

Meeting Minutes

		CAC/OASPHE November 24, 2014																
Meeting called by:	Tammy Shubat																	
Type of meeting:	CAC Meeting																	
Attendees:	Tammy Shubat ( <i>Ophea</i> ), Chris Markham ( <i>Ophea</i> ), Dave Inglis ( <i>CAC/OASPHE - TVDSB</i> ), Karin Podlatis Brown ( <i>CAC/OASPHE - NNDSB</i> ), Sylvie Prévost ( <i>Ophea</i> ), Lorna Tremonti ( <i>CAC/OASPHE - KPDSB</i> ), Josée Bisson ( <i>CAC - NBPSDHU</i> ), Lynnita-Jo Guillet ( <i>CAC - LaDSB</i> ), Russ Minnis ( <i>CAC - CSProvidence</i> ), Alyson Beben, Husein Ladha, Darryl Hancock ( <i>CAC/OASPHE - PVNCCDSB</i> ), Myra Stephen ( <i>EDU</i> ), Francine Taillefer ( <i>EDU</i> ) Lara Paterson ( <i>OASPHE</i> ), Hubert Brard ( <i>PDSB/OASPHE</i> ), George Kurtis ( <i>TDSB, OASPHE</i> ), Nancy Schad ( <i>OASPHE</i> ), Carol Scaini ( <i>PDSB/OASPHE</i> ), Joanne Walsh ( <i>OASPHE</i> ), Anne Facey ( <i>WCDSB/OASPHE</i> ), Sharon Seslija ( <i>Greater Essex SB/OASPHE</i> ), Sue McMahon, ( <i>LDCSB/OASPHE</i> ), Joel Brough ( <i>OASPHE</i> )																	
	Regrets: Frank Lalaria, Shelley Taylor, Rebecca Richardson																	
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Welcome	Tammy
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- Review of agenda

Environmental Scan (artifact)	All
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**Lara Paterson**

- Physical literacy summit (300+ attendees), developed a tool kit to support this type of event

**Russ Minnis**

- School Board is adopting Google Apps.
- All students have email accounts.
- Facilitated a full day session to cover “health” topics with staff.

- School board has all phys. Ed. Specialists.
- Looking into going paperless.
- Teachers have received tablets.
- Had a PD day on resiliency by using Google Hangouts.
- Received funding for Outdoor ed. Playing "Gaga ball", new game that involves a pen/pit.

#### Anne Facey

- Partnership between elementary and secondary schools and public health: developed a Healthy Schools tool kit (developed in partnership). Worked with Waterloo and leveraged their healthy school planner. Participating groups developed a visual to illustrate a step in the process.
- All five high schools use the Polar Fit Heart Rate Monitors to demonstrate that their heart rate is achieving optimal rates.

#### Lorna Tremonti

- Partnership with local health unit on a tobacco prevention grant: Youth led initiative, revolves around activities during lunch in the gym.
- Physical Activity Grant (PASS): Shine on Grant, lunch time and afterschool programming for Yoga.
- Received grant funding for FNMI Graduation Coach: Is a positive opportunity for FNMI students. Has had a dramatic effect.
- People are excited about Teaching Tools; need guidance re: how to access to the website.

#### Dave Inglis

- Disparity between elementary and secondary, therefore developed a poster that focuses on Active Participation. Poster has been made available to every elementary and secondary school.
- Working with Public Health, focus on increasing comfort levels when teaching Health and building in living skills.
- Received two Healthy Eating grants, collaborates with Public Health and two surrounding boards.
- Connecting physical literacy, mental health with physical activity (intramurals). Making connections with physical literacy and outdoor education.

#### Lynnita-Jo Guillet

- Designated nurse to develop clubs and supports in schools.
- Healthy buddies program (pairing students to support health).
- Lacrosse training for high school teachers. FN students are very excited.
- Inspire sessions, if teachers attend 8 sessions, they receive their own device (tablet) (i.e., how to use technology to evaluate, support storytelling, etc.).
- Visited retreats to support transition from on-reserve schools to public schools.

