



Central Okanagan School District No. 23
DISTRICT HEALTH PROMOTING SCHOOLS COMMITTEE

MINUTES

Thursday, February 4, 2016

School Board Office – Board Room - 4:00 pm to 6:00 pm



COMMITTEE MEMBERS PRESENT

Board of Education	Deb Butler	
COPAC	Deb Lawless, Middle	Janice Loukras, Secondary
COPVPA	Kevin Auclair, Elementary	Raelyn Larmet, Middle
COTA	Karen Gilbert, Secondary	
CUPE	Margaret Varga	
HPS Coordinators	Tricia Labrie	Janelle Zebedee
IHA	Cathy Richards	Karen Davies
	Public Health Dietitian	Public Health Nurse
District Staff	Vianne Kintzinger,	Yvonne Hildebrandt,
	Director of Instruction	Recording Secretary

REGRETS

Aboriginal Education	Claudia Hardy
COPAC	Jordan Edwards, Elementary
COPVPA	Violeta Malfair, Secondary
COTA	Mary Hope, Elem/Middle
Mental Health	No Representative

1. **WELCOME** – Welcome to a new HPS member, Deb Lawless, representing COPAC. Vianne Kintzinger

2. **AGENDA**
2.1 Adoption of February 4, 2016 Agenda. Approved. Vianne Kintzinger

3. **MINUTES**
3.1 Adoption of December 10, 2015 Minutes. Approved. Vianne Kintzinger

4. **PRESENTATIONS**
4.1 Kindness and Francis Dr. Ty Binfet

- Dr. Ty Binfet from UBC Okanagan has done research around social-emotional learning for students and adults, with a focus on kindness.
- Francis is a therapy dog from a program called BARK (Building Academic Retention through K9's). Students who are homesick or lonely, or just need a connection at the university are brought together with trained therapy dogs and their handlers to promote kindness and the overall social-emotional well-being of the students.
- Dr. Binfet's next study is planned for January to April 2017, and will focus on intentional kindness in middle school students in Grades 6, 7 and 8. Students will be asked to do 5 acts of kindness in a 2-week period of time, and then they will reflect on their acts.

5. **2015-2016 HPS ACTION PLAN**
5.1 Presentations and Workshops Tricia Labrie/
Janelle Zebedee

- January 12th - Physical and Health Education teacher training session. About 40 teachers attended to explore physical literacy and social/emotional areas of learning.
- January 27th – Bell Let's Talk Day – Tricia Labrie joined CMHA as a guest on "The Phil Johnson Show", a radio talk show on AM 1150. Topic was positive mental health and public awareness around this subject.

- January 27th – BC Healthy Communities Growing Impact Webinar with City of Kelowna
- January 30th – Ever Active Schools Shaping the Future Conference in Kananaskis, AB - “The Fire Within Us” presentation.

5.2 HACE Lunch and Learns

- January 13th – KLO Middle School
- January 26th – Springvalley Middle School
- February 2nd – Dr. Knox Middle School
- This initial lunch meeting with teachers is an opportunity to raise awareness that HACE (Health and Career Education) is changing to PHE (Physical Health Education), and is an opportunity to discuss this transition.
- Every middle and secondary school is scheduled for a Lunch and Learn.

5.3 Physical Health Education (PHE)/Social Emotional Learning (SEL) Update

- Physical Literacy group: 22 teachers
- Social and Emotional Learning group: 16 teachers
- February 17th – Physical Literacy and Dance training session for physical literacy participants with Melanie Levenberg (Dance PI3y)
- February 23rd – Social/Emotional Learning session for SEL participants
- February 25th –Physical Literacy Learning session for PL participants

5.4 RSS HACE Days

- January 25, 26 & 27 – Grade 9 Health and Career Education Days. Keynote with Dr. Ty Binfet - Life Lessons for a Successful Career Path.
- Students chose 2 hands-on breakout sessions, and toured the UBCO campus, entered labs, and classrooms.
- Students also had other opportunities at Okanagan College on a separate day, which included a Career Fair, Junior Achievement, and My Blueprint.

5.5 Employee Wellness

- January 25th to February 19th - Winter Wellness Challenge. 10 teams of employees are involved from various work locations in the School District. Weekly prizes will be awarded to participating teams.
- February 19th - Employee Wellness Symposium: This event supports all employee groups in School District No. 23.
- The symposium workshops will take place at the Rotary Centre for the Arts and the Kelowna Art Gallery.
- This year’s theme is “Thrive. Flourish. Grow.”

6. **NEW BUSINESS**

6.1 Review of Action Items (5 minutes)

Vianne Kintzinger

6.2 2016-2017 HPS Budget Recommendation

- Maintain District Health Promotion Budget at \$25,000 to continue to move Health Promoting Schools initiatives forward;
- Continue to allocate \$20,000 of CommunityLink to Physical and Health Education teaching and learning education;
- Increase the HPS Coordinators time to 1.8 FTE.

Motion: Vianne Kintzinger, as Chair of the District Health Promoting Schools Committee, to send a letter to the Board of Education, requesting their support of the above 2016-2017 HPS Budget Recommendations in the upcoming budget deliberations.

