# Record of Discussion

**School Health Coordinators’ Committee Meeting**

**December 8 2020**

**Chair: Cassandra Sullivan (BC)**
**Participants:**

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| **Jurisdiction** | **Representative** |
|  BC  | Cassandra Sullivan |
|  AB  | Pat Martz |
|  SK | Anna Grumbly, Jonathon RenwickHelen Flengeris |
|  MB  | Jennifer Wood  |
|  ON  | Sana Javed, Adam LadakGobi Jeyaratnam, Gianoula Korinis |
|  NB | Sylvia Reentovich |
|  PE |  |
|  NS |  |
|  NL  | Peggy Orbasli |
|  NU |  |
|  NT |  |
|  YT | Ian Parker |
|  PHAC  | Stéphanie Arbez |
|  Secretariat | Susan Hornby |
|  Secretariat | Craig Watson |

Record of Discussion

1. Welcome and Roll Call
Cassandra welcomed all to the meeting.
2. Review and Approval of Agenda
The agenda was approved as written.
3. Approval of Record of Discussion from the November 10 2020 meeting
The Record of Discussion from the November 10 2020 meeting was approved.
4. Mandate Approval Update and Autumn 2020 Work Plan

● Mandate Approval

To date, signed agreements for the next mandate have been received from BC, Alberta, Saskatchewan, Manitoba, Nova Scotia, PEI, Nunavut, Northwest Territories, and Yukon. New Brunswick has submitted a signed agreement from one Ministry. PEI is waiting for signed agreements (from both Ministries) from Ontario and Newfoundland and Labrador.

● Autumn Work Plan Priorities

Susan updated the group on the progress/direction for the Autumn 2020 priorities, and reviewed pertinent action items from the Work Plan that the Secretariat has been actively moving forward on. The Secretariat has developed tables, with the JCSH 2020-2021 Work Plan broken down into 4 seasonal blocks, in an effort to highlight who the leads are for particular items, what the purpose was for particular items, and what is required to move the respective items forward. A JCSH Priorities and Implementation Task Group has been formed, and will meet to begin review of the priorities.

● Collaboration with CMEC / ACDME: Update

As per the JCSH 2020-2021 Work Plan priorities, draft letters have been written by the Secretariat to be sent to the Council of Ministers of Education, Canada (CMEC), the Advisory Committee of Deputy Ministers of Education (ACDME), and the Deputy Ministers of Health/Health Promotion. The intent of the letters is to advise these groups of JCSH priorities for the new mandate, suggest collaboration on overlapping priority areas and, in the case of CMEC, invite a representative to sit at the JCSH table(s) in some capacity. The letters have been vetted by John Cummings (Co-Chair, JCSH Management Committee), and will be sent out pending Management Committee approval.

● Sedentary Behaviour Research Network (SBRN) Panel: Update

Susan updated the group on the work of the recently formed SBRN panel on which she was asked to participate. Led by Dr. Mark Saunders and his team at the Children’s Hospital of Eastern Ontario (CHEO) and facilitated by Dr. Travis Saunders, a health researcher at UPEI, the research team is working to develop Education-Related Sedentary Behaviour Recommendations for school-aged children and youth. The purpose of the project is to develop specific recommendations and guidelines for education-related sedentary behaviours performed both at home and at school. Susan, along with health and research experts from around the globe, have been tasked to help review documents developed and drafts of these recommendations. The team is looking to summarize the data between now and April, 2021, have the draft recommendations from a scoping review completed by July, with a targeted release in the fall.
5. SHCC Task Group and Agendas

● Task Groups

At the recent joint meeting of the Management Committee and the SHCC, approval for the formation of two task groups was granted. The first task groups is the JCSH Project 2020-2021 Task Group that will begin work on Substance Use Knowledge Summaries (using the PHAC surplus funding - also approved by the Management Committee). The Project Task Group will be begin work with PHAC, to develop a Request For Proposals that will go out to targeted researchers. The second task group is the Healthy School Planner Task Group, which will review / evaluate the HSP and determine future direction. Both of these task groups will begin meeting in early January, 2021.

● SHCC Agendas

In an effort to ensure that SHCC meetings / meeting agendas are as efficient and valuable as possible for SHCC members, month-to-month meeting formats have been modified - whereby one monthly meeting will be content heavy, with robust agendas, followed the next month by a presentation-focused meeting, with guests presenting on various / relevant topic areas. The first presentation-focused meeting will be in January, 2021, with an Social and Emotional Learning (SEL)-themed presentation from Ellen Coady (NL Department of Education and Early Childhood Development), and a presentation from Drs. Will Pickett and Wendy Craig (Queen’s University), providing an update on key findings from the Health Behaviour in School-aged Children (HBSC) data / report.
6. Emerging Trends and Opportunities / SHCC Check-in

YT
On the Health front, a series infographics related to the HBSC data are currently being developed, with plans to have two live / interactive youth “actors” speak to / about the data, while being supported by the infographics video behind them. It is the intention to bring this interactive piece back to the schools where the data was collected, as well as use the series as an information piece to help prompt discussion with teachers and adult allies around some of the more concerning findings - such as the mental health of Grade 9 and 10 girls in rural Yukon.