#### George Kourtis

- George shared the TDSB Fit for Life Program (handout), currently in its 3<sup>rd</sup> year. Held a session at Variety Village, paid for 150 schools to participate (supply costs). Emphasis on Health Education and the integration of the concept. When attending the first session (at Variety Village), teachers could attend 1 of 4 sessions (with 6 students) of the Fit for Life program.

#### Sharon Seslija

- School board Physical Education conference offering 15 different sessions, offered the event to delegates for \$20. 135 delegates registered, conference was held on a Friday night. Also had a vendor market place.
- Board improvement plan: addition of "wellness" allowing schools to look at healthy schools.
- More nurses in schools.

- Concussion protocol has passed. Principals are responsible for training educators. Policy is available on the school website.
- Mental health and mindfulness is linked to self-regulation. Will develop a committee to determine what mindfulness looks like in the school setting.

#### Hubert Brard

- Schools received funding for outdoor ed. Partnered with the Act Foundation, and partnered with the Mikey foundation (pd sessions) to have phys. Ed teachers learn how to teach CPR to the grade 9 students. Receiving mannequins and AED devices to assist with the training.
- Hired Phys. Ed. Resource Teacher, to get students involved in athletics (elementary).
- Peel concussion protocol will be finalized in January.

#### Josée Bison

- Current Health Unit priority is to foster healthy behavior in children and youth.
- Completed an environmental scan on parenting i.e., how to increase parent engagement. Youth engagement has also been identified as a priority. Looking at increasing positive sexual health behavior and engaging the kids in developing the messaging.
- During the Take Your Kids to Work Day, the French Catholic board do a certification with the kids (e.g., CPR), hands on, practical work days. When kids graduate, they should receive 3 certifications.

#### Alyson Beben

- Peel Public Health: developed Professional Development modules to support a Train the Trainer model. Four modules have been developed and are available online at [Schoolhealth101.ca](http://Schoolhealth101.ca). Ability to search by topic or grade. Evidence based approach to developing resources (priority setting). Site example: destination parenthood - designed for Teachers.

#### Husein Ladha

- Teacher candidates want to get involved and volunteer.
- A network is needed for teacher candidates.
- Frustration for teacher candidates because what they are learning is good pedagogy such as TGfU is not being done in their practicums.

#### Darryl Hancock

- Developing learning modules similar to WHIMIS. Shifted outdoor ed module based off last years' module. This year, decentralized the funding to allow sites to use funding as they see fit. Second year of "Be Well", talking about how to implement. Sexual Health consultations have occurred in the board. Swim to survive for grade 3 students, volunteers include police and firefighters as collaboration. Physical Literacy workshops are being delivered to educators.

#### Sue McMahon

- Concussion initiatives (to work on the policy): Brought in Parachute Canada's Concussion posters. Posters have been adapted for the London CDSB. Concussion prevention poster has also been developed to enumerate various strategies (handout). Linked to the catholic graduate expectations. Protocol has been developed and posted on their Safe Schools site.

#### Karin Podlatis-Brown

- Certification day (see above from Josee Bison).
- Students as Researchers Symposium in Mattawa, (student voice and student engagement). Student's select research topics; youth are now encouraged to select a topic they are interested in.
- Second year, continuing with mental health.
- Continuing to move forward with healthy eating and physical activity grants.

- Secondary students provide dance lessons to elementary students.

**Nancy Schad**

- Canadian resource that aligns with the concussion protocol, BC Injury Prevention Unit (CATT)(WWW.CATTONLINE.COM). Two units have been posted thus far and are available free of charge.

**Joel Brough**

- Independent schools, has flexibility in deciding how/what board priorities are.
- Health and phys ed leaders have hosted a round table to become better coordinated and share resources.

**Sylvie Prevost**

- FN Inspired DPA: 30 Activity cards have been adapted to include a First Nations perspective. Once launched, will be hosted on Ophea’s Teaching Tools site (teachingtools.ophea.net)
- Recommendation from group: consider developing in additional FN Languages and adapting for a secondary audience.

