

SD8 District Healthy Lifestyles Committee Minutes – Thursday, January 31, 2013

Trafalgar Middle School Library

Present: Kimberley Jones – South Nelson Elementary
Catherine Williams – Ministry of Children and Families
Kori Doty -- Ankors
Jenny Henri – DPAC
Andy Leathwood – SD 8
Louise Poole – SD 8
Early Evans – PHN
Sheri Huser, Trustee

Agenda:

1. Introductions
2. Additions to Agenda
3. Review Minutes from December 6, 2012 meeting Louise Poole
4. Healthy Schools Coordinator Update Louise Poole
5. Sexual health education - Finance Committee presentation Louise Poole
6. Updates re healthy school activities you are involved in Committee members
7. School Meal Program – Community LINK funding Louise Poole
8. Update on parent education opportunities Jenny Henri
9. Healthy School Communities Awards Louise Poole
10. Next meeting date in the spring

Minutes:

2. No additions to agenda
3. Minutes from December 6th, 2012 approved. Motioned by Kimberley Jones, seconded by Kori Doty. All in favour. Passed
4. Health Promoting Schools Coordinator Update – see attached.

Discussion around the possibility of the committee recommending that each school have a health goal when doing their School Growth planning and goals. Not every school has a health committee but Public Health Nurses can help with this process. Kori suggested that there be a student Health Rep on student council to promote health in the schools. Jenny said that parents can promote this as well.

5. Louise and Kathryn Koep from OPTS presented to the Finance Committee on Jan 29th to ask for funding for sexual health education for teachers and to ensure that teachers assigned to teach HCE are trained for these positions to provide consistency and promote connectedness within the schools – students know who they can turn to if they have questions about the topic.

6. Committee Member Updates

Jenny Henri, DPAC updated us on the Parents' Night Out Education Series:

Feb 6th at Redfish School: Helping Kids Use Social Media Wisely

Feb 18th at Trafalgar Middle School: Parenting Resilient Children

April 25th: Positive Body Image: Healthy Attitudes, Healthy Weights, Healthy Schools – location TBA

We will also try to get someone to come in and talk about sleep and Andy Leathwood to talk about graduation requirements in May.

Todd Kettner is speaking at the next DPAC meeting to try to draw in some parents to the meetings - they may change the date as there is a conflict. Louise suggested that they have their meetings at the same time as guest speakers to encourage participation on DPAC.

Early Evans, PHN has a 4th year nursing student working with her. They will be doing immunizations at LVR over Valentine's day and that week is Sexual Health and Reproduction Week so they will try to have

information available to students. “ Your Parts”. They will promote this on LVTV.

The nursing student is also promoting Ready, Set Learn at the Christian School, doing hand washing and sugary drink demos in schools.

Apparently Crystal, the PHN for Mount Sentinel is meeting with any students that would like to consult with a nurse.

Catherine Williams, MCFD hosted a Youth Friends training at Trafalgar School with about 10 people attending. She will be presenting to Trafalgar staff in March for one hour with her coworkers about anxiety and depression. Kim Jones mentioned that we need to teach teachers how to model resiliency when issues arise.

Andy Leathwood:

Andy did a book study with 15 LVR teachers on How Kids Succeed by Paul Tuff, very interesting book.

Andy has met with the Families of Schools and community service providers in Slocan Valley, Salmo, Creston and Nelson. Andy will be supporting youth by funding street workers or family support workers in different communities to help kids after school and into the evening. These positions will go from February to June. Andy found that the service providers are not communicating with each other and sometimes referrals don't fall into the criteria for different providers. He also met with the Lower Kootenay Band about support.

The Education committee discussed poverty and how it is impacting students. There seems to be increasing poverty issues in our school communities. Kori suggested contacting the Homelessness Committee as they deal with this and have supports in place. It is very degrading for parents to have to say they don't have money for a program fee or to feed their children.

Andy has been reviewing research on sleep. He is looking for a high school that would be interested in starting later in the day to coincide with the sleep patterns of youth. The bus schedule would loop and pick up elementary first and then the secondary students later. Sleep deprivation has been shown to increase car accidents in youth in the morning time as they are not “awake” yet.

Kimberley Jones, Principal at South Nelson said the principals had done a book review on Paul Tuff’s book as well. South Nelson is using Friends for Life, MindUp and is putting in an application for a grant from Evergreen for their garden area.

Kori Doty, ANKORS,

He has applied for support to go to a conference in Toronto on Gay Straight Alliance – hasn’t heard yet.

Kori has done 3 sessions with youth 14 to 34 at the Youth Centre to develop peer educators and talking about a variety of topics. He has some high school students in the group who want to volunteer and help him out.

He has a facebook page “facebook.com/ankorseducationwest” where he is posting information on different topics. February is teen dating violence awareness.

Kori will be presenting for the MEND clinic at LVR in May. He is doing lots of workshops around the Kootenays but hasn’t had many requests from SD8 schools.

Action: Louise will send out a reminder to schools that Kori is available to come to schools.

Jenny Henri mentioned that there are long wait lists for those seeking support for Mental Health issues within the community. Is there anything we can do about this? Can the School Board write a letter to increase awareness about lack of services? Not sure who the letter should go to. We have organized some workshops and training for teachers around the topic. Teachers are not the experts in the field but should know some simple steps on how to identify students with anxiety and depression and be able to refer for assistance. Kim Jones mentioned that some schools have counselors that help in these situations and organize a team meeting of teachers to create support.

Jenny asked about a list of community services that support families. Louise produced one last year and it is an attachment with the email sending these minutes out. It needs updating to include the Castlegar area.

Early Evans suggested that we encourage schools to put information on their websites about anxiety and how to help with it. Kori said he will put it on the ANKORS site as well.

Action: Jenny will send Todd Kettner’s email with links for support around anxiety and depression.

Action: There are Friends for Life videos online that talk about how parents can help students with anxiety and depression. There should be a link to these on the SD8 website and Louise will put a link on the Healthy Schools site as well. There are quite a few links to websites around anxiety and Louise will make sure they are advertized to parents and staff.

Andy mentioned that Javier did a presentation with the principals.

Roots of Empathy is still done in some schools. Kaslo uses a puppy instead of a baby.

Louise talked about having Healthy School Community Awards to increase the profile of the great things that are already being done in the schools.

Action: Louise will work on this in the next couple of months to promote it.

Next meeting: 23rd April 2013, 4-6pm at Trafalgar Middle School