



## HEALTH PROMOTING SCHOOLS COMMITTEE MEETING

### "Minutes"

Thursday, FEB 4<sup>th</sup>, 2021

ZOOM MEETING @ 4:15 - 6:00 pm



REPRESENTING:	C O M M I T T E E M E M B E R S (Attending 19 of 26)		
Board of Education	Julia Fraser	Norah Bowman, alternate	
Indigenous Education	Deanna Necan		
ARC Programs	Cassy Lukey, Counsellor		
COPAC	Miriam Desjardins, ELEM & MID		Valary Chidwick, SEC
COPVPA	Mike Kormany, ELEM	Scott Sieben is looking for a MID Rep	Robbie Franklin, SEC
COTA	Mary Hope, ELEM	Lois Aeckersberg, MID	Crystal Zaseybida, SEC
CUPE	Teri Wishlow, VP		
District Student Council	Monika Bhatia, RSS		
HPS Coordinators	Janelle Zebedee	Karen Ellis	
IHA	Karla MacDonald, Public Health	Leah Perrier, Public Health Dietitian	
Mental Health	David Guthrie, CYMH		
Sexual Health Educators	Nicole Weremy	Leanne Woodrow	Jenny Rabinovitch
District Staff	Al Lalonde, Assistant Superintendent	Sherri McKinnon, District Principal-Learning Support Services	Jodee Hermiston, Recording Secretary

#### 1. WELCOME & ACKNOWLEDGEMENT@ 4:16 p.m.

- Introductions

Al Lalonde

#### 2. AGENDA

Al

##### 2.1 Adoption of FEB 4<sup>th</sup>, 2021 Agenda

- Motion to pass from Dave; Seconded by Lois; Approved

#### 3. MINUTES

Al

##### 3.1 Adoption of DEC 3<sup>rd</sup>, 2020 Minutes

- Motion to pass from Karen; Seconded by Mary; Approved

#### 4. PRESENTATIONS

##### 4.1 Vaping Update - Panel Discussion: See attachment: February 4, 2021 HPS Committee

Cassy -ARC

- Cassy works with middle school youth that are low to moderate risk substance abuse (smoking, vaping, smoking marijuana, drinking) and has noticed vaping has been the primary substance used and become a major concern. Recently nicotine has been reduced from 50 to 20 mg in vapes which was needed. Students often told by peers that it would help with anxiety, school stress, help them focus – a way to self-medicate. If they do it regularly, they will develop an addiction to it at around 12 or 13, sometimes younger and it often leads them into trying other things as they develop a tolerance to nicotine. Vaping has grown in popularity in the last 5 years. Cassy is seeing signs of change as students learn the facts.

- Janelle shared slides from our provincial government's strategy. Legislation is catching up to the needs of our youth. See slide: **BC Ministry of Health 10 Point Vaping Action Plan**. This point has been limited due to staff being redeployed due to COVID.

Janelle  
(Cheryl Sidenberg-IH)

- **See next slide: Vaping Action Plan Updates: Highlights of New E-Substances Regulation – Under Public Health Act.** This shapes what we will do in the classroom. Main target group, for the Health Promoting Coordinators, will be the grade 5 & 6 students before they enter middle school. We will talk a lot about choices, critical thinking and provide them with lots of information to assess the risk of vaping. *Janelle*
- In middle schools, Health Promoting Coordinators will be using and sharing out the BC Lung Association Vaping Prevention Toolkit.
- Not all young students are experimenting with vaping, but it became a focus when deaths were dominating the news in September 2019. Many thought vaping was just a form of water. Our district has worked at the elementary and middle school levels with students and did many presentations with PACs. We needed to educate everyone about the risks. We also found suspending students was not working as a deterrent – education was the answer. Working with ARC and sending resources home to parents was essential. The focus is to help students make good decisions. *Al*
- Changes have been made to include vaping in the statistics from our tracking system in MyEd.
- McCreary Report has documented vaping is higher in the Okanagan.
- Secondary schools: no vaping allowed, smoking/vaping area off campus, has been closed (partly due to COVID), but students find another place to go offsite. Not seeing it as often though. Lots of education is helping. *Robbie*

