



HEALTH PROMOTING SCHOOLS COMMITTEE MEETING MINUTES

Monday, December 11, 2017

School Board Office – Board Room - 4:00 pm



COMMITTEE MEMBERS PRESENT

Board of Education	Deb Butler		
COPAC	Cadre Simpson, Elementary	Valary Chidwick, Middle & Secondary	
COPVA	Kevin Auclair, Elementary	Raelyn Larmet, Middle	Violeta Malfair, Secondary
HPS Coordinators	Janelle Zebedee	Tricia Penny	
IHA	Karen Davies Public Health Nurse		
Sexual Health Education	Jenny Rabinovitch		
District Staff	Vianne Kintzinger, Assistant Superintendent	Yvonne Hildebrandt, Recording Secretary	

REGRETS

Aboriginal Education	Simone Gauthier		
Board of Education	Julia Fraser		
COTA	Mary Hope, Elem/Middle	Karen Gilbert, Secondary	
CUPE	Margaret Varga		
District Student Council	Keneisha Charles	Lily Robinson	
IHA	Valerie Pitman, Regional Knowledge Coordinator for Healthy Schools		
Mental Health	Skye Perry, CYMH Team Lead		
Sexual Health Education	Leanne Woodrow	Nicole Weremy	

1. WELCOME

Vianne Kintzinger

2. AGENDA

- 2.1 Adoption of December 11, 2017 Agenda. Approved.

Vianne Kintzinger

3. MINUTES

- 3.1 Adoption of October 5, 2017 Minutes. Approved.

Vianne Kintzinger

4. RECOGNITION

- 4.1 Thank you to the YMCA of Okanagan and the various swim sites – Across the Lake Swim Program:

Tricia Penny/
Janelle Zebedee/
Vianne Kintzinger

- Special thanks to the YMCA of Okanagan: Randall Wight, Aquatics Manager, and Rhonda Zakala, Fund Development General Manager.
- Special thanks to The Across the Lake Swim Society: Peter Rudd, Director at Large, and Mark Fromberg, Past President.
- In 2012, the YMCA of Okanagan partnered with The Across the Lake Swim Society. Since we live beside Okanagan Lake, our children need to be equipped for water safety. The Across the Lake swim program is a perfect environment to teach life-saving skills to the kids of the Okanagan. About 4,000 children, including all Gr. 3's and 4's in Central Okanagan Public Schools are involved in this unique program.
- The YMCA of Okanagan and The Across the Lake Swim Society provide funding to the School District so children can be bussed to the swim lessons. Children come once a week for a total of 3 sessions; each session has 30 minutes of swim classes and life-saving skills. They also have 30 minutes of

free time to experience the facility and water through play. After 3 sessions, they receive a progress card.

- The goal is to increase this program across the provinces.

4.2 Thank you to Hope for the Nations and Telus – Breakfast Program:

- Special thanks to Hope for the Nations (Food for Thought): Patricia Phillips, Executive Director.
- Special thanks to Telus: Diane Paterson, Thompson Okanagan Community Board, Gift Planning. Telus has provided a significant grant to support the breakfast program.
- After the Food for Thought program retired last spring, they reached out to Patricia from Hope for the Nations to partner and continue the breakfast program in Central Okanagan Public Schools. The program is growing to ensure that every single child who needs a breakfast is given this meal.
- Currently Hope for the Nations is working in 30 schools, providing breakfast to 1500 kids each day, made possible because of funding through grants and reclaimed food. Food is packaged and delivered to school fridges and freezers once per week. This provides food for the whole week at the school.

