



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

MINUTES

Thursday, January 5, 2012

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



IN ATTENDANCE

- Joyce Brinkerhoff, Board of Education, SD23
- Norm Bradley, Director of Instruction, SD23
- Betty Brown, Regional Facilitator, Mental Health Promotion, Interior Health
- Cathy Richards, Community Nutritionist, Interior Health
- Rhonda Tomaszewski, Program Consultant, Community Integrated Health Services, Interior Health
- Janice Loukras, COPAC (Secondary) , SD23
- Jesse Bruce, VP North Glenmore Elementary School
- Jill Voros, VP Springvalley Middle School
- Luke Campbell, VP Mt. Boucherie Secondary School
- Janelle Zebedee, HPS Coordinator, SD23
- Tricia Labrie, HPS, Coordinator, SD23
- Gillian Thomson, Assistant (Minutes) , SD23

REGRETS

- Murli Pendharkar, Board of Education
- 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)
- Karen Barnstable, COTA (Secondary)
- Bill Zeman, President, CUPE

1. Agenda

1.1 Adoption of January 5, 2012 Agenda

Norm Bradley

- MOVED by Luke Campbell and SECONDED by Jill Voros that the agenda be adopted as amended. Under Information Items 7.1 iMinds was added.
CARRIED

2. Minutes

2.1 Adoption of November 3, 2011 Minutes

Norm Bradley

- MOVED by Joyce Brinkerhoff and SECONDED by Jesse Bruce. CARRIED

3. Introductions

3.1 New HPS Director

Norm Bradley

- Norm introduced himself as the Director now responsible for the District Health Promoting Schools Committee. He engaged everyone in a round-table introductory activity by asking two questions:
 1. How did you get on this committee?
 2. What strengths do you bring?
- Norm noted that his role as chairperson is the "holder of the vision and values." The committee brainstormed the following values, and Norm noted that this is a fluid list which will be reviewed at each meeting.

VALUES:

Collaborate
Communicate
Honest
Humorous
Good Listener
Organized

Respectful
 Kid focused
 Open to new ideas
 Have decorum
 Diverse – many pathways; no right answer
 Comfort with ambiguity
 Opportunity for all to participate
 Determined - with patience
 Realistic - with high expectations
 Formal – as much as needed
 Ask questions – expect to hear some great questions
 Ensure Leadership and learning – not always being safe

4. 2011/2012 HPS Action Plan

4.1 got health? Inquiry Project

*Janelle Zebedee/
 Tricia Labrie*

- Tricia provided a power point presentation as an update on the got health? inquiry project
- got health? inquiry project – currently five schools are participating. Mt. Boucherie Secondary, Cst. Neil Bruce Middle, Springvalley Middle, George Elliot Secondary, and A.S. Matheson Elementary
- All of the inquiry projects focus on supporting vulnerable students
- Two workshops were recently hosted to support: got health?
- Both of these events were very successful and interesting
- NORM noted that inquiry projects are also being used with Readiness Dept. Heads

4.2 Workshops

Janelle Zebedee

- HPS Coordinators are offering three targeted learning workshops for teachers
- The first targeted learning workshop was Screen Smart BC with Rebecca Frechette from UBC
- Janelle facilitated an Action Schools! BC Healthy Eating workshop at Ellison Elementary
- DASH BC will be funding three more schools to support health inquiry projects. Quigley, Dorothea Walker, and Ellison Elementary Schools will be added – total eight funded schools
- HPS Committee members asked to be provided with a copy of the inquiry questions

4.3 BC Youth Health Forum

Janelle Zebedee

- Attended by Janelle and Tricia
- Dr. P. J. Naylor facilitated the session – focused on bringing policy, practice, and research together
- Dr. Naylor was asked to help find a grad student to evaluate SD 23's got health? inquiry process

4.4 January 26-28, 2012: Ever Active Schools Conference

*Janelle Zebedee/
 Tricia Labrie*

- Janelle and Tricia attended last year's conference at Kananaskis and indicated that this was a catalyst for SD 23's got health? inquiry project
- Janelle and Tricia will be presenting at this year's conference

4.5 2008 BC Adolescent Health Survey (McCreary Centre Presentation)

