



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



MINUTES

Thursday, April 5, 2012

School Board Office - Board Room ~ 4:00 pm to 5:30 pm

FOUR PILLARS

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

IN ATTENDANCE

- Norm Bradley, Director of Instruction, S.D. 23
- Rhonda Tomaszewski, Program Consultant, Community Integrated Health Services, Interior Health
- Janice Loukras, COPAC (Secondary) , S.D. 23
- Jody Cronquist, COTA (Middle)
- Cathie Pavlik, COTA (Middle)
- Jesse Bruce, VP North Glenmore Elementary School
- Karen Chase, Aboriginal Education
- Luke Campbell, VP Mt. Boucherie Secondary School
- Janelle Zebedee, HPS Coordinator, S.D. 23
- Tricia Labrie, HPS, Coordinator, S.D. 23
- Beth Flynn, Community Services Manager, MCFD
- Gillian Thomson, Assistant (Minutes), S.D. 23

REGRETS

- Joyce Brinkerhoff, Board of Education, S.D. 23
- Murli Pendharkar, Board of Education, S.D. 23
- Cathy Richards, Community Nutritionist, Interior Health
- Betty Brown, Regional Facilitator, Mental Health Promotion, Interior Health
- Tyra Skibington, COPAC (Elementary)
- Valary Chidwick, COPAC (Middle)
- Jill Voros, VP Springvalley Middle School
- Bill Zeman, President, CUPE
- Karen Barnstable, COTA (Secondary)

Norm Bradley welcomed everyone, apologized for the scheduling difficulties for this meeting. , and advised the committee that unfortunately, due to internal restructuring at Interior Health, this would be Rhonda Tomaszewski's final meeting. Rhonda was thanked, and her significant contributions were acknowledged. Her passion for school health will continue and she will be missed. Rhonda noted that two Interior Health reps will stay on HPS committee.

1. Agenda

1.1 Adoption of April 5, 2012 Agenda

Norm Bradley

- MOVED by Luke Campbell and SECONDED by Cathie Pavlik. CARRIED

2. Minutes

2.1 Adoption of February 2, 2012 Minutes

Norm Bradley

- MOVED by Jesse Bruce and SECONDED by Karen Chase. CARRIED

3. 2011/2012 HPS Action Plan

3.1 Workshops

Tricia Labrie

- Tricia and Janelle attended a BC Youth Excel session in February 2012, in Victoria – the focus was policy making and Canadian research needs
- Karen Strange from the University of Victoria will be providing research support at the S.D. No. 23 May24th got health? sessions in the form of direction, feedback, and guidance

3.2 Swim Program - a new Elementary Swim grant has been obtained with \$25,000 in funding over three years, from the Across the Lake Swim Society. S.D. #23 has chosen to focus on vulnerable grade 3 students (schools have been chosen through the vulnerability index). The funding will cover the H2O instructors and bussing for 350 students from 8 schools this year.

Tricia Labrie

4. 2011/2012 Employee Wellness Action Plan

4.1 Employee Wellness Fair – February 17, 2012 (am only)

Janelle
Zebedee

- Program included a keynote speaker - Dr. Art Hister – and then morning breakout sessions for employees. Dr. Hister was very well received.
- Break out session topics featured – handling stress, resiliency and elder care
- Physical activities included pole walking and Tai Chi. Feedback indicated that there was not enough time allotted for these two sessions
- Suggestion from the Employee Wellness Committee – request funding to host a full day in 2013

4.2 See It! Try It! Do It!

Janelle
Zebedee

- This initiative now has zero budget left – unfortunately the attendance this year was not great – the Wellness Committee will brainstorm for ways to improve attendance next year.

4.3 Revitalize 2012

Tricia Labrie

- Wellness Challenge – involved 322 employees, with good feedback. The photo challenge was popular.
- Norm has requested .2 staffing be added to the HPS Coordinators to lead employee wellness initiatives for next year

5. NEW BUSINESS

Norm Bradley

5.1 Terms of Reference (TOR)

- Norm has suggested five meetings per year – Sept., Nov., Jan., April, May. This was discussed and it was suggested that the fifth meeting take place in early June.

The following Motion was moved by Luke Campbell; seconded by Jody Cronquist.

That: the Health Promoting Schools Committee Terms of Reference be amended as follows:

4. Committee Operation a) Meetings ii) The committee will meet five times during the school year to conduct the business of the committee. Additional meetings can be held to address emerging issues as agreed upon by the committee

Passed: Unanimously

- Additionally Norm noted that meetings will not be planned the day before long weekends

Norm Bradley

5.2 Mental Health Sub-Committee

- Norm Bradley met with Terry Beaudry and Betty Brown regarding the Mental Health Sub-Committee. Subsequently, School District No. 23 decided that the Sub-Committee is not currently needed. The valuable contribution of this committee was acknowledged.
- Comments shared around the table, that:
 - positive mental health should be built into the HPS Action Plan and incorporated into all four pillars
 - the HPS Committee continue to pursue the link between nutrition and mental health
 - experts may be brought in to get more information for the committee
 - HPS activities be assessed throughout next year (year 3)
 - the HPS Committee consider including a secondary counsellor on the HPS Committee

Norm Bradley

5.3 Community Link Funding

- The teaching and learning pillar needs support for building infrastructure. Norm has begun communication with Elementary principals regarding possible lead people in their school. He suggested that some costs may come from Community Link funding. Rhonda suggested that the same lead teachers could liaise with public health nurse contact.

Janelle / Tricia

5.4 Planning Session

- Working Session - Understand by Design (UbD) activity
 - Group activity for all meeting attendees
 - Take away worksheets and send final thoughts to Janelle and Tricia by the end of May – to be collated for the June 7th meeting
 - End result of the activity is to identify the main goal/s of the HPS Committee

Norm Bradley

6. ONGOING BUSINESS

6.1 Review of Action Items (5 minutes)

- Number of meetings per year covered under Terms of Reference

Norm Bradley

7. INFORMATION ITEMS

- Next meeting is Thursday, June 7th, 2012
- got health? Celebration will be on Thursday, May 24th at Hollywood Road Education Centre from 9:00-11:00 am. Projects will be on display. Invitations have been emailed. RSVP to hps@sd23.bc.ca

8. FUTURE AGENDA ITEMS

- Search Institute – survey discussion
- Sugar report on CBC today – expect more information to follow (salt, white flour)
- Earth Boxes in S.D. No. 23 schools

9. FUTURE MEETING DATE

- Thursday, June 7, 2012 (4:00 – 5:30 pm) School Board office

ACTION ITEMS SUMMARY

Action items from the **October 6, 2011** HPS meeting

Action Item	Person(s) Responsible	Status
To share Interior Health's Healthier Schools Healthier Students (HSHS) Coordinator Evaluation Summary with the Board of Education.	Anna (Joyce?)	<i>(in progress)</i>

Action items from the **November 3, 2011** HPS meeting

Action Item	Person(s) Responsible	Status
To provide the Coordinating Committee with the HPS recommendation to the Board of Education.	Joyce	<i>(in progress)</i>

Action items from the **April 5, 2012** HPS meeting

Action Item	Person(s) Responsible	Status
HPS Committee members forward completed Understanding by Design (UbD) activity sheet to Janelle and Tricia at Hollywood Road, by the end of May 2012.	All	<i>(in progress)</i>