



SCHOOL DISTRICT 46 SUNSHINE COAST

Healthy Schools Committee Meeting

Date: April 1, 2025 | Inclusion Support Services, Kinnikinnick Elementary School

Present: Christa Rive, Sue Bailey, Kate Turner, Meghan Molnar, Stephen Armitage, Carol McGuire, Eva MacKenzie, Jessy Wollen, Andrea Potter

Regrets: Laurie Chiasson

Agenda:

1. Welcome and Introductions
2. Land Acknowledgement
3. Mental Health Week- 2025 Theme: Unmasking Mental Health | May 5-11
 - a. Toolkit will be available on April 3: <https://cmha.ca/mental-health-week/toolkits/>
4. Regulation 3090: Food in Schools: <https://sd46.bc.ca/wp-content/uploads/3090-Food-in-Schools-1.pdf>
5. Roundtable Updates | All

Upcoming Meeting Dates:

- Tuesday, June 3, 2025 | 9:00am-10:30am
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Minutes:

Mental Health Week- 2025 Theme: Unmasking Mental Health | May 5-11

- Toolkit will be available on April 3: <https://cmha.ca/mental-health-week/toolkits/>

Food in Schools Regulation Updates

- Reference to the Powell River Regulation.
- Remove “Guidelines for Food and Beverage Sales in BC Schools.”
- Under item #8, clarify that there is no “choose most” list anymore.
- Update language regarding vending machines to reflect their absence in schools; replace with “in the presence of vending machines...”
- The updated regulation will be circulated in June.

Roundtable Updates

VCH-Meghan Molnar

- Facilitated a professional development session in February alongside Andrea Potter; had seven attendees. The feedback was very positive, and teachers are implementing the recipes in their classrooms.

- The Nutrition and Health Promotion team has reduced in size, with several locations now lacking staff. The team has transitioned from Public Health and Prevention to the Population Health team.
- Collaborating with Sally McBride, Nic, and Johan to write a grant for grade 4/5 cycling safety classes with HUB Cycling this fall.
- Plans to increase safety blitzes and promote active transportation this spring. Cedar Grove and Langdale schools have undergone road safety assessments, highlighting significant hazards for students traveling to school. Notably, Pratt and Chaster Rd. now has a new 4-way stop.
- A citizen assessment was completed at North and Highway 101/Gibsons Way, highlighting multiple safety concerns. The report will be circulated. Speed limits are being reduced from 80 km/h to 60 km/h on sections of the highway.

SD46- Christa Rive

- Collaborating with Lisa from Foundry, who has visited all secondary schools. The initiative has received a high response rate to the survey, complemented by effective promotional items (swag) that have proven successful in engaging students. This exposure not only promotes the survey but also raises awareness about Foundry's online resources, particularly beneficial at this time. All students in grades 8-12 have been provided with relevant information.

SCRD-Stephen Armitage

- Annual pool closures: Sechelt in June, Gibsons in July, and Pender in August.
- Summer camp registrations open May 14.
- Spring Break activities saw nearly full attendance.
- The YMCA Youth Centre is operating steadily but is searching for a new facilitator. There are a few applicants.
- High youth attendance in the weight room and pool. There is an ongoing effort to address youth swapping passes by informing them about the \$39.00 pass and LIFE pass options.
- SCRD Recreation will be participating in the Nation's Health Fair.
- A spring colouring contest is underway, participants are encouraged to submit their art at rec centres.
- Youth orientation information for the weight room is being sent to ESS. Youth aged 13-15 must be accompanied by a parent or complete orientation; ages 16+ have no restrictions.

SD46-Sue Bailey

- The PreVenture program has completed at ESS, started at CSS, and will run until the end of April, with evaluation in May for the following year. While valuable, the program is challenging to organize; this year used a targeted personality approach rather than universal.
- Partnered with Community Services on the VIP (Violence is Preventable) Program. Counsellors are beginning training this week for implementation next year.

Link to program: <https://besth.ca/wp-content/uploads/2024/10/BCSTH-VIP-Curriculum-WEB-1.pdf>

- Partnered with the YDI on a grant application for the Canadian Institutes of Health Research. The initiative aims to improve mental health and well-being by fostering sustainable youth leadership within school communities and enhancing social connections, key protective factors against mental health issues. Through the Intergenerational Youth Engagement Process (I-YEP), which integrates youth in decision-making, schools will implement selected social connection interventions while addressing barriers faced by underrepresented groups. The project will build on existing community coalitions, training both youth and adults on effective collaboration and prioritize equity to ensure inclusivity; ultimately, the goal is to create environments that foster mental health and well-being and promote resilience among youth in BC and beyond.

VCH-Eva MacKenzie

- VCH Pilot: In-school eye exams are underway at HMB, KES, MPE, and GES, with coordination for K-1 class lists. School nurses will work with optometrists to provide free exams.
- Recently attended a KinderSpark superhero event for Kindergarten transition.
- School year immunizations are nearly complete.
- Two team members are beginning maternity leave; recruitment efforts are underway.
- “Stepping into K” information will be provided, sessions scheduled for May (Gibsons) and June (Sechelt).
- Ongoing grade 6 immunization campaigns.
- Highlighted differences in public health record transfers: urban areas receive records for new students automatically, but this is lacking in rural regions. Collaboration with Medical Health Officer is underway to improve this process.
- Catrina Hardwick has returned to the Pender region at 0.8 FTE.
- Christina Bergen is serving the Nation, four days per week.
- No measles cases reported on the coast to date, though the incubation period is longer than for other viruses.

Resource & Program Updates:

Active Transportation Infographic for Children & Youth (Digital):

- Poster promoting active transportation to school.

Health Promotion Grants | Vancouver Coastal Health:

- [School Health Grant information](#) for schools and school districts.

BC School Food Toolkit:

- Supports the development of healthy, inclusive school food environments.
- Incorporates Indigenous health knowledge.

- Provides flexible, practical options for schools' meal planning and purchasing, supporting children's health and growth.

Build a School Food Program – Province of BC:

- [Government website](#) for school food program development.

VCH – Laurie Chiasson

- 17 out of 19 Vaping Prevention Education sessions (grades 6/7) are complete; remaining two will take place May 12 at Cedar Grove.
- Supporting the Preventure program at CSS this week.
- During a recent session at GES, an earthquake occurred. Commended teacher Sammi Moran and school staff for their calm, organized response during the event.
- Christa Rive
- Working with Lisa from Foundry; survey outreach to all secondary schools had a high response rate. Swag incentives were effective in increasing survey participation and awareness of Foundry's online services. All students in grades 8-12 have now received Foundry information.

Next meeting: Tuesday, June 3, 2025 | 9:00am–10:30am