*Janelle Zebedee/
 Tricia Labrie*

- In November 2011, McCreary Centre delegates came to Kelowna with a goal

of getting feedback for their survey – HPS committee members from partner groups met with these delegates

- Intended implementation of the next survey in SD23 is 2012-2013
- Question was posed, "How has the HPS Committee used the report findings?"
- The report contains great information – trend data – McCreary Centre has funding to come and present data – schools have been encouraged to look at adolescent health data
- Cathy Richards has used some of the data with her nutrition work
- Note that Interior Health and/or SD23 could have input into the questions being asked on the survey
- Note that this topic should be back on the agenda for a future meeting – SD 23 needs data. Future presentations could be valuable.

5. 2011/2012 Employee Wellness Action Plan

5.1 See it! Try it! Do it!

Tricia Labrie

- Fitness/wellness nights for staff – zumba and boot-camp - started in October 2011
- UBC Human Kinetics practicum students provided a nutrition display at the boot-camp session
- On February 23rd, Fit for Defense will be offered
- Dr. Art Hister key note speaker – February 17th at 8:30 am at the Mary Irwin Theatre – HPS committee planning to attend should email Tricia before next HPS meeting

6. New Business

6.1 Energy Drinks in Middle/Secondary Schools

Jesse Bruce

- Policy at Elementary Schools – drinks are taken away and followed with a phone call home
- Not allowed in middle schools – either banned or taken away if they show up
- Secondary – quite difficult to monitor – almost a "pick your battles" – dealing with young adults – not banned, not encouraged
- Suggested that policy request / reminder may be needed for Middle and Secondary Administrators
- Note that none of these drinks are sold in our schools
- Concern noted regarding amount of caffeine due to students' purchases at Starbucks
- Health Canada is working on energy drink problem – changing labeling, voluntary industry guidelines. It will soon be illegal to give free samples to youths – even with a parent present. Inaccurate labeling currently exists as energy drinks are not subject to the rules that apply to food
- Cathy will send caffeine fact sheet, and dental fact sheet to Janelle and Tricia

6.2 CommunityLINK

*Janelle Zebedee/
Tricia Labrie*

- A handout explaining SD 23 CommunityLINK funding allocations was handed out (this was an Action Item from the previous meeting)
- Lisa McCullough, Tricia, and Janelle submitted our report to the Ministry of Health – excel spreadsheet – logic model required
- Report for programs, and support for 2010-2011 are included
- CommunityLINK funding involves many departments in SD 23 – it is a discussion for Admin. Council and then for Board of Education
- This funding is highly valued by SD 23

- Further discussion is recommended regarding how teaching and learning is supported in the SD 23 with this initiative

6.3 **DASH BC Project Inquiry**

*Janelle Zebedee/
Tricia Labrie*

- Directorate of Agencies for School Health (DASH) covered under 3.2 Workshops

7. Information Items

- Cindy Andrews from iMinds will be facilitating a discussion session on January 19th, 2012 at Hollywood Road Education Services starting at 1:00 pm. HPS Committee members are welcome to attend
- Following the discussion session, there will be a targeted learning iMinds session for teachers starting at 4:00 pm

8. Electronic attachments distributed with January 5th, 2012 Agenda

- The McCreary Centre Society
- Energy Drinks – new Health Canada Regulations for Caffeinated Beverages
- Safe Routes to School – Ecole Glenmore Elementary School

9. Future Meeting Dates

- February 2, 2012; March 1, 2012; 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 **January 5, 2012** HPS meeting

Action Item	Person(s) Responsible	Status
Send list of Inquiry Questions (when available) to the Committee members	Janelle / Tricia	<i>(complete)</i>
Committee members to email Tricia if interested in attending Dr. Hister presentation – February 17 th at 8:30 am at the Mary Irwin Theatre	Tricia	<i>(in progress)</i>
Provide handouts mentioned in the meeting: dental health and power drinks; caffeine – to all committee members	Cathy Richards	<i>(in progress)</i>
Norm to meet Tricia and Janelle to update Interior Health Authority / Health Promoting Schools Coordinator evaluation summary	Norm / Tricia / Janelle	<i>(in progress)</i>