



HEALTH PROMOTING SCHOOLS COMMITTEE MEETING

"MINUTES"

Thursday, FEBRUARY 3rd, 2022

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	Norah Bowman, alternate	
Indigenous Education	Deanna Necan		
ARC Programs	Cassy Lukey, Counsellor		
COPAC	Holly Flinkman, ELEM	Sarena Smith, MID	Valary Chidwick, SEC
COPVPA	Bryce Owens, ELEM	Scott Sieben is looking for a MID Rep	Robbie Franklin, SEC
COTA	Mary Hope, ELEM	Lois Aeckersberg, MID	Crystal Zaseybida, SEC
CUPE	Michelle Price		
District Student Council	Selina Kong, OKM (NEW)	Amely Wolf, GES, alternate	
HPS Coordinators	Tricia Penny	Tracy Schuler	
IHA	Karla MacDonald, Public Health	Leah Perrier, Public Health Dietitian	
Mental Health	David Guthrie, CYMH		
Sexual Health Educators	Nicole Weremy	Leanne Woodrow	Jenny Rabinovitch
District Staff	Al Lalonde, Assistant Superintendent	Sherri McKinnon, District Principal-Learning Support Services	Wendy Kennedy, Recording Secretary

ATTENDEES BOLD & HIGHLIGHTED IN YELLOW

1. WELCOME & ACKNOWLEDGEMENT

Al Lalonde

2. AGENDA

Al Lalonde

2.1 Adoption of February 3rd, 2022 Agenda

Motion to accept; Cassy Lukey, Seconded; Lois Aeckersberg; passed.

3. MINUTES

Al Lalonde

3.1 Adoption of December 2nd, 2021 Minutes

Adoption of minutes with proposed addition to 4.1 Presentations/Feedback as follows:

AMENDMENT to minutes of December 2, 2021 (as per Mary Hope)

Mary Hope, COTA Table officer asked what type of questions would be asked or gathered by the District Level 1 Review. In addition, to surveying and gathering information on HPS, the need to interview and survey teachers regarding their own wellbeing in the educational system. As, Policy #423 Health Promoting Schools states it "is committed to ensuring all students and staff have the opportunity to learn and work in a 'healthy and safe' school or work environment. Additionally, the District's Strategic Plan focuses on this very same initiative. Is this review, truly asking questions that seek a deep understanding of the issues that may be impacting teachers, and in turn, impacting our students: (ex. Pandemic, resiliency, sleep, technology, family, composition/EEN, VTIH, Worksafe claims etc.)

4. PRESENTATIONS/FEEDBACK

4.1 HPS Level 1 District Review; Presentation of Initial Findings

Alison Sidow

Alison thanked the committee members and acknowledged the work that this committee has done. When you consider where other school districts are, SD23 is well ahead of the game as far as prioritizing health promotion. The work that the coordinators have done over the years has certainly had an impact. SD 23 is well positioned to address what many would call a critical moment in the health and wellness of our young people. The pandemic, the environmental crisis, the general shifts that we are seeing within families, our awareness of social issues particularly around issues of equity, all play a role in people's perceptions of their own health and the health of the young people.

Alison Sidow shared preliminary data from the survey and through the attached Health Promoting Schools Focus Group Power Point document and asked group for additional feedback as she finalizes the report.

5. 2021-22 HPS ACTION PLAN UPDATE

Tricia & Tracy

The Reading Bear Society is using teddy bears to educate the students in 11 kindergarten classrooms in 7 schools. The program is designed to help children engage in their own health.

The Chefs in the Classroom program is implemented in 13, grade 3/4 classrooms at 6 schools.

The UBCO's School of Nursing is doing classroom visits for grades K-6; 53 classes at 8 schools. They go in and talk about healthy eating, hand washing, sleep habits, connecting to nature, stress reduction and physical activity benefits.

Presently working on supporting schools as the MDI is currently underway for Grade 5 students. Providing support for Glenrosa Middle School in analyzing the data and developing presentations for sharing with the school community. Also helping to collate data and summarize key themes from the most recent Middle Years Development Instrument, Early Years Development Instrument and the Adolescent Health Survey data sources to assist the District Scan being conducted by Inclusive Education.

6. NEW BUSINESS

6.1 Sexual Health Education – update

Leanne, Nicole & Jenny

Resource kits are being developed with help from Jan Arneson, an Inclusive Education Resource Teacher.

- creating 14 kits that are sexual health based, to go out to school sites, hopefully by September 2022.
- kits have resource cards with matching activities and books
- developed outline into social emotional development and physical development to categorize it, then coordinated resources that fit into both of those pieces

Thank you to COTA for financial help to put this all together. The International Ed Department has translated the parent information letters into Arabic making it possible to send out Arabic parent letters to schools so that parents will have information about what will be covered in classes.

6.2 Mental Health Support/Social Emotional Learning – update

Al Lalonde

There have been 14 Mental Health Grant Fund applications received to date from elementary, middle and other diverse focus areas. The deadline for applying is February 16, 2022.

7. FUTURE PRESENTATIONS

- HPS Program Review Results

8. 2021-2022 HPS COMMITTEE MEETINGS

Thursdays @ 4:15- 6:00 pm

~~April 7, 2022~~ rescheduled to May 19, 2022

June 2, 2022

9. ADJOURNMENT

Meeting adjourned at 5:37 p.m.