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SD 8 2017/2018 Annual Report

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Healthy School Coordinator Annual Report

Environmental Scan of SD8 Schools

At the beginning of the school year the HSCs connected with PVPs to discuss healthy school highlights and priorities at their schools to inform the yearly workplan.

These conversations also triggered the following actions:

- Supported LVR & Mt Sentinel with resources regarding Drug Literacy
- Supported ARES, South Nelson, JVH and Salmo Elementary with resources regarding Trauma Informed Schools
- Supported Canyon Lister, Erickson, Salmo Secondary with nutrition/garden grant information
- Supported Blewett Elementary with social inclusion resource
- Supported LVR with trauma informed school resources and grant information
- Supported ARES, South Nelson, JVH and Salmo Elementary with resources regarding Trauma Informed Schools
- Supported WE Graham Elementary with grant information
- Supported Hume Elementary with Cook it, Try it, Like it! program information, trauma informed schools resources, and grant information.
- Supported Winlaw Elementary with trauma informed school resources
- Supported Trafalgar with trauma informed school resources
- Follow up with Erickson regarding grant opportunity

Health Action Teams

The idea of Health Action Teams - youth led - adult mentored that provide youth leadership, learning and volunteer opportunities and build partnerships, connectedness, ownership and school capacity to enhance healthy school environments - was introduced to six SD8 schools. Three schools have maintained active HATs.

HAT projects overview:

JVH - HAT goal: to develop a room that can be accessed by youth that will provide resources and a safe space when anxious, stressed etc. to relax, regroup and develop coping skills. They have completed room and also worked with local counselor Danielle Byers on an anxiety awareness project. A community showing of the documentary Angst happened April 26th at the Langham Theatre. Two HAT members engaged with the audience after the showing answering questions about their personal experience with anxiety, and the work they have been doing at JVH to support their fellow students and raise awareness.

LVR - HAT goal: Increase mental health awareness and peer engagement through projects that support all groups and get people involved. Projects included: Faceless Fridays, Be Kind to Your Mind, and Student Lunch & Learns - an opportunity for youth to connect with mental health professionals and learn more about specific mental health topics. The HAT did a "Faceless Friday" event in April where they covered the mirrors in the school washrooms with paper. They wrote positive messages on the paper to promote positive self talk and raise awareness of negative self image.

MSSS - HAT goal: increase mental health awareness and social connectedness at the school. They have been working on creating an outdoor space at MSSS. They are in the process of creating a welcoming gathering space with picnic tables in front of the school. It will be used for positive youth engagement and as a space for outdoor learning. The HAT was also involved in planning the mental health awareness week, and provided a workshop about the importance of sleep for the Grade 8 retreat day at Vallican Whole.

HAT Gathering -A HAT Gathering was held for the 3 active HATs (JVH,MSSS,LVR) on Monday, June 4 to share their successes, and to connect, celebrate and collaborate on plans for next year. 20 youth and 3 adult mentors from JVH, LVR and MSSS attended. They participated in Introductions & Icebreakers, shared the details of the HAT projects they

initiated at their schools, a discussion of what they would like their HATs to do moving forward. They then were randomly divided into teams to participate in fun team challenge activities. The group had lunch together, participated in a debrief session and then departed. Feedback from the schools is that this opportunity to bring these dedicated youth together was well received.

Cook it, Try it, Like it! Program

All elementary schools in the district were invited to schedule a Cook it program with logistical support of the HSC and the use of one of the five available Cook it kits. Nine schools that have not run the program were offered financial support for food costs of \$250. 7 schools offered the program this year.

Programs ran at Rosemont, Hume, Redfish, JVH, Wildflower, Salmo Elementary and South Nelson programs.

Salmo Elementary piloted an in class program with Selkirk Social Work program practicum student (and trained chef) Aryelle Attridge-Weeks. Teacher Lynette Harper supported Aryelle to run the program in five 1.5 hour between May 8 and June 5 April 25th. The program went very well with a somewhat challenging group of students.

