



HEALTH PROMOTING SCHOOLS COMMITTEE MEETING MINUTES

Thursday, April 12, 2018

School Board Office – Board Room - 4:00 pm



COMMITTEE MEMBERS PRESENT

Board of Education	Lee Mossman	
COPAC	Cadre Simpson, Elementary	Valary Chidwick, Middle & Secondary
COPVPA	Raelyn Larmet, Middle	
COTA	Mary Hope, Elem/Middle	
CUPE	Margaret Varga	
HPS Coordinators	Janelle Zebedee	Tricia Penny
IHA	Valerie Pitman, Regional Knowledge Coordinator for Healthy Schools	
Mental Health	Skye Perry, CYMH Team Lead	
Sexual Health Education	Jenny Rabinovitch	
District Staff	Vianne Kintzinger, Assistant Superintendent	Yvonne Hildebrandt, Recording Secretary

REGRETS

Aboriginal Education	Simone Gauthier	
COPVPA	Kevin Auclair, Elementary	Violeta Malfair, Secondary
COTA	Karen Gilbert, Secondary	
District Student Council	Keneisha Charles	Lily Robinson
IHA	Karen Davies Public Health Nurse	
Sexual Health Education	Leanne Woodrow	Nicole Weremy

1. WELCOME

Vianne Kintzinger

2. AGENDA

- 2.1 Adoption of April 12, 2018 Agenda. Approved.

Vianne Kintzinger

3. MINUTES

- 3.1 Adoption of February 8, 2018 Minutes. Approved.

Vianne Kintzinger

4. RECOGNITION

- 4.1 Thank you to Gary Bennett – Breakfast Program Support:

- Gary oversees the Central Okanagan Foundation Gary Bennett Family Fund
- He has been involved in many of our schools including Springvalley Middle School with school-based breakfast programs for some time.
- The Gary Bennet Family Fund started the Strive program and is also involved in the Gateway program.

Tricia Penny/
Janelle Zebedee/
Vianne Kintzinger

5. PRESENTATIONS

- 5.1 Mental Health Speaker – UBC-O Student, Nicholas Reitsma

Nicholas Reitsma

- Nicholas is a 2nd year pre-med student at UBC Okanagan and has been involved with the Foundry's mental health movement.
- Growing up, Nicholas suffered from depression, and fortunately had a supportive family that was able to get him the help he needed.
- Maintaining his mental health became challenging when he moved away from his family to attend university. Nicholas found many professional resources that enabled him to cope and find ways to apply the skills he learned.

- Suffering from depression at university resulted in Nicholas becoming involved in the "Not Alone" campaign. Many students attending school, away from their families, or on their own need reassurance that they are not alone, and that it is not a sign of weakness to talk about their depression, anxieties and situation.
- Vianne will put him in touch with schools.

6. 2017-2018 HPS ACTION PLAN

6.1 Presentations and Workshop

*Janelle Zebedee/
Tricia Penny*

6.1 a. Looking back:

- February 16th – Youth Mental Health Summit @ The Rotary Centre for the Arts. All middle and secondary schools brought students to hear Orlando Bowen, inspirational speaker. Students were empowered to return to schools and support mental health week at their schools. During breakout sessions, students had opportunity to share through a student panel. Okanagan Skaha School District also attended.
 - Thank you to COTA for funds to provide TTOC's so teachers could attend.
- February 23rd – Employee Wellness Symposium at Dr. Knox for all of our staff. Dr. Ty Binfet started the day as the keynote speaker, along with his dog Francis.
- March 1st - MDI Presentation to Public Health Nurses, at their new office in downtown Kelowna. Discussed community connections. Current Grade 4 MDI data was just sent to the schools.
- March 1st – Resource sharing about the Physical Health Education curriculum at Springvalley Elementary School.
- April 4th – Student Leadership Workshop at Hudson Road Elementary – involved Grade 5 games and active outside play. A fun day of training.
- "Kids in the Know" classroom support at AS Matheson Elementary – this is the personal safety portion of Personal Health and Education. Kits were delivered to schools in Fall 2017 and are geared for Kindergarten to Grade 9.
- Collaborative Learning Services (CLS) – Tricia and Janelle working on-site with South Rutland Elementary in kindergarten classrooms, and facilitating lessons at Casorso Elementary.
- Breakfast Program Support for Food for Thought and Hope for the Nations. Also started a pilot of the backpack program at AS Matheson Elementary, in partnership with the United Way, for students that need food for the weekend. The students are able to make choices out of each food category.

6.1 b. Looking forward:

- Social Emotional Learning support at Casorso Elementary.
- "Kids in the Know" support at AS Matheson Elementary and Hudson Road Elementary
- Tricia and Janelle supporting teachers at KLO Middle School with resources and support for Foods 9 and Physical and Health Education Teachers.
- SmartEducation April 10th to June 5th – 9 weeks of courses offered to all School District 23 employees
- Transitions 9/10 Course Development – Initially, Grade 9's at RSS will be offered this 2-credit course
- Vianne thanked Tricia and Janelle for all their assistance and support with the schools.

7. NEW BUSINESS

- 7.1 Review of Action Items (5 minutes)
- 7.2 Cannabis: Casorso Parent Advisory Council received information about the Zach Walsh Research Lab at UBC Okanagan on the use of cannabis and psychedelics. Cadre will forward this info to Vianne. A few PAC's may be interested in hosting him.
- 7.3 Mental Health Week – May 7th to 11th. Focus of support should include students, teachers, support staff, and parents.

Vianne Kintzinger

8. FUTURE PRESENTATIONS/TOPICS

- 8.1 Safe Talk Workshop for Parents: 3 hour training about suicide awareness. April's session was at Dr. Knox Middle. May's sessions will be at Mar Jok Elementary and at Hollywood Road Education Services. Sessions are filling up quickly.

9. FUTURE HPS COMMITTEE MEETINGS

- 9.1 May 31 - 4:00 – 6:00 pm (School Board Office)

MEETING ADJOURNED – 5:00 pm

ACTION ITEMS SUMMARY

Action items from the April 12, 2018 HPS meeting

Action Item	Person(s) Responsible	Status
Connect Nicholas Reitsma with schools re. his mental health talk and involvement with the "Not Alone" campaign	Vianne	In Progress
Cannabis Research Lab at UBC Okanagan – forward info to Vianne	Cadre	In Progress

Action items from the February 8, 2018 HPS meeting

Action Item	Person(s) Responsible	Status
Vianne to invite Gary Bennett to the next HPS meeting re. Breakfast Program recognition	Vianne	Completed
Vianne to look into the "Run For It" program	Vianne	Completed
"Cannabis Use Among School Children" – Vianne's version of this Powerpoint to be shared with the HPS committee	Vianne	Completed
HPS Committee feedback re. Gen Z Survey will be shared with the BrainTrust Committee.	Vianne	Completed