**Myra Stephen**

- Ministry of Education is committed to releasing the H&PE Curriculum for implementation in 2015. Parent consultations, check-in with parents will occur (1 person per school). Intention is to get additional parent voices to add to the existing consultations. Ministry has done a number of checks to insure the curriculum is still relevant (since developed in 2010). New Elementary and secondary curricula will be printed.
- Training will occur (dates in April and May) and structured to bring in regional teams with a focus on Secondary. Will have mentorship available to support training. Ministry will cover the costs to release teams. Subsequent funding for training will need to be covered by the GSM.
- Mental health videos have been approved by the Ministry. Resources are pending. Mental health domain on EduGains.
- There is a desire to get the course codes out prior to Feb (current anticipated date). Myra will suggest that they be released sooner (December). Myra: ministry is working towards releasing the codes as quickly as possible.
- Q: Parents are asking about survey disseminated by the survey. Parents are not happy with survey not being in-depth.  
Myra: reinforcing the comprehensiveness of the first series of consultations. Parent can add additional feedback in the additional comments section.
- Q: Can training be delivered to Secondary specifically (not with elementary).  
Myra: have considered separate trainings however there has been positive experiences with mixed learning (across panels).
- Q: Will the parent findings be reported back?  
Myra: Cannot confirm

H&PE Curriculum Discussion	All
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Ophea provided an update and facilitated an exercise asking participants to gather in groups to identify priorities (focus areas) as well as considerations for Ophea as we begin planning for the development of elementary and secondary resources.

**Elementary**  
Focus Areas:

- we are resource rich!
  - the teaching tools piece that was developed is GREAT !
  - [teachingtools.ophea.net](http://teachingtools.ophea.net)
1. A commercial idea: 'so you are teaching HPE, here's where to go, to show where to start, how to teach' - 2 minutes
  2. A commercial idea: 'the foundation of teaching HPE - at the OPHEA website, here's a snapshot of it, what does good practice look like
  3. Update the current health units to integrate the healthy sexuality pieces

Considerations:

1. Advocacy for quality instruction at the faculty of education level; AQ level
2. Highlighting the shift of 'old school' to 'new school' - what does HPE really look like, should look like
3. An inquiry research model to work with particular school boards to address an accountability around student well-being in order to give a better value to HPE and to improve student achievement for other subject areas (EQAO for student well-being; how does Physical Activity fit into Mental Health - an overall whole health)
4. Transition from elementary to secondary - variety to sport only

**Secondary**

Focus Areas:

1. Need for Ophea to do a PR piece, promo to secondary educators (make them aware of resources)
2. TGfU in HALE courses, year at a glance charts, need for Focus courses to be supported. Focus courses for fitness, could develop supports (how to implement/ how to connect it to the focus).
3. Assessment / as part of every course.
4. Equalized resources for all courses (Destination, Health for Life)

Consideration:

1. Ophea should engage a Secondary consultant (teacher)

Physical Literacy Assessment Paper	Lara, Joanne and Chris
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- Group Activity took place looking at the Physical Literacy paper to identify any areas for concern or clarification in the paper.

Ophea and Advocacy Update	Chris and Tammy
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- H&PE Curriculum: Ophea is supporting the release of the H&PE Curricula and completing activities surrounding the planning of resources and support. Ophea has received some negative comments regarding the sexuality piece of release.
- Ophea has been selected as 1 of 6 as finalists in the Play Exchange.
- Teaching Tools is now available, please visit the website at [teachingtools.ophea.net](http://teachingtools.ophea.net)
- Safety App is available, please download, unless your board has raised the Safety Guidelines standard.
- Visit PlaySport, new videos and resources have been uploaded

- Have been working on the Physical Literacy paper.
- The Healthy Schools framework is in development, once finalized will be shared with schools. Discussing how it will be implemented. Looking at PA days for implementation.