



HEALTH PROMOTING SCHOOLS COMMITTEE MEETING

"MINUTES"

Thursday, OCTOBER 6th, 2022

VIA ZOOM @ 4:15 - 6:00 pm



REPRESENTING :	C O M M I T T E E M E M B E R S		
Board of Education	Julia Fraser	Norah Bowman, alternate	
Indigenous Education	Deanna Necan		
ARC Programs	Cassy Lukey, Counsellor		
COPAC	Camila Biffard, ELEM	Tanya Leshuk, MID	Mike Figurski, SEC
COPVPA	Bryce Owens, ELEM	Scott Sieben is looking for a MID Rep	Robbie Franklin, SEC
COTA	Mary Hope, ELEM	Lois Aeckersberg, MID	Crystal Zaseybida, SEC
CUPE	Teri Wishlow		
District Student Council			
HPS Coordinators	Andrea Locke	Alicia Kudryk	
IHA	Virginia Bowman, Public Health	Leah Perrier, Public Health Dietitian	
Mental Health	David Guthrie, CYMH		
Sexual Health Educators	Nicole Weremy	Leanne Woodrow	Jenny Rabinovitch
District Staff	Al Lalonde, Assistant Superintendent	Sherri Roche, District Principal-Learning Support Services	Wendy Kennedy, Recording Secretary

ATTENDEES BOLD & HIGHLIGHTED IN YELLOW

1. WELCOME & ACKNOWLEDGEMENT

Al Lalonde

New COPAC members: Camila Biffard (Elementary), Tanya Leshuk (Middle), Mike Figurski (Secondary)

2. AGENDA

Al Lalonde

- 2.1 Adoption of October 6th, 2022 Agenda as amended
Motion to accept; Lois Aeckersberg and Bryce Owens

Carried

3. MINUTES

Al Lalonde

- 3.1 Adoption of May 19th, 2022 Minutes
Motion to accept; Cassy Lukey and Bryce Owens

Carried

4. PRESENTATIONS/FEEDBACK

- 4.1 Welcome to new Health Promoting School teachers; *Alicia Kudryk and Andre Locke*
Alicia Kudryk and Andrea Locke gave a brief introduction of themselves. They then talked about their action plan and highlighted the UBCO nurse's visits, the food program survey, personal safety K-3 resources and school visits (power point presentation attached).

- 4.2 Chefs in the Classroom

Debbie MacMillan

Debbie provided an overview of the program. The curriculum has 9 lesson plans covering nutrition, cooking, indigenous foods and traditions, planting gardens and growing fruits, herbs and vegetables. It is a program which was developed by the Okanagan Chef's Association, teaching children how to grow, cook and eat local healthy foods. Most schools have outdoor gardens, so are growing what they are cooking and eating. The focus is on the grade 3 classrooms.

Pela has donated 15 counter-top Lomi composters to Chefs in the Classroom to use in the classrooms they are going to this year as teaching composting is part of the curriculum.

Leah Perrier talked about the Teach Food First Tool Kit which is based on the Canada Food Guide, with the first principle being hands on food, and how that is the most important principle to get kids learning about that healthy relationship with food. Grant information is available for schools to get a garden up and running or to help continue with their gardening programs. Contact Leah for more information about the "Farm to School" grant and she will send the information your way. There are also Ministry grants and Provincial grants that can help with initiating a bigger program.

5. 2021-22 HPS ACTION PLAN UPDATE

Tabled to December 1, 2022 meeting based on new staff settling in to their new roles.

6. BUSINESS

6.1 Sexual Health Education – update

Leanne Woodrow

All schools are now scheduled for the year and they are currently at KLO Middle School. This year there will be a Level 1 review for the SHE program. While the SHE team are at the schools, they will conduct surveys with staff, students and parents after they complete the lessons.

6.2 Mental Health Support/Social Emotional Learning – update

Sherri Roche

We are in partnership with Foundry supporting middle schools with 2 ARC clinicians and a .5 family navigator to support families. The program operates on a priority/needs basis within the district.

Jessica Minahan, International Consultant, Behaviour Analyst and Special Educator, and author of The Behaviour Code, is here to work with the elementary counsellors, middle and secondary school SEL teachers, and consultants, focusing on strategies, tools and interventions for supporting students who have anxiety related or oppositional behaviours.

6.3 Food Programs – BBL, Food for Thought (Breakfast Program & Backpack Program)

Al Lalonde

New for one year only, is a Student and Parent Affordability Fund which will enhance the Brown Bag Lunch Program by adding a breakfast item. The funds will also be used for our Food For Thought Backpack Program to help provide more food for children and their families.

7. FUTURE PRESENTATIONS

- **New Nutritional Guidelines-Teachers, Food in Schools**

The Ministry of Health along with the Ministry of Education sent out a draft form of new nutritional guidelines in the spring and are waiting for feedback. They are still making changes to it, so it won't be out any time soon. The nutritional guidelines are only recommendations and not mandated guidelines.

