



COMMITTEE MEETING

 Thursday, January 11th, 2024

SCHOOL BOARD OFFICE - Board Room: 4:15 - 6:00 pm



REPRESENTATIVES	COMMITTEE MEMBERS			
Board of Education	Lisa Guderyan		Wayne Broughton, alternate	
Indigenous Education	Christina Verhagen		Simone Gauthier	
ARC Programs	Cassy Lukey, Counsellor			
COPAC	Kristina Grant, ELEM	Leslie Atwell, MID	Camila Biffard, SEC	
COPVPA	Bryce Owens	Robbie Franklin	Derek Markides	
COTA	Mary Hope, ELEM	Lois Aeckersberg, MID	Kevin Robinson, SEC	
CUPE	George York		Jen Nethercote, alternate	
District Student Council (DSC)	Mila Kresina (KSS)	October Angell-Janfield (CPS)	Grace Sweet (GESS)	
HPS Coordinators	Andrea Locke		Alicia Kudryk	
Interior Health Authority (IH)	Virginia Bowman, Public Health		Leah Perrier, Public Health Dietitian	
Mental Health	Ping Flynn, Child and Youth Mental Health (CYMH)			
Sexual Health Educators	Nicole Weremy	Leanne Woodrow	Jenny Rabinovitch	Emily Klufflinger
District Staff	Rhonda Ovelson, Director of Instruction	Sherri Roche, District Principal Learning Support Services	Angela Kreklewetz, Recording Secretary	

AGENDA MINUTES

1.	WELCOME & ACKNOWLEDGEMENT	Rhonda
2.	AGENDA 2.1 Adoption of January 11, 2024 Agenda -Kristina Grant and Bryce Owens-carried	All
3.	MINUTES 3.1 Adoption of November 2, 2023 Minutes- Mary Hope and Camilla Biffard-carried	All
4.	SUB-COMMITTEE ACTION ITEM(S) Meeting Intention: <i>to act as a resource for and receive input from the school-based liaison(s) interested in health promotion</i> 4.1 Update(s) on Action Item(s): HPS School Liaison Invitation <ul style="list-style-type: none"> Response- we have 26 volunteers (9 elementary COTA, 7 middle COTA, 4 high school (COTA, 1 TTOC, 5 CUPE), response from across the district. All excited; wanting to move forward with the project. Team will be creating a monthly bulletin for liaisons- hyperlinks to 3 different health areas, narrowing down to greatest need. Question- could we cc the bulletins to COTA and CUPE, SEL teachers, sexual health group, and other similar groups so that everyone knows what's happening. Advocates, Indigenous wellness workers, welcome center workers could also be included. This would be a way of drawing people in, reaching more people; in spring we could look into speaking with schools. Good idea to work together and have one spot for a go-to resource so we're not inundating people with too much information. On the HPS website we would like to have an HPS Liaison tab and have archived bulletins; people will go to our webpage automatically once they learn it is the main resource. Question: what kinds of questions did the potential liaisons ask? Some respondents offered their expertise; asked what does this role entail; were looking for more after-school activities; had questions about food programs- ie. how to get more people involved in growing own food in schools (KLO); there was a lot of passion behind these questions/comments. Next meeting in March we can provide another update however will cc the bulletins to the committee as well. 	George, Mary & Rhonda

5.

DISTRICT HEALTH PROMOTING SCHOOLS PLAN

Meeting Intention: *to assist in the implementation, review and evaluation of the District Health Plan (see DRAFT planning templates: [Physical](#), [Mental](#) and [Social Wellbeing](#))*

- To have impact, our plan must be more than a year plan- look 2/3 years down the road; that is why we are going through the process deliberately to make sure we know what we are going after.

5.1 Review co-created priorities, areas of focus, rationale, and goals

- We all reviewed the package of collated information from our posters from last meeting.

Physical-

The two main priorities are food and nutrition daily, and quality daily physical activity.

The narrowed focus is access to food healthy eating behaviours and physical literacy.

Physical literacy- understanding competency to move our bodies well; teach our children these skills and they will be motivated to move their bodies lifelong.

Research looked at was from the EDI, MDI, YDI, and highlighted from Student learning survey; 21.8% of households living with food insecurity have children under 18 in them; 54% of kids not getting enough physical activity per day/week.

Goals- To ensure all students have stigma free access to and are learning about nutrition and food during the school day.

To increase the number of minutes of quality physical activity students engage in during the day and improve physical literacy; fits perfectly with curriculum.

Tried to contextualize it for our work in schools; representing SEL or IH etc. we can all go back to constitutes with same goals.

Social-

The main priority areas are connection and belonging. The narrowed focus is discrimination, stereotyping, and bullying.

Goals- To ensure that every student can be themselves at school, accepted and celebrated for who they are, and to ensure that every student feels like they belong at school and has an adult to advocate for them; bring awareness for the need of this; thinking of how we will do this is a big task.

