



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

MINUTES

Thursday, October 5, 2017

Hollywood Road Education Services – Room 3- 4:00 pm



COMMITTEE MEMBERS PRESENT

Aboriginal Education	Simone Gauthier	
Board of Education	Lee-Ann Tiede (Alternate)	
COPAC	Cadre Simpson, Elementary	
COPVPA	Violeta Malfair, Secondary	
COTA	Mary Hope, Elem/Middle	Karen Gilbert, Secondary
District Student Council	Keneisha Charles	Lily Robinson
HPS Coordinators	Janelle Zebedee	Tricia Penny
District Staff	Vianne Kintzinger, Assistant Superintendent	Yvonne Hildebrandt, Recording Secretary

REGRETS

Board of Education	Julia Fraser	
COPVPA	Kevin Auclair, Elementary	Raelyn Larmet, Middle
CUPE	Margaret Varga	
IHA	Karen Davies Public Health Nurse	
Mental Health	Skye Perry, CYMH Team Lead	
Sexual Health Education	Lea Woodrow	Nicole Weremy Jenny Rabinovitch

1. WELCOME

Vianne Kintzinger

2. AGENDA

- 2.1 Adoption of October 5, 2017 Agenda. Approved.

Vianne Kintzinger

3. MINUTES

- 3.1 Adoption of June 1, 2017 Minutes. Approved.

Vianne Kintzinger

4. PRESENTATIONS

4.1 Middle Years Development Instrument (MDI) District Data 2016-2017

Janelle Zebedee/
Tricia Penny

- Survey was administered to Gr. 4's in the Fall of 2016.
- This was School District 23's second round of data collection. The first year was 2015/2016. Will be looking to add the Gr. 7's as we move forward.
- It is not a requirement of school districts to participate; however, every year more districts choose to participate. The MDI is different from the EDI (Early Years Development Instrument) since the EDI is used for kindergarten and funded through the Ministry of Education.
- Because more school districts are involved (88% involvement, up from 76%), there is a larger cohort of comparison data. This data is not used to rank schools. Schools are utilizing the MDI data for purposeful planning for their school learning plans and to engage with the community in supporting our children.
- The five areas of MDI data collection are: Social & Emotional Development, Connectedness, Physical Health and Well-being, Use of After School Time, and School Experiences.
- The Human Early Learning Partnership (HELP) at UBC does not provide the "school experiences" data to the public. The info is shared with the Principal of the school who then shares with the parents of the school.
- All survey questions are answered from the perspective of the child.

- Note: Neighbourhood data maps are based on the child's home address, not based on the school the child actually attends.
- Janelle and Tricia will send the link for the neighbourhood maps to the committee.
- Student feedback: Students feel cared for, simply because they are being asked survey questions and given the opportunity to tell us what they think.
- The actual MDI survey and other resources are available to the public online at <http://earlylearning.ubc.ca/maps/mdi/nh/sd23/>.
- At the end of the survey, there is an indicator for each child to request additional help from an adult. This helps us support our work with kids. The school-based administrator follows up with the children that requested extra help.
- November to December 2017, the survey will be administered to our Grade 4's. Janelle and Tricia will assist schools with the MDI implementation.

4.2 Healthy City Strategy

- City of Kelowna has requested School District No. 23 to participate with their Healthy City Strategy.
- Two theme areas of the strategy are Community for All and Healthy Housing.
- Community for All: inclusive, healthy, safe, available for seniors to children and those with diverse abilities. Includes connecting seniors and youth through after-school work programs, developing a network of parents and community members to lead extra-curricular clubs in schools, expand the student-led walking school bus program, and the Bike Recycle program.
- Healthy Housing: Build on existing strategies and plans, identify and prioritize housing needs, and determine appropriate strategies for Kelowna's context.
- Healthy City Strategy aligns with School District 23 Attributes of Learners: Learner and Thinker, Collaborator and Contributor, Innovator. However, the strategy does not seem to be about issues that affect students, such as signage, parking, sidewalks, and bus stops.
- Will need to determine the purpose of the partnership and the overall outcome and benefit. The City seems to be looking for a partner, not just committee members.
- Vianne will send the Healthy City Strategy Powerpoint to the committee.

