



HEALTH PROMOTING SCHOOLS COMMITTEE MEETING MINUTES

Thursday, May 31, 2018

School Board Office – Board Room - 4:00 pm



COMMITTEE MEMBERS PRESENT

Board of Education	Lee Mossman	
COPAC	Cadre Simpson, Elementary	Valary Chidwick, Middle & Secondary
COPVPA	Kevin Auclair, Elementary	Violeta Malfair, Secondary
COTA	Mary Hope, Elem/Middle	
CUPE	Margaret Varga	
HPS Coordinators	Janelle Zebedee	Tricia Penny
IHA	Karen Davies Public Health Nurse	
Mental Health	Skye Perry, CYMH Team Lead	
Sexual Health Education	Leanne Woodrow	Nicole Weremy
District Staff	Vianne Kintzinger, Assistant Superintendent	Yvonne Hildebrandt, Recording Secretary

REGRETS

Aboriginal Education	Simone Gauthier	
COPVPA	Raelyn Larmet, Middle	
COTA	Karen Gilbert, Secondary	
District Student Council	Keneisha Charles	Lily Robinson
IHA	Valerie Pitman, Regional Knowledge Coordinator for Healthy Schools	
Sexual Health Education	Jenny Rabinovitch	

1. WELCOME

Vianne Kintzinger

2. AGENDA

- 2.1 Adoption of May 31, 2018 Agenda. Approved.

Vianne Kintzinger

3. MINUTES

- 3.1 Adoption of April 12, 2018 Minutes. Approved.

Vianne Kintzinger

4. PRESENTATIONS

4.1 School Community Mental Health Conference – Richmond, BC

- May 10-11, 2018 – conference was attended by Vianne and Tricia.
- A unique conference organized by many ministries, such as the Ministry of Education, Ministry of Child and Family Development, and the Ministry of Health and Addictions.
- There was a youth panel discussion around SOGI, and a world café for idea sharing around actions to support school mental health.
- Highlight was a presentation by Dr. Stan Kutcher.
- Tricia shared a video from Marie Larose called "Resilience Through Their Eyes". Can be found at Heartmindonline.org.
- What is mental health literacy? – Dr. Stan Kutcher. His perspective, his resources and his work can be found at teenmentalhealth.org for no charge.
- Four components: 1. Understand how to obtain and maintain good mental health. 2. Learning and understanding mental disorders and their treatments. 3. Decrease stigma. 4. Enhance help-seeking efficacy: know where to go, know when to go, know what to expect when you get there.

Tricia Penny
Janelle Zebedee/
Vianne Kintzinger

5. 2017-2018 HPS ACTION PLAN

Janelle Zebedee/
Tricia Penny

5.1 Shared the Interior Health year-end report. We have also submitted our expression of interest for continued funding.

- Mid and year-end reports are required by Interior Health. Next report is due in June.
- The final report is framed around the 4 Pillars of Comprehensive School Health. Highlights include:

1. Teaching and Learning:

- Youth Mental Health Summit
- Friends Training and Co-Teaching Sessions
- Employee Wellness Symposium
- smartEducation Sessions: 3 cohorts attending 9 weeks each
- Physical and Health Education: Grades K-9 direct instruction to support mental well-being and physical health; 'lunch and learn' sessions for teachers to increase knowledge and awareness of Physical and Health Education resources
- Transitions 9 course: creation of a 2-credit course for all Grade 9 students at a local high school (at RSS as a pilot) which focuses on transitioning through change with resiliency and well-being.

2. Partnerships and Services:

- Local mental health and well-being supports from the local community provided information at the Youth Mental Health Summit as a way of raising awareness around where to access resources and find help.
- Community wellness experts provided workshops at our Employee Wellness symposium
- Coordination of a district-wide breakfast program in partnership with a local not-for-profit organization, Food for Thought, which operates in 31 schools. This program is part of Hope for the Nations, and this is the first local program.
- Backpack program run through Food for Thought program – feedback has been tremendous.
- Coordination of the Okanagan Swims program, in partnership with the YMCA of Okanagan to offer complimentary swim lessons for all Grade 3 and 4 students in the district. Swimming takes place at the Y and H2O.

3. Physical and Social Environment:

- As a follow-up to the Youth Mental Health Summit, student teams organized activities and initiatives to be used to support their broader school communities during mental health week in May
- Implementation of the Middle Years Development Instrument (MDI). Data is available on the website. Will go over in more detail at the fall meeting. The MDI during the 2018-19 year will be in February.
- The last question on the MDI invites students to request help. Suggestion: that an opportunity to choose to have a "counsellor" to talk to should be included in the choices. (not just the administrator)

6. NEW BUSINESS

6.1 Review of Action Items (5 minutes)

Vianne Kintzinger

6.2 Updates:

- Nicholas Reitsma spoke at MBSS during mental health week.
- Two HPS meetings ago - Anna Misheal from Run for It: 6 schools took her up on the opportunity, and 3 schools participated in the run.
- Information session coming up at Casorso Elementary on June 4th. Kim Crosby, UBC Okanagan Cannabis Researcher presenting "Addressing the

Fears and Realities of Cannabis Legalization". Register on the Casorso website if you wish to attend.

- New Woman in Trades – meeting at OC is on Monday June 4th.
- 6.3 Community Link Funding – we get approximately \$1.24 million dollars. We spend close to \$1 million dollars feeding the students. Vianne requested from the Board that the monies usually deployed out to schools (\$1-\$2000) be combined to support mental health clinicians that go to the schools.
- 6.4 Healthy Eating and Drinking – historically we have included juice boxes with the Brown Bag Lunches, which is a nutrition concern as well as the packaging. We would rather support refrigerated filtered water fountains in schools. A few schools have taken up on this offer. PAC's are also involved in this. This gets students drinking more water and not as much waste on packaging.
- 6.5 Further to our expression of interest – Vianne looking for more support and monies for our school district to support our school children.

7. FUTURE PRESENTATIONS/TOPICS

- 7.1 Vaping – issue brought up at elementary level. There has been a request by parents and Admin at some schools to support education around this subject. Tricia and Janelle have worked with Cheryl Sidenberg, Tobacco Reduction Coordinator at Interior Health, to create a learning experience for Grade 5 and 6 students.

Vianne encouraged the committee to look ahead and consider bringing another colleague to future HPS meetings.

Keneisha was acknowledged for her moving speech at the Youth TedX Event. The speeches will eventually be available online.

Vianne thanked everyone for coming out this year, and wished everyone a healthy happy safe summer.

8. FUTURE HPS COMMITTEE MEETINGS

- 8.1 Proposed Meetings for 2018-2019
October 4, December 6, February 7, April 11, June 6
4:00 – 6:00 pm (School Board Office)

MEETING ADJOURNED – 5:00 pm

ACTION ITEMS SUMMARY

Action items from the April 12, 2018 HPS meeting

Action Item	Person(s) Responsible	Status
Connect Nicholas Reitsma with schools re. his mental health talk and involvement with the "Not Alone" campaign	Vianne	Completed
Cannabis Research Lab at UBC Okanagan – forward info to Vianne	Cadre	Completed