



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



MINUTES

Thursday, February 2, 2012

School Board Office - Board Room ~ 4:00 pm to 5:30 pm

IN ATTENDANCE

- Joyce Brinkerhoff, Board of Education, S.D. 23
- Murli Pendharkar, Board of Education, S.D. 23
- Norm Bradley, Director of Instruction, S.D. 23
- Rhonda Tomaszewski, Program Consultant, Community Integrated Health Services, Interior Health
- Janice Loukras, COPAC (Secondary) , S.D. 23
- Karen Barnstable, COTA (Secondary)
- Jesse Bruce, VP North Glenmore Elementary School
- Jill Voros, VP Springvalley Middle School
- Luke Campbell, VP Mt. Boucherie Secondary School
- Janelle Zebedee, HPS Coordinator, S.D. 23
- Tricia Labrie, HPS, Coordinator, S.D. 23
- Gillian Thomson, Assistant (Minutes) , S.D. 23

REGRETS

- Cathy Richards, Community Nutritionist, Interior Health
- Betty Brown, Regional Facilitator, Mental Health Promotion, Interior Health
- Beth Flynn, Community Services Manager, MCFD
- Karen Chase, Aboriginal Education
- Tyra Skibington, COPAC (Elementary)
- Valary Chidwick, COPAC (Middle)
- Cathie Pavlik, COTA (Middle)
- Jody Cronquist, COTA (Middle)
- Bill Zeman, President, CUPE

1. Agenda

1.1 Adoption of February 2, 2012 Agenda

Norm Bradley

- MOVED by Jessie Bruce and SECONDED by Joyce Brinkerhoff that the agenda be adopted as amended. Under Information Items add 7.1 Diversity Health Fair – Cancer Agency was added; under 7.2 Tanning Dangers - Cancer Society. CARRIED

2. Minutes

2.1 Adoption of January 5, 2012 Minutes

Norm Bradley

- MOVED by Joyce and SECONDED by Rhonda. CARRIED

3. 2011-2012 HPS Action Plan

3.1 DASH BC Inquiry Projects

Janelle and Tricia

- Funding provided
- Jan. 24th, 2012 student team day – 40 student (Schools – Quigley, Dorothea Walker, Ellison)
- Ashlea Fricke, UBCO practicum student lead activities
- Jake Loewen – new practicum student to help support got health? Planning a video project

3.2 Workshops

Janelle and Tricia

- Action Schools! BC Healthy Eating Casorso workshop
- Early Development Instrument (EDI) – S.D. No. 23 Kindergarten teachers trained to collect data on K students
- Jan 19th, 2012– iMinds – Positive Mental Health presentations lead by Cindy Andrew, Centre for Addictions Research BC (CAR BC). The presentation was followed by a teacher professional development opportunity which was attended by 17 teachers. Question was asked about getting feedback regarding the classroom use after this training.
- Norm noted that Cindy may help with S.D. No. 23 continuum
- Feb 7th, 2012 Webinar will feature the work of CAR BC – contact Tricia for

more information

- A big picture process for feedback and follow-up is needed for the HPS Committee

3.3 **Ever Active Schools Conference, Kananaskis, Alberta – Jan 26-28, 2012**

Janelle and Tricia

- Great conference – beneficial to hear different ideas and directions in other places (Alberta). Janelle and Tricia commented on the following sessions:
 - Effective Policy Development – how to look at policy; Policy Readiness Tools website; essential conditions. Recommended we look at HPS policy through an EPD lens
 - Fort McMurray – experiencing growth – community round table meets 3 times per year – 4 school districts – 40 X 18 Developmental Assets – Norm and the Career Life Programs (CLP) Department have had this discussion in relation to HPS
 - CORE – Creating opportunities for Resiliency – Calgary Board of Education – positive mental health environment supporting health; found they first needed to improve the health of the employee groups...then the students. Website for more information: www.coreconnects.ca
 - Alberta is doing extensive research and data collection – through Universities and Government agencies
 - Janelle and Tricia gave an excellent presentation about the HPS program in S.D. No. 23
- Janelle and Tricia then engaged the committee in an activity – 4 pillars – to help identify priorities for the energy of the HPS Committee

4. **2011/2012 Employee Wellness Action Plan**

4.1 **Update**

Tricia Labrie

- February is employee Revitalize Team Challenge
- Dr. Art Hister - Feb 17th – contact Tricia or Janelle
- See It! Try It! Do It! – Self Defense/Martial Arts workshop for employees – February 23, 2012

5. **NEW BUSINESS**

5.1 **Terms of Reference (TOR)**

Norm Bradley

- Norm Bradley opened discussion about the number of meetings needed for the HPS Committee per year
- His thoughts are September, November, February, and May at a minimum, however Norm asked for all committee members to consider options and email them to him for discussion at the next meeting
- Decision to cancel March 1st meeting – next meeting April 5th, 2012
- HPS Committee members to email Norm Bradley with suggestions about the number of meetings per year for this committee

HPS Committee

5.2 **Staff Changes at Interior Health**

R. Tomaszewski

- Major reorganization is underway at Community Integrated Health Services
- Betty Brown and Cathy Richards are waiting on status on current positions
- Rhonda Tomaszewski's position will change and unfortunately she will not be continuing with the HPS Committee at a date which is yet to be determined

5.3 **Adventure Playgrounds**

Jill Voros

- The Ministry of Education has provided financing for Gr.7 students – \$30,000 per facility. Middle school consensus is to have outdoor fitness equipment (similar to back of Parkinson Recreation Centre).

6. ONGOING BUSINESS

6.1 Visioning Discussion

Norm Bradley

- What is the Vision? – What is the Goal of this Committee?
- Norm asked the committee to each identify their VISION for this committee
- Clarify and define the VISION and focus
- S.D. No. 23 is using Understanding by Design (UbD) planning model in conjunction with the HPS Action Plan
- No students should be left out in acquiring essential assets

6.2 Review of Action Items

Norm Bradley

- Updated done

7. Information Items

- Diversity Health Fair – Provincial theme for 2012 – all invited – please help promote throughout S.D. No. 23
- Tanning Dangers – video
- Norm hopes to see Earth Boxes – in S.D. No. 23 classrooms – follow up needed

8. Electronic attachments distributed with February 2nd, 2012 Agenda

- Caffeine information link
- Dental Health information link

9. Future Agenda Items

- Search Institute – survey discussion
- Number of meetings per year
- Sugar report on CBC today – expect more information to follow (salt, white flour)
- Earth Boxes in S.D. No. 23 schools

10. Future Meeting Dates

- April 5, 2012; May 3, 2012; June 7, 2012

ACTION ITEMS SUMMARY

Action items from the **October 6, 2011** HPS meeting

Action Item	Person(s) Responsible	Status
To share Interior Health's Healthier Schools Healthier Students (HSHS) Coordinator Evaluation Summary with the Board of Education.	Anna (Joyce?)	<i>(in progress)</i>

Action items from the **November 3, 2011** HPS meeting

Action Item	Person(s) Responsible	Status
To provide the Coordinating Committee with the HPS recommendation to the Board of Education.	Joyce	<i>(in progress)</i>

Action items from the **February 2, 2012** HPS meeting

Action Item	Person(s) Responsible	Status
HPS Committee members to email Norm Bradley with suggestions about the number of meetings per year for this committee	All	<i>(in progress)</i>