



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

MINUTES

Thursday, April 6, 2017

School Board Office – Board Room - 4:00 pm



COMMITTEE MEMBERS PRESENT

Board of Education	Julia Fraser	
COPAC	Cadre Simpson, Elementary	
CUPE	Margaret Varga	
HPS Coordinators	Janelle Zebedee	Karen Ellis
IHA	Karen Davies, Public Health Nurse	
Mental Health	Skye Perry, CYMH Team Lead	
Sexual Health Education	Nicole Weremy	Leanne Woodrow
District Staff	Vianne Kintzinger, Assistant Superintendent	Yvonne Hildebrandt, Recording Secretary

REGRETS

Aboriginal Education	Simone Gauthier	
COPAC	Vivian Evans, Middle	Monica Shaver, Secondary
COPVA	Kevin Auclair, Elementary	Raelyn Larmet, Middle Violeta Malfair, Secondary
COTA	Mary Hope, Elem/Middle	Karen Gilbert, Secondary
District Student Council	Keneisha Charles	Tayah Parish
IHA	Cathy Richards Public Health Dietitian	

1. WELCOME

Vianne Kintzinger

2. AGENDA

- 2.1 Adoption of April 6, 2017 Agenda. Approved.

Vianne Kintzinger

3. MINUTES

- 3.1 Adoption of February 2, 2017 Minutes. Approved.

Vianne Kintzinger

4. PRESENTATIONS

- 4.1 Interior Health Authority Tobacco Reduction – E-Cigarettes and Vapour Products

Cheryl Sidenberg

- Cheryl is the Tobacco Reduction Coordinator, Integrated Tobacco Program
- In September 2016, new legislation came into effect re. tobacco and vapour products. Vapour products are now to be treated the same way we do tobacco.
- The premise is to protect our youth, keep people from becoming addicted, no use on school properties, no display or promotion to youth under 19, and no use in a vehicle when a child under 16 is present.
- Progressive enforcement is the approach – awareness, education, verbal/written warnings, with ticketing being the last option.
- The Provincial fine is \$58.
- The e-cigarette vapour is inhaled deeper into the lungs, so they are not recommended to be used for harm reduction.
- Vapour products may or may not contain nicotine. These devices are battery operated or plugged in, heat the liquid and produce a vapour, not smoke, that often mimics enticing candy flavours. Some vapour devices look like glamorous makeup products. Parents don't always recognize the products that are in their children's bags.
- Since tobacco is dying off, the vape products seem to be replacing them.

- There is no regulation around what is in the liquid. The vape container could be filled with any kind of product, not just e-cig liquid, and they are not child-proof. As a result, there have been poisonings, and even some deaths.
- Tobacco products contain warnings, but vape products seem to give the impression that they are safe and could be used as a replacement product to wean off nicotine products.
- Some concerns: Short-term use irritates airways and may lead to allergic reactions. May be harmful when inhaled repeatedly.
- The aerosol of some liquids contains harmful substances - formaldehyde, acetaldehyde, nickel, chromium, lead etc. – and emit ultrafine inhalable liquid particles, nicotine and cancer-causing substances into indoor air.
- People are buying their liquids from the internet since it is cheap. The internet has no regulation.
- 1 in 5 youth have tried these vapour products. Devices are being modified for use with other illegal substances, and are seen as less harmful but not harmless.
- Vape shops are not regulated like a tobacco store, so they don't have licenses that can be removed, but they can be fined. They are not to sell to anybody under 19.
- Population health concerns: tobacco-use may appear normal again, bad for developing brains, long-term health effects are still unknown, and the products are addictive because users love the taste. E-Cigarette products have only been around since 2003, so it will require a few more years before there is data for regulation.
- The School District is in the process of developing "no smoking on school property" signage for use across the district.
- Education about these vapour products are included in the DARE program at schools (drug and alcohol education).
- Vianne will send out the link to middle and secondary school administrators for the Interior Health website that contains tobacco resources for use in school newsletters:
- <https://www.interiorhealth.ca/sites/Partners/TobaccoResources/Documents/Tobacco%20Resources%20for%20Schools.pdf>
- Cheryl would be available to "train the trainer" in the school district.

