HEALTH PROMOTING SCHOOLS



COMMITTEE MEETING Thursday, May 8, 2025

SCHOOL BOARD OFFICE - Board Room: 4:15 - 6:00 pm



REPRESENTATIVES	COMMITTEE MEMBERS										
Board of Education	Lisa Guderyan				Wayne Broughton, alternate						
Indigenous Education	Christina Verhagen Simone Gauthier										
arc programs	Cassy Lukey Courtney Hannigan										
COPAC	Kristina Grant	Leslie	Leslie Atwell			Camila Biffard				la Baker, nate	
COPVPA	Robbie Franklin		Ke	evin Auclair							
СОТА	Mary Hope Lois Aeck			eckersberg		Kevin Robinson					
CUPE	George York Jen Nethercote, alternate										
District Student Council (DSC)	Mila Kresina					Cadence Quigley					
HPS Coordinators	Andrea Locke			Alicia	Alicia Kudryk						
Interior Health Authority (IH)	Virginia Bowman Lea			<mark>Leah</mark>	h Perrier						
Child and Youth Mental Health (CYMH)	Ping Flynn				Elizabeth Lindsay						
Sexual Health Educators	Nicole Weremy	Leanne Woodrov	v	Karen				ny novitch		Emily Rice	
District Staff	Rhonda Ovelso	n	Sh	Sherri Roche			Aman		da Rio	la Rich	
Social Emotional Learning Team (SEL)	Renee Opperma	an, K-12		·		•	•	•			

MINUTES

	MINUTES	
1.	WELCOME & ACKNOWLEDGEMENT	
	1.1 Guests were introduced and welcomed:	Rhonda
	 Troy White, Tobias Blaskovits and Nicole Leboe – District Learning Technology Department Team 	Andrea
	 Land acknowledgement – time of the bitterroot- wellness paths initiative shared 	
	1.2 Set Personal Intention(s) – Notice It, Name It, Nurture It – individual reflection and partner sharing	
	 Notice it: how are you feeling about tonight's meeting and topic? 	
	 Name it: reflecting on personal experiences what aspect(s) of health is/are impacted by the digital world? 	
	Nurture it: what type of intention(s) might you set for yourself this evening knowing how you are	
	feeling in regards to this topic? You're welcome to record this in your journal	
	1.3 Reviewed Meeting Intentions (taken from committee's terms of reference):	
	 to act as a resource for and receive input from the school-based liaison(s) interested in health promotion 	
	to assist in the implementation, review and evaluation of the District Health Plan	
	 to commit to continuous growth and learning in regards to Health Promoting Schools research and 	
	practice	
	 to represent constituent groups by communicating, educating and providing guidance to constituent 	
	members	
2.	AGENDA	
	2.1 Adoption of May 8, 2025, Agenda	All
	Amendment to change order of agenda adopted by Mary Hope, seconded by Krinstina Grant	
3.	MINUTES	
	3.1 Adoption of February 20, 2025, Minutes	All
	Adopted by Emily Rice, seconded by Virginia Bowman	
4.	SUB-COMMITTEE ACTION ITEM(S)	
	Meeting Intention: to act as a resource for and receive input from the school-based liaison(s) interested in	
	health promotion	
	4.1 Wellness Clinics in Secondary Schools – Update	Virginia
	nurses on site twice a week in all secondary schools	
	 It has been amazing, good for nurses to be back in schools, to be working with teachers, staff and students 	
	 received funding for health promotion in schools and students came with lots of questions regarding sexual health, immunization, health counselling, connections and referrals to community resources and services 	

5. DISTRICT HEALTH PROMOTING SCHOOLS PLAN

ACTIVATE

Meeting Intention: to assist in the implementation, review and evaluation of the District Health Plan (see planning templates: <u>Physical, Mental</u> and <u>Social</u> Wellbeing)

5.1 District Health Plan

Update(s) on Action Item(s): HPS School Liaison Bulletin

Issue 11 - Digital Wellness

- Digital devices play a substantial role in our social, mental and physical well-being. The choices and experiences we expose ourselves to can impact our health in both positive and negative ways.
- 84% of youth reported being on a digital device outside of school hours for two or more hours a day
- Links to evidence-based resources included

ACQUIRE

Meeting Intention: to commit to continuous growth and learning in regards to Health Promoting Schools research and practice

5.2 Learning Presentation – Digital Literacy and Wellness

- Viewed video titled Teens and Tech: The New Landscape from Common Sense Media
- Reflected on and shared reactions to video
- Discussed stats taken from "Unpacking the Grind Culture in Teens" and how technology can both add to pressure and stress and/or aid in lessening stress depending on its use
- Engaged in values sort activity to clarify our values and consider how everyday habits are or are not aligned with those values – intentional learning, conversations and modeling are critical components of leading digitally-well lives
- The following guided documents were referenced: BC Digital Literacy Framework (Ministry of Education and Child Care) and Student Use of Network Services and Digital Technologies (Board Policy 486)
 - BC Digital Literacy Framework 6 Components:
 - Research & Information Literacy
 - Critical Thinking, Problem Solving and Decision Making
 - Creativity and Innovation
 - Digital Citizenship
 - Communication and Collaboration
 - Technology Operations and Concepts
- BC Cell Phone Restrictions
 - What this looks like in our district:
 - Responsible Use of SD23 Student Network Services & Digital Technologies- Student & Parent Agreement
 - o Shared Roles and Responsibilities for Digital Technologies in Schools
- Teaching and Learning Resources
 - Digital Wellness Framework
 - Practice Mindfulness
 - Explore Learning
 - Think Critically
 - Connect Positively
 - Be Safe
 - District Al Guidance Document
 - Responsibility
 - Empathy
 - Equity
 - Honesty
 - Respect
 - Digital Wellness Bits & Bytes

• Why does this learning matter? Considerations for Parents, Teachers, and Students

- o Technology is just a tool how we choose to use it is important
- o Technology can be a distraction... or it can be used to enhance, connect, create
- o Technology use in schools should be purposeful and meaningful
- When it comes to screen time context matters (not all screen time is created equal)
- o Technology can support or hinder our health and wellness
- o Equity to learning is important students in our system have varied experiences
- Digital skills are embedded in and support our competency-based curriculum

Alicia

Tobias& Nicole

	 You cannot be "literate" in today's world without developing digital skills 					
	0	Self-Awareness and personal reflection are important				
	0	Learning is social and shared conversations are essential				
	0	Learning needs to be embedded across all grades and curricular areas				
	0	We all have different beliefs and values				
	0	We all must take a shared responsibility in this learning				
	APPLY					
	to the committee constituent men 5.3 Forward • Partner	ons: to represent constituent groups by communicating, educating and providing feedback e; role-modeling HPS principles and practices; and providing leadership and guidance to observe to support, participate and contribute to the business of the committee Planning respected on how to raise awareness and understanding around how to talk with children outh about digital literacy and wellness – reflected on how to raise awareness around	All			
	•	le learning opportunities for constituents				
6.	ADJOURNMENT	<u>-</u>				
	 Reflect 	ing on Meeting Intentions				
	 Next M 	leeting Dates:				
	0	September 26th, November 21st, February 20th, May 8 th and June 12 th	All			
	0	lune 12 th Focus and Updates for the 2025-26 School Year				