



WA HEALTH PROMOTING
SCHOOLS ASSOCIATION (INC.)

Supporting Student Health

www.wahpsa.org.au

Minutes of the General Meeting

Date:	Thursday, 18 February 2016
Time:	3.30pm – 4.30pm
Venue:	Cancer Council WA, Seminar Room 15 Bedbrook Place, Shenton Park
Chairperson:	Sally Blane
Minute Secretary:	Michelle McIntosh

Meeting opened at 3:30pm

1. Welcome and Apologies

Chair welcomed members and office bearers.

Present:

Office Bearers:

President:	Sally Blane (Cancer Council WA)
Treasurer:	Phoebe Joyce (Curtin University)
Committee Members:	Miranda Chester (Foodbank WA) Jessica Richards (Kidsafe WA) Jill Darby (Edith Cowan University)
Executive Officer:	Michelle McIntosh (HBF)

Members:

Amanda Ferguson (WA School Canteen Association Inc.)
Ashleigh Easthope (HelpingMinds)
Gael Myers (Cancer Council WA)

Guests:

Adam Przytula (Armed for Life)

Apologies:

Leisha Aberle (Foodbank WA)
Margie MacFie (Child & Adolescent Community Health)
Jenni Palmer (Oral Health Promotions)

2. Acceptance of Previous Minutes

- 2.1. There were no minutes from the previous meeting on 20 October 2015 as it was a networking breakfast and showcase. There were no action items from meeting held 12 August 2015.

Motion to accept the Minutes of the General Meeting held on Wednesday 12 August 2015 by Sally Blane and seconded by Phoebe Joyce.

3. Executive Report

Sally Blane tabled the Executive report.

3.1. Next meeting - AGM

- The next meeting is scheduled for Monday 21 March 2016 at Curtin Health Research campus, Shenton Park.
- Annual General meeting at 3pm, followed by General Meeting at 3:30pm.
- Speakers TBA but are hopeful that the WAHPSA newest members will be available to present an overview of the programs they offer schools
- Catering provided
- RSVP required for catering purposes.
- Nominations are now open for WAHPSA Executive committee. Nominations are submitted by completing a nomination form available via email at info@wahpsa.org.au. The Executive committee meets one hour prior to the General meetings. Executive committee members have opportunities to network with other health promoting agencies and a work on a variety of projects and events throughout the year.

Action:

- EO to follow up with new members to present at next meeting

3.2. Australian Health Promoting Schools Association (AHPSA)

- AHPSA, national Health promoting schools association has dissolved and all members have been transferred to Australian Council for Health, Physical Education and Recreation (ACHPER)
- Historically ACHPER had a strong health and physical education focus, however, hopefully their focus will broaden to all health areas.
- Current ACHPER Executive Director, Alison Turner, has lived and worked in WA, with the DOE and ECU and is familiar with health promoting schools framework.
- Jill Darby wondered if we could do a reciprocal membership with ACHPER
- ACHPER calling for articles for online publication – ACHPER Advocate:
 - WASCA launching case studies in near future so may be able to provide a contribution - follow up with Amanda Ferguson
 - Jill Darby may have ECU student currently placed in a school that may be able to do a case study

Action:

- Jill Darby to follow up opportunity for reciprocal membership with ACHPER
- Sally Blane to follow up with Amanda Ferguson and Jill Darby regarding potential article submissions for ACHPER Advocate.

3.3. 2016 Membership fees

- As decided at 2015 AGM, membership fees will increase by \$5 to \$75 for 2016/2017 financial members.
- Schools and teachers have free membership

4. General and other business

There was no general or other business tabled.

5. Guest Presentation

Ashleigh Easthope
Mental Health Promotion Coordinator, HelpingMinds
Providing Mental Health services and Carer support

Summary

- State Mental health commission funded – free to carers
- Inclusive – do not have to be registered with Centrelink
- Youth services (8-18yrs)
 - Counselling- referral
 - Respite – giving young carers a break, fun stuff, opportunity to talk to others, networking with other young carers, school holiday programs, fund overnight camps, mainly in Perth but also Geraldton, Broome, Carnarvon, Port Hedland, south to Peel
 - Education in schools (Changing Minds) – Reducing stigma around mental illness. 50 different schools in metro and Broome area. 1 hour program, secondary schools, personal experience. Recent pilot in primary schools SKIPS (recognised by KidsMatter) – 3 consecutive sessions weekly to a classroom Yr 5-6, parent session and teacher session
 - Psycho-education (SMILES) – young carers (8-12 yrs), 2 days on school holidays interactive education, story telling, safe environment to share experiences
- Adolescent services - KOPING – 13-17yrs similar to SMILES
- Brokering other services – sponsorship for spots on camps, scholarships, school uniform
- Adult Carer services – counselling, advocacy, peer support, respite, lobbying, education and training, support groups

A copy of Ashleigh's full presentation is available on the WAHPSA website.

6. Organisation Updates



See Next page

7. Next Meeting

- Monday 21 March 2016
- Curtin Health Research Campus, Shenton Park
- 3:00 – 3:30pm Annual General Meeting
- 3:30 – 4:30pm General Meeting

Meeting closed at 4:30pm by Sally Blane

Member updates

	<p>Mentally Healthy WA - Act Belong Commit - Phoebe Joyce</p> <ul style="list-style-type: none"> • WA Association for Mental Health (WAAMH) are holding the Youth Wellbeing Breakfast on Friday 11th March at Kings Park, 7 – 9am • \$25 adult and \$9 for young people which includes a gourmet breakfast prepared by young chefs from the 5000 meals program, a take home show bag valued at over \$50, a program of dynamic presentations and discussions as well as a yarnning circle, entertainment and opportunities to network with over 20 youth based services. • To find out more or register for the event, click here.
	<p>Cancer Council WA – Sally Blane/Gael Myers</p> <ul style="list-style-type: none"> • No update provided
	<p>Edith Cowan University – Jill Darby</p> <ul style="list-style-type: none"> • Semester one due to commence next week 22 Feb. • Jill looking for workplaces to place health promotion students for practicum placement. If anyone needs a student, please contact Jill Darby via email j.darby@ecu.edu.au
	<p>School Breakfast Program – Miranda Chester</p> <ul style="list-style-type: none"> • 16 years and still going strong • Adult food literacy – DOH contract • 5 new Healthy Food for All positions filled • Superhero foods launch on 1/3/16 – Website launch
	<p>HelpingMinds (formerly Arafmi) – Ashleigh Easthope</p> <ul style="list-style-type: none"> • Changing Minds program to 187 schools this year • See presentation above for further details.
	<p>Kidsafe WA – Jess Richards</p> <ul style="list-style-type: none"> • No update provided
	<p>WA School Canteens Association Inc. (WASCA) – Amanda Ferguson</p> <ul style="list-style-type: none"> • Term 1 2016 training schedule available WASCA website • WASCA AGM on Tuesday 5 April from 6-8pm • Parent section of WASCA website has been updated to help parents and carers to prepare simple and healthy lunchboxes that align with the DeCheck it out at http://www.waschoolcanteens.org.au/parents/
	<p>Armed for Life – Adam Przytula</p> <ul style="list-style-type: none"> • Armed For Life is an organisation that run sessions in high schools and wider community on around 25 different topics for students, parents, teachers and the corporate space all based around improving health and well being and building resilience for people. • Started with bullying and self esteem using personal stories in an interactive dance/drama based program • Since 2012 – 102 schools in 4 years • Fee for service for all programs • More information at armedforlife.com.au