



HEALTH PROMOTING SCHOOLS COMMITTEE MEETING

MINUTES

Thursday, APRIL 1st, 2021

ZOOM MEETING @ 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 (absent)	Norah Bowman, alternate	
Indigenous Education	Deanna Necan (absent)		
ARC Programs	Cassy Lukey, Counsellor		
COPAC	Miriam Desjardins, ELEM & MID		Valary Chidwick, SEC
COPVPA	Mike Kormany, ELEM	Scott Sieben is looking for a MID Rep	Robbie Franklin, SEC
COTA	Mary Hope, ELEM (absent)	Lois Aeckersberg, MID	Crystal Zaseybida, SEC
CUPE	Teri Wishlow, VP	Michelle Price (new CUPE rep)	
District Student Council	Monika Bhatia, RSS (absent)		
HPS Coordinators	Janelle Zebedee	Tricia Penny	
IHA	Karla MacDonald, Public Health	Leah Perrier, Public Health Dietitian	
Mental Health	David Guthrie, CYMH		
Sexual Health Educators	Nicole Weremy (absent)	Leanne Woodrow (absent)	Jenny Rabinovitch
District Staff	Al Lalonde, Assistant Superintendent	Sherri McKinnon, District Principal-Learning Support Services	Wendy Kennedy, Recording Secretary

1. WELCOME & ACKNOWLEDGEMENT

Meeting commenced at 4:14 p.m. with introductions and acknowledgement that we are meeting on the unceded Traditional Territory of the Okanagan (Syilx) People.

2. AGENDA

2.1 Adoption of April 1st, 2021 Agenda

- Motion to accept from David Guthrie, Seconded by Valary Chidwick; Approved

3. MINUTES

3.1 Adoption of February 4th, 2021 Minutes

- Motion to pass from Cassy Lukey, Seconded by David Guthrie; Approved

4. PRESENTATIONS

4.1 Dr. Lai and Vinicio Delgado (TranQ Sleep Care), Adolescent Sleep Information

The sleep presentation by Dr Lai and Vinicio Delgado was well received by the committee as they shared their expertise in this area, which explained the need for sleep and the results of inadequate sleep, along with some recommendations for correcting sleep patterns. They would like to design some educational material aimed at changing behaviour by increasing knowledge. Tricia Penny advised that this fits within the Physical Health Educational curriculum. Tricia Penny and Janelle Zebedee will work with Dr. Lai and Mr. Delgado.

Adolescent teens need 9-10 hours of sleep each night, yet only 70% of high school students get less than 8 hours with 20-25% of high school students falling asleep in class. It seems that technology, school demands, extracurricular activities, sports, jobs, and friends are creating this problem with the results affecting academic performance, emotional health, poor decision making, risky behaviour and cognitive ability.

Sleep is divided into 2 types of sleep; non-REM sleep which occurs at the beginning of sleep and REM which occurs in the early morning hours or just before waking up. So when we ask teens to wake up early, they are missing out on the essential REM sleep which is crucial for memory, creativity, learning and emotional regulation.

4. PRESENTATIONS (continued)

4.1 Dr. Lai and Vinicio Delgado (TranQ Sleep Care) Adolescent Sleep Information

Practical recommendations:

1. Regularity-go to bed at the same time and wake up at the same time whether it be during the week or on the weekend. We function on a 24-hour clock.
2. Avoid oversleeping on weekends.
3. Shut down all electronics at least 1 hour before bedtime, ideally 2-3 hours but, for a teen that is next to impossible.
4. Darkness-we are a dark deprived society and dark triggers production of melatonin, which is a sleeping hormone to induce sleep. Blue light inhibits production of melatonin.
5. Wind down

Food/drink impacts sleep. Do not eat high carb or fatty foods at least 2-3 hours prior to sleep time. If ingested, that is fuel for the body and it takes time for that food to be processed and absorbed. A small snack in the evening is ok.

Caffeine/energy drinks or anything caffeinated should not be consumed past 12 pm, and at the latest 2 pm, as it can impede the ability to fall asleep. Herbal teas are ok.

5. 2020-21 HPS ACTION PLAN UPDATE:

Teaching & Learning-Janelle Zebedee

The Personal Safety Resources Menu for teachers K-3, supports personal safety and was launched February 12th on Pro-D day. There has been a great uptake and it is currently being shared out to all Elementary Administrators. The [Personal Safety Resources Menu](#) is a live link through Google docs. The HPS team is continuing work with the SEL team and supporting lessons in various schools. Springtime is upon us and at this time we will be focusing on Vaping Education.

Partnership & Services-Tricia Penny

Chefs in the Classroom-Volunteer Debbie MacMillan is supporting the continuation of the program. It targets grade 3 students, and this year has 7 schools participating who will receive 6-8 lessons by video. A bin full of produce is dropped off at the school on Friday for their use on Monday with the video. The program will start in late April and go until end of May or beginning of June, depending on whether 6 or 8 lessons are being delivered.

6. NEW BUSINESS

6.1 Sexual Health Education-Jenny Rabinovitch

Grade 9 & 10 zoom finished off before spring break with questions around gender etc, trying to find support within middle schools. There is a lot of questions around LGBTQ and we will be connecting with Marilyn Green, the District SOGI teacher rep. Back in the classrooms now, and at KLO it is nice having face to face discussions with kids. Regards to sleep, especially grade 7, lessons in puberty touches on sleep. Probably 1/3 of them are getting 6-7 hours sleep or less so it is definitely a challenge. Kids say they just have a really hard time falling asleep.

Social Emotional Learning (SEL) update-Sherri McKinnon

We have started implementing the Open Parachute Mental Health Program. Great interest in that as we see an increasing rise in understanding mental health. We are in the process of collecting data through our researcher Dr. Ty Binfet, from UBCO on some of the SEL work that is being done in 14 of our elementary schools so we can increase our knowledge and understanding of the types of conditions from a systemic level, and structures that went in place of really bringing SEL to life in schools. Then we will be able to utilize our learning as we move forward to integrate SEL through all aspects of the culture and climate of the school.

Trustee Bowman – Regarding LGBTQ clubs, at Board meeting last fall, Trustee Fraser asked which schools have them. A lot of discussion with the Trustees but there is a lot of support in general from the Board if there is anything they can do.

Al Lalonde touched on SOGI and advises that there is a rep at every school (check with Principal or Marilyn Green who has a list). Marilyn Green is doing some leadership and in-service opportunities with SOGI 123 and has had conversations with the BC group as well. We are trying to promote more clubs and most high schools in some capacity have them but there needs to be a teacher sponsor. SOGI is not a specific curriculum and is integrated each day in our inclusive environments.

7. FUTURE PRESENTATIONS

- Support Animals for Wellness
BARK Program-more details to follow
- Overreliance on Smart Phones
- Other

8. FUTURE 2020-21 HPS COMMITTEE MEETINGS

a. Future Dates for 2020-2021

June 3, 2021 4:15 – 6:00 (Zoom)

5:20 pm: Motion to adjourn Zoom meeting from David Guthrie, Seconded by Robbie Franklin; Approved.