



Central Okanagan School District No. 23  
**DISTRICT HEALTH PROMOTING SCHOOLS COMMITTEE**

**MINUTES**

Thursday, December 10, 2015

School Board Office – Board Room - 4:00 pm to 6:00 pm



**COMMITTEE MEMBERS PRESENT**

|                           |                                                            |                                            |                            |
|---------------------------|------------------------------------------------------------|--------------------------------------------|----------------------------|
| <b>Board of Education</b> | Deb Butler                                                 |                                            |                            |
| <b>COPAC</b>              | Janice Loukras, Secondary                                  |                                            |                            |
| <b>COPVPA</b>             | Kevin Auclair, Elementary                                  | Raelyn Larmet, Middle                      | Violeta Malfair, Secondary |
| <b>COTA</b>               | Mary Hope, Elem/Middle                                     |                                            |                            |
| <b>CUPE</b>               | Margaret Varga                                             |                                            |                            |
| <b>HPS Coordinators</b>   | Tricia Labrie                                              | Janelle Zebedee                            |                            |
| <b>IHA</b>                | Karen Davies<br>Public Health Nurse<br>(arrived @ 5:20 pm) |                                            |                            |
| <b>District Staff</b>     | Vianne Kintzinger,<br>Director of Instruction              | Yvonne Hildebrandt,<br>Recording Secretary |                            |

**REGRETS**

|                             |                                          |
|-----------------------------|------------------------------------------|
| <b>Aboriginal Education</b> | Claudia Hardy                            |
| <b>COTA</b>                 | Karen Gilbert, Secondary                 |
| <b>IHA</b>                  | Cathy Richards<br>Community Nutritionist |
| <b>Mental Health</b>        | No Representative                        |

**1. WELCOME**

Vianne Kintzinger

**2. AGENDA**

- 2.1 Adoption of December 10, 2015 Agenda. Approved.

Vianne Kintzinger

**3. MINUTES**

- 3.1 Adoption of October 8, 2015 Minutes. Approved.

Vianne Kintzinger

**4. PRESENTATIONS**

4.1 Flourishing in Schools

Dr. Sabre Cherkowski

- Dr. Sabre Cherkowski, UBC Okanagan, is researching how it is that some K-12 school communities flourish. This is a multi-year, federally funded research project, with a goal to promote increased flourishing in all schools, and to create a model that can be used by school districts.
- Their research evidence shows that focusing on happiness, connections, relationships, and compassion benefits the workplace, and improves overall health of an organization.
- Dr. Cherkowski's focus group would like to carry out a case study of the Health Promoting Schools initiative in School District No. 23, and its connection with increasing flourishing in SD No. 23 schools.
- The case study findings could enhance the work already being done by Health Promoting Schools, and could promote continued flourishing in the future.

4.2 Okanagan Chefs

- Chef Bernard Casavant, President of Okanagan Chefs Association, along with Chef Jeremy, and Debbie Macmillan, Chair of the Committee presented program information on "Chefs in the Classroom – Edible Education."
- Growing Chefs was a pilot program that ran in our District for three years. Now the chefs would like to specialize with their own locally developed program called "Chefs in the Classroom".

Leigh-Ann Yanow

- Their mission is to educate children in our community on how to grow and eat Okanagan fruits and vegetables.
- The curriculum is comprised of 7 lessons, each approximately 1.5 hours. The lessons include hands-on activities such as planting a garden, tasting vegetables, learning about fruits, cooking vegetables, combining herbs and flavors, and learning about nutrition by tasting the rainbow of bright colorful fruits and vegetables. The last lesson is a farm field trip, where children experience a real working farm and cook a delicious lunch. Food is brought in by the chefs for all the lessons.
- The new learning outcomes from the Ministry of Education will be incorporated into the lessons, which are targeted for Grade 3 curriculum.
- The cost for one classroom is \$300, which includes the cost of the bus for the farm field trip and all materials.
- Six Grade 3 classes will start on the program - 2 in Rutland, 2 in Central Kelowna area and 2 in West Kelowna to help spread out the program.
- The program will start after spring break and run from April to June.
- Having a garden, a garden club, or an interested teacher is the only prerequisite for the program.
- Funding comes from community events and Kelowna businesses that support “Growing Chefs”. The chefs also have support from food suppliers that donate their supplies.

#### 4.3 Brain Research in Children

*Dr. Ali McManus*

- Dr. Ali McManus, from UBC Okanagan, has developed a Pediatric Exercise Research Laboratory (PERL)
- Her project, which involves 8 to 10 year-old children, measures the physical effects of sedentary behaviour on blood flow and brain function in children.
- The Research Lab is studying how breaking up sedentary activity every hour with intervals of vigorous movement affects brain activity and vascular function.
- The project is revealing that by breaking up sedentary time, you can make a big difference in the health of children. Even 30-second intervals of vigorous movement during a one hour period can make a difference and is very achievable. Any break in sedentary time seems equally valuable. Gardening, walking, just getting up and moving is the key.
- A more representative sample of children from the Kelowna area is needed for more data, and a possible collaboration with School District No. 23 using one class of 30 children would be helpful.

