

Provincial Regional School Health Team
Minutes of the December 21, 2011 Videoconference Meeting
December 21, 2011 – 1:00 to 4:00 pm

Participants:

- **Zone 1** - Janet Mayer, Supervisor of Student Services, CASS Rep
- **Zone 2 & Zone 3** - Dave Colburn, ASBA
- **Zone 4** – Lorna Muise, School Health Coordinator, Alberta Health Services – Central Zone
- **Zone 5** – Mary Martin, Trustee CSSD and ASBA, Cheryl MacLeod, Lead, School and Well Child Services, Public Health, Alberta Health Services Services, Lorraine Robinson, CASS Zone 5 Rep & Francophone Rep and Lauren Lailey, Specialist CSH, CBE & Cochair ACHSC & CORE
- **Zone 6** - Lyndsey Robinson, Healthy Weights, Deb Stephen, Public Health Nurse

1. Welcome and introductions – Mary Martin, CSSD	Delayed start – meeting began at 1:15 pm
2. Approval of Agenda	Motion to approve the agenda: Lorraine Robinson Seconded by: Cheryl MacLeod Motion passed
3. Approval of Minutes	Motion to approve the minutes: Mary Martin Seconded by: Lyndsey Robinson Motion passed

4. Zone initiatives, challenges and successes

Zone 1 – Janet Mayer

- Discussions being held with the Alberta Health School Community.
- Encouraging participation at the January 2012 Ever Active “Shaping the Future” conference.
- Some schools in Zone 1 have participated in a Healthy Schools symposium; others in the program “Promoting Walking to Schools.”

Zone 2 & Zone 3 – Dave Colburn, ASBA

- Regional grouping – 28 school boards in Zone 2/3.
- Regional meeting held on November 24th – meet three times a year.
 - Reps from Edson, Fort McMurray and Cold Lake participated by video-conference.
 - Challenge - no CASS rep at this time.
 - Interesting meeting – time spent in delivery of info.
 - Lauren Lailey, ACHSC, did a presentation on the ACHSC portal.
 - Overview for new HPCs by Bryan Torence, Ever Active Schools. Shared information on the “Ever Active Conference – Shaping the Future” – January 2012.
 - Presentation from lead people in area of Mental Health Capacity projects. Looking to have a Mental Health Capacity Building presentation at the ASBA board of directors in Feb/March 2012.
 - Gail Thoun, AHS reaffirmed that work being done at provincial level supports regional team models.
- To do: need to clarify purpose of conversations in zone 2/3 regional team level meetings.

- Breakfast for Learning funding 11 schools (this is supplementary funding for the 5 BCC schools plus an additional 6 schools).
- Breakfast Clubs of Canada and Breakfast for Learning are 2 separate organizations.
- Have established the Food For Thought Breakfast Program steering committee.

Calgary Catholic School District – Healthy Choices for Healthy Learners

HPC Contact – Theresa McIssac, Theresa.mcisaac@albertahealthservices

- Bulk food Purchasing Project
- Canteen Consultations
- In process of changing their nutrition regulation to allow only 100% CMO and CS food and beverage items in high schools. Previously up to 20% of items could be CLO.
- Applied for small wellness fund grant for Noon Hour Assistant PD Sessions around nutrition, food safety, and the Positive Playground program

Calgary Board of Education – Teaming Up 4 Healthy Learners

HPC Contact – Nannette Gropp, Nannette.gropp@albertahealthservices.ca

- Wellness Fund Grant – CBE applied for a large grant for noon hour supervision education. The PD will focus on Positive Playgrounds, resiliency based on the Bounce Back Books, and Healthy Eating Environments in Schools. The training will be provided through Chinook Learning Service. An online option will be developed as well. The course will be opened to 60 CBE staff and 60 staff from other districts.
- A revised Nutrition Administrative Regulation comes into effect January 1, 2012. This is an important update about foods and beverages sold or served by the CBE staff and contracted service providers to CBE students. It includes changes to vending/canteens and cafeterias. The Nutrition AR and Vending AR will be renamed Chief Superintendent Directive (CSD) on Nutrition which is currently in the approval process and will likely be released in Sept. 2012. These documents support the Alberta Nutrition Guidelines for children and Youth.

