



COMMITTEE MEETING

Thursday, November 21, 2024

SCHOOL BOARD OFFICE - Board Room: 4:15 - 6:00 pm



REPRESENTATIVES	COMMITTEE MEMBERS			
Board of Education	Lisa Guderyan	via Teams	Wayne Broughton	alternate
Indigenous Education	Christina Verhagen		Simone Gauthier	
arc programs	Cassy Lukey		Courtney Hannigan	
COPAC	Kristina Grant	Leslie Atwell	Camila Biffard	Nicola Baker, alternate
COPVPA	Robbie Franklin	Kevin Auclair		
COTA	Mary Hope	Lois Aeckersberg	Kevin Robinson	
CUPE	George York	Jen Nethercote	alternate	
District Student Council (DSC)	Mila Kresina		Cadence Quigley	
HPS Coordinators	Andrea Locke		Alicia Kudryk	
Interior Health Authority (IH)	Virginia Bowman		Leah Perrier	
Child and Youth Mental Health (CYMH)	Ping Flynn		Elizabeth Lindsay	
Sexual Health Educators	Nicole Weremy	Leanne Woodrow	Karen Ellis	Jenny Rabinovitch
				Emily Rice
District Staff	Rhonda Ovelson	Sherri Roche	Angela Kreklewetz	
Social Emotional Learning Team (SEL)	Renee Opperman	K-12		

MEETING MINUTES

1.	WELCOME & ACKNOWLEDGEMENT 1.1 Setting Personal Intention(s) Thankful to all members for participating tonight. Andrea Locke shared a personal Land Acknowledgement highlighting the significance of belonging and building relationship. She commented on how her physical, social, and mental health all benefit from the land she is connected to, and how our individual lenses affect our perception. She also acknowledged she was a guest on the land that she lives, learns and plays on. We then did a "Notice it, Name it, and Nurture it" exercise to notice how our physical, mental and social well-being in the present moment and reflected individually on how to nurture our health. We then personally set intentions for the evening.	Rhonda & Andrea
2.	AGENDA 2.1 Adoption of November 21, 2024 Agenda Adopted by Kevin Auclair, seconded by Cassy Lukey.	All
3.	MINUTES 3.1 Adoption of September 26, 2024 Minutes We reviewed minutes from the previous meeting and then they were adopted by Leslie Atwell, seconded by Courtney Hanigan.	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 Kudryk updated the group on bulletin #9, which was recently sent out. - Revisiting goal areas and associated resources but we to <i>need</i> to re-visit goal areas and resources because it's important information; - Added the Student Voice section to the bulletin which pulls data from the YDI and MDI (Central Okanagan); brings students to the center with Student Voice- creates urgency, and helps hold up this aspect of the curriculum. - Bulletin also has resources to share and general learning for everyone. Andrea Locke sent out an invitation this week to get more liaison representation from elementary schools; reminder that it is a volunteer position so not mandatory.	Alicia

	- Question on how many schools do not have a liaison? 10 elementary schools and 1 high school are currently without a liaison. Theory of action- if we make the bulletin useful, we will keep getting more liaisons. - So far the bulletin has had overwhelmingly positive comments and has been well-received in schools. - We will take feedback from this meeting to use in future bulletins. It was recommended that we add the HPS email address to the bottom of the bulletin to easily contact the team.	
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 Goals of District Health Plan We reviewed the District Health plan, reviewing physical, mental, and social wellbeing goals and priority areas. - We previously learned about supporting students' physical well-being; students having access to nutritious food during the school day and how to use stigma free language to support healthy relationships with food. (Leah Perrier presentation) - We learned about mental wellbeing; data is showing that youth are wanting to know more about how to care for peers and manage their own mental wellbeing; (Ping Flynn gave anxiety presentation). - Last meeting focused on social wellbeing; all students feeling like they belong and feeling connected; data supports need to address this part of the PHE curriculum - stereotypes, discrimination, bullying, what it is and what we can do about it when we witness or experience it. (Renee Opperman did a presentation on diversity, equity, and inclusion) - Tonight's presentation, part 2 on Diversity, Equity and Inclusion, will focus on recognizing microaggressions and HOW we take action across all goals areas. ACQUIRE Meeting Intention: <i>to commit to continuous growth and learning in regards to Health Promoting Schools research and practice</i> 5.2 Learning Presentation – Diversity, Equity & Inclusion – Part Two – Microaggressions The group started by taking 3 minutes to review what we discussed during last session on intersectionality. Renee handed out a sheet on Responding to Microaggressions and bias, which has 15 ways to respond. Renee offers 90 min sessions modules training on these topics. These microaggressions are happening everywhere in our society. Some statistics about bullying from YDI grade 11 in 3 of our high schools. 48% witnessed someone being bullied or harassed this year. Reasons for being harassed- physical appearance, weight, gender, race, sexual orientation, money etc. It is in our curriculum grade 1-10 to ensure every student is given opportunities to learn how to describe, assess, propose, and analyze strategies for responding to discrimination, stereotyping, and bullying. 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 to support, participate and contribute to the business of the committee</i> 5.3 Forward Planning Constituent Groups - Jot Thought Activity The group gathered purposefully- put in groups that would work best for taking information back to their constituents; they wrote on post-it notes microaggressions that they had experienced. The next post-it note would have other topics might we want to dive into for April and June and how can we lean on the expertise in this committee. 15 minutes of brainstorming. Brainstorming Results: <u>What other areas of learning would you like to engage in for our April and June Meetings?</u> - Review of cell phone changes from the year - Neurodivergence developmental disabilities - Spiritual wellbeing	Rhonda Renee All

	• Weight bias and stigma • Ways to teach online safety to kids- videos and materials to share with them • Continued education about school food messaging • Social media cell phone use • Peer pressure • How to create community in learning environment. What would those marginalized say? • Impact of cell phone ban on mental/social/physical wellbeing- improvements? • More Diversity, Equity and Inclusion learning with Renee • Update on food program in schools and any gaps <u>What are some Microaggressions that you have witnessed?</u> • Sexist comment "Why would a woman want to work in this industry?" • "I'm so OCD" • "They're actually at school today." • "You're one of these trans people." • Stinky food • Youth of colour hearing the "N" word often and now giving friends the "N" word pass • New students being introduced and in front of the student adults asking about their level of English • Why is that child in the BBL program her mom's nails are always done? • Why do we have to learn about "LGBT" stuff again? • The kids are eating so much crap these days. • Snitches get stitches • Boys line up here, girls line up here • Swastika graffiti • You only need to do half those questions • Please sign up for the Christmas lunch • Making all kids do the same "fitness" activities in PA • Food school program- "I come here because I like to. They come here because they need to." • Boys trying to belong by being physical • Students who are not willing to participate in LGBT activities • Don't walk on the rainbow crosswalk because that means you are gay • Thank goodness we're saying Merry Christmas again and not just Happy Holidays • I don't work well with that person • "That's retarded" • Comments about weight- specifically thinness, tallness, seemingly okay but you'd never say it about overweight. These topics will help to design our next meetings- lots of expertise around the table. • One way kids sometimes cope with microaggressions is substance use- Courtney and Cassy will do a presentation next meeting (February) on substance use, and will use the comments from this discussion, as well, to design that presentation.	
6.	ADJOURNMENT- • Reflecting on Meeting Intentions Wishing everyone a wonderful winter break. • Next Meeting Dates: ◦ September 26, November 21, February 20, April 17 and June 12	Rhonda