



COMMITTEE MEETING

Thursday, March 14th, 2024

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, Counsellor			
COPAC	Kristina Grant, ELEM	Leslie Atwell, MID		Camila Biffard, SEC
COPVPA	Bryce Owens	Robbie Franklin		Derek Markides
COTA	Mary Hope, ELEM	Lois Aeckersberg, MID		Kevin Robinson, SEC
CUPE	George York		Jen Nethercote, alternate	
District Student Council (DSC)	Mila Kresina (KSS)	October Angell-Janfield (CPS)	Grace Sweet (GESS)	Kaidence Quigley (RSS)
HPS Coordinators	Andrea Locke		Alicia Kudryk	
Interior Health Authority (IH)	Virginia Bowman, Public Health		Leah Perrier, Public Health Dietitian	
Mental Health	Ping Flynn, Child and Youth Mental Health (CYMH)			
Sexual Health Educators	Nicole Weremy	Leanne Woodrow	Jenny Rabinovitch	Emily Kluffinger
District Staff	Rhonda Ovelson, Director of Instruction	Sherri Roche, District Principal Learning Support Services		Angela Kreklewetz, Recording Secretary

MINUTES

1.	WELCOME & ACKNOWLEDGEMENT 1.1 Welcomed Kaidence, District Student Council representative and student from RSS. This was also Nicole Weremy's first meeting of the year. Nicole represents the Sexual Health Team. 1.2 Land Acknowledgement https://www.firstvoices.com/ First Voices- QR code take you to the website; QR codes is on our movement pathways in some of our schools. - We are now in the time of the buttercup- first day is today	Rhonda Andrea
2.	AGENDA 2.1 Adoption of March 14, 2024 Agenda- Motion to accept Lisa Guderyan, Second- Cassy Lukey. - Reviewed our meeting intentions. - End of meeting to do reflection what we might do ourselves, as in taking resources back to our constituencies.	All
3.	MINUTES 3.1 Adoption of January 11, 2024 Minutes- Motion to accept- Mary Hope, Second- Lisa Guderyan. - Comments: To-date we have explored data of the three areas of health, established goals for each and have started to explore how the committee and the constituencies we represent might have impact around these goals. - Hoping to dive deeper into physical wellbeing this evening and actions that are/might be taken.	All
4.	SUB-COMMITTEE ACTION ITEM(S) Meeting Intention: <i>to act as a resource for and receive input from the school-based liaison(s) interested in health promotion</i> 4.1 Update(s) on Action Item(s): HPS School Liaison Bulletin - Alicia and Andrea have been making numerous connections - Just sent out 3rd bulletin - Are we missing any groups that should be receiving them? Send to all staff (Mona) Superintendents Newsletter? - Liaison forwarding to staff may be the most ideal way to get the information across, then information comes back to the liaison.	Andrea, Alicia & Rhonda

	○ We have all these incredible resources, and want to make sure they are promoted and reach as many people as possible. ○ There is an HPS section in the Superintendents newsletter already. We could put a link to the bulletins. There is also a link to bulletins on our HPS websites. ○ Teachers are using the resources and are excited/appreciative about them. ○ We will keep working on how to get information out/not overwhelm people with too much information. ○ Next bulletin is in April (mental wellbeing). Ping will join us for a presentation and bring resources for mental wellness and Alicia/Cassy on substance abuse. • Question- substance literacy information/posters- should we send that to liaisons? Good idea, then they can share with staff. • March Bulletin- was sent out, attached photos and stories into the email focusing on the physical literacy, good news stories. If you hear stories, please share.	
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5.	DISTRICT HEALTH PROMOTING SCHOOLS PLAN ACTIVATE Meeting Intention: <i>to assist in the implementation, review and evaluation of the District Health Plan (see planning templates: Physical, Mental and Social Wellbeing)</i> 5.1 Review co-created actions/tasks to guide committee's work for Physical Wellbeing goals and priority areas • updates on supports and initiatives currently in place ○ Food and nutrition learning- priority area for tonight's conversations. ○ Data shows the need: 1 in 4 households have food insecurity, students themselves are disclosing that they are hungry/haven't had breakfast and worry about next meal. The need is great. All students should have stigma free access to food-this is the goal. ○ Breakfast and lunch programs running across schools, and there are similarities and differences in how they operate ○ Breakfast- in all schools, supported by a number of partnerships, Food for Thought is the main support, transitioning to the Central Okanagan Food Bank who supports the program, 70 volunteers shop and deliver food, funded by Presidents' Choice Children's charity as a main supporter. 950 breakfasts served each day, universal program; looks different based on school/facility; trying to expand that next year; schools have applied for additional funding from Feeding Futures, and offering hot food choices. ○ Lunch program- Brown Bag Lunch (BBL), single vendor, new schools are being onboarded, 1300 lunches a day delivered, staff at schools create systems to deliver foods (stigma free). Comment- a lot ends up in the garbage, so they disassemble it so kids can choose what they like. Vendor is great with sensitivities, veggie, Halal, GF, etc. ○ Schools also have school stores and cafeterias etc. in addition to these programs. ○ Mount Boucherie food program? Used to have a dual credit culinary program. RSS is currently offering culinary course and serving full cafeteria – hope to replicate at MBSS once new high school is built ○ Hot food program- getting kids to eat hot food throughout the day would be great, hot breakfast etc. ○ Have the resources but we need staff at the schools to set up systems and deliver etc. We can now provide 5hrs of additional hours/week to support staff to help organize food. ○ Bringing together all those involved in school food programs virtually- met twice now, another meeting in April for feedback etc. Nice to have time to talk in breakout rooms. ○ Leah- IH Public health dietician- food literacy within schools, public health messaging, did a proD day in February, new messaging was surprising to the teachers ○ Andrea has had teachers reach out looking for resources. ○ Chefs in the Classroom starting in April, 14 classrooms in total. Issue of finding volunteers, chefs, gardeners etc. Kids get to cook/grow etc. ○ Agricultural in the Classroom resources- visiting Helen's Acres in spring, hope to get more schools after piloting. ○ How can we connect local growers with food learning in schools? Land based learning- knowledge about food and medicines. Getting local growers more involved. Helen's Acres provides products for Food for Thought breakfast products. Directory of local farms- getting put together shortly.	Rhonda, Andrea & Alicia Rhonda, Leah and Andrea
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ACQUIRE