Canadian Rockies Public School, Healthy Eating Environments in Schools Initiative

HPC Contact- Candice Chow, Candice.chow@albertahealthservices.ca

- CRPS is in the implementation phase of the Nutrition Guidelines Administrative Procedure.
- Each of the 6 schools to receive their school evaluation report on how the initiative has affected their eating environment since 2009.
- CRPS will be connecting with parent council chairs in the new year offering a lunch meeting to inform them of the HEES initiative and to encourage parent/community input. School health champions and administrators will also be attending. The first lunch meeting will be held on January 11th for the elementary school council chairs.

Okotoks Town Councillor:

- Grant funding to create a documentary on CSH to showcase schools in her area as they work through the CSH process. Thinking of showcasing success stories across the province and interviewing 'experts' in the areas of childhood obesity, school health and nutrition. She has begun making provincial connections.

Summary of HPSC work:

The HPSC has begun to explore: What are the current challenges schools are having with respect to

healthy eating environments?

Action Areas Identified:

Food On Site:

1. Understanding the different scenarios of what is necessary at the school site (equipment/certification/ site preparation requirements) for the different ways that food presents on site.
2. Understanding certification levels and what requirements are needed for what circumstances.
3. How do the AHS inspection criteria align with other food assistance programs e.g. Breakfast Clubs of Canada etc? Consistency in the inspections.

Develop Inventory that provides understanding of what is available for:

1. Grants
2. Core Food Assistance Programs: explanation of program and identification of which schools the program is in. This could assist schools in connecting with another that already has the program.

Parent Involvement

- Increasing parent awareness of school activity so their actions complement the nutrition recommendations.
- Increasing parent participation in school activities.

Corporate Sponsorships for Volunteers

- Best Buy, Suncor and other corporations offer this, either face to face or on line.
- To explore what is available and how to bring this into our partnership.

Upcoming AISI Grants

- Will be looking at inter-jurisdictional collaboration. This is an area the HPSC may have involvement?

Comments from Zone participants:

Zone 6 – Lyndsey request information for vendors – Lailey to follow-up.

Zone 2/3 – Dave

- elimination of junk food with CBE. Targeting January 1, 2012 generated media attention for all four large metro boards. All four metro boards have embraced a non junk food practice – important to make this information widely known.
- Reference to Food Vendors – best way to reform is to allow food vendors to work with school rather than acknowledge the Alberta Food & Nutrition Guidelines. Important to make reference and use the Alberta Food & Nutrition Guidelines.

Question from Mary, Zone 5 – how to meet challenge in other school jurisdictions in regards to eliminating junk food?

Zone 6 – Lyndsey – need to thread carefully with food providers due to limited supplier of food to schools. Working with food vendors; reluctant due to a drop in revenue. How to deal at rural level would be appreciated.

Zone 4 – Lorna – How to inform public/stakeholders that a policy is being implemented and the accountability.

Zone 2/3 – Dave - Edmonton Public - put question in front of Edmonton Public Superintendent – has charged all assistant superintendents with task of ensuring schools are implementing the zero junk food policy. Apparently still some schools (Junior Highs) still selling pop/chips. Superintendent following up to ensure all 187 schools are in compliance.

Zone 5 - Lauren, CBE – foods served and sold all need to be zero junk food – eliminates “Texas doughnut days, cupcake days....). Also have a nutritional website with approved restaurants and other food resources.

Zone 4 - Lorna - Westaskiwin has tackled the food award piece (social and activity rewards with use of food). Special events 75% - category of food items “choose more often.” **Westaskiwin has also created a rubric to support the implementation of their nutrition policy.**

Francophone School Boards – Healthy School Initiatives (Lorraine Robinson)

- Continued partnership with the FSFA (Federation of francophone sports of Alberta); Réseau santé albertain, the FPFA (Federation of Francophone Parents of Alberta), Réseau d’adaptation scolaire provincial (Alberta Francophone Student Services Support) and the Alberta Francophone Consortium for Professional development.
- FSFA has taken the lead on the provincial initiative to promote healthy school initiatives throughout the province for the Francophone population.
 - 4 schools involved with OASIS – Ever Active School Assessment Tool (3 in Calgary; 1 in Edmonton);
 - Workshop for francophone preschools/daycares “Grandir” in collaboration with FPFA and the Francophone Consortium for PD – a team of teachers are now identifying the kindergarten outcomes which correlate with “Projet Grandir – physical and nutrition activities which are incorporated in literacy based activities.
 - Continued inservicing and distribution of materials to add to the “Moi je bouge à l’école” kits.
 - Encouraged junior high participation in the Gobes-tu ça – water logo contest.
www.monh2o.ca
 - Changed from the Défi 5/30 program (Acti-Menu, Québec) due to limited control and inability to personalize for the Alberta Francophone reality to the Santé Saskatchewan model “En mouvement.” The Saskatchewan model allows for flexibility and making all material available in both official languages in addition to being a community based program. It has also been adopted by New Brunswick. With three provinces providing this service to their Francophone population, this will allow for the sharing of resources and expertise. The Alberta version “En action” will be officially launched in February 2012 with each community group indicating an action that they will put into place.
 - Mental Health Capacity Building project – “Projet Appartenance” – joint project for the two Southern Alberta Francophone Boards.

