

**Minutes of the General Meeting**

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| Date: 19th February 2020 |  |
| Time: 3.30pm-4.30pm |  |
| Venue: Foodbank |  |
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| Chairperson: Leisha Aberle |  |
| Minute Secretary: Laura Dent |  |

Meeting opened at: 3.39pm

1. **Welcome and apologies**

Present: Leisha Aberle (President), Sally Blane (Treasurer), Jill Darby (committee member), Ruth Wallace (committee member), Laura Dent (intern), Andrea Preiato (Helping Minds), Bernie Foley and Jodie Harris (Life Education), Va Bola (CAHS)

Apologies**:** Amanda Ferguson (Vice President), Shannon Wright (committee member), Phoebe Joyce (committee member), Reearna Morgan (committee member), Sue Dimitrijevich, Sue McLaren

1. **Confirmation of minutes**

General Meeting held 14th August 2019. Minutes were confirmed. Leisha Aberle moved the motion to accept the minutes. Sally Blane seconded.

1. **Business arising**

**3.1** Welcome to Life Education as a new financial member. Introduction by Bernie Foley.

* + Life Education started 37 years ago initially as an AOD service
  + Australia-wide service however WA lost government funding in 2005 and have been supported by various corporate partner sponsors since
  + They run 14 programs from kindergarten to year 6 focusing on health, safety and cyber safety
  + Sessions are from 30 mins for early childhood students up to 1 ¾ hours for older kids
  + There are 3 Life Education Vans servicing the Perth Metro area
  + 46% of schools visited are in low socio-economic areas
  + Schools select programs to suit them and their needs, with curriculum-based outcomes. Schools then evaluate the Life Education service and provide feedback.
  + Program costs to the school range from $4 per child (early childhood) to $9 for year 5/6.

**3.2** Andrea from Helping Minds gave an overview of their service

* + Helping Minds is a not-for-profit organisation that assists people who care for someone with a mental health challenge
  + Part of NDIS services
  + Helping Minds provide advocacy and support for individuals, schools and communities

**3.3** Jill and Ruth introduce themselves to the new members and explain their roles at ECU

**3.4** Sally introduced herself to new members as WAHPSA treasurer and explained her role at Cancer Council

**3.5** Va Bola introduced herself to new members and gave an overview of her role at CAHS.

* + Health Promotion officer working closely with child health nurses and school nurses.
  + Her role is to assist nurses with Health Promotion strategies and recommendations

**3.6** Laura introduced herself as an ECU intern for WAHPSA.

**3.7** Leisha introduced herself as President of WAHPSA and explained her role at Foodbank.

1. **Presidents report (Leisha Aberle)**

**4.1** Introduced new members to WAHPSA. Shared that the organisation celebrated 30 years at the end of 2019.

**4.2** Flagged the AGM on the 25th of March. LA encouraged members to come along to AGM to hear about the year, with the opportunity to join the committee if they desire.

**4.3** Shared overview of the WAHPSA calendar – 6 meetings per year with the final meeting usually a breakfast event.

**4.4** LA explained each meeting usually has a guest speaker in attendance.

**ACTION:** LA asked attendees for guest speaker suggestions.

Motion to accept the Presidents report, moved by Leisha Aberle, seconded by . Sally Blane.

1. **Treasurers report (Sally Blane)**

**5.1** Shared overview of the pre-PHAA conference workshop details. PHAA conference 13th-15th May, AHPA/WAHPSA collaborative pre-conference workshop on the 12th May. Workshop details are still being formalised but content will involve school health and education. Speakers are yet to be finalised, though SB hopes to secure Keren Caple (Innovation Unit).

**5.2** Registrations for the workshops are not yet open.

**5.3** Scholarships are available for both the workshops and the conference.

**5.4** SB noted that the collaboration with AHPA aligns with WAHPSA’s Strategic Plan objectives. LA discussed the current WAHPSA Strategic Plan ends this year and that a new Strategic Plan is in planning stages.

Motion to accept the Treasurers report, moved by Sally Blane, seconded by Leisha Aberle.

1. **General Business/ Organisation updates**

**6.1** LA opened up the discussion to attendees regarding their organisation’s focus for 2020.

**6.2** Va Bola shared an overview of the upcoming year at CAHS

* + Organisation has undergone a restructure
  + A pilot project incorporating health promotion tools is being developed for nurses to document and audit information
  + “Working smarter not harder” is Va’s focus for 2020
  + Identified the need for collaboration and engagement with other services
  + Shared that some new case studies may be of interest to WAHPSA
  + CAHS-Community Health will continue with the Health Promotion in Schools workshops for primary and secondary schools. Va will be in contact with presenters in the near future for possible workshop dates.

**ACTION:** Va suggests that WAHPSA add some elements to their current audit tool to involve students at high school.

**ACTION:** Contact Va for more information on case studies – these could possibly be utilised to update the WAHPSA handbook.

**6.3** Andrea from Helping Minds discussed an exciting development for 2020. Helping Minds have co-designed a pilot program with the Aboriginal Health Council and Carers WA to be rolled out in a selected high school. The 8-week program will be delivered to year 7 and year 10 students of a low SES school with a high Indigenous population. The program centres around mindfulness and gratitude. If successful the program will roll out to more schools.

**6.4** Leisha discussed the upcoming year at Foodbank. Her team is in its final year of a BHP contract. A new funding proposal is being developed. A challenge for Foodbank is the high staff turnover at schools in the Pilbara region. Principal and school relationships are ever-changing. The goal for 2020 is to build these relationships and finish the year strong in order to obtain a new contract and continue servicing the Pilbara.

**6.5** Sally discussed the challenge of some Cancer Council programs such as SunSmart being funded solely by donations. Another challenge for 2020 is finding a way to embed health promotion practice into schools rather than students seeing health concepts as ‘rules’ (such as ‘no hat, no play’). On a more macro level Sally discussed the Department of Education review of the Student Health Care policy which will combine with the Healthy Food and Drink policy. There is some trepidation that the HFD will become guidelines rather than policy, however on the plus side the Department is including mental health within the new policy.

**6.6** Sally delivered meeting attendees a hard copy of the Cancer Council newsletter that is produced biannually.

**6.7** Bernie from Life Education said the focus for them in 2020 will be on cyber safety and mental health, stemming from feedback from schools. They will continue to develop collaborative partnerships, such as their current seedling program through Woolworths and Yates.

**Meeting closed at 4.45pm.**

**Next General Meeting: AGM 25th March 2020.**