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

5.2 Learning Presentation

- Public Health Guidance- messaging and language
 - shift in practice; focus more food exploration; better food relationship with foods k-8; talking about nutrients is too complex for them. Put nutrition agenda aside, focus on exploration.
 - Ministry of health, dietitians, teachers put together a video we watched.
 - Past mentality- food choices affect health; which foods are healthy etc.
Is this effective? Probably not.
Best practice, more about food, less about nutrition, goal is to foster a positive relationship with food which leads to healthier food choices; feeling joy when eating not guilt.
 - Toolkit provides resources to teach about food in the classroom, where food comes from, how grown, eating with others, culture and foods, community and celebrations, sensory aspects of food. Resources in **Teachfoodfirst.ca** and in HPS bulletin.
 - What influences food choices- taste, cost, availability, skills, time, culture, values, nutrition. Kids are coming to school with different food due to many factors.
 - Educators can help students- use food exploration, offer positive food experiences, hands-on learning with food, expose kids to new foods, develops positive relationship with food, build food skills, become familiar with new foods, learn to enjoy nutritious foods over time.
 - Things to avoid- Naming foods as good or bad, categorizing food as healthy or unhealthy, pressuring students to taste or eat foods, creating rules about food in lunches brought from home.
These things have been shown to put stress on children.
 - Nutrient teaching is taught in the higher grades (Grades 9-12)
 - Staff shouldn't comment on students' lunches or use student lunches to teach about nutrition.
 - When will food guidelines change? Anytime, maybe not until next school year.
 - Question of energy drinks in lunch? We can't control what children bring but rather what we offer at school.
 - Significant increase in disordered eating/eating disorders.
 - Contradictions in our schools and homes- healthy and unhealthy foods.
 - How will this be used to teach CEAs etc.? Starts with similar discussions. Work in progress. Will take time to shift paradigm.
 - Policy around pop and energy drinks? Policy around what *we're* providing to students, what they bring from home is outside the policy. Teacher based rules vs district-based policy.
 - Food Neutral Language- refer to food by actual names and attributes, potato chips vs. junk food.
 - What is a positive relationship with food? Listening to our bodies and eating what we need; enjoying foods without guilt/shame; enjoy foods that are nourishing and make you feel good; being in tune with the body's natural hunger cues; eating when hungry and stopping when full.
- Division of Responsibility in Feeding:
 - Adults decide- WHAT and WHEN and WHERE kids eat.
 - Students decide- WHETHER to eat, HOW MUCH to eat including what order
 - Comment- when last new language/guidelines came in it was very clear, whereas these new guidelines are not mandated so they're not promoted as much, message wasn't put out clearly enough. The new toolkit will help with this.
 - The committee could discuss this- how can we get this information out to the community, COPAC, families etc. raise awareness.
- Scenario Practice Conversations
 - Given this information, the committee then broke into small groups. Scenarios were offered and small group discussed messaging that could be used in each scenario.

Leah

Leah and
Andrea

	APPLY Meeting Intentions: <i>to represent constituent groups by communicating, educating and providing feedback to the committee; role-modeling HPS principles and practices; and, providing leadership and guidance to constituent members</i> <i>To support, participate and contribute to the business of the committee</i> 5.3 Reflection • How might information and resources best be shared by each of us with constituent groups? ○ Learning to promote food exploration vs shutting it down is difficult. ○ Imperative that we're offering kids the best food options- vending machines, school stores, movie nights etc. ○ How can we best share to groups knowing that it will create dissonance, questions ○ Comment- low income kids are still going home hungry, some kids refuse to eat foods because they're not used to eating these foods- combined foods, for example. Stigma and cultural piece that needs to be addressed. ○ Flexibility in programs- eat what you're given. We bring our beliefs to these programs. We need more of these conversations and see the unintended consequences. ○ Kids can be taught how to prepare foods. Get kids getting more involved with the food program, making food etc.	All
6.	ADJOURNMENT- Next Meeting Dates: May 2, 2024 – changed to May 30. Talk about how we shared resources at next meeting and then move to mental health component. • Learning Presentations: ○ Mental Wellbeing – Anxiety ○ Substance Use Literacy	All Ping Cassy/Alicia