

HEALTH PROMOTING SCHOOLS COMMITTEE MEETING

"Minutes"

Thursday, December 3rd, 2020
ZOOM MEETING @ 4:15 - 6:00 pm



COMMITTEES	M E M B E R S (Attending 21/Absent 5)		
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	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	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 @ 4:20 p.m.

- Introductions and 'welcome'

Al Lalonde

2. AGENDA

Al

2.1 Adoption of DEC 3rd, 2020 Agenda

- Motion to pass from David; Seconded by Mike; Approved

3. MINUTES

Al

3.1 Adoption of OCT 1st, 2020 Minutes

- Motion to pass from Jenny; Seconded by Cassy; Approved

4. PRESENTATIONS

4.1 Coping in Uncertain Times for Schools & How to Thrive - Social Emotional Learning Team Members *see attachment: Coping in Uncertain Times - short version*

Marilyn

- 'Unknown' is the most unsettling word to our human brains.
- Become aware of your stress response patterns, so you can better take care of yourself physically, mentally & emotionally.

Green &

Brette

Richards

5. 2020-2021 HPS ACTION PLAN UPDATE: *see attachment: December 3, 2020 HPS Committee Meeting*

Janelle

- Letters going home this week re: MDI for grade 5 students starts in Feb.
- Grade 3 Swim Program - is in discussion with YMCA of Okanagan to see if it is feasible after Spring Break - may be limited to students who can walk to a facility.
- Breakfast & Brown Bag Lunch Program continues to keep us all busy.

6. NEW BUSINESS/UPDATES:

Janelle

6.1 Food Safety Protocols & Insecurity - *see attachment: Dec 3, 2020 HPS Committee Meeting*

- District Safety Plan (Sept 22/20)
 - Allows for food prep in Foods classes and for consumption as part of Meal programs (in 2 cafeterias in schools)
 - Hot Lunch (PAC) Programs are still on hold.
 - Backpack Program price has risen to \$17 for each of the 91 students in need as of Dec 7-12.
 - Food for Thought is adding extra items each week to help families get through the Christmas break.
 - Community Providers are also helping purchase weekly groceries, frozen soup and providing gift cards when needed.

6.2 Sexual Health Education

Jenny

- Gr 9/10 – will be using Zoom sessions starting tomorrow with a Sexual Health Educator presenting and another Sexual Health Educator answering questions from students.
- Questions will be handled anonymously through Technology.

6.3 Mental Health Support/Social Emotional Learning

Sherri

- Supporting schools (co-planning and co-teaching)
- Positive feedback received from teachers
- SEL Team is also assisting with contributing to the weekly/monthly school newsletters.
- Working alongside Dr. Haley Watson (Clinical Psychologist Researcher), using a video-based wellness program called Open Parachute with grade 6-9 students. This program will reach 7,350 students.

7. FUTURE PRESENTATIONS

AI

- Support Animals for Wellness
- Helping Improve Sleep
- Progression of Vaping
- Overreliance on Smart Phones

8. FUTURE 20-21 HPS COMMITTEE MEETINGS

AI

8.1 Meeting Dates for 2020-2021

FEB 4 4:15 - 6:00 pm (Zoom)

APR 1 4:15 - 6:00 pm (Zoom)

JUN 3 4:15 - 6:00 pm (Zoom)

5:26 pm: Motion to adjourn Zoom meeting from Sherri; Seconded by Kyla; Approved