



HEALTH PROMOTING SCHOOLS COMMITTEE MEETING

"MINUTES"

Thursday, MAY 19th, 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 alternate Deannie Zahara-member at large	Valary Chidwick, SEC (regrets)
COPVPA	Bryce Owens, ELEM (regrets)	Scott Sieben is looking for a MID Rep	Robbie Franklin, SEC
COTA	Mary Hope, ELEM	Lois Aeckersberg, MID	Crystal Zaseybida, SEC (regrets)
CUPE	Michelle Price		
District Student Council	Zachary Johnson		
HPS Coordinators	Tricia Penny	Tracy Schuler	
IHA	Karla MacDonald, Public Health	Leah Perrier, Public Health Dietitian	
Mental Health	David Guthrie, CYMH (regrets)		
Sexual Health Educators	Nicole Weremy	Leanne Woodrow	Jenny Rabinovitch
District Staff	Al Lalonde, Assistant Superintendent	Sherri Roche, 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 May 19th, 2022 Agenda

Motion to accept; Mary Hope and Seconded by Deannie Zahara

3. MINUTES

Al Lalonde

3.1 Adoption of February 3rd, 2022 Minutes

Adoption of minutes; Mary Hope and Seconded by Robbie Franklin

4. PRESENTATIONS/FEEDBACK

4.1 HPS Level 1 District Review

Alison Sidow

Alison did a final presentation of the HPS Level One Review. Powerpoint is attached.

5. 2021-22 HPS ACTION PLAN UPDATE

Tricia & Tracy

Tricia Penny gave an update on the activities that have been taking place in schools with the Grade 3 Swim Program and Chefs in the Classroom. Currently they are creating a plan and process for when the UBCO nurses come in.

6. NEW BUSINESS

6.1 Sexual Health Education – update

Leanne, Nicole & Jenny

Jenny Rabinovitch talked about a project that Nicole Weremy and Jan Arneson are working on for middle and high schools preparing "kits" for students who have a special education designation and may need individual personalized lessons.

6. NEW BUSINESS (continued)

6.2 Mental Health Support/Social Emotional Learning – update

Sherri Roche

We have developed our own district level SEL training of 5 modules, and 18 educators have piloted the modules this year.

The contract with CYMH has come to an end and they are looking to restructure.

6.3 HPS Staffing Update

Al Lalonde

The HPS Coordinator positions were reduced from 1.7 down to 1.3 for 2022-23, so Tricia Penny and Tracy Schuler have posted out to other positions within the district. Thanks to Tricia and Tracy for all their support in Health Promoting over the years.

7. FUTURE PRESENTATIONS

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8. 2021-2022 HPS COMMITTEE MEETINGS

The Committee will resume meetings in the upcoming 2022-23 school year with the first meeting being Thursday, October 6, 2022 at 4:15 pm.

Meetings will be held Thursdays, on the following dates:

December 1, 2022

February 2, 2023

April 6, 2023

June 1, 2023

9. ADJOURNMENT

Meeting adjourned at 5:32 pm



HEALTH PROMOTING SCHOOLS LEVEL ONE REVIEW

Central Okanagan Public Schools

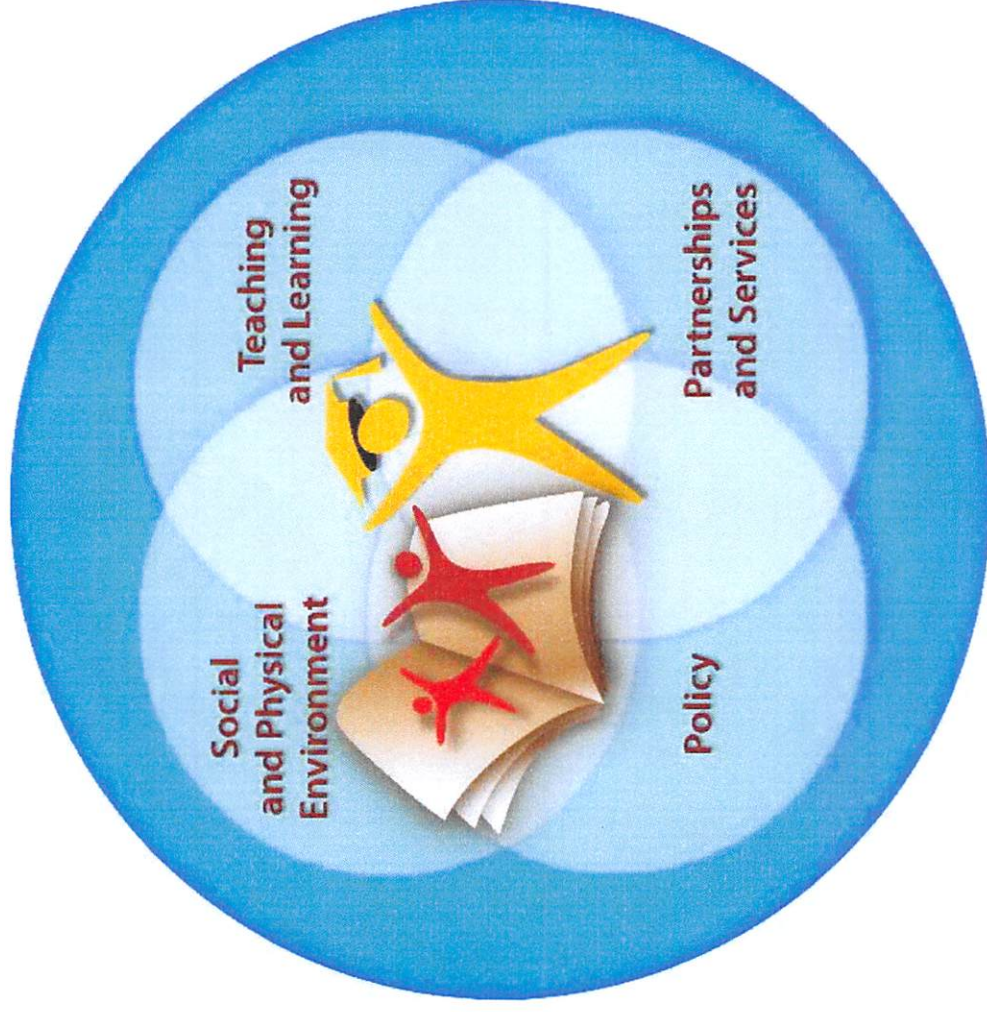
April 20, 2022

Way'

