

HEALTH PROMOTING SCHOOLS COMMITTEE MEETING

"Minutes"

Thursday, October 1st, 2020

ZOOM MEETING @ 4:15 - 6:00 pm



COMMITTEES	M E M B E R S (Attending/Absent)		
Board of Education	Norah Bowman	Julia Fraser, alternate	
Indigenous Education	Deanna Necan		
ARC Programs	Cassy Lukey, Counsellor		
COPAC	Miriam Desjardins, ELEM & MID		Valary Chidwick, SEC
COPVPA	Mike Kormany, ELEM	Kyla Babcock, MID	Robbie Franklin, SEC
COTA	Mary Hope, 2 nd VP - ELEM	Lois Aeckersberg, MID	Crystal Zaseybida, SEC
CUPE	Teri Wishlow, VP	Simone Gauthier, HRE	
District Student Council	Monika Bhatia - RSS		
HPS Coordinators	Janelle Zebedee	Tricia Penny	
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 @ 4:20 p.m.

- Introductions and 'welcome'

Al Lalonde

2. AGENDA

Al Lalonde

2.1 Adoption of OCT 1st, 2020 Agenda

- Motion to pass from Kyla; Seconded by Leanne; Approved

3. MINUTES

Al Lalonde

3.1 Adoption of JUN 4th, 2020 Minutes including changes from Leah

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

4. PRESENTATIONS

4.1 MDI Grade 7 Survey – see attachment: October 1, 2020 HPS Committee Meeting (with video: Introduction to the MDI with Dr. Kimberly Schonert-Reichl)

Tricia
Penny

- Middle years Development Instrument is a self-report survey for children in grades 4 & 7. It is meant to be used as a population level to look at trends over time of children's social & emotional health, well-being & assets inside and outside of school. It is not to be used as an individual diagnostic tool. Gr 4 & 7 are transitional times in development.
- Key Factors:
 - We are hearing the voice of the students in our district (3 years of Gr 4 students & 2 years for Gr 7 students). For next year, we are looking at surveying the Gr 5 students.
 - The survey is based on strengths.
- HPS District Reports (which include MDI Survey results) can be found on the Human Early Learning Partnership website (<http://earlylearning.ubc.ca/maps/mdi/nh/>). School Experiences results are shared with the schools and with their Public Health Nurses & Public Recreation.
- Keep in mind the surveys were done in Jan/Feb of 2020 before Covid.
- Sleep and Nutrition are the most concerning in our district.

4.2 Farm to School - *see attachment: October 1, 2020 HPS Committee Meeting*

*Leah
Perrier*

- This is a school-based program that connects schools (K-12) and local farms to ensure children have access to fresh, local, nutritious, safe and culturally appropriate foods while at school along with education on the local food economy and creating healthy eating habits.
- Funding from the provincial health authority will start in late October, but currently not in any of our schools in the Central Okanagan.
- [Harvest4Knowledge \(https://farmtoschoolbc.ca/harvest4knowledge-information/\)](https://farmtoschoolbc.ca/harvest4knowledge-information/)
- [F2S VA Hub – Indigenous Foodscapes \(https://www.youtube.com/watch?v=qngbX8UsR7c\)](https://www.youtube.com/watch?v=qngbX8UsR7c)
- If you are interested in joining the Farm to School Program, contact Leah.Perrier@interiorhealth.ca
- Cheryl Hoffman (Food for Thought) is also excited to partner with the schools. She can be reached at: foodforthought@hopeforthenations.com
- KLO staff and their PAC have recently partnered with Independent Grocer and placed a Module Farm at their school.

5. 2020-2021 HPS ACTION PLAN UPDATE: *see attachment: October 1, 2020 HPS Committee Meeting*

*Janelle
Zebedee*

- Update for new members joining the committee this fall
- Professional Development: Summer Institute – EASE & Mental Health Literacy workshops for teachers
- Food Provision: supporting multiple programs for schools with assistance from several generous Community Partners
- MID/SEC Physical Health Education Resource Support: teachers were looking for alternate activities in alternate spaces re: new safety restrictions and focusing on social community health, mental well-being, food, sleep, nutrition, physical exertion, etc.
- Implementation Day: Supporting staff @ Oyama elementary partially focusing on Social Emotional Learning
- Social & Emotional Learning Team: helping the team support 17 elementary schools that currently do not have an SEL teacher

6. NEW BUSINESS/UPDATES:

Al Lalonde

- In summary, most of the Community Link funds support the Brown Bag Lunch program with two contracted caterers (Fat Daddy's & Deli City). In order to service more students, the breakfast item was removed. Community Links also provides funds towards our Health Promoting Coordinators and Mental Health service to our students.
- We have several breakfast providers (Food for Thought, Food Bank, Kiwanis, Rotary Club, Gary Bennett) and we are trying to coordinate and distribute amongst our vulnerable students at various schools on a weekly basis.

6.1 Food Safety Protocols - *details on attached slide*

*Tricia &
Janelle*

- Lots of caution and adapting to changing rules for the students and adults
- No PAC Hot Lunch Days yet
- LOTS of positive feedback from the schools
- Food for Thought had reported that even with their bulk discounts, costs previously were .48/day/student and now it has jumped to \$1.90
- This week each program had requests to feed over 700 vulnerable students every day.
- During the Spring COVID breakout, the numbers were 800-900.

6.2 Sexual Health Education

*Leanne
Woodrow*

- Difficulty adjusting with timetables to accommodate connecting with senior students
- Gr 9/10 – will be using Zoom sessions
- All middle (6,7,8) and elementary schools (4/5) have been scheduled starting Oct 5 right up to the 3rd week of June

6.3 Mental Health Support/Social Emotional Learning

*Sherri
McKinnon*

- 14 elementary schools have 1 FTE teacher & .5 ARC Mental Health Clinician
- District SEL Team are working to personalize services for each school in a sustainable and respective manner
- After some restructuring, CYMH now has a site on the Westside working with five school-based clinicians (up from 1). Our district appreciates these partnerships.

7. FUTURE PRESENTATIONS

Al Lalonde

- 7.1 Contact Al if you wish to present

8. FUTURE 20-21 HPS COMMITTEE MEETINGS

Al Lalonde

- 8.1 Meeting Dates for 2020-2021

DEC 3 - 4:15 – 6:00 pm (Zoom)

FEB 4 - 4:15 – 6:00 pm (Zoom)

APR 1 - 4:15 – 6:00 pm (Zoom)

JUN 3 - 4:15 – 6:00 pm (Zoom)

5:44 pm: Motion to adjourn Zoom meeting from Mary; Seconded by Valary; Approved