5. PRESENTATIONS

5.1 Diabetes Canada Project – "Let's Prevent Diabetes":

*Arash Aghshahi/
Kaija Gnazdowsky*

- Arash is a 5th year Human Kinetics student at UBCO, and Kaija is a new RN graduate from UBCO working at KGH. They presented their vision to promote diabetes awareness and prevention in school district children ages 5-12 years old, and to increase children's activity levels.
- What is diabetes? The body is unable to regulate blood sugar levels.
- Prediabetes is higher than normal blood sugar levels, but not high enough to diagnose diabetes. Prediabetes is not recognized in Canada as a disease. People with prediabetes will most likely develop diabetes if their lifestyle is not altered.
- Early diagnosis is important to prevent medical emergencies and lengthy hospital stays.
- By recognizing prediabetes, quality of life can be improved through change of diet and exercise habits, ultimately lowering medical costs.
- Some families have more tendency for prediabetes because of lack of activity and nutrition deficiencies.
- When children receive regular checkups at the doctor, diabetes can be prevented. Children need 150 minutes of exercise per week, a decrease in sedentary lifestyle, and healthy eating.
- Diabetes Canada Idea: Since many children do not get to see a doctor regularly, Arash and Kaija would visit the elementary schools and have the children receive a free check-up with a nurse. Looking to do a pilot school or classroom to begin this project.
- The prediabetes screening checkup would include individual height, weight, heartrate, and blood pressure, plus a short question and answer portion. Focus would be on Grades 4 to 6. There would also be an educational component. One group of kids would have a quick non-invasive checkup while the second group would enjoy age specific exercise games and receive fun education about foods etc. The groups would then switch.
- The data from these checkups would not be used for research, but to promote knowledge and awareness about diabetes. Diabetes Canada has not done this across Canada.

- Suggestion from the committee is that maybe a public forum for parents and their kids would be a good place to start with educating families about prediabetes. This would be a positive environment and create less anxiety among the children about a medical issue. An information package could be created to give to parents including questions to ask the doctor, things to look for in your children, etc.

6. 2017-2018 HPS ACTION PLAN

6.1 Presentations and Workshop

Janelle Zebedee/
Tricia Penny

5.1 a. Looking back:

- October 6, 2017: Social Emotional Learning (SEL) Workshop at South Kelowna Elementary on Implementation Day.
- October 12 to December 7, 2017: SMART in Education (Stress Management and Resiliency Techniques) – First cohort of trained facilitators in this 9-week program, made up of support staff and teachers. We begin again in January with the second group.
- October 10, 2017 to Present: Health Promoting Schools Administration meetings. Janelle and Tricia have travelled to most schools, looking at the breakfast program, getting feedback, etc., providing ideas on how schools can provide healthy foods.
- October 17, 2017: BC Food and Beverage Guidelines Workshop – With Dr. Knox Middle School Grade 8 Learning Community.
- October 26 & 27, 2017: Hosted Health Promoting Schools Coordinator Face-to-Face meetings in Kelowna. Group led by Valerie Pitman. Purpose is to hear what other districts are doing.
- Grade 3 & 4 Swim Program Coordination: With YMCA of Okanagan and The Across the Lake Swim Society.
- Kids in the Know Classroom Implementation Support – through Canadian Centre for Child Protection. Support for K-3 teachers.
- MDI Implementation Support: Currently it is a Grade 4 tool that looks at thriving and well-being. The Grade 7's will be included next year. The last question on the survey gives kids the opportunity to ask for help. This valuable information enables the classroom teachers and administrators to help kids who otherwise would not ask.
- Breakfast Program Support: Hope for the Nations

5.1 b. Looking forward:

- Lunch and Learns: Coming up at schools - Kids in the Know, Social Emotional Learning
- MDI Support - as the data comes in, looking at next steps on how to use the data.
- Physical Health Education Scope and Sequence
- Physical Literacy Support
- Friends Training: January 18th & 25th
- Mental Health Summit in mid-February: For middle and secondary students at the Rotary Centre for the Arts. Will extend the invitation to other school districts in the region.
- Employee Wellness Symposium in February.

7. NEW BUSINESS

7.1 Review of Action Items (5 minutes)

Vianne Kintzinger

8. FUTURE PRESENTATIONS/TOPICS

8.1 Marijuana – Legalizing and how it affects our schools

- 8.2 Vape products – updates to School Board Policy.
- 8.3 Vaccination consent for school children.

9. FUTURE HPS COMMITTEE MEETINGS

- 9.1 February 8, April 12, May 31
4:00 – 6:00 pm (School Board Office)

MEETING ADJOURNED – 5:45 pm

ACTION ITEMS SUMMARY

Action items from the December 11, 2017 HPS meeting

Action Item	Person(s) Responsible	Status
Vianne to meet with Arash and Kaija sometime in January to further discuss the Diabetes Canada Project.	Vianne	In Progress

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	Completed
The Healthy City Strategy Powerpoint will be sent to the committee.	Vianne	Completed
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	Completed