Health promotion is the process of enabling people to increase control over, and to improve, their health.



What are Health Promoting Schools?





HPS Level One Review Goals

- Assess HPS Program - policy, Interior Health goals, program goals, research
- Identify current needs of HPS from survey
- Generate recommendations for consideration by senior staff

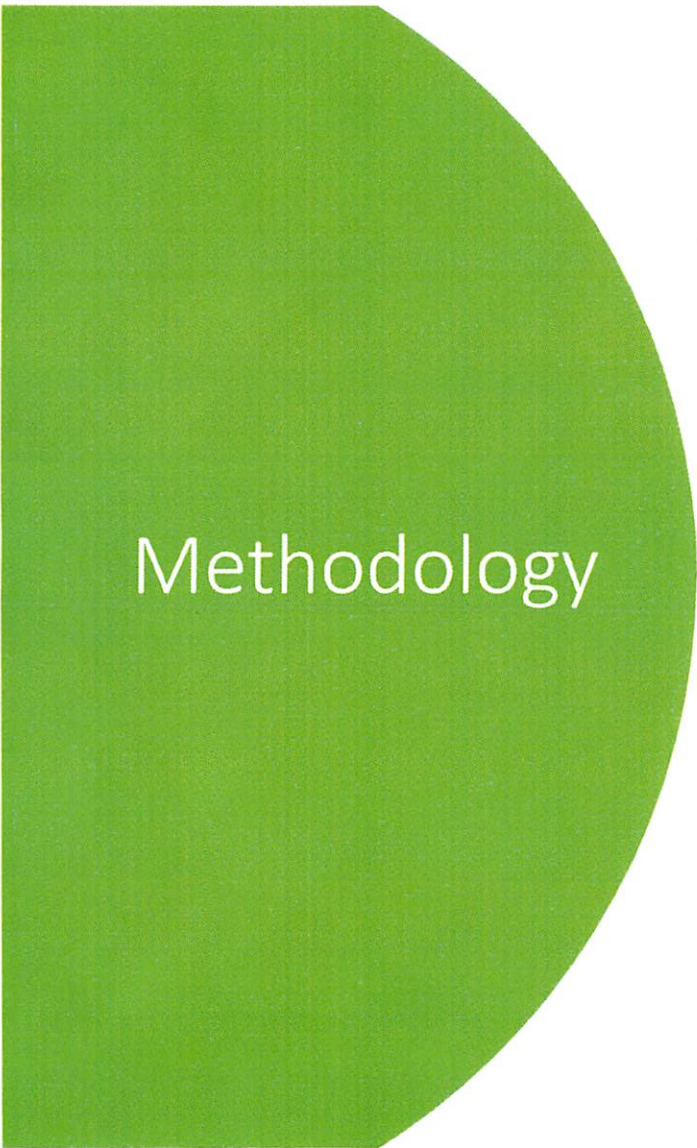
Why Health Promoting Schools?

**There are many benefits to
creating healthy learning
environments:**

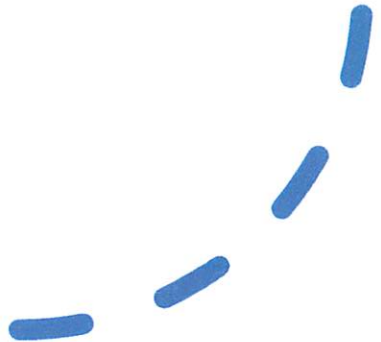
- Greater overall achievement
- Improved lifelong health
- Increase in equity

PHE Canada website



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Methodology

- Focused on leveraging the HPS Program's core strengths
 - Involved diverse stakeholders, including parents of Indigenous ancestry
 - Used qualitative and quantitative evidence
 - Designed using indicators of well-being (UNICEF)
 - Triangulated and validated survey data
 - 12 Focus Groups
 - HPS Committee
 - Senior Staff
 - Indigenous Education Council
 - Indigenous Parents
 - Canadian Research
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HPS Program Benefits

Influencing students' health and well-being.

Promoting healthy students learning in healthy schools by the whole school family working together.

Providing nutritional services to children that may not have access to quality food at home.

Exposing students to lessons related to health and mental wellness.

Supporting teachers who need resources to support the implementation of the curriculum.

Partnering with community allows students to benefit from land-based and recreational activities.

HPS Program Opportunities

Scaling HPS Program benefits across the system through teaching and learning mechanisms, such as networks and school learning plans.

Aligning practice with strategic direction and policy.

Providing nutritional, health and extra-curricular activities and services to children that may not have access to it at home.

Deepening Physical Health and Education programming, outdoor/land-based learning opportunities and anti-discrimination practices and policies.

Clarifying the relationship between mental health and well-being and the role that health promotion plays in supporting the health and wellness of students.

Central Okanagan Public Schools' Strategic Plan

