



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



## MINUTES

Thursday, September 20, 2012

HRES – Room 3 - Board Room ~ 4:00 pm to 6:00pm

### FOUR PILLARS

**Social/Physical Environment \* Teaching & Learning \* Partnerships & Services \* Healthy School Policy**

#### IN ATTENDANCE:

|                           |                                          |                                          |
|---------------------------|------------------------------------------|------------------------------------------|
| <b>Board of Education</b> | Murli Pendharkar                         |                                          |
| <b>COPAC</b>              | Valary Chidwick, Middle                  | Janice Loukras, Sec.                     |
| <b>COPVPA</b>             | Michael Snedden, Elem.                   | Curtis Schreiber, Sec.                   |
| <b>COTA</b>               | Cathie Pavlik, Middle                    | Karen Gilbert, Secondary                 |
| <b>HPS Coordinators</b>   | Tricia Labrie                            | Janelle Zebedee                          |
| <b>IHA</b>                | Cathy Richards<br>Community Nutritionist | Kim Bucek<br>Public Health Nurse         |
| <b>District Staff</b>     | Norm Bradley                             | Gillian Thomson –<br>Recording Secretary |

#### REGRETS:

|                             |                     |                           |
|-----------------------------|---------------------|---------------------------|
| <b>Aboriginal Education</b> | Karen Chase         |                           |
| <b>Board of Education</b>   | Joyce Brinkerhoff   |                           |
| <b>COPVPA</b>               | Jill Voros, Middle  |                           |
| <b>CUPE</b>                 | Margaret Varga, CEA | Paul Ainsworth, Custodial |
| <b>Mental Health</b>        | Beth Flynn          |                           |

#### 1. WELCOME

Norm welcomed all followed by round table introductions  
Stephen Berg – Assistant Professor, UBC-O was introduced  
Reviewed HPS committee Values – added “generous with ideas as a group”

#### 2. AGENDA

- 2.1 Adoption of September 20, 2012 Agenda  
Moved: Cathie Pavlik      Seconded: Janice Loukras

#### 3. MINUTES

- 3.1 Adoption of June 7, 2012 Minutes  
Moved: Cathie Pavlik      Seconded: Janice Loukras

#### 4. 2012-2013 HPS ACTION PLAN

- 4.1 Workshops  
Fun Friends for K-1 teacher s- at ProD day (resiliency training)  
UBC-O – health and career education student presentation  
Healthy Snacks Healthy Lunches at Black Mt. Elementary  
Outdoor Student Leadership – grade 5 students trained at Chute Lake Elementary.
- 4.2 DASH BC Healthy School Toolkit/Youth Advisory Council (YAC)  
This group is developing tool kits for schools, with a trial to follow. They are using attributes as established by S.D. No. 23. The programs will be similar to our got health? initiative. Provincial Youth Advisory Committee will be established.
- 4.3 Healthy Food Fair  
Tuesday, September 19, 2012 – 17 vendors participants who were able to meet the healthy food guidelines – to be identified on the new HPS website. Over 100 visitors.

- 4.4 got health?  
Student led inquiries – funds are available for seven schools this year – HPS Coordinators will be taking applications. Janelle and Tricia presented got health? at the Superintendents' meeting on Sept. 18, 2012. The link to the video is on the S.D. No. 23 website.
- 4.5 got health? Webinar  
Scheduled for Wednesday, September 26<sup>th</sup>, 2012. The focus will be youth engagement, and will feature our got? health video. Tricia will send the link to the HPS committee.
- 4.6 IHA HSHS Coordinators' Meeting  
To be held in Kelowna at HRES on October 11-12, 2012.
- 4.7 FRESH Home Economics Conference  
October 19, 2012 – being hosted by our local Home Ec. teachers at OKM Secondary School.
- 4.8 Across the Lake Swim Grant  
Last year 350 S.D. NO. 23 grade 3 students were funded for three swimming lessons per class at the H2O pool. This year the same grant should provide the same for 700 students. Tricia is the contact person and she is using the vulnerability index to identify the participating schools.