Zone 6 - CSH Committee Report Dec 21. 2011 - Lyndsey Robinson, Healthy Weights, Deb Stephen, Public Health Nurse

Meetings

- Meetings are held twice a year
 - Members: 1 ASBA Rep, 1 CASS Rep, 1 ATA-HPEC Rep (position vacant at this time) 4 Public Health Nurses, 2 Healthy Weights reps, 1 Sexual and Reproductive Health Nurse, 1 Oral Health Rep, 3 Addictions and Mental Health Reps, 1 Public Health Manager and 1 Health Promotion Facilitator

AHS South Zone has CSH Program Leads on both east and west side of Zone

- Deb Stephen in Lethbridge

- Darla Fauth in Medicine Hat
- Working together to standardize processes and to work with Healthy Weights/Moving and Choosing.

Teacher Newsletter (to send with minutes)

- Developed a teacher newsletter for South Zone
- Two issues per year
- First Issue Topics - What is CSH?/ School Success/ Enhance Your Curriculum/ Back to School Safety / Bounce the Ball/ Let your Smile Spread/ Needle Day/ Sexual Health/ Calendar of Events.
- Second Issue - Will go out in Jan – Topics School Success/ Evolution of CSH in Southern Alberta/ Oral Health/ Winter Safety/ Lesson Plans for Well Being/ Calendar of events, Evaluation.
- Copy of Fall issue attached

Monthly newsletters

- Continue to send monthly newsletters to the school with health info from the committee
- Dec and Jan attached.

Health information website

- Listing of reliable health information websites
- Given to all teachers and schools
- School districts have posted on their websites for parents to access

Working on Lice Guideline

- CSH Program Leads and CASS rep are working on documents to assist schools in the ongoing issues of students with Lice
- Planning a parent and a teacher handout – target date of Sept 2012

Healthy Weights

- Session to update school districts
- Operational funding in AHS – can do more long term planning in CSH

CSH Education Resources Working Group

- Deb Stephen part of a provincial review of CSH resource material for schools
- Plan is to have a repository for schools to access CSH and health information
- May take a year or longer

Lethbridge School District #51 - Alberta Health School Community Wellness Fund Grant

- A healthy lifestyle coach has been hired until June 2012 and will continue to work on implementing the Healthy Nutritional Choices Policy.
- We are working on getting parent buy-in from District parents this year. Healthy Weights collaborated with the school health nurses, community nutrition and oral health to set up health displays at all the SD51 elementary and middle school "Meet the Teacher" nights in September.
- We're working on offering healthy food choices to one of the large high school basketball tournaments.

- The AHS CSH committee will support the schools involved in the District's Poverty Intervention Committee in writing a group proposal to Breakfast Clubs of Canada.

Palliser Regional Schools Division - Alberta Health School Community Wellness Fund Grant

- Have received \$40,000 to work with 8 schools in assessing their healthy school environments, choosing a priority area for action and implementing an action plan from Jan-June 2012. These action plans may include healthy eating, active living, positive mental health, and student leadership components. AHS CSH staff and community partners will support these action plans.

