVPA	Kevin Auclair, Elementary	Raelyn Larmet, Middle
COTA	Mary Hope, Elem/Middle	Karen Gilbert, Secondary
District Student Council	Keneisha Charles	
HPS Coordinators	Janelle Zebedee	Karen Ellis
Mental Health	Skye Perry, CYMH Team Lead	
Sexual Health Education	Nicole Weremy	Leanne Woodrow
District Staff	Vianne Kintzinger, Assistant Superintendent	Yvonne Hildebrandt, Recording Secretary

REGRETS

Aboriginal Education	Claudia Hardy	
COPAC	Vivian Evans, Middle	Monica Shaver, Secondary
COPVPA	Violeta Malfair, Secondary	
CUPE	Margaret Varga	
IHA	Cathy Richards Community Nutritionist	Karen Davies, Public Health Nurse

1. WELCOME

Vianne Kintzinger

- Welcome to Karen Ellis, assigned as HPS Coordinator for the remainder of the 2016-2017 school year.

2. AGENDA

- 2.1 Adoption of December 1, 2016 Agenda. Approved.

Vianne Kintzinger

3. MINUTES

- 3.1 Adoption of October 6, 2016 Minutes. Approved.

Vianne Kintzinger

4. PRESENTATIONS

- 4.1 BrainTrust Canada- "Protect Your Head" online educational game.

Magda Kapp/
Mona Hennenfent/
Christine Vaughn

- BrainTrust Canada is a not-for-profit organization that works with people with brain injury. Their biggest focus is education and prevention, and their concussion info cards are available at all the district schools. 90 percent of brain injuries are preventable.
- Mona Hennenfent, the new CEO for BrainTrust Canada, Director Magda Kapp, and Christine Vaughn presented their new online educational game called "Protect Your Head".
- This interactive game focusses on messaging that youth ages 12 to 17 can learn from. The game may be ready for launch in March.
- The multi-level, click and explore style game provides educational messaging while still being engaging, and uses a retro-style format similar to Mario Bros original.
- Target audience is youth, since they are at highest risk of brain injury.
- The game could be included at a job fair or used in Physical Health Education as an educational tool with students.

5. 2016-2017 HPS ACTION PLAN

Janelle Zebedee/
Karen Ellis

5.1 Presentations and Workshops

- October 13-14, 2016: IHA Health Promoting Schools Coordinator meetings.
 - HPS received a \$4,000 grant through Healthy Schools BC. Interior health is also a big partner, as well as YMCA and the OK Boys and Girls Club.
- October 17, 2016: Kelowna/Mission/South Kelowna MDI Zonal Meeting.
 - MDI data is used to launch conversations with our community and we have recently hosted 3 zonal meetings.
 - Many Public Health Nurses attended the meetings, and found the information very helpful.
- October 18-19, 2016: Red Cross Healthy Youth Relationships Training at KSS.
- October 24, 2016: Rutland/Lake Country MDI Zonal Meeting.
- October 25, 2016: Got Health? Team Training at HRES. Spirals of Inquiry model used to work with the students. We use their "sunnies" and "cloudies" as a starting point. Students are provided with a small grant, they come up with an idea and then use the funds for their project.
- November 2/8, 2016: Physical and Health Education Scope and Sequence
- November 21, 2016: UBC-O Nursing Presentation
- November 23, 2016: City of Kelowna Planning Department
- November 24, 2016: City of Kelowna Recreation and Culture Services
- November 30, 2016: Canadian Mental Health Association Mental Health Voices Award

5.2 M.D.I. Zonal Meetings

- 3 Zonal Meetings, Key Stakeholder Meetings
- Grade 4 students are currently completing the MDI prior to December 9, 2016

5.3 Employee Wellness

- Employee Wellness Symposium: Friday, February 24, 2017
- At Mount Boucherie Secondary School
- Keynote Speaker: Houston Kraft
- Many CUPE staff and some teaching staff will attend.
- Theme: Kindness and Connectedness
- The idea is that healthy staff can care for students in a better way.

6. NEW BUSINESS

6.1 Sexual Health Education Policy 515 Update

Vianne Kintzinger

- The request for policy change will be forwarded to the new policy committee for their February 2017 meeting.
- The policy used to be called the Family Life Education Program. The title is very dated, from 2002. Sexual Health Education is a more appropriate title.
- Sexual Health Education is found within the Physical Health Education curriculum, and it aligns with the new curriculum.
- The HPS committee reviewed the recommended policy updates.
- Conclusion is the new policy is more transparent, has more clarity, uses more inclusive language, and covers more of what is actually taught in the program.

6.2 Interior Health High School Condom Pilot Project - Update

- Interior Health just released their information on how the project went.
- The goal of the Interior Health pilot project was to improve students' access to condoms in the Interior Health region.

- 8 high schools participated, almost 7000 condoms were distributed, and 307 students participated in surveys.
- Condoms were available in all SD 23 secondary schools. The project began February 15, 2016 and ended May 27, 2016.
- Students who answered the survey reported improved access to condoms during the project; however, 2/3 of these students said they did not take free condoms because they were not having sex.
- Surveyed students decided washrooms would be the best location for distribution, although during the project they were distributed in the counselling office.
- Recommendations from IH: provide free condoms and lube at high schools, consider discrete locations i.e. washrooms, increase student awareness of where free condoms are at school, and involve students in providing free condoms.

Motion: As a Health Promoting Schools committee, we recommend ongoing access to free condoms for all students in our six secondary schools.

MOVED by Karen Gilbert. SECONDED by Mary Hope. Passed.

6.3 Review of Action Items (5 minutes)

7. FUTURE PRESENTATIONS

- 7.1 Interior Health Authority: Public Health and Communicable Diseases
- 7.2 January 30, 2017: Tyler Binfet - Intentional Kindness Presentation at KLO. Grade 9's will participate in an "intentional acts of kindness" project for one week. February 6th, Tyler Binfet will return and speak at a whole school assembly and students will reflect on the project.

8. FUTURE HPS COMMITTEE MEETINGS

- 8.1 February 2, 2017; April 6, 2017; June 1, 2017
4:00 pm - School Board Office

MEETING ADJOURNED – 5:35 pm

ACTION ITEMS SUMMARY

Action items from the December 1, 2016 HPS meeting

Action Item	Person(s) Responsible	Status
Recommended SHE policy changes to be forwarded to the new policy committee.	Vianne	In Progress

Action items from the October 6, 2016 HPS meeting

Action Item	Person(s) Responsible	Status
Vianne will contact schools re. The Gratitude Project Lesson Plan	Vianne	Completed
The Gratitude Project poster will be emailed to the HPS Committee.	Vianne	Completed
Tricia will advertise the MDI Zonal meetings on the School District Portal	Tricia	Completed
The current Family Life Policy and the recommended Sexual Health Education Policy updates will be emailed to the HPS Committee	Vianne	Completed