

District Healthy Lifestyles Committee – Thursday, December 6, 2012

Present: Kimberley Jones – South Nelson Elementary
Christine Schmidt – Nelson Youth Centre
Catherine Williams – Ministry of Children and Families
Kori Doty -- Ankors
Jess Vandecar – Opts
Jenny Henri – DPAC
Bob Adams – City of Nelson
Holly Epp-McRann -- Salmo Elementary
Danica Lee – Trafalgar Elementary – Aboriginal Education
Andy Leathwood – SD 8
Louise Poole – SD 8
Early Evans -- PHN

1) Health Promoting School Coordinator Report

Louise – gave report on a variety of initiatives (see attached report). Concern came up regarding sexual health education. Andy explained issues related to who teaches this area of study and challenges around training.

Action – Louise and a few others will develop a presentation to the Board of Education on providing support to educate teachers to deal with sexual health. Louise will connect with Audrey MacKenzie regarding date of presentation and criteria for the presentation.

Action – Andy will organize a meeting of teachers of sexual health to discuss what we need for support.

2) Louise shared images from various programs in schools.

3) Jess Vandecar – Options for Sexual Health nurse and volunteer

Invited in to Trafalgar and presented 3 classes to two sets of grade 7 students. Great opportunity. Having 3 classes with each group went well, allowed students to become more comfortable in

discussions. Parent clinic for parents at OPTS. Louise is talking with other OPTS clinics to help provide similar opportunities in other communities.

- 4) Andy shared conversation he is having within families of schools regarding ways to partner with community agencies to provide services for at risk youth. An example is funding for an Outreach worker in Creston to work from when school is out until 8pm.**

Action – Andy will host a meeting in each family of schools with community agencies to discuss shared services. Louise will connect with members of this committee regarding when this will happen in the Nelson area. Jenni Henri thinks a PAC representative and a recreation rep would be valuable at these meetings.

- 5) Community members shared updates on programs they are involved in.**

Concern raised around updating the district Anaphylaxis policy. Needs to be updated regarding the time of the second dose of epinephrine.

Action – Andy will connect with policy committee regarding this change to make sure it is happening. Andy will also send message to principals about the change (5 minutes for second dose, rather than 10 minutes).

Nurses also point out concern regarding no district Emergency Care Plan. Andy said these were developed and distributed years ago, and will try to see if they can be found.

Action – Andy will work to get a standard district Emergency Care Plan distributed to schools.

Questions regarding issues of anxiety at one of our schools. Talked about how to build capacity of all educators to support emotional well being. Need to focus on developing a sense of collective responsibility for the emotional well being of students.

Action – Louise will connect with this school and enlist support of Youth Mental Health to make presentation to staff regarding signs and symptoms of anxiety, etc.

Salmo Elementary is getting their breakfast program started and now getting lots of parent volunteers to help. Parents concerned about offering to all students when only some require it but they will start with a whole school breakfast to launch the program and then see how the demand is. Usually kids will not participate once they've tried it out.

Action – Kitchen inspection required and Louise will help Holly with coordinating that and getting kitchen clean up finished.

Christine Schmidt from Nelson and District Youth Centre mentioned how much they support youth after school or those who have left school, especially 14-16 year olds. They have a great girls group happening.

Action – Louise to connect with Christine re how we can work together more to support the youth.

Principal expressed an increase in sadness and worry within the students and they have had MCFD come in and meet staff and they are running lots of the Friends programs at different age levels. They would like to offer a breakfast program to everyone and would like to start a community garden at the school.

Action – Louise to provide Kim with some info on gardens and funding opportunities.

Bob Adams from City of Nelson said that schools should inquire about getting soil, logs and compost from the city for the school gardens.

Jenni Henri talked about the Parents' Night Out series.

Next Meeting – Thursday January 31st from 4-6pm – Please note change of location

Trafalgar Middle School, 1201 Josephine St. Nelson – Library – use the door off Hall St to the office entrance.