Cook it. Try it. Like it! is a five week after school program designed to promote healthy eating habits by providing students with hands-on experience cooking and tasting nutritious foods. During each lesson students will be creating simple, healthy recipes that they can take home to share with their families. Students will have the opportunity to learn important concepts such as:

- Food handling and preparation skills
- Grocery shopping
- Basic food safety
- Nutrition
- How food is grown
- Where food comes from

Learning Opportunities for School Staff & Parents

School consults:

Anxiety - School Consults by members of the Child & Youth Mental Health & Substance Use Local Action Team were planned and facilitated at LVR, MSS, SSS and Rosemont. The guest speaker was Liz Kunkle from Freedom Quest Regional Youth Services. Topic: Practical ways to work with kids and their anxiety including teacher expectations / supports / strategies for teachers and students / family.

Liz will be attending the Healthy Lifestyles Committee meeting June 21 to present on anxiety to that committee.

Trauma Informed Schools - In discussion with Javier Gonzales, MCFD Child & Youth Mental Health Team Lead, he has committed staff to do school consults regarding Trauma Informed Schools. An email invitation to participate was sent to schools to gauge interest from select schools (schools that expressed interest in this topic when we connected with them in the fall). JVH and Rosemont responded and have been connected to Stacie-Rae Brown from MCFD to set consult times.

Provided information to schools regarding the Trauma Informed Practice Workshop with Kim Barthel on April 17.



Nutrition - Connected IH Public Health Dietitians in Promotion and Prevention, Tara Stark & Cindy Bossio, to Erickson to support the nutrition.

Outdoor Spaces

Wildflower: Creating a new outdoor space was a priority for Nelson Wildflower identified in the fall environmental scan. Discussions with school admin happened throughout the school year. In May, we worked with Wildflower staff and parents to identify a vision and begin planning to enhance their schoolyard in ways that will encourage more active and creative play, provide opportunities to connect with nature, and improve the available areas for outdoor instruction. The staff and parent committee will take the next school year to fundraise and design their schoolyard enhancement project with plans to develop the schoolyard in the spring of 2019.

ARES: Caley worked with parents from the Adam Robertson Elementary PAC to finish up details on the nature space they built last year. She also worked with the PAC to present ideas to school staff on ways to use this new space and answers to frequently asked questions about the project.

Canyon Lister: Ongoing support has been provided to Canyon Lister. Teacher Brendan Mitchell is leading the charge to develop their school garden and outdoor, experiential learning space. With our planning and grant support, Brendan was able to secure several grants to install a new greenhouse, get irrigation out to the garden area, and purchase a tool shed. This project will continue to evolve over the next few years as time and resources permit.

Erickson: Supported Erickson Elementary in planning and providing grant information.

South Nelson: Supported South Nelson with list of potential grant opportunities for phase 2 of their outdoor space.

Live 5210+

Mentored two third year nursing students to create an engaging, experiential presentation for grade 5 & 6 classes. The objective of this presentation is to introduce students to the Live5210+ message and encourage them to eat a minimum of 5 fruits and vegetables, have less than two hours of recreational screen time, at least one hour of exercise and no sugary drinks, plus 9-11 hours of sleep every day. 5210 resources were provided to students, teachers and parents.

The nursing students presented the workshop at Rosemont & Wildflower and Blewett.

PCSS Youth Engagement

Facilitated a youth engagement day for PCSS at the Creston Community Complex with 24 students and 2 teachers in attendance. Cherie Luke, Creston Valley Youth Network Coordinator participated and facilitated 2 activities with our support. The students gave input on 4 topic areas: Health, Academics, Community and School Environment. We created a report and have sent it to PCSS.

Health First School

Worked with Erickson Principal Rob Simpson regarding making Erickson a "Health First School" In this model the priority would be ensuring that student health needs are met (physical activity, nutrition, sleep, social connectedness, etc) with the theory that education outcomes will take less time to achieve and achievement will at minimum remain the same or improve.

Created a draft document with what a typical day at a health first school would look like regarding physical activity, nutrition, place based ed, getting outside, etc

With Rob Simpson leaving Erickson this project is currently up in the air. Rob has stated that the staff are still keen to move forward with this.

