



ONTARIO HEALTHY SCHOOLS COALITION

Web – Meeting Minutes

Wednesday, November 20th

3:00- 4:15 p.m.

AGENDA

1. Welcome and Introductions

Chris Preece, OHSC Chair welcomed all the attended to the web-based meeting.

2. Additions to the Agenda – no additions

3. International School Health Network

Doug McCall, Executive Director of the International School Health Network provide an overview of the current work related to FRESH (*Schools, agencies, systems For Reducing risks, Equality, Social development & Health*) highlighting three key topics:

- FRESH Website: <https://www.fresh-partners.org/>
- Webinars: <https://www.fresh-partners.org/fresh-webinarsweb-meetings.html>
- Global Fact-finding Survey and Collection of Policy & Curriculum Documents on School Health, Nutrition & Development, ISHN is pleased to be working with UNICEF, UNESCO, Simon Fraser University and other partners to conduct a fact-finding survey and significant collection of policy and curriculum documents from all countries and states/provinces

4. OHSC Updates: Congratulations was extended to Yvette Laforet-Fliesser in receiving the Western University Nursing Alumni of Distinction Awards, this award recognizes significant contributions by an alumna to the university community.

At the upcoming ETFO (Elementary Teachers Federation of Ontario) conference Chris Preece will be presenting on behalf of OHSC. The presentation will focus on healthy schools approaches.

The 2020 OHSC Conference planning is well under-way. The annual conference will be held in London Ontario on March 31st and April 1st.

OHSC Newsletter: using MailChimp as the software platform for the newsletter, upcoming a section for job postings. Please send job-postings to be share through the newsletter to onthsc@gmail.com.

5. Meeting Topic: Healthy schools as a priority during un-certain times.

- Relationships with schools boards and public health is key
- Comprehensive school health is often not well-understood by those not working in this sector
- Allocation of time for healthy schools in a school day is challenging, finding a way to directly contribute to teaching and learning is beneficial
- Takes time for buy-into healthy schools, often helps to select an aspect(i.e. youth engagement, healthy eating) and build on successes
- Educating all those involved at every level in education (Director, Superintendent, school level administration and staff)
- Great success have been achieved when formal agreements are in place (memorandums of understanding)
 - For example: Health Unit partnership with school board in sharing health promotion staff
 - Co-constructing and working alongside school staff within the comprehensive school health framework

6. Updates:

Ophea: S. Christie provided an update from Ophea. The Healthy School Certification program is well underway. This year the program has expanded with 23 schools across Canada registering for the program. It was reported that the Keewatin- Patricia DSB has 100% of school enrolled in the Healthy School Certification program, with a significant increase of schools enrolled in the Upper Grand DSB. New physical literacy resources have been developed for teachers, the Ophea sexual violence prevention training program is currently being updated.

- new lesson plans for grades 1-8, that address the healthy eating component of the 2019 Elementary H&PE curriculum, as well as the revised Canada's Food Guide, are currently available.
- A new curriculum expectation chart has been added to each grade page as a guide to determine how existing units may be used as reference for addressing curriculum expectations within the 2019 H&PE curriculum.

Source: <https://teachingtools.ophea.net/lesson-plans/hpe-new>

PHE Canada M. Davis

An overview of the 2018 healthy School Community Forum was provided. Keynote speakers focused on a call to action related to equity and health school approaches.

National Alliance for Healthy Schools Communities: a vision that every school in Canada will be a healthy school community. The Alliance also has a focus on ensuring well-being is embedded in teaching and learning across Canada.

7. Other Discussion Topics – none

Wrap-up: Chris thanks everyone for the discussion related to the grass-roots work in healthy schools. The next meeting will highlight the work of School Mental Health Ontario.

OHSC Meeting Dates for 2019-2020:

Thursday, February 20th, 2020

Thursday, **April 16th 2020**

Ophea Update for OHSC – November 19th, 2019

Programs

[Ophea's Healthy Schools Certification](#)

This year 317 schools from across Canada made the commitment to make their school communities healthier and happier! In 2019/2020, Ophea is working with DASH (BC), Ever Active Schools (AB), and PHE Canada to pilot HS Certification outside of Ontario. This year we registered 11 schools in BC, 7 schools in Alberta, and 4 schools in Newfoundland.

[Download the List of 2019/2020 Registered Schools](#) (available in English and French)

[Download the 2019/2020 Registered Schools Infographic](#) (available in English and French)

School must complete Steps 1-3 of the [6-Step Healthy Schools Process](#) by noon Friday February 14th, 2020; and complete Steps 4-6 by noon Friday April 24, 2020.

Resources

Activity Counts

Activity Counts is a series of 25 activity cards that introduce fundamental math concepts and skills to students in grades 1-6 in a fun, active way. Activities can be run in a variety of spaces, require simple equipment, and take only 10 – 15 minutes to complete. Each activity card has step-by-step instructions, including a clear purpose statement, adaptations to support learning across divisions (as appropriate) and sample questions to facilitate student learning through discussion and reflection. Pre-sales will begin the week of November 18 (to begin shipping in January 2020).

Sexual Violence Prevention Education Resources

A new resource database will be available November 25, 2019 to support educators' understanding of what is sexual violence and harassment, consent, and healthy relationships, and to raise awareness of how they can be prevented through early education and honest classroom conversations. The database features resources from the Draw-The-Line campaign, Action ontarienne contre la violence faite aux femmes, Egale Canada Human Rights Trust, Ontario Coalition of Rape Crisis Centres, and White Ribbon.

[Access the database to help build safe and positive school communities.](#)

Professional Learning

Health and Physical Education Webinar Series

A webinar series has started for this school year to support the implementation of the 2019 Health and Physical Education elementary curriculum.

- The webinar on Canada's Food Guide took place in English and French in late September and the recording is now available on Ophea's YouTube channel.
- Next webinar: *Exploring Social-Emotional Learning Skills in H&PE*
 - November 27, 2019, 4pm-5pm EST
 - Registration now open!
- Other topics: Mental Health and Human Development and Sexual Health.
- More information can be found on the [webinar section of Ophea.net](#) as registration opens and as recordings are available.