



COMMITTEE MEMBERS PRESENT

Board of Education	Julia Fraser	Amy Geistlinger
ARC Programs	Kristi Field, Counsellor	
COPAC	Valary Chidwick, Middle/Sec.	
COPVPA	Raelyn Larnet, Middle	
COTA	Mary Hope, Elem/Middle	Lois Aeckersberg, Secondary
CUPE	Margaret Varga	
District Student Council	Matthew Richardson	Monika Bhatia
HPS Coordinators	Janelle Zebedee	Tricia Penny
Sexual Health Education	Nicole Weremy	Jenny Rabinovitch
District Staff	Vianne Kintzinger, Assistant Superintendent	Yvonne Hildebrandt, Recording Secretary

REGRETS

Aboriginal Education	Crystal Prince	
COPAC	Cadre Simpson	
COPVPA	Mike Kormany, Elementary	Violeta Malfair, Secondary
IHA	Valerie Pitman, Regional Knowledge Coordinator for Healthy Schools	Karen Davies Public Health Nurse
Mental Health	David Guthrie, Team Leader, CYMH	
Sexual Health Education	Lea Woodrow	

1. WELCOME

Tricia Penny

- Tricia Penny opened the meeting on behalf of Vianne Kintzinger.

2. AGENDA

- 2.1 Adoption of December 6, 2018 Agenda. Approved.

Tricia Penny

3. MINUTES

- 3.1 Adoption of October 4, 2018 Minutes. Approved.

Tricia Penny

4. PRESENTATIONS

- 4.1 Concussion Education for Gr. 7's – BrainTrust Canada

*Magda Kapp/
Mona Hennenfent*

- BrainTrust Canada is a not-for-profit organization that focuses on education and prevention of brain injury, especially among youth. Main pillars is education, prevention and support.
- Mona Hennenfent, CEO for BrainTrust Canada, and Director Magda Kapp, shared their timeline for the Gen Z Prevention Project (those born after 1995). The project goal: to reduce preventable concussion/brain injury among middle school youth. Concussion Education became their priority after surveying 1100 students last winter, so concussion lesson plans were developed by a UBCO student in spring 2018, and then field tested in two schools. Focus of the lessons is on prevention, diagnosis and recovery.
- Summer 2018, the Centre for Arts and Technology (CATO) developed marketing materials, and a Youth Concussion Education toolkit was branded that appealed to youth. In Fall 2018 BrainTrust received funding enabling this initiative to move forward.
- BrainTrust's goal is that every middle school student in SD23 will know how to prevent, diagnose and treat concussions; will understand the connection

between concussion and mental health; and will receive hands-on, innovative, relevant education delivered in a meaningful way.

- BrainTrust could provide a concussion educator to facilitate a 50-60 minute concussion education lesson using their interactive 'toolkit' in the classroom (or PE classes) for all Grade 7's, resulting in a certificate for each student.
- Medically supervised concussion recovery follows the international protocol standard for returning to school, to sports, etc.
- A Professional Development workshop is planned for the next pro-day. This will be a great opportunity for teachers to dig deeper into the resources and knowledge of concussion and brain injury.
- CATT website – <https://cattonline.com> – to learn more about concussions. *We will forward the link to the committee.*

4.2 Dental Hygienist Program Clinics – Okanagan College

- During the 2018 and 2019 many dental professionals will be visiting schools. A province-wide survey is conducted every 3 years in kindergarten. The survey is a visual screen (no tools used), looking for missing teeth due to decay, any obvious dental decay, or abscesses. During the last survey in 2015-2016, approximately 40,000 students had their teeth examined. The provincial dental survey helps with dental program and budget planning.
- The Certified Dental Assistant School at Okanagan College requires their students to become competent in preventative skills and to participate in a volunteer Dental Clinic to gain experience with 8 or more patients of various ages. Family and friends ages 18-28 years old are the most common patients visiting the clinic, but finding patients that are 5-15 years old is more difficult. All children brought to the clinic need signed parent/guardian consent and are offered free restorative dental services to prevent decay (only cleaning, polishes, fluoride) as well as an exam by a volunteer Dentist. Families would also receive an information pamphlet to take home.
- The Okanagan College Dental Clinic usually starts in mid-May for 3 weeks, 8 am to 4 pm, Monday to Thursday. The clinic has 9 clinical chairs, so only 9 patients can be seen per clinical block.
- If the dentist at the OC clinic recommends services not provided at the clinic, i.e. extraction etc., they have a referral program to a dentist who is taking patients. There is also the Gospel Mission Dental clinic for families without insurance, and the First Nations Health Authority for children with status. The Healthy Kids program is for ages 18 and under and does basic dentistry for families in financial need. The Save a Smile program helps families find finances for dental treatment. Interior Health offers a program for children 4 years and under.
- For more information on oral health care for children: www.cps.ca/en/documents/position/oral-health-care-for-children
- The free dental clinic at OC would benefit new immigrant families just settling into schools. The Settlement Worker in Schools (SWIS) may be a good connection for this dental opportunity.
- Middle school newsletters may be a good place to advertise the free clinic opportunity.