NL
Flu vaccines were offered to students and staff in Grades 4-12 in schools this year, with the intent to use that model in offering COVID-19 vaccines when the rollout begins.

PE
Given a new cluster of recent COVID-19 cases among young people (20-30 year olds) in the central/Greater Charlottetown region of the province, new “Circuit Breaker” measures have been implemented by the CPHO, in an effort to quell the outbreak. All central region high schools have been closed temporarily, with the learning environment for those schools now resorting back to an online platform. The new Provincial School Food Initiative that was recently launched - providing healthy lunch options for students across all schools in the province - has now had to move to a home delivery model for students from those respective schools.

NB
Of the province’s 7 Health Zones, one zone remains at the “Orange” level, which means mandatory mask wearing for all staff and students, at all times while in the school. The province is looking to begin work at several pilot sites, using the Planet Youth Prevention Model, which aims to reduce and delay substance use among youth. The Heart and Stroke Foundation of New Brunswick has recently started a school food pilot, with 10 schools participating in the province.

ON
The Ministries of Health and Education have jointly established an Education Sector Preparedness and Outbreak Planning table (ESPOP), in an effort to coordinate and monitor outbreak preparedness, planning, and response activities in schools and childcare settings. The province’s Ministry of Health continues to support the safe reopening through the school-focused nurses’ initiative. This initiative provides rapid-response support to schools and boards, and facilitates public health measures, including screening, surveillance testing, tracing, and mitigation strategies.

MB
The province has extended the “Code Red” phase province-wide, and all non-essential entities will be in lockdown until January 8th. After the school holiday break, there will be mandatory at-home/online learning for students in Grades 7-12, in an effort to enable adequate social distancing and use of facilities. This at-home/online learning will be for a two week period, and it will be optional for students in Grades K-6.

SK
The province has just announced a $400K funding commitment to provide Mental Health First Aid training to at least one staff member in each Saskatchewan school. This would make Mental Health First Aid available to students when needed, similar to physical first aid. Mental health and well-being will be a key component in the upcoming provincial education plan. A new module on Two-Spirit identities has been added to the province’s [Deepening the Discussion: Gender and Sexual Diversity Toolkit](https://www.edonline.sk.ca/webapps/blackboard/content/listContent.jsp?course_id=_4640_1&content_id=_248851_1). The Ministries of Education and Health have recently partnered with the Lung Association, Saskatchewan to develop vaping resources for the province, with an expected release in early 2021.

AB
Stakeholder consultations for the province’s K-6 curriculum was completed December 3-4, 2020. Grades K to 6 continue in-class learning, while junior and senior high school students switched to an online learning environment as of November 30, 2020. All students will then be off on a holiday break as of December 18, 2020 and they won’t return to in-class learning until Jan 11, 2021 as there will be a week of at-home learning in the new year commencing January 4, 2021.

 BC

 In partnership with [ShareEdBC](https://www.shareedbc.ca/), free resources will be shared with BC teachers, in an effort to ensure that teachers have access to up-to-date and relevant health resources. Throughout BC’s public health infrastructure, there has been analysis happening around the unintended consequences of the COVID-19 pandemic. More specifically, the analysis looks at what impact the infection prevention and control strategies have had on the health and well-being of the population. Children and youth within the school setting have been a key focus of this analysis - with an emphasis on mental health and well-being, and sedentary behavior/lack of opportunity for physical activity. The Ministry of Mental Health and Addictions is expanding mental health services for children and youth into several new communities. [Foundry BC](https://foundrybc.ca/) - one of BC’s main mental health resource hubs - is looking to expand to nine new communities. Community engagement is currently underway, in an effort to ensure that this community integration will be efficient.

PHAC
A new [COVID-19 Awareness Toolkit](file:///C%3A%5CUsers%5Ccawatson%5CDocuments%5CGroupWise%5CPHAC_18-01-01-COVID-Awareness-Toolkit-Bil-11_2.pdf) has been developed. The toolkit contains videos, infographics, ready-to-print posters, and is now available to the public.

1. Action Items Table
The Action Items Table was reviewed.

● Environmental Scan: School-based Mental Health Plans and Guidelines

A request to have an new/updated environmental scan completed on school-based mental health plans and guidelines was raised at both the recent joint meeting of the Management Committee and SHCC, as well as the December SHCC meeting. Though the scan is not specific to the current pandemic, it was suggested that completing the scan through a lens of the year that has been defined by COVID-19 would be helpful in maximizing its use.

Action:
Susan will forward the scan template to the SHCC, with suggested areas for completion.
2. Upcoming SHCC WebEx Meetings
	* January 12 2021
	* February 9 2021
	* March 9 2021
	* April 13 2021

*All meetings begin at 1:00 Eastern Time.*

1. Adjournment