Meetings, Webinars & Conference Calls

September 2017

- Met with SD8 board office staff regarding Healthy Schools planning for 2017/18 school year.
- Participated in the IH Healthy Schools Coordinator monthly conference call.
- Participated in the IH Healthy Schools Coordinator fall in person meeting planning call.
- Participated in the Child and Youth Mental Health Substance Use Local Action Team meeting.
- Attended the Columbia Basin Environmental Education Network's Celebration of Environmental Education.
- Participated in School Nutrition Provincial Group conference call
- Connected with Public Health Nurse
- Teleconference with Interior Health Population Health Team Lead Penny Liao-Lussier, Regional Knowledge Coordinator for Healthy Schools Valerie Pitman and Community Integrated Health Services Knowledge Coordinator Brenda Marsman Re: 5210 (plus!) and ParcipACTION 24 hour movement guidelines.
- Met with Columbia Basin Trust consultant Andrew Jarrett to discuss Health Promoting School initiatives

October

- Participated in the IH Healthy Schools Coordinator Regional meeting in Kelowna.
- Participated in the Child and Youth Mental Health Substance Use Local Action Team meeting.
- Met with ARES Principal and PAC members re: ARES Ecospace project.
- Attended the David Sobel workshop in Creston.
- Attended the Wellahead webinar - competitive mental health grant opportunity.
- Meeting with Trish Hill, Team Leader IH Integrated Tobacco Program
- Call with Valerie Pitman, IH Regional Knowledge Coordinator for Healthy Schools to support coordination of a Parent Engagement Strategy webinar
- CBT Physical Literacy meeting in Kimberly
 - Follow up call with Caitlin Hinton from CBT regarding HSC roles, Physical Literacy & Food Literacy

November

- Attended the IH HSC monthly conference call
- Met with Scott Cobbe at PCSS to discuss youth engagement and PCSS health hub ideas
- Met with Rob Simpson at Erickson re: health first schools approach
- Met with Tamara Maloff & Jordon Konken at LVR re: HAT, drug literacy, mental health
- Board office meeting regarding workplan with Lorri and Vanessa
- PCSS Health Hub meeting (by conference call)
- Attended Where do we go from here? Fentanyl in our communities conference.
- Attended the School Nutrition Provincial Group conference call
- CARBC Opioid Dialogue grant opportunity - connected with Dan Reist at CARBC to discuss, drafted letter of interest.

December

- Attended the SD8 Healthy Schools Committee meeting
- Attended the Child & Youth Mental Health & Substance Use Local Action Team meeting
- Attended Mental Health and Built Environment webinar

January

- Attended the IH Health Promoting Schools Coordinator conference call
- PCSS meeting regarding the opening of the health “hub” at the school

February

- Attended the IH Health Promoting Schools Coordinator conference call
- Met with Scott Cobbe & PCSS students to plan March 7 student engagement
- Met with Rob Simpson to discuss “health first” school model
- Met with Patsy Ann at Canyon Lister about outdoor spaces at that school and Cook It, Try it, Like it program
- Met with Sacha Kalabis at Wildflower Nelson regarding outdoor space, Cook it, Try it, Like it, and Live 5210+
- Met with Joanne Beddoes at Hume. Dropped off Cook it kit and discussed Live 5210+
- Met with South Nelson parents regarding the natural playground and plans for phase 2
- Attended the School Nutrition Practice Network conference call Feb 21

March

- Attended the IH Health Promoting Schools Conference Call March 1
- Attended the Child and Youth Mental Health and Substance Use Local Action Team meeting March 7
- Attended team meeting with Lorri Fehr and Willow Makortoff March 29

April

- Attended the IH Health Promoting Schools Face to Face meeting in Kelowna April 12th & 13th
- Attended Trauma Informed Practice workshop with Kim Barthel April 17th
- School Nutrition Provincial Group conference call April 18th
- Meet with Wildflower re: outdoor space project April 19th

May

- Interior HSC Health conference call May 3
- Meet with Wildflower re: outdoor space project May 2
- Search Institute Stop Recruiting Parents webinar May 1
- Outdoor space meeting with Canyon Lister May 29
- School Nutrition Provincial Group call May 16

June:

SD8 Healthy Lifestyles Committee meeting

Other

Completed and submitted workplan.
 Reviewed the In the Know Program
 Update Community Services pamphlet
 Update grant document
 Reviewed SD8 Learns Healthy Schools website & planned updates
 Connected Redfish to possible workshop facilitator for Winter Get Me Outside week.
 Followed up with Active Schools regarding Don’t Walk in the Halls kits.
 Connected with Trafalgar re: Kids in the Know program.
 Submitted Interior Health semi-annual report
 Updated SD8 Learns Healthy Schools website
 Created and sent out ‘News You Can Use’ newsletters.
 Drafted Interior Health Expression of Interest
 Connected with the Canadian Centre for Child Protection regarding the Kids in the Know program. Ordered 5, K-7 elementary school material sets.