



HEALTH PROMOTING SCHOOLS COMMITTEE MEETING

"MINUTES"

Thursday, DECEMBER 1st, 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 (5 pm)	
COPVPA	Bryce Owens, ELEM	Scott Sieben is looking for a MID Rep	Robbie Franklin, SEC	
COTA	Mary Hope, ELEM	Lois Aeckersberg, MID	Kevin Robinson, SEC	
CUPE	Meran Couzens			
District Student Council	October Angell-Janfield (CPS)	Phoenix Fillinger (KSS)	Mila Kresina (KSS)	Jessie Beggs (MBSS) Kaiya Lee (MBSS)
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

2022-23 District Student Council Reps;
October Angell-Janfield (CPS), Phoenix Fillinger (KSS), Mila Kresina (KSS), Jessie Beggs (MBSS) and Kaiya Lee (MBSS).
Kevin Robinson, Secondary School COTA Rep and Meran Couzens, CUPE Rep.

2. AGENDA

Al Lalonde

2.1 Adoption of December 1st, 2022 Agenda
Motion to accept; Alicia Kudryk and Mary Hope Carried

3. MINUTES

Al Lalonde

3.1 Adoption of October 6th, 2022 Minutes
Motion to accept; Cassy Lukey and Nicole Weremy Carried

4. PRESENTATIONS

5. 2022-23 HPS UPDATE AND ACTION PLAN

Andrea & Alicia

Alicia Kudryk and Andrea Locke shared the Health Promoting Schools update and action plan via the attached presentation.

With respect to Student Data Surveys, Al Lalonde added that we also have EDI for the kindergarten level, in addition to the MDI and YDI. The McCreary survey is very useful in as far as showing trends over time because it dates back into the 90's. Alicia will look into providing some McCreary data to share.

There was good discussion and input from the students around vaping/smoking and the STOMP program.

6. BUSINESS

6.1 Sexual Health Education Program (SHEP) – update

Leanne, Nicole & Jenny

Nicole Weremy provided an update on where they are at with the SHEP Level 1 review. The survey questions are complete and the SHEP team is in the process of sending it out to parents, district staff and students. Hopefully will be getting some results in January or February.

A suggestion from one of the students is that it may be more beneficial to teach the Sexual Health program in smaller groups as opposed to the whole class at once, to get more connection to the students.

6.2 Mental Health Support/Social Emotional Learning – update

Sherri Roche

Al Lalonde shared that a group from Safer Schools Together, which is a prevention group, came last week to do interviews with a lot of community partners. The City of Kelowna received a grant from the Federal Government for anti-gang prevention and intervention. They are doing an analysis of our city to give us feedback of what we can do for prevention and intervention. We have some ideas around that but it is really about making good decisions which supports what we do in our HPS and SHEP. After we get the needs assessment, the city will then apply for the 3-year grant.

7. FUTURE PRESENTATIONS

- Weight Bias and Stigma Resource (McCreary data)
- Teach Food First Tool Kit
- Reading Bear Society
- UBCO Nursing Program

Leah Perrier

8. 2022-2023 HPS COMMITTEE MEETINGS are on Thursdays @ 4:15- 6:00 pm via zoom

Next Meeting:

- February 2, 2023
- April 6, 2023
- June 1, 2023 (will try for an in-person meeting)

9. ADJOURNMENT

5:15 pm

Health Promoting Schools Update

December 2022



**Central Okanagan
Public Schools**

Together We Learn

What have we been up to?

- Continuing to connect and learn 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
- Created our Health Promoting Schools 2022/23 Action Plan based on the Comprehensive School Health Approach

HPS Action Plan 2022/23

GOALS:

To strengthen our District Educators' capacity to support the Physical and Health Education (PHE) curriculum, with specific emphasis on the development of physical literacy skills, active play, food literacy, personal safety strategies, outdoor education/connection with nature, indigenous learning experiences and substance use prevention education.

To strengthen our district's capacity to foster positive school environments by working with community partners and connecting resources that align with the Comprehensive School Health framework.

