



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

MINUTES

Thursday, Oct 8, 2015

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



COMMITTEE MEMBERS PRESENT

Board of Education	Deb Butler		
COPAC	Janice Loukras, Secondary		
COPVPA	Kevin Auclair, Elementary	Raelyn Larmet, Middle	Violeta Malfair, Secondary
COTA	Mary Hope, Middle	Karen Gilbert, Secondary	Susan Bauhart
CUPE	Margaret Varga		
HPS Coordinators	Tricia Labrie	Janelle Zebedee	
IHA	Cathy Richards Community Nutritionist		
District Staff	Vianne Kintzinger, Director of Instruction	Yvonne Hildebrandt, Recording Secretary	

REGRETS

Aboriginal Education	Claudia Hardy		
IHA	Karen Davies, Public Health Nurse		
Mental Health	No Representative		

1. WELCOME

Vianne Kintzinger

2. AGENDA

2.1 Adoption of October 8, 2015 Agenda. Approved.

Vianne Kintzinger

3. MINUTES

3.1 Adoption of May 7, 2015 Minutes
Moved: Deb Butler. Seconded: Janice Loukras.

Vianne Kintzinger

4. 2015-2016 HPS ACTION PLAN

4.1 Presentations and Workshops

*Tricia Labrie/
Janelle Zebedee*

- September 15: Healthy Food Fair – 11 local vendors presented food products that meet the Guidelines for Food and Beverage Sales in BC Schools. The list of vendors is available from Janelle or Tricia. Over 75 people attended.
- September 17: RBC Learn to Play Webinar – The School District received a \$25,000 grant to support Physical Literacy in our district.
- September 24: 2013 Adolescent Health Survey with Public Health Nurses – Results specific to the Central Okanagan survey were shared.
- September 24: Mental Health Youth Summit Planning – Students that attended the Vancouver conference in February 2015 (a free event but costly to get there) came back with a passion to recreate a conference for SD23 students. This will occur on November 5th with the theme being “The Fire Within Us”. All middle and secondary schools are invited to bring 8 youth, a lead teacher and a counsellor to attend the event. This size will encourage engagement between students. **Tricia will send out the Youth Mental Health Summit information poster.**
- September 30 – Middle Years Development Instrument Webinar. Gr. 4 students will participate in this one-hour online survey at their school in November. The 5 dimensions of the MDI survey are: social and emotional development, physical health and well-being, connectedness, use of after-school time, and school experiences. This is the same group of students surveyed in Kindergarten for the EDI data, which will make the MDI data

even more useful. The data garnered from both surveys will inform program delivery and policies in support of healthy children and families.

- September 30 – ARC Programs Parent Information Night – ARC is a community agency which the School District contracts to have their Drug and Alcohol Counsellors & Clinicians provide services in our schools. ARC Programs specializes in the delivery of services to at-risk youth and their families. This information night covered the wide array of ARC services that are available in our community and also provided parents with tools to converse with their children and find ways to be connected as a family. Sleep and connection as a family were noted as highly important.

4.2 2015-2016 HPS Yearly Plan

- The HPS Action Plan outlines the main goals for the year, which are to continue to work on our District's capacity as a healthy and safe setting for living, learning and working. The four main goals for the year are framed around the 4 pillars of comprehensive school health:
 1. Social and Physical Environment;
 2. Healthy School Policy;
 3. Partnerships and Services; and
 4. Teaching and Learning to support the students, staff and parents.
- Supporting the implementation of the new K-7 Physical and Health Education curriculum is a focus this year. The District will bring teachers from every elementary school together for 2 half-day learning sessions.
- Employee Wellness month is in January. The February Pro-D Day is focused on supporting the social and emotional well-being of our District employees.

4.3 2014-2015 SPC Report

- 20 District schools had a school goal related to Health Promoting Schools
- 6 District schools had a focus area related to Health Promoting Schools
- These school goals and focus areas all centered around supporting social and emotional competencies.

5. ONGOING BUSINESS

5.1 IHA Condom Pilot Project

- This is a project that Interior Health is piloting for research purposes in the entire Interior Health region, and will include three secondary schools from SD23. If a student takes a condom, they would also need to answer a short questionnaire for research purposes. It was emphasized that this project is not about setting school district policy.
- The District Student Council discussed this pilot project as a group topic in June 2015. Karen Davies from Interior Health, secondary Principals, and the Board of Education were all consulted for feedback as well.
- The Family Life team and Karen Davies, IHA Public Health nurse, will present the pilot project through conversation and feedback method at Parent Advisory Council meetings at KSS, RSS and MBSS.

Vianne Kintzinger

6. NEW BUSINESS

6.1 Review of Action Items (5 minutes)

6.2 CMHA Let's Get Loud Pledge for Mental Health

- This pledge was initiated when a parent contacted CMHA about the need of mental health awareness in school. CMHA is supportive of getting loud about mental health. In early September, the Board of Education endorsed this mental health pledge. This pledge will be sent out to all of our schools to encourage them to take the pledge to "Get Loud" about mental health.

Vianne Kintzinger

- Tricia will send the CMHA promotional video link for Let's Get Loud for Mental Health. Mental Health week, HACE day presentations, and the Got Health? summit are times to connect with students and present the pledge.

6.3 "Take a Breath" Pilot Project at George Elliot Secondary School –

Karen Gilbert

- Jeff Tomlinson, along with his wife, will be leading this pilot project. Three sessions will be offered in November, two in February and one in March. Involvement is optional for students, and they can attend as many sessions as they wish with parent permission.
- The goal is to teach students how to breathe, offer stress reduction exercises, and discuss sleep techniques. Students will fill out a quick survey after their session to give feedback.
- This project is designed to help all students, including athletes and students dealing with anxiety. There will be advertisement flyers and a parent info night where parents can meet the instructor.
- Jeff is building a website called takeabreath.com and will put some of the content online so students can practice their skills at home.

6.4 October 7th - Grand opening of Facieux Creek at KLO middle school -

Janice Loukras

- Approximately 50 people attended. BC Wildlife attended along with community members, sponsors, parents, students, and District staff.
- The creek has been about 90 percent rehabilitated. It started out as a concrete capped culvert, and it is now a beautiful flowing creek. Students have planted trees and shrubs, and turtles were reintroduced to the environment.
- Rehabilitation of the creek is about protecting the environment and a healthy environment for students. It was suggested that if photos and a PowerPoint of the process was made available online, this would help promote this type of rehabilitation in other cities.

7. FUTURE PRESENTATIONS

8. MEETING SCHEDULE 2015-2016

- 8.1 **December 10, 2015**; February 4, 2016; April 7, 2016; May 5, 2016
4:00 – 6:00 pm (School Board Office)

MEETING ADJOURNED – 5:35 pm

ACTION ITEMS SUMMARY

Action items from the Oct 8, 2015 HPS meeting

Action Item	Person(s) Responsible	Status
Tricia to send out link for Let's Get Loud for Mental Health – CMHA Promotional Video	Tricia Labrie	Completed
Tricia to send out the Nov 5 th Youth Mental Health Summit information poster	Tricia Labrie	Completed

Action items from the May 7, 2015 HPS meeting

Action Item	Person(s) Responsible	Status
Karen Davies to provide Vianne with a start-up date for the IHA Condom Pilot Project	Karen Davies	In Progress

Action items from the April 9, 2015 HPS meeting

Action Item	Person(s) Responsible	Status
A stakeholder workshop is planned for this spring. Michelle Kam will give Tricia the date.	Tricia Labrie	In Progress
Tricia will send out the link for the District Weebly support site for the new Physical and Health Education curriculum.	Tricia Labrie	Completed