Mental Health Capacity Projects – one in Taber and one in Lethbridge

- Making Connections – promote health/building resiliency

<p>5. Update: Comprehensive School Health – Cheryl Macleod</p>	<ul style="list-style-type: none"> • AHS began a year ago to engage in discussions with key stakeholders across the province on the topic of Comprehensive School Health. • Steering committee set-up with rep from across the province. • Work to develop a guiding document. Spearheaded by the Health Promotion and Injury Prevention Team. • Internal document at this time; provide AHS a document that is consistent on to define the CSH approach and common language to describe the approach. • Will become an external document once final review. Goal to complete by March 2012. • Resource working group – an adhoc committee is looking at resources which support CSH (process of mobilizing communities....) • ASH website – Handbook to Creating Healthy School Communities. • Concern shared by Zone 2/3 – Dave - ASH grants have very short timelines and are not received all over the province. Asked Cheryl to look into this.
<p>6. Update: 'From Whence We Came' – Dave Colburn</p>	<ul style="list-style-type: none"> • WHO School Policy Handbook Framework (<i>sent out with minutes</i>). • Useful document for providing the rationale for purpose of regional teams (composition of the teams; value of the teams).
<p>7. Update: provincial activity - Dave Colburn, ASBA</p>	<ul style="list-style-type: none"> • ASBA added student wellness at its strategic plan • Student wellness task force created – Dave & Mary are members. • Action items update status: <ul style="list-style-type: none"> - Dave made commitment to oversee the provincial connections at the initial stage.

	<ul style="list-style-type: none"> - ASBA level, Mary will take on formal responsibility of managing provincial conversations/meetings. Twice a year. - Student Wellness Conference - September 30th to October 2nd, 2012 – Banff – targeting decision makers: <ul style="list-style-type: none"> • Primary target – people in role to make changes. • Looking for francophone presence – committed to one workshop in French. Looking at possible funding from the Francophone Boards or Réseau santé albertain. Funding request sent to Luc Therrien, Réseau santé. Lorraine to follow-up. • Interest from other provinces to present sessions. Call out for presentors to be done winter 2012. • Conference focusing on school health (nutritional, mental and physical well being). • Speakers confirmed to date: Marc Tremblay, physical activity keynote speaker; Kim Moraine, nutrition keynote speaker and Bruce Perry, US, keynote speaker on mental health. • Question – will this conference create competition to the Shaping The Future Conference, January 2012. Response: The conferences are focusing on different stakeholders. • Cheryl to forward information to high-level individuals from health – provincial and national level to encourage their participation at the conference. • U of A research group and ASCHS board members: <ul style="list-style-type: none"> - First step was the creation of regional health teams. - Second step will be on research related to the regional teams to examine what their work looks like; challenges; successes - are they having an impact at the school board/school level. • National initiative – have trustees participate in two to three meetings a year to dialogue on what school health should look like. Buy in from four provinces to date. • Student wellness being embraced by ASBA: Stephen Goule has recently been appointed as VP for AHS on school
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	<p>health. At VP level, he reports on weekly basis to Dr Eagle. Goal: to establish a dialogue on school health between ASBA and AHS.</p>
<p>8. Update: ACHSC Portal – <i>Laureen Lailey</i></p>	<ul style="list-style-type: none"> • ACHSC Portal <ul style="list-style-type: none"> - Purpose: to support regional teams – ASHSC website (http://www.achsc.org/). - virtual collaboration – each regional team has a space to post their documents; dialogue with other regional teams. Can be a closed environment with user name and password to participate. As open site at this time, all documents are open to the public so only public documents can be added to the site. - To date 80 members though most are dormant members at this time. - At Zone 5, conversations to post regional minutes, updates from school districts, documents, Terms of Reference. Goal is to start showcasing what can be done so as to drive other regional teams to use the space. - Allows for transparency of work being done throughout the province.
<p>9. Presentation: C.O.R.E. – <i>Laureen Lailey</i></p>	<ul style="list-style-type: none"> • CORE Connections is preventive whole school intervention which Creates Opportunities for Resilience and Engagement for children, youth and adults in the school community (see handout “Gatehouse Project”). • It increases children’s and youth’s skills in emotional literacy (i.e., how they deal with everyday life frustrations, emotions and challenges) and creates a socially inclusive, welcoming environment at school for students and for the parents, staff and teachers. • CORE Connections (“CORE” for short) is a process that sensitizes schools to the way students and staff feel about the school. CORE then helps to make the school (1) a more socially inclusive and welcoming environment for students and their families, and (2) a more satisfying and welcoming workplace for teachers and staff. • We are going to look at the inception, process and promising results of this intervention. • Philosophical shift: how to we make parents/students feel more connected/more welcomed. • Mental health Symposium – Deans of U of C talked about what they are doing in the area of changing the perception of mental health. • Funding for best practice – CORE project (funds assigned at Building Mental Health Capacity projects). • Interventions are elegant in their simplicity – designed to develop capacity in schools. Includes the whole school

	community. <ul style="list-style-type: none">• Visit website for additional information.
10. Next meeting Regional Health VC meeting	May 2012 – date to be decided via doodle program in February 2012.
11. Adjournment	Meeting adjourned at 3:55 pm