

Minutes of School District 8 Healthy Lifestyles Committee Meeting

Monday January 9th, 4-6pm, Board Office

Present:

Early Evans, Public Health Nurse, Interior Health
Robyn Simard, Rosemont Elementary
Kari Kroker, Healthy Schools Network, LVR Healthy Schools Committee
Louise Poole, Health Promoting Schools Coordinator
Sheri Walsh, DPAC Secretary
Kathy Speirs, Counselor Trafalgar Middle School
Regrets: Andy Leathwood, Bob Adams, Dawn Lang, Nancy Devuono

Agenda:

1. Introductions
2. Additions to Agenda
3. Approval of Minutes from October 24th 2011 meeting Louise
4. Healthy Schools Coordinator Update Louise Poole
5. Review of sexual health survey by teachers/workshop plans Louise Poole
6. Health related workshop coming up for Pro D days Louise Poole
7. Healthy Schools Network Inquiry for SD8 Kari Kroker
8. Updates re healthy school activities you are involved in Committee members
9. Focus for this year for District Healthy Lifestyles Committee Louise Poole/Members
10. Next meeting date

Minutes:

1. During introductions we discussed the present membership of the Committee and the following points were made:
 - a) We should try to have someone from Nelson City Council on the Board who is able to attend these meetings as some of the issues relate to sidewalks for walking to school and lack of or closure of activities for youth in the City (movie theatre, climbing wall, skate park).
 - b) We'd like to have a representative from Nelson and District Community Complex who comes to the meetings – Louise will ask NDCC about someone who will actually attend the meetings.
 - c) Chloe Sage from Ankors is on maternity leave and Jamie MacBeth will be replacing her and Louise Poole will get in touch with Jamie to see if she'll be on the committee.
 - d) Sheri Walsh will be the rep from DPAC this year
 - e) Danica Lee is not working for the School District this year but it would be nice to have an Aboriginal representative on the committee. Louise will ask Andy if he has suggestions.
 - f) Tara Stark, IH nutritionist is on maternity leave and there is no one to fill her vacancy.

2. No additions to agenda

3. Review and Approval of October 24th 2011 Minutes

Motioned by Robyn Simard, Seconded by Kari Kroker, and Approved By all.

4. Health Promoting Schools (HPS) Coordinator's Update

- a) **Screen Smart** is a program sponsored by the Childhood Obesity Foundation. Louise arranged a conference call with the UBCO program coordinator to inform us of the program and resources. Some principals were able to attend. The program encourages monitoring of screen time and increasing physical activity time.
- b) **School Visits** – Louise has been to South Nelson, Salmo Elementary and Secondary schools, Redfish, Rosemont, JV Humphries and Kaslo Alternate school since the last meeting.
- c) **PAC Visits** – Louise has been to two PAC meetings, at Rosemont and Salmo Secondary. Sometimes it's hard to find the info on the dates, times and contacts for PAC meetings. Sheri Walsh said it would be a good idea for DPAC to have a list of contacts and dates of meetings and she will look into this.
- d) **Fun Friends Workshop** – Rosemont hosted this event with 13 participants. It is aimed at the K to grade 1 level. Some schools are now using the program to help decrease anxiety levels.
- e) **McCreary Society** – hosted a call to review the questions of their surveys and Louise participated on this call.
- f) **Radon Poster Contest** – BC Lung and Interior Health Air Quality sponsored a poster contest (\$1000 in prizes) and visited LVR and Mount Sentinel to do presentations about radon to the grade 9 science students.
- g) **Selkirk College Nursing Students** – two students will be working with Salmo Secondary to bring health related programs to their Friday afternoon block during January and February. The intent is to engage the students in healthy activities and include community partners.
- h) **Problem Gambling Program** – Celeste Le Duigou is a Problem Gambling Counselor and Prevention Specialist working in the area. She has great interactive and engaging programs for Grades 6-12 to increase awareness about the harms of gambling. She will come to schools for free. Her contact is 250-608-2254 or celeste.leduigou@cdcsc.ca.
- i) **Directory of Community Services** – Louise has developed a brochure for schools that includes community and Ministry Services for schools. Members reviewed the Directory and provided suggestions. The Directory will be provided to schools in mid January.