5. 2016-2017 HPS ACTION PLAN

5.1 Presentations and Workshop

5.1 a. Looking Back:

- August 2017 – working alongside the Collaborate Learning Services, looking at how different portfolios can support our teachers.
End of August 2017 – Two FRIENDS workshops funded through the Ministry of Children and Family Development:
 - o FRIENDS is an evidence-based anxiety prevention and resiliency building program.
 - o Fun FRIENDS introduces young children to ideas about feelings, facing fears, relaxing, problem solving and setting goals.
 - o FRIENDS Combined: introduces children to exploring feelings, communication, relaxation, self-talk, problem solving, goal setting, and being a good friend.
- Mid-September 2017 – Janelle and Tricia completed yearly update for Friends Facilitator Training certification in Vancouver, BC.
- Breakfast Program – "Food for Thought" organization has been replaced by "Hope for the Nations". This is their first Kelowna-based project – 31

Tricia Penny/
Janelle Zebedee

schools are receiving breakfast. Hope for the Nations provides funds for a part-time coordinator.

- o Janelle and Tricia are visiting all the schools on the breakfast program to support more streamlined and more consistent quality. Hope for the Nations receives a bigger discount than if each school purchases items separately.
- September 19, 2017 - Annual Healthy Food Fair:
 - o Biggest challenge this year was getting enough vendors to participate. Vendors are under staffed and don't have time to attend the fair.
 - o Tricia show-cased some food and beverages that are available at our local grocery stores.
- September 20-21, 2017 - Flourishing Symposium at UBC Okanagan
- Will be working with teachers and administrators at Dr. Knox Middle School, South Kelowna Elementary and Bankhead Elementary re. co-planning, PHE curriculum and MDI data interpretation.

5.1 b. Looking Forward:

- SMART in Education (Stress Management and Resiliency Techniques) - First cohort of trained facilitators are starting next week - 9-week after-school program based on stress management. Starting in January there will be another one.
- Planning for October Pro D day. Bringing in some resources to support teachers, especially with the mental well-being component.
- Brown Bag Lunch (BBL) School Meal program - CommunityLink funding is used to support about 800 students each day. We will be surveying schools next month, to give the students a voice and opportunity for feedback. Our message to schools is that BBL is advertised "quietly" to the parent community. This way a parent in financial need can discreetly request this service for their child. There seems to be families on this program that don't need the lunch because of financial need. More information could be shared with schools.
- Starfish Backpack program starts at the end of the month at Peachland Elementary, supported by their local Rotary Club. Backpacks are packed with enough food for the weekend and distributed on Friday's at school. We will explore the possibility of expanding this program to other local schools.
- Across the Lake Swim – Randall Wight from the Okanagan Family YMCA has been working with the School District for many years and the program has grown so much. There has been a reconfiguration of the Across the Lake Swim program, and we anticipate that only the Grade 3's will receive swim lessons this year.

6. NEW BUSINESS

6.1 Invitation to Partnership with City of Kelowna re. Healthy Community Committee

- See above

6.2 Vaping Concern in Secondary Schools

- After the presentation by Interior Health on E-Cigarettes and Vaping last April 2017, Vianne sent out the link and info to middle and secondary school administrators. It will be sent to them again.
- Vianne will also send out the link re. vaping to the committee and will discuss this in greater depth at a future meeting.

Vianne Kintzinger

- There are concerns not only about the health implications of vaping, but also the laws around it.
- This is becoming a very popular "event" that students do at school, inside the school and outside of school time.

6.3 Naloxone Update

- Naloxone kits are available for anyone to pick up at the Pharmacy.
- It would be counter-productive for each school administrator to pick up a kit for their school. Instead, we provided a Naloxone learning session for school admin, and then ordered the kits for our secondary school medical rooms. Opioid overdose does not appear to be a problem within our school district, but the kits will be available in case this changes in the future.

6.4 Review of Action Items (5 minutes)

6.5 School Medical Rooms - Medical rooms at schools could use a good cleaning.

7. FUTURE PRESENTATIONS

8. FUTURE HPS COMMITTEE MEETINGS

- 8.1 ~~December 7~~ changed to December 11, February 8, April 12, May 31
4:00 – 6:00 pm (School Board Office)

MEETING ADJOURNED – 5:55 pm

ACTION ITEMS SUMMARY

Action items from the October 5, 2017 HPS meeting

Action Item	Person(s) Responsible	Status
The link to the MDI neighbourhood maps will be sent to the committee.	Janelle & Tricia	
The Healthy City Strategy Powerpoint will be sent to the committee.	Vianne	
The Interior Health link and info re. vapour products will be sent to middle and secondary school administrators and to the HPS committee members.	Vianne	