



HEALTH PROMOTING SCHOOLS COMMITTEE
MEETING MINUTES

Thursday, October 4, 2018

School Board Office – Board Room 1 - 4:00 pm



COMMITTEE MEMBERS PRESENT

Board of Education	Julia Fraser	
COPAC	Cadre Simpson, Elementary	
COPVPA	Mike Kormany, Elementary	Raelyn Larmet, Middle
COTA	Mary Hope, Elem/Middle	
CUPE	Margaret Varga	
District Student Council	Monika Bhatia	Matthew Richardson
HPS Coordinators	Janelle Zebedee	Tricia Penny
Sexual Health Education	Nicole Weremy	Jenny Rabinovitch
District Staff	Vianne Kintzinger, Assistant Superintendent	Yvonne Hildebrandt, Recording Secretary

REGRETS

Aboriginal Education	Crystal Prince	
Board of Education	Lee Mossman	
COPAC	Valary Chidwick, Middle/Sec	
COPVPA	Violeta Malfair, Secondary	
IHA	Karen Davies Public Health Nurse	Valerie Pitman, Regional Knowledge Coordinator for Healthy Schools
Mental Health	Kyle Deleurme, Acting Team Leader, CYMH	
Sexual Health Education	Lea Woodrow	

1. WELCOME

Vianne Kintzinger

- Vianne welcomed everyone to the first HPS meeting of the year.

2. AGENDA

- 2.1 Adoption of October 4, 2018 Agenda. Approved.

Vianne Kintzinger

3. MINUTES

- 3.1 Adoption of May 31, 2018 Minutes. Approved.

Vianne Kintzinger

4. PRESENTATIONS

- 4.1 "New Education for Drug Awareness" – Selma Selimovic, KLO Middle School Student

Tricia Penny/
Janelle Zebedee

- Selma is a speech contest winner at KLO Middle School. After researching drug use in schools, she feels that substance abuse education is lacking in schools. She feels youth need to make more informed decisions about drug use, and encouraged supporting the Foundry in Kelowna.
- Vianne plans to visit KLO Middle School to strategize.

5. 2018-2019 HPS ACTION PLAN

5.1. Focus on Mental Health Literacy

Janelle Zebedee/
Tricia Penny

Training:

- July 2018 – Vianne, Tricia and Janelle attended "Go-To Educator and Mental Health Literacy Curriculum Guide" training with Dr. Stan Kutcher and Andrew Baxter. Dr. Stan Kutcher's resources and work can be found at teenmentalhealth.org. *This link will be emailed to the HPS Committee.*
 - o Tricia and Janelle are looking into bringing Andrew Baxter to Kelowna in Spring 2019. Andrew is a Mental Health Clinician working with Alberta schools. It would be beneficial for all District staff to attend a training session, to learn the common language to use with students and staff. More info to come.
- July and September 2018. – EASE (Everyday Anxiety Strategies for Educators) resources developed through a partnership between the Ministry of Children and Family Development and Anxiety Canada. EASE resources benefit and support students in grades K-7.

5.2. School Year Start Up Highlights:

- Start-up support provided for Ellison Elementary around mindfulness.
- Student leadership workshops supported at Ellison and Chief Tomat Elem.
- School Store support for KSS: making changes of what food is offered for sale
- UBCO Nursing Students - training and support to prepare for learning sessions in the schools.
- Starting up the YMCA Okanagan Swims Program – offering free lessons to all Grade 3 students, to drown-proof our kids. Lessons will take place at Kelowna Family YMCA and the H2O Centre. Funding comes from Across the Lake Swim Society.
- SmartEducation at Glenmore Elementary – offered to staff as a request from the school. 9 weeks of sessions.
- Tricia is participating on SEAT – Social Emotional Action Team. Tricia and Janelle will attend the National Child Day 2018 daytime event on November 15th with Dr. Deborah MacNamara at the Laurel Building. There is also an evening event with Dr. MacNamara at HRES, and Tricia will *send the registration link to the HPS Committee*. National Child Day is celebrated in Canada on November 20th.
- Tricia and Janelle are meeting with school administration about their needs in their buildings, informing them of the services available through HPS team.
- Digital Wellness Committee participation
- Casorso Elementary October 5th Implementation Day – HPS coordinators are supporting them in this day to learn about school connectedness and belonging – learning what it looks like, sounds like and feels like, and then sharing this data with the staff.

5.3. Next Steps

- Vaping – Have met with Cheryl Sidenberg, Tobacco Reduction Coordinator from Interior Health – Janelle and Tricia developed a lesson that can be taken to schools, informing of vaping risks. They are scheduled to provide the lesson to all intermediate students at George Pringle Elementary.
- Will continue school administration meetings
- Transitions 9 course, developed for Grade 9 students at RSS – Janelle and Tricia doing follow-up and support with Transitions 9 teachers. The course teaches careers and health. Sexual Health Education is embedded in the course. Currently the course is only at RSS, but a number of schools are interested in the link to the program.
- Mental Health Literacy Training for district staff

6. NEW BUSINESS

Vianne Kintzinger

- 6.1 Vaping and Smoking – Monika Bhatia, District Student Council student representative:
- Monika is concerned about students using the smoke-pit while school-time events are occurring, i.e. the Terry Fox Run. Feels that younger children and students should not have to observe older students smoking as much. Monika feels we need more education about smoking, how to break the addiction.
 - Vianne shared there are students in secondary schools that are smokers, and if there is not a designated smoking area, these students will go into the neighborhood to smoke. This makes them vulnerable and they can be at risk to other unsafe individuals. Vaping is becoming very common now. It is worthy of concerned students to have conversation to see what improvements can be made.
 - Monika suggests surveying students about why they smoke. Janelle and Tricia shared that within the McCreary Adolescent Health Survey, there could already be some data that could answer some of these questions.
- 6.2 The HPS Committee discussed the upcoming Marijuana legislation and potential problems that could affect schools.
- 6.3 Review of Action Items (5 minutes)

7. FUTURE PRESENTATIONS

8. FUTURE HPS COMMITTEE MEETINGS

- 8.1 December 6, February 7, April 11, June 6
4:00 – 6:00 pm (School Board Office)

MEETING ADJOURNED – 4:50 pm

ACTION ITEMS SUMMARY

Action items from the October 4, 2018 HPS meeting

Action Item	Person(s) Responsible	Status
The link for Dr. Stan Kucher's work and resources (teenmentalhealth.org) will be emailed to the HPS Committee.	Vianne	Completed
The registration link will be emailed to the HPS Committee for the National Child Day 2018 event on November 15 th with Dr. Deborah MacNamara.	Tricia	Completed