## **5. EMPLOYEE WELLNESS**

- 5.1 Committee update: Employee Wellness day is planned for a full day on Friday, February 15<sup>th</sup>, 2013, at the Rotary Centre for the Arts. The theme is "Taking Care of Yourself". The guest speaker will be Andrew Brash who climbed Mt. Everest.

## **6. ONGOING BUSINESS**

- 6.1 Elementary HACE (Health and Career Education) Leaders Sessions  
Elementary HACE leaders will be recruited to meet with CLP, Readiness, and HPS lead teachers to discuss supporting HACE curriculum, generate integration and collaboration.
- 6.2 Review of Action Items (5 minutes)
- Terms of Reference - new members per TOR to be discussed at the next meeting. Changes to the TOR are to be approved by the Board of Education
  - Note that the Summative Report was distributed to the HPS Committee
  - On-going funding for the HPS Coordinator position – 3<sup>rd</sup> year evaluation process will be happening this year.
  - Letter of Support for Community LINK funding – Cathy Richards will research funding support for 2012 and beyond. The current contract ends June 30<sup>th</sup>, 2013. S.D. No.23 funding is at the discretion of the Board of Education.

## **7. NEW BUSINESS**

- 7.1 Membership 2012-2013 / Terms of Reference –  
Stephen Berg presentation. The addition of Stephen Berg as a post-secondary partner to the committee was discussed. Stephen hopes to ensure Faculty of Education students understand HPS philosophy early in their education training. He would like to liaison with HPS Committee and believes this may produce positive attitudes and training opportunities. It was agreed that Stephen would be invited to continue attending as a guest for now. Additionally, any committee members/with seconder could email Norm Bradley with a motion to amend the TOR to include a post secondary committee member from the UBC-O faculty of education.
- 7.2 Developmental Assets Workshop – October 3, 2012  
Norm invited HPS Committee members to attend this training day. There is future potential for survey on social / emotional health of S.D. No. 23 students.

*Note: 5:35 pm – Murli Pendharkar departed; Curtis Schreiber arrived*

## 8. INFORMATION ITEMS

### 8.1 60 Min. Kids' Club

Tricia and Janelle are exploring the potential participation in the 60 Minute Kid's Club which is a charitable organization in BC / Ontario with an on-line tracking program for physical activity,

### 8.2 Breakfast Club

Norm Bradley shared that Murli Pendharkar has connection with Rotary Clubs who have expressed a desire to expand the breakfast clubs in S.D. No. 23. Norm will send out a survey to establish the current situation in our school district. He commented on the study done in Toronto which featured a 10 am break and food. Interior Health has a strategic plan around breakfast clubs and are preparing a 'HOW TO' manual which should be available next year.

### 8.3 FOOTPRINTS

Glenmore Elementary hosted a very successful Footprints program – organized mainly by Nicole Kleemaier – and featuring family/group walks in the neighbourhood. Nicole will be invited to attend the next HPS Committee meeting.

## 9. FUTURE AGENDA ITEMS

9.1 HPS Coordinator contract ends June 30th, 2013 (January or February)

9.2 Breakfast Clubs

## 10. FUTURE PRESENTATIONS

Footprints – Nicole Kleemaier to be invited by Valary Chidwick for a 15-20 minute presentation.

## 11. MEETING SCHEDULE 2012-2013

11.1 Sept.20, Nov. 8, Jan. 10, April 4, June 6 - Thursdays from 4:00 – 6:00 pm

## ACTION ITEMS SUMMARY

Action items from the **November 8th, 2012** HPS meeting

| Action Item                                                                                                                                           | Person(s) Responsible         | Status      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|-------------|
| Ongoing funding for the HPS Coordinator position - Cathy Richards and Kim Bucek to research and report the situation for 2013-2014 – by February 2013 | Cathy R. and Kim B.           | In progress |
| Survey of breakfast club programs in S.D. No. 23`                                                                                                     | Norm Bradley/HPS Coordinators | In progress |
| Invite Nicole Kleemaier to the next HPS Committee Meeting                                                                                             | Valary C.                     | Completed   |