5. 2016-2017 HPS ACTION PLAN

5.1 Presentations and Workshop

- February 20, 2017 – Action Schools! BC – Physical Literacy Mentorship training in Kamloops
- February 6 – 24, 2017 - Employee Winter Wellness Challenge - "Fab"ruary – had weekly themes. Schools and various work locations signed up and created their own teams. Weekly prizes were awarded.
- February 24, 2017 – Employee Wellness Symposium at Mount Boucherie Secondary School:
 - Houston Kraft was the Keynote Speaker. His message was that all staff have a big effect on students, since students remember how people made them feel during their school years. Helped staff realize they all have a critical role. 300+ employees attended.
- March 8, 2017 – Ministry of Health and Ministry of Education Healthy Schools BC Audit.
- March 8, 2017 – smartEducation final session.
- March 10, 2017 – Balancing our Minds Okanagan Youth Summit in Penticton:
 - This summit was organized in partnership with Okanagan-Skaha School District, supporting youth mental health - included a keynote and break-

Janelle Zebedee/
Karen Ellis

out sessions. Students facilitated the event and shared stories of how they are supporting mental health in their schools.

- Janelle will email the link from the Balancing our Minds summit – www.keltymentalhealth.ca
- March 13, 2017 – Comprehensive School Health presentation to UBCO nursing students

5.2 Employee Wellness

- Already discussed. Please refer to Presentations and Workshops.

5.3 Actions Schools! BC

- Physical Literacy Mentorship – Lita Beath is working alongside elementary teachers at Watson Road Elementary as a Physical Literacy mentor.
- This is an embedded professional development model being piloted with the support of Glenn Young from viaSport.

6. OLD BUSINESS

6.1 Sexual Health Education Policy Update

Vianne Kintzinger

- Policy successfully went through policy committee. Officially is now known as the Sexual Health Education team.

7. NEW BUSINESS

7.1 Update – Naloxone

Vianne Kintzinger

- There has been much conversation around training for the use of Naloxone kits in schools. Secondary school administrators may undergo training. Penny Liao-Lussier, the Director from Interior Health, is focusing on the development of a toolkit for School Based Teams to use. Penny will send her minutes and will have more information after her next taskforce meeting.

7.2 CMHA – Prevention/Promotion Key Messages Project

- Will defer this subject to our next HPS meeting. Karen Davies, Interior Health, indicated that it is still in draft form.
- When ready, the key messages could be sent to schools as a link, which could be attached to their electronic school newsletters. This way, parents would receive all the messages, regardless of their child's grade or age.
- The School District Communications Advisor could be consulted to garner ideas of how to best communicate district wide.
- A few printed copies posted at the school would be valuable.

7.3 Health Audit

- Vianne and the HPS Coordinators had a follow-up conference call today with the Office of the Auditor General of BC regarding the Health Schools BC Audit. The Health Audit Team was very impressed with our Healthy School coordinators, the structure we have in place at our schools to support healthy school environments, our School Board Policies for Health and Wellness, and that we have representation from all of our community partners.
- The audit went very well, and the Health Audit Report will be available next January/February.

7.4 Review of Action Items (5 minutes)

8. FUTURE PRESENTATIONS

- 8.1 Middle Years Development Instrument (MDI) Survey
- 8.2 Melissa from The Foundry – official opening is October.

9. FUTURE HPS COMMITTEE MEETINGS

- 9.1 June 1, 2017 at 4:00 pm - School Board Office

MEETING ADJOURNED – 5:30 pm

ACTION ITEMS SUMMARY

Action items from the April 6, 2017 HPS meeting

Action Item	Person(s) Responsible	Status
Janelle will email the link from the Balancing our Minds summit – www.keltymentalhealth.ca	Janelle	In Progress
Vianne will send out the link to middle and secondary school administrators for the Interior Health website that contains tobacco resources for use in school newsletters.	Vianne	In Progress

Action items from the February 2, 2017 HPS meeting

Action Item	Person(s) Responsible	Status
iMinds website link will be emailed to the committee.	Janelle	Completed
A letter to be forwarded to IHA requesting a representative for the HPS Committee.	Vianne	Completed