Moved and Seconded by all HPS committee members. Carried.

6.3 Additional Updates

- Update from Cathy Richards – Her title of Community Nutritionist has been changed to Public Health Dietitian. This is to differentiate from non-regulated Dietitians. Cathy will send the definition comparison chart.
- Karen Gilbert updated the committee on “Take a Breath” at GESS – The program is half-way through – 181 kids have participated so far. On February 18th, the next set of students will start the program.
- April 18, 2016 – Dr. Lynn Miller Workshop at HRES – Supporting Anxious Students: Practical Help for Educators. Dr. Miller will speak to Gr. 6-12 SD No. 23 educators and support staff.
- Kevin Breel, Tuesday, March 15th at 6:30pm. Signup is on Eventbrite. Janelle will send the signup link. Kevin has a TED talk on his story about dealing with depression. Geared to college age and university students.

7. FUTURE PRESENTATIONS

8. FUTURE HPS 2016 COMMITTEE MEETINGS

- 8.1 **New Date: April 14, 2016** (April 7, 2016 Cancelled); May 19, 2016
3:50 – 5:15 pm (School Board Office)

MEETING ADJOURNED – 5:35 pm

ACTION ITEMS SUMMARY

Action items from the Feb 4, 2016 HPS meeting

Action Item	Person(s) Responsible	Status
Vianne to send a letter to the Board of Education requesting their support of the 2016-2017 HPS Budget recommendations during their upcoming budget deliberations	Vianne Kintzinger	Completed
Janelle will send the signup link for the March 15 th Kevin Breel event	Janelle Zebedee	Completed

Action items from the Dec 10, 2015 HPS meeting

Action Item	Person(s) Responsible	Status
Vianne to send a letter of recommendation to Interior Health Authority to request that their financial support be continued for the 2016-2017 school year	Vianne Kintzinger	Completed

Action items from the Oct 8, 2015 HPS meeting

Action Item	Person(s) Responsible	Status
Tricia to send out link for Let's Get Loud for Mental Health – CMHA Promotional Video	Tricia Labrie	Completed
Tricia to send out the Nov 5 th Youth Mental Health Summit information poster	Tricia Labrie	Completed

A Comparison of Training and Qualifications

EDUCATION & TRAINING	REGISTERED DIETITIAN	REGISTERED HOLISTIC NUTRITIONIST™
Registration	- The title dietitian (RD) is regulated by the Health Professionals Act - Under the provisions of the Health Professions Act, the College of Dietitians of British Columbia ensures protection of the BC public by establishing, monitoring and enforcing competent, safe and ethical dietetic practice	- RHN™ is a registered trademark of the Canadian School of Natural Nutrition as a designation for their graduates - RHN™ designation is registered with the Canadian Intellectual Property Office
Continuing Competency Program	✓ Required	X Not required
Jurisprudence Exam	✓ Required every 5 yrs	X Not required
Liability Insurance	✓ Required annually	X Not required
Criminal Records Check	✓ Required every 5 years	X Not required
Complaints Process	✓ In accordance with Health Professions Act to protect public from incompetent & unethical practice	X No process
Accreditation/ Competencies	- Universities are accredited through the Ministry of Advanced Education in BC - Integrated Competencies for Dietetic Education & Practice outline minimum standards for entry to practice - These competencies are an integral part of national accreditation standards for dietetic education and practicum programs	- Canadian School of Natural Nutrition (CSNN) is a Federal Corporation certified by Human Resources and Skills Development Canada. - CSNN is a private, vocational school accredited with the Private Career Training Institutions Agency (PCTIA) in British Columbia. PCTIA is a Crown Corporation under the Ministry of Advanced Education of British Columbia.

EDUCATION & TRAINING	REGISTERED DIETITIAN	REGISTERED HOLISTIC NUTRITIONIST™
Entry-Level Training	- Undergraduate university degree (42 instructional months at UBC) plus practicum - Total hours: 2837 2 academic yrs prerequisite courses 2 academic yrs Dietetic Major 1250 hour (39 week) internship	1 year full time course work (11 instructional months) - Total hours: 632 282 hrs classroom 50 hrs practicum mandatory; up to 100 hrs 14 case studies
Education/Courses (Based on 2013 curriculum requirements)	32 compulsory courses (UBC), each 36 – 108 hours: 10 science (582 hrs) 15 food & nutrition (573 hrs) 4 food systems (180 hrs) 2 social sciences (108 hrs) 1 business (36 hrs) - electives (108 hrs)	17 compulsory courses, each 15 – 30 hours: 4 science (93 hrs) 12 nutrition (177 hrs) 1 business (12 hrs)
Practical Training/Practicum	1250 hours (39 weeks) of applied learning in a practice setting, under the supervision of a Registered Dietitian - Dietetic internship can be completed as part of the undergraduate program (integrated model, such as UBC); as a post-degree program through a competitive computerized selection process, or as part of a Masters program that includes the internship.	50 hours (including 3 hrs for book report) - Focus is case study work completed under the supervision of a RHN™ through presentation of case studies, role playing, group studies and lectures by guest speakers.