*Shawna Gibb/
Joanne
Gibbons-Smyth*

Vianne Kintzinger joined the meeting at 5:05 pm.

5. 2017-2018 HPS ACTION PLAN

5.1 Presentations and Workshops

- Casorso Elementary Implementation Day
- School Administration Meetings
- Mental Health Literacy Pro Day Session at GES

*Janelle Zebedee/
Tricia Penny*

- smartEducation at Glenmore Elementary
- IH Coordinator Training in Salmon Arm
- Vaping Information Lessons at George Pringle Elementary
- RSS Transitions 9 Course - Lunch and Learn
- Kids in the Know School Support at ASM, SRE and RAY (a personal safety program)
- SEAT – Social Emotional Action Team participation: November 15th National Child Day 2018 with Deborah MacNamara
- Digital Wellness Committee participation
- Social Emotional Learning at Chief Tomat Elementary
- Middle Years Development Instrument preparation
- COPAC Parent Presentation on Nov 24 - Mental Health Literacy
- COLT Meeting support with Amanda Swoboda of CMHA
- Employee Wellness support for February 22 Pro Day

Next Steps:

Biggest focus this year is mental health literacy and physical health education.

- Vaping presentations – students are not aware that vaping could be more risky than smoking. Have applied for a provincial grant through Healthy Schools BC – hoping for kits for schools, an authentic resource to share with students about risks associated with vaping and different choices to make. By sharing these materials with students, it also takes away the curiosity of vaping. Seen as a critical thinking lesson. Tricia offered to share additional information (via email resource links)
- Kids in the Know Schools Support
- Mental Health Literacy Training for counsellors and KLO Middle School Physical Health Education teachers – will be visiting KLO to teach the Grade 9's in their various PE classes: co-ed, all boys, all girls, providing lots of experience with all curriculum.
- smartEducation for West Kelowna – A new cohort starts in January at Springvalley Elementary School. They will do a 4-week shortened version of the program, an introduction to smartEducation practices. If there is a group of teachers that want the next steps, they will offered the next 5 weeks of the program. Currently, the curriculum is available to us for free.

6. NEW BUSINESS

6.1 Review of Action Items (5 minutes) – Vianne welcomed new committee members: Lois, Amy and Kristi.

Vianne Kintzinger

6.2 Valary Chidwick – Articles

- A KSS parent (a medical oncologist) contacted Valary and is concerned about alcohol education. In summary, the oncologist reports the following:
 1. There is no level of alcohol that has health benefits.
 2. Oncologist would like to reduce risk of what causes cancer.
 3. Alcohol is a risk factor for cancer. Alcohol is a drug.
- Valary plans to present these articles at the next COPAC meeting.

7. FUTURE PRESENTATIONS

7.1 No presentations discussed.

8. FUTURE HPS COMMITTEE MEETINGS

8.1 February 7, April 11, June 6
4:00 – 6:00 pm (School Board Office)

MEETING ADJOURNED – 5:30 pm

ACTION ITEMS SUMMARY

Action items from the December 6, 2018 HPS meeting

Action Item	Person(s) Responsible	Status
CATT website – https://cattonline.com – to learn more about concussions. <i>We will forward the link to the committee</i>	Vianne	Completed
For more information on oral health care for children: www.cps.ca/en/documents/position/oral-health-care-for-children	Vianne	Completed
Vaping presentations and 'toolkits' - Tricia offered to share additional information (via email resource links)	Tricia	Completed