## 5. 2015-2016 HPS ACTION PLAN

### 5.1 Presentations and Workshops

*Tricia Labria/  
Janelle Zebedee*

- October 16, 2015 – Dr. Dean Kriellaars – Physical Literacy: Presented on bone health of kids and how it is declining due to lack of physical activity.
- October 21, 2015 – Dr. Stephen Berg, ETEP – Physical and Health Education Curriculum: Annual event.
- October 23, 2015 – COTA Pro-Day - Physical and Health Education Curriculum: Session looked at the new core competencies and how to connect them together.
- November 4, 2015 – Got Health? Teacher Training: Preparation for the Mental Health Summit.
- November 5, 2015 – Got Health? Youth Mental Health Summit at Hollywood Road Education Services: Focus was on well-being and mental health. Middle and secondary students attended and spent the morning with opening keynote speaker, Houston Kraft. A panel of students in the afternoon shared their personal experiences. Students rotated through

various sessions, including physical activities and breathing exercises. It was a very inspiring day to activate the students, with many different partnerships participating with booths and information.

- November 5, 2015 – Dr. Lynn Miller, “Worries and Woes”: Afternoon presentation well attended by many school staff. The evening session in downtown Kelowna was well attended by parents.
- November 10, 2015 – Employee Wellness Committee Meeting.
- November 19, 2015 – Got Health? Team Activation at Hollywood Road Education Services: Students returned for a half-day visit to create action plans for their schools.
- November 27, 2015 – Outdoor Physical Activity Workshop with mostly Grade 6 students: Training session on activities they can lead during the lunch hour for the kindergarten students.
- December 1, 2015 – Middle School Health and Career Education Support: Teachers received resources for the training that was provided.

#### 5.2 Middle Years Development Instrument (MDI) Update

- 1,473 Grade 4 students in the School District. Most participated and completed the MDI before the Christmas Break. Data is expected by March 2016.

#### 5.3 Physical Health Education (PHE)/Social Emotional Learning Update

- Workshop booked for Tuesday, January 12, 2016. Physical literacy and social/emotional areas will be explored.
- TOC funding provided by RBC Learn to Play Grant.

#### 5.4 Grade 3 Swim Program

- 1,575 Grade 3 students (approx.) will be offered free swim lessons with bussing and instructor fees funded by the Across the Lake Swim Society
- Pool-use funded by the H2O Centre and Kelowna Family Y
- Program begins January 2016

#### 5.5 RSS HACE Days

- January 25, 26 & 27, 2016 – Grade 9 Health and Career Education Days.
- Students will tour UBC and OC facilities, enter labs, and hear guest speakers.
- Other opportunities will include a Career Fair, Junior Achievement, My Blueprint, and Keynote Speakers (Dr. Ty Binfet and Trisha Miltimore)

#### 5.6 Employee Wellness

- Employee Wellness Symposium, February 19, 2016: This event supports all employee groups in School District No. 23.
- The workshops will be at the Rotary Centre for the Arts and the Kelowna Art Gallery.
- The theme is “Thrive. Flourish. Grow.”
- Four weeks prior to the event, an Employee Wellness Challenge will be introduced. Weekly prizes will be awarded to participating teams.

#### 5.7 Youth Mental Health Summit

- 12 Middle and Secondary schools were involved.
- Each team of approximately 8 students, 1 counsellor and 1 teacher, developed an inquiry question and a plan for their next steps
- Celebration is scheduled for May 18, 2016 from 9:30 am to 11:30 am

## 6. NEW BUSINESS

- 6.1 Review of Action Items (5 minutes)

Vianne Kintzinger

- 6.2 Interior Health Authority - Letter of Support

**Motion:** Vianne Kintzinger, as Chair of the District Health Promoting Schools Committee will send a letter of recommendation to Interior Health Authority, on behalf of the committee, in support of continuing and increasing funding towards the Health Promoting Schools Coordinator F.T.E.

Moved by Raelyn Larmet. Seconded by Kevin Auclair. Carried.

## 7. FUTURE PRESENTATIONS

## 8. FUTURE HPS 2016 COMMITTEE MEETINGS

- 8.1 February 4, 2016; April 7, 2016; May 5, 2016  
4:00 – 6:00 pm (School Board Office)

**MEETING ADJOURNED** – 5:44 pm

## ACTION ITEMS SUMMARY

Action items from the Dec 10, 2015 HPS meeting

| Action Item                                                                                                                                               | Person(s) Responsible | Status    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|-----------|
| Vianne to send a letter of recommendation to Interior Health Authority to request that their financial support be continued for the 2016-2017 school year | Vianne Kintzinger     | Completed |

Action items from the Oct 8, 2015 HPS meeting

| Action Item                                                                              | Person(s) Responsible | Status    |
|------------------------------------------------------------------------------------------|-----------------------|-----------|
| Tricia to send out link for Let's Get Loud for Mental Health – CMHA Promotional Video    | Tricia Labrie         | Completed |
| Tricia to send out the Nov 5 <sup>th</sup> Youth Mental Health Summit information poster | Tricia Labrie         | Completed |