Mental-

There has been a lot of conversation around the data; area of priority is mental health awareness. The narrowed focus is promoting mental well-being for self and others, and managing problems related to mental wellbeing and substance use for self and others.

Goals- learn how to care for one's own mental health and others'; students have access resources and support to help them manage their mental wellbeing; ensure that every student is learning to evaluate and explain strategies for promoting mental wellbeing and exploring factors contributing to substance abuse, as well as creating and evaluating strategies for managing emotional wellbeing.

- These priorities are still a draft; we haven't arrived at the final language; we can keep honing it.
- What are we going to do about it? What actions are we going to take.

5.2 Review strategies (District Strategic Plan and Comprehensive School Health Pillars)

District has strategic plan with 4 directions, as well as health framework with 4 pillars to guide us to thrive holistically- speaks to our work with our health plan.

School framework pillars-

- 1) Relationships and Environment- putting up posters around schools etc.
- 2) Teaching and Learning- teaching and learning opportunities both inside and outside the classroom.
- 3) Community Partnerships- IH, parents, community organizations etc. helping us to achieve our goals.
- 4) Our School Policies- constantly evaluating our school policies to shape a caring/safe school environment and promote student health/wellbeing.

5.3 Establish actions to be taken by the HPSC

- Discuss actions that we as a committee can take to promote health and wellbeing within these goal areas; teachers are already doing this work in schools, same as CEAs, ARC, IH etc.
- Talk about what actions this committee can take in these areas over the next few years.
- We brainstormed at our tables- one poster for each table (mental, social, physical).
- We then did a Gallery Walk- what are the actions that we can act on? How can we promote this/raise awareness; what will have the greatest impact on children? Walked around to the 3 different tables and reviewed suggestions.

Rhonda,
Andrea &
Alicia

Summary of the Social Wellbeing poster

Relationships and Environment:

- Share resources to educate about inclusive spaces (for Admin and teachers)
- Family events to foster belonging (who is being excluded? Barriers?)
- Who are the unconnected kids?
- Celebrate teachers who make great connections with kiddos.

Teaching and Learning:

- Theme in cross curricular areas ★
- Circle sharing
- Learn about what resources are available- My Big Life Journal (Growth Mindset), podcasts for kids, free printables, guides to teach classes/groups.
- Resources on how to navigate difficult social dynamics (playing in 3's) ex. how to positively socialize with ELLs, how do students handle social situations if bullying or abuse has occurred.

Partnerships:

- Family events, connect to food security ★
- How do we engage non engaged families? (relevant PAC presentations) ★
- Who is unable to engage based on platforms, times, locations etc.?

School Policies:

- Learn about current policy that addressed discrimination or discriminates.

Summary of the Mental Wellbeing poster-

Relationships and Environment:

- Explore environment and physical spaces within school (gathering rooms) and is the whole school also intentionally geared at wellbeing?
- Signage, nature, what does school non-verbally communicate? Not only the area for specialty staff, prosocial activities, environmental.

Partnerships/Family and Community Engagement:

- Prosocial activities between 3-6pm (This is a vulnerable time for kids) ★★
- How to bring families inside? Craft, movies, connections ★
- Positive mentors and role models > where and how to create opportunity?
- What have we not tapped into? Connection to: elderly, teams, clubs, inclusive, also giving back "Doing something for community to build community."
- Research programs/projects that put kids into mentor roles.

Boundaries:

- Education on negative effects on mental health of technology, including social media, pornography, sexting etc.
- Equipping parents to be more tech-savvy/aware of this.

Summary of the Physical Wellbeing poster

Relationships and Environment:

- School gardens
- Explore options for outdoor regulatory movement opportunities.
- Shade outdoors
- How do we encourage movement outside other than playground?

Partnerships:

- Connect farmers with food programs, fresh fruit for all schools, kids can grab and go ★★
- Supporting food insecurities out of school
- Corporate sponsor partners/equitable distribution
- Fruit and veggie program district wide ★
- HPS report to PACS through COPAC reps especially for schools that do not have liaisons

Discussion- How do we promote new ideas, and help to do the resourcing, as well, building partnerships outside of school?

Discussed the idea of promoting ideas, such as more movement in kids vs how to curate specific ideas to pass on to teacher to make better use of space (more specific, less work for teachers)

LEARNING PRESENTATION- *moved to next meeting*

Meeting Intention: *to commit to continuous growth and learning in regards to Health Promoting Schools research and practice*

	5.4 Anxiety presentation	
6.	FUTURE PRESENTATIONS 6.1 Feeding Futures Overview 6.2 Weight Bias and Stigma Resource, Stigma Free Language, Teach Food First/ Toolkit 6.4 Other: Physical Literacy, Substance Use and Prevention, Digital Literacy, Sleep, DEI	Rhonda Leah Various
7.	ADJOURNMENT- Next Meeting Dates: March 14 and May 2, 2024 Next meeting- learning presentation, update on liaisons, collated poster information etc.	All