Leah requested the following topics be added to a future meeting.

1. Weight Bias and Stigma Resource
2. Teach Food First Tool Kit

8. 2022-2023 HPS COMMITTEE MEETINGS

Meetings will continue via zoom with intentions of an in-person meeting in June 2023.

Next meeting is December 1, 2022 at 4:15 – 6:00 pm via zoom

FUTURE MEETING DATES:

Remember to save the dates in your calendar as calendar invites and agendas will not come out until the week prior to the meeting date. Meetings are held on Thursdays @ 4:15- 6:00 pm on the following:

February 2, 2023

April 6, 2023

June 1, 2023

9. ADJOURNMENT

5:10 pm

Health Promoting Schools Update

October 2022

Alicia Kudryk



My name is Alicia Kudryk(Segin), I am new to The Central Okanagan School District this year as one of the Health Promoting Coordinators. Before working in District 23, I worked with Edmonton Public Schools for 9 years primarily as a Physical Education and Health teacher. My passion for teaching stemmed from being a competitive soccer player and then a provincial level coach. Throughout my career my passion for health and wellness has continued to grow and change, learning different methods to strive for balanced overall wellness through professional development. I am excited to be in this role to connect with the members of the Central Okanagan School District to help imbed the Comprehensive School Health Model into secondary curriculum.

Andrea Locke



My name is Andrea Locke, and I have been with the Central Okanagan School District since 2016. Prior to moving to Kelowna in 2014, I attended UBC and received degrees in Human Kinetics and Elementary Education. I began teaching in 2003 in the public and private school system as a K-12 PHE teacher. I have taught at many of the schools in the district and filled various temporary positions as a PHE teacher and ELL/LAT support. I have a strong athletic background and coached a variety of community and school teams. My passion for health and wellness was a natural fit for this role as part of the Healthy Promoting Schools team. I look forward to implementing the Comprehensive School Health Model into our Elementary schools.

What have we been up to?

- Connecting and learning about all the partnerships and programs currently in place and following up with contacts to initiate connections for 2022/23
- Vetting any new potential partnerships, utilizing the form we created to ensure these partnerships/presenters fit within the policies of SD23
- Creating our Health Promoting Schools 2022/23 Action Plan (we will share at our next meeting) based on the Comprehensive School Health Approach

Highlights

UBCO Nurses Visits:



We met with Christine Balfour, Associate Professor School of Nursing UBCO. One of the assignments during the 2nd year of the nursing program is that the students go into elementary classrooms to talk about nutrition, hand washing, sleep habits, connecting to nature, stress reduction and physical activity benefits. We met the UBCO students and presented a lesson on how to create an engaging lesson to our students. It was well received and we got very positive feedback from the UBCO teachers. The nursing students will be out in our classrooms over the next few weeks and again in the Spring.

Highlights

Food Programs:



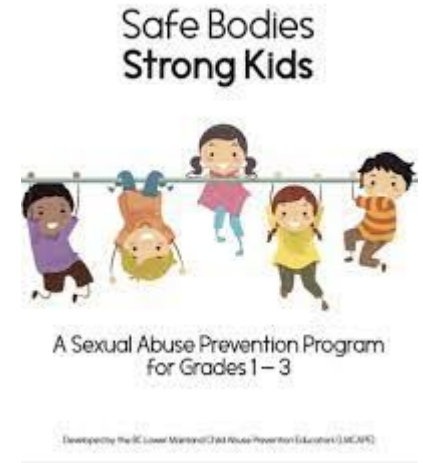
The Breakfast, Brown Bag lunch and Backpack programs are up and running. We've created satisfaction surveys that will be going out to the schools mid October to review quality, quantity and variety.

We met with Leah Perrier to discuss updates to the Canada Food guide Tool kit, BC Guidelines for Food and Beverage Sales and the Teach Food First resources. These are all currently available on our HPS website. She will be providing some questions to add to our food satisfaction surveys.

Highlights

Personal Safety K-3 Resources

We met with Karen Ellis (former HPS coordinator and teacher in our district) and reviewed the resources (Kids in the Know and Safe Bodies Strong Kids) available on our HPS website. We shared with schools how to access these very important resources and the timely manner in which they should be executed in our schools. We are working on collaborating with the SEL team and SEL teachers to facilitate more teaching and support in our schools for these programs.



Highlights

School Visits

We are starting to visit SD23 schools to introduce ourselves and get a better understanding of what the needs are at the Middle and High schools and how we can best support their PHE programming.



Chefs in the Classroom

We would love to introduce our presenter today, Debbie McMillan

She is going to share a brief synopsis of their program and how we will be rolling it out this school year.

