



HEALTH PROMOTING SCHOOLS COMMITTEE MEETING

"MINUTES"

Thursday, OCTOBER 7TH, 2021

VIA ZOOM @ 4:15 - 6:00 pm



REPRESENTING :	C O M M I T T E E M E M B E R S		
Board of Education	Julia Fraser		
Indigenous Education	Deanna Necan		
ARC Programs	Cassy Lukey, Counsellor		
COPAC	Holly Flinkman, ELEM (NEW)	Sarena Smith, MID (NEW)	Valary Chidwick, SEC
COPVPA	Bryce Owens, ELEM (NEW)		Robbie Franklin, SEC
COTA	Mary Hope, ELEM	Lois Aeckersberg, MID	Crystal Zaseybida, SEC
CUPE			
District Student Council			
HPS Coordinators	Tricia Penny	Tracy Schuler	
IHA			
Mental Health	David Guthrie, CYMH		
Sexual Health Educators	Nicole Weremy		
District Staff	Al Lalonde, Assistant Superintendent	Sherri McKinnon, District Principal-Learning Support Services	Wendy Kennedy, Recording Secretary

1. WELCOME & ACKNOWLEDGEMENT

Al Lalonde

The meeting commenced at 4:20 pm with acknowledgement that we are meeting on the unceded, Traditional Territory of the Syilx (Okanagan) People. Al Lalonde welcomed new committee members Holly Flinkman, Sarena Smith, Bryce Owens and Tracy Schuler, new HPS Coordinator.

2. AGENDA

Al Lalonde

Adoption of October 7th, 2021 Agenda

Motion to accept; Sarena Smith, Seconded; Nicole Weremy, passed.

3. MINUTES

Al Lalonde

Adoption of June 3rd, 2021 Minutes

Motion to accept; David Guthrie, Seconded; Cassy Lukey, passed.

4. PRESENTATIONS

4.1 Digital Wellness; Jordan Kleckner, Acting Director of Instruction, Learning & Innovation

Technology continues to evolve rapidly and has fast become part of our daily life. This comes with positive and negative implications for our well-being.

The Technology Department has developed guides for Students, Schools and Families regarding Living Well in a Digital World. Jordan explained that there is more to digital wellness than just limiting screen time. There is detailed information on the SD website but in summary these are the 5 elements of digital wellness:

1. Practice Mindfulness
2. Think Critically
How do we think critically about what we see, hear and contribute to online?
3. Explore Learning
4. Connect Positively
How can we foster healthy relationships and positive interactions with others online?
5. Be safe
What can we do to keep ourselves and others safe and secure in digital environments?

5. HPS: WHAT & WHY?

Tricia & Tracy

5.1. Comprehensive School Health (CSH)

The framework is based on the 4 pillars:

1. Social & Physical Environment:
2. Teaching and Learning:
3. Healthy School Policy:
4. Partnerships & Services:

5.2 Action Plan Overview (Focusing on 3 main goals)

Tricia & Tracy

- a. Tricia & Tracy are undertaking their own learning journey as they partner with Indigenous Education department leaders and strive to indigenize learning experiences through the PHE curriculum.
- b. To strengthen our district's capacity as a resilient, healthy, and safe setting for living, learning, and working (through a Comprehensive School Health model), with an emphasis on system wellness (building resiliency).
- c. To build our district elementary educator's capacity to support the PHE curriculum, with a specific emphasis on the development of physical literacy skills, active play, personal safety strategies, and substance use prevention education.

Action plan update:

- Teaching & Learning Pillar:
Supporting teachers with a student leadership workshop that builds school community and a sense of belonging through play. Almost half of all the elementary schools have signed up for this workshop at this point.
Providing support for Career Life Education Coordinators (Gr 10) with Mental Health Learning opportunities.
Working with Grades 6-9 Educators with implementation of Open Parachute which is an online platform, to support mental health competencies with the curriculum.
- Partnership & Services Pillar:
Breakfast Program implementation support.
- Social and Physical Environment:
Digital healthy school newsletter inserts from partnership with IHA, is shared with schools each month.
- Healthy School Policy:
Ministry of Health Food Survey support for District Schools.

6. NEW BUSINESS

6.1 Sexual Health Education – Overview & Update *Nicole Weremy / Jenny Rabinovitch / Leanne Woodrow*

Nicole provided the overview and update on behalf of the SHE team with what is on the go with them. They have developed new support lessons for teachers to use after their visits in grade 4-6. They now have online documents that can be used by parents who have opted to educate their child at home for each grade as there is no "opt out" option for the program and they are required to be educated by someone at home. Currently implementing programs at GMS, GRE, ASM, and SKE. Full schedule this year and scheduling is ongoing for all 50+ schools. They have also started their TOC training for TOC's able to support them in delivery of this program when necessary.

Instructional time and topics by grade:

Nicole ran through the amount of time that is allotted to each grade and explained the topics that are covered at each level:

- Younger grades curriculum focuses mostly on puberty and personal safety.
- Middle school grades sexual related topics; boundaries, sexual harassment, relationships, decision making and STI info.

6.2 Mental Health Support/Social Emotional Learning – update

Sherri McKinnon

A grant has been received to partner with UBCO to develop SEL training resources. This partnership grant was received through SSHRC (Social Sciences and Humanities Research Council) for \$25,000.00 and will involve co-developing with UBCO SEL teaching modules to be able to provide our own District level SEL training.

7 FUTURE PRESENTATIONS

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8 2021-2022 HPS COMMITTEE MEETINGS

Al Lalonde

It was determined that at each meeting a decision will be made to meet in person or on zoom for the upcoming meeting.

The committee will meet by zoom for the December 2, 2021 meeting.

UPCOMING MEETINGS:

February 3, 2022

April 7, 2022

June 2, 2022

The meeting adjourned at 5:45 pm.