**5. 2020-2021 HPS ACTION PLAN UPDATE:** *see slides in attachment: Feb 4, 2021 HPS Comm Mtg* *Janelle*

- Started collecting data this week re: MDI for grade 5 students.
- 95 Backpacks filled with food going home with students for the weekend from 11 schools.
- Breakfast (570 @ 29 schools) & Brown Bag Lunch Program (723 @ 39 schools) numbers are fluctuating with needs of our students.

**6. NEW BUSINESS/UPDATES:**

6.1 Sexual Health Education *Nicole*

- Grade 9/10 Zoom Broadcast Lessons through Zoom were relatively successful. There were a few glitches with the size of the groups being large, the volume of anonymous questions and some Wi-Fi issues. Second round will start just before Spring Break.
- Also covered SHE at 11 elementary and 2 middle schools.
- Appreciation expressed for the interactive online learning lessons/tools developed by our SHE Team that is accessed by remote learners, students in isolation and for parents wanting to have their children learn at home. Resources were developed for all grades. *Karen*
- In consultation with She Team, Personal Safety learning tools are being developed for K-3 teachers to access. Karen & Janelle are hoping to have these available before Spring Break to assist classroom teachers delivering that curriculum.

6.2 Mental Health Support/Social Emotional Learning

- Mental Health Grant from MOE has been received and is being put toward MH initiatives such as the Open Parachute Program developed by Dr. Haley Watson, Clinical Psychologist, originally from Nelson. Open Parachute is aligned with our curriculum, includes updates based on feedback, is video based, features Dr. Watson's MH content and strategies. It is interwoven with stories and experiences from student peers. Three main goal areas - that sequential based on developmental age - for grades 6-12:
  - Peer Dynamics
  - Awareness of Cultural Issues
  - Mental Health

SEL Team and the Indigenous Ed Department are working together with teaching staff to implement this program very soon for all grades 6-9 in our district using the grant funding. They will be looking for ways to expand and enhance each of the modules. Resources and videos for parents are also included with Open Parachute Program. On February 12<sup>th</sup>, Pro-D day, teachers can learn more.

- Points of Interest:
  - a year ago - part of our HPS Action Plan - brought Dr. Watson to our district and the parent session was very well attended.
  - KSS – thanks to Robbie – piloted the first program in BC for their grade 10 students last year.
- SD23 has entered into a research partnership with Dr. Ty Binfet from UBCO. His research on Benefits of Kindness in Children, will be used when looking at conditions, structures and resources that are in place at our 14 schools that have SEL teachers. Data will be collected between now and June with the report being presented to the SEL Team in the early fall. The data will help the team on where to focus future work in our schools.
- SEL video featuring examples of SEL in action should be ready in early March.
- BC government is way ahead in implementing and integrating MH into the curriculum

AI

Sherry

AI

**7. FUTURE PRESENTATIONS**

AI

- Support Animals for Wellness - actively investigating BARK Program w/Dr. Binfet.
- Helping Improve Sleep – also working on bringing this soon and this would tie into SHE for teaching importance of sleep for youth during puberty.
- Overreliance on Smart Phones.
- Trauma Informed Practice – for students during COVID, staff wellness and community wellness with Dr. Linda O'Neil and working with Marilyn Green.
- ACE – Adverse Childhood Experiences

**8. FUTURE 20-21 HPS COMMITTEE MEETINGS**

8.1 Meeting Dates for 2020-2021

AI

**APR 1, 2021 @ 4:15 - 6:00 pm (Zoom)**

**JUN 3, 2021 @ 4:15 - 6:00 pm (Zoom)**

5:18 pm: Motion to adjourn Zoom meeting from Nicole; Seconded by Cassy; Approved