



SCHOOL DISTRICT 46 SUNSHINE COAST

Healthy Schools Committee Meeting

Date: February 3rd, 2026 | Inclusion Support Services, Kinnikinnick Elementary

Present: Kate Turner, Meghan Molnar, Laurie Chiasson, Stephen Armitage, Christa Rive, Eva McKenzie, Carol McGuire, Sally McBride, Khoya Craig

Regrets: Jessy Wollen

Agenda:

1. Welcome and Introductions
2. Land Acknowledgement
3. Roundtable Updates | All
4. Screen use and Protective Factors Presentation- Meghan and Sally
5. Review SD46 Regulation 3125 | Immunization: <https://sd46.bc.ca/wp-content/uploads/3125-Immunization-.pdf>
6. DSLT- Student Forum- December

Next Meeting Dates:

Tuesday, April 7th, 2025 | 9:00am-10:30am

Tuesday, June 2nd, 2025 | 9:00am-10:30am

Minutes:

Roundtable Updates

VCH – Laurie Chiasson

Grade 6/7 Health Education:

Nearly complete across schools; two remaining: West Sechelt Elementary (WSE) and Madeira Park Elementary (MPE).

Introduced a Jeopardy-style game this year, significantly improving engagement.

Many current Grade 7s already familiar with content from prior years.

Swag distribution well received by students.

QuitNow (Youth Nicotine Cessation):

Live, virtual, 6-week program (one evening per week) starts today; \$10 gift card per session attended.

Historically low youth participation provincially; ongoing challenge to engage youth.

Exploring a Pender Harbour pilot for in-school nicotine cessation groups; Laurie to connect with Katriona and Jen Sumner. Embedding in the school day may improve uptake.

71% of youth self-report addiction and difficulty quitting.

Nicotine Replacement Therapy (NRT):

Nicotine pouches now approved in Canada (two products) as cessation supports; marketed by tobacco companies but considered a less harmful nicotine delivery method.

Pharmacists can prescribe NRT to minors for cessation; importance of guided conversations with youth about reasons for use and appropriate supports.

Pharmacist Outreach:

VCH often connects with pharmacists to support youth care (e.g., emergency contraception); ongoing learning opportunities identified for pharmacy teams.

SCRD – Stephen Armitage

Family Day Weekend:

No external grants this year; SCRCD will directly offer a selection of low- or no-cost events.

Dates and times being finalized.

Spring Programming:

Spring Break youth camps, including a new Improve Class for ages 13–17 (aimed at increasing participation among older youth).

Spring registration opens March 11 for April–June programs.

Inclusion and Accessibility:

Path to Belonging facilitator training (via BC Parks and Recreation Association) underway to advance inclusion, diversity, equity, and accessibility in programs and spaces.

Career Education Collaboration:

At Uma Sharma's request, Recreation will present on lifeguarding and other recreation careers as part of career planning.

VCH – Eva MacKenzie

School Immunizations:

Campaigns are halfway complete; Chatelech Secondary and some elementary schools completed.

HPV vaccine now a one-dose series.

Clinic scheduling continues to conflict with other school events.

Piloting e-consent at select schools; requires both the student's PHN and the guardian's PHN to verify parent/guardian completion, which adds complexity for families.

Kindergarten Vision Screening:

In-school eye exams for all Kindergarten students continue; now in year two and expanded across all Coast schools.

Foundry Collaboration:

Ongoing partnership development to support Foundry programming.

Youth and family liaison roles are being incorporated at every meeting.

Interest in exploring a connection between Foundry and QuitNow for enhanced youth cessation support.

Youth Clinic Promotion:

Youth clinic posters delivered to secondary schools; not observed on display.
Some resistance reported to delivering consent forms directly to homerooms.

VCH – Meghan Molnar

Active Travel:

Safety blitzes confirmed for Madeira Park, Halfmoon Bay, Davis Bay, and West Sechelt. Johan is contacting secondary schools about interest in graduated licensing sessions covering safe driving around pedestrians/cyclists and appropriate following distances.

School Gardens and Teaching Resources:

Garden resource sharing and monthly support meetings ongoing.

Michy (RCE) developing quick-use classroom resources (e.g., “10-minute lesson plans”).

School Food Support:

Upcoming presentation with School Food Coordinators on selecting nutritious packaged foods, balancing price, availability, and nutrition.

Noted Health Canada’s new front-of-package labelling highlighting high sodium and sugar content.

Youth Belonging:

Remember Youth project formally concluded in the fall; delivered a community plan focused on belonging: <https://pub-scrd.escribemeetings.com/filestream.ashx?DocumentId=2369>

Future Presentation:

Suggest inviting Andrea Potter to a future meeting to present on Food.

SD46 – Sue Bailey

PreVenture (Substance Use Prevention):

Year 3 of the provincial pilot; brief overview provided.

Logistics in secondary settings remain challenging; program fits well with some groups but not others.

Supported and provincially funded by Foundry.

Outcomes locally are not yet established; program’s broader statistics are strong.

Suggestions to increase engagement include adding videos and other enhancements.

YDI (Youth Development Instrument):

Focus on social connection noted.

RISE Program:

Implemented at Elphinstone Secondary (ESS); CSS is considering adoption.

Peer-led model.

Mental Health, Sexual Health and Substance Use Posters:

Resource posters are being revamped for all locations.

Sue and Kate plan to engage students at secondary schools for their feedback before posters are finalized.

Immunization Policy:

Regulation 3125: Immunization is up for review. Eva has shared the reg with Dr Moliéhi Khaketla for revision suggestions.

Play and Belonging: Reducing Child and Youth Screen Use by Strengthening Protective Factors

Awaiting a provincial report with recommendations on screen use.
See attached presentation.