

Minutes from District Healthy Lifestyles Committee Meeting

Wednesday, April 18, 2012 – Trafalgar Middle School library

Present: Bob Adams, Jenny Henri, Kendra Mann, Kathy Speirs, Sheri Huser, Catherine Williams, Andy Leathwood, Early Evans, Louise Poole, Eric Bientjes

By consensus, the Committee approves the January 9th 2012 District No. 8 Healthy Lifestyles Committee Minutes.

- 1) Louise gave an update of what she has been doing: (see attached report)
 - a. Looking into funding for student lead health initiatives. Has applied for a grant of \$ 10 000 to end of year and also looking at coordinating larger grant with other school districts
 - b. Two nursing students doing health promotion activities as Salmo Secondary
 - c. Attended “Shaping the Future” conference in January.
 - d. Met with Eric regarding Rec Complex and work on partnerships with schools, after school programs, etc.
 - e. Going to schools with pig lungs to demonstrate impact of smoking
 - f. Friends for life Workshop
 - g. Sexual Health Workshop on pro-D day
 - h. Parent education – putting out newsletters, etc
 - i. Starting up a breakfast club at Mt Sentinel which includes education on importance of breakfast
 - j. Exploring swim to survive program
 - k. Hosting MindUp workshop this Friday
- 2) Sexual Health Education – some teachers not feeling comfortable with teaching this component of HCE. Louise will survey teachers regarding need for in-service. She and Andy will get a small group of teachers together to develop a resource for grades 5/6. If there is interest, will offer workshops on pro-D days next year.
- 3) Parent Education – it is very difficult to get parents to come out to events, even those organized by the DPAC. It is something to work towards.
- 4) Eric Bientjes – Manager of Recreation, Regional District, described his role and types of programs and connections to schools. Looking at exploring partnerships – eg: NDCC does not have any gymnasium, schools do. They are looking at surveying people and working with groups to develop a recreation masterplan. A plan was made to promote their programs at a common directory or in more locations such as SD8 website, City of Nelson website. Perhaps for their special events such as “The Iceberg” Eric could let Louise know and she could send the info to principals to distribute to parents. Eric was encouraged to have more programs for Youth.
- 5) Bob Adams, Nelson City Councilor, talked about the old Civic Centre and that proposals for its use will be accepted until May 31st. Bob brought a map showing plans for a new pathway from Perrier Rd to the highway overpass to make for safer walking in that area. There are Public

Forums coming up April 26 and 27 to discuss the transit system. Bob was also encouraged to have a voice for youth opportunities in Nelson at the City council meetings.

- 6) Kathy Speirs made note of the following presentations:
 - a. Jackson Katz on Gender Violence – Wed May 9th at 6pm
 - b. Gordon Neufeld – May 25th
 - c. Meet Me, Hear Me – for older youth and organized by Freedom Quest – May 15
- 7) Early Evans, PHN, discussed the sexual health issue of teachers not being comfortable with the materials they are required to teach at the grade 5 and 6 levels. Early also mentioned that Dr. Kailia from a Nelson clinic is hosting a medical clinic at LVR on Thursdays from 1-4pm (specifically targeting mental health issues but he will consult for any medical problem). Apparently the clinics are very busy. This is a pilot project and Dr. Kailia will eventually be training other doctors to use the system set up to identify and work with youth on Mental health issues in their offices.
- 8) Catherine Williams, MCFD, reviewed the Friends for Life grade 4/5 workshop she held as well as a youth presentation she did. Louise will talk to Catherine about doing more youth presentations.
- 9) Sheri Huser, District Trustee, inquired about having more members on the committee from the rural schools. Louise mentioned that it would be useful to attend rural council meetings on behalf of the schools and she will look into that.
- 10) Andy Leathwood, Director of Innovative Learning Services discussed the changes in the use of the Community Links funding to target vulnerable youth. Efforts will focus on poverty, social and emotional supports and literacy. Hopefully funding for meal programs will increase from \$50,000 to \$125,000 with accountability about following BC food guidelines.
- 11) Healthy Schools Assessment will be done next year due to the other assessments principals and staff are being asked to do this year.
- 12) Focus for the committee – Louise would like to get more subgroups organized to work on issues such as sexual health. Hopefully that will happen next year.

Next meeting: Thursday October 18th from 4-6 pm at the Board Office Boardroom

These minutes were circulated to all District No. 8 Healthy Lifestyle Committee members for review and approval. They had a two week period to provide comment.