Highlights

UBCO Nurses Visits:



The student nurses were out in our Elementary schools in October and November delivering health lessons to our primary students. Lessons focused on topics of nutrition, hand washing, sleep habits, connecting to nature, stress reduction and physical activity benefit. They will continue these lessons in the January with the next cohort of student nurses. (*Partnerships and Services, Teaching and Learning*)

Highlights

Okanagan Swims Program



The YMCA of Southern Interior BC is offering the Okanagan Swims Program again this year to our district Grade 3 students beginning in January. As you may be aware due to various issues the program was only available to some of our schools last year, however, we are excited to announce that we have coordinated every school in our district to participate in this program. Students get a series of 3 lessons that take place at the H2O or Kelowna Family Y pools. It is exciting to know that every grade 3 student will have the opportunity to learn life saving water safety skills. (*Partnerships and Services, Teaching and Learning*)

Highlights

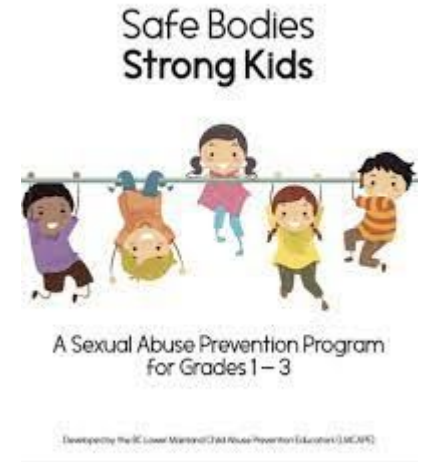
Middle/Secondary PHE Focus Group

- This focus group stemmed from an informal scan of the current PHE programs.
- Collaboration with teachers to create up to date Health lessons and materials.
- Connected with teachers who are willing to co-teach or trial the lessons and provide feedback.
- Possible Pro-D session in February that focuses on building teacher comfort around health topics. (*Teaching and Learning*)

Highlights

Personal Safety K-3 Resources

We offered a presentation at one of our recent COLT meetings. School administrators were able to learn more about the valuable resources we have available on our HPS website and how to best implement these programs in their schools. The presentation was shared with the schools and we've had a few teachers reach out to receive further support and training in these invaluable resources. *(Social and Physical Environment, Teaching and Learning, Policy)*





(Students Together Moving to Prevent Tobacco Use)

- is a multi-year pilot project (2021-2024) that takes a comprehensive approach to curb commercial tobacco use by targeting the student population and its unique characteristics, norms, and needs directly. This program is designed by PHE Canada.
- Students in grades 7-12 at 12 pilot school sites will work with school staff and community leaders to co-create a grassroots approach to reducing commercial tobacco use in their school community. [Learn More](#)
- Trial at Rutland Middle School and Rutland Secondary starting in January 2023. School Champions are Melissa Harris and Stacey Mee.
- Community Connections:
 - Ryan Fehey- PHE Canada
 - Jered Dennis - Tobacco Vapour Coordinator with Interior Health
 - Tracey Lockwood- Play Education
 - Cassy Lukey- ARC
- *(Social and Physical Environment, Teaching and Learning, Policy, Partnerships and Services)*

Reading Bear



The Reading Bear Society is a not-for-profit organization that promotes early literacy and healthy living in children through intergenerational mentorship. Our primary students receive “A Visit from Dr. Bear” that explores healthy living through facts, story time, and play. The Reading Bear volunteers have been out at many of our Elementary schools throughout the district this past month and will continue to visit more of our schools in the Spring.

(Teaching and Learning)



Student Data Surveys

Upcoming in the New year

McCreary	Grade 7-12 * all middle & Secondary Schools	January to May	Provincial Informative Data	 McCreary Centre Society
MDI Middle Years Development Index	Grade 5 * all elementary schools	January 10 to March 3	School/SD23 Informative Data	
YDI Youth Development Instrument	Grade 11 * trialing at GESS, RSS, CS	January 16 to March 31	School/SD23 Informative Data	

- *(Partnerships and Services, Policy, Social and Physical Environment)*