5. Sexual Health Survey by Teachers and Workshop plans

It has been 4 years since there has been a sexual health workshop for teachers. At that time Andy Leathwood created sexual health binders for grades 7-10 and did a workshop for teachers. This topic needs to be addressed again. Louise sent a survey out to HCE teachers in grades 7 to 10 and 17 of the 30 teachers responded. The results were discussed at the meeting and will be available soon. Louise has spoken to the Options for Sexual Health Clinic nurses and they are keen to participate in a workshop and make their clinic available for class tours so that students know where the facility is and what is offered. This could be part of the school program. Public Health Nurses and the Ankors Education and

Prevention worker would also like to be involved in the workshop. It is scheduled for February 17th at the Public Health Unit (same place as the OPTS clinic). Early Evans, PHN noted that testicular self exams should be part of the health curriculum as 15 to 35 year old males are at high risk for this. She was not sure of the rates but it is important to include this topic.

Early brought some of the resources she has on sexual health.

Louise will call a meeting of the different groups to discuss the plan for the day.

6. Upcoming Workshops on Health for SD8 Staff

Louise circulated the January Health Promoting Schools Newsletter with the list of workshops and deadlines for applications for funding. See attachment.

7. Report on Healthy Schools Network

Kari Kroker noted that a list of the schools doing Inquiry questions from our School District will be out on January 15th. There is more funding this year so hopefully more schools will participate. It would be interesting to know how schools spend the funding that they receive. This is not monitored at present. The next Network meeting is February 23rd, likely in Nelson.

Kari asked how many schools had Healthy School Committees and it was agreed around the table that a “Healthy School Committee” may not be happening in the formal sense but many schools are involved in healthy activities and staff meet to discuss things but don’t necessarily have a committee – there just isn’t time to formalize it. It has to fit and work for each school.

LVR has a very active healthy schools committee this year that is student led. They are focusing on bullying and doing 3-4 different activities. It is working out very well and the students were impressed when they found out that teachers actually discuss health topics that relate to the students.

It was mentioned that the Recreation Leadership groups in schools might be a good umbrella “target audience” to take on this role in the schools. It is important for students to have input regarding their health and this way they could include some health related topics in their leadership program.

Louise mentioned that this student health committee was a great example and should be shared among the schools. Kari Kroker said that we need a better SD8 website where these things can be posted for all to read.

8. Committee Member Reports

- a) Robyn Simard mentioned that Rosemont is just starting the MindUp program. She recommended reading the book “Mind Sight” by Dan Siegal. She just started her Yoga class with the kindergarten students.
- b) Kathy Speirs stated that the indicator for success for students in grade 3 is their social and emotional well being, not their academic abilities. She also said that students love any information about the brain. Kathy brought a flyer about the following workshop in Nelson on May 10th from 8am to 4pm. “A Day with Jackson Katz” – a Service Provider Workshop and Training for victim services personnel, counselors, teachers, police officers, medical professionals, law enforcement officers. Katz shares a series of strategies for inspiring men, young men and boys to work in collaboration with women to change the social norms that tolerate or condone some men’s sexist or abusive behaviours. Info at: bill@billreidconsulting.ca

9. **Focus for the Healthy Lifestyles Committee**

- a) Louise Poole would like to encourage more students walking to school. Robyn mentioned that some parts of town like near Perrier Rd (up Hwy6) has no sidewalks and is not a safe place to walk. Some new developments don't have sidewalks on both sides of the street either. It would have been nice to have a City Councilor there to address these questions. South Nelson has a great walking program but they need more parents to help out to keep it going.
- b) Robyn Simard mentioned that with the closing of the Climbing Wall it is one less place where students have a place to go and be active and involved in the community. The City should be encouraged to find a place for the Climbing wall as youth that may not participate on teams find it a good physical activity to do on their own or with friends. Thoughts were to move it to the Youth Centre.
- c) The movie theatre is another place that is closed not providing an activity for students to do without driving to Castlegar. The City should realize that these facilities and businesses provide our youth with something to do in town.
- d) Kari Kroker is concerned about the foods that are being sold to students in the high schools and this was seconded by Chris Walsh with a child at Mount Sentinel. Foods are not meeting the BC Nutrition Guidelines. Louise Poole will visit the schools and review what is provided for students. Principals should also be making sure that the cafeterias are following the Guidelines. Louise Poole has arranged for Alison Bell from David Thompson High School in Invermere to present a workshop on healthy eating and cooking in schools on April 20th. Hopefully some of these issues will be resolved at that time and new fresh and healthy food choices will be available for our students.

10. **Next Meetings**

Wednesday April 18th from 4-6pm in the Boardroom at the District office

Meeting adjourned at 5:30pm.