



## Minutes of the General Meeting

Date: Thursday, 30 June 2016  
Time: 3.00pm - 4.00pm  
Venue: Foodbank WA  
23 Abbott Road  
Perth Airport WA 6105  
Chairperson: Sally Blane  
Minute Secretary: Michelle McIntosh/Scarlett Duncan

Meeting opened at 3:00pm

### 1. Welcome and Apologies

Chair welcomed members and office bearers.

#### **Present:**

##### Office Bearers:

President: Sally Blane (Cancer Council WA)  
Vice President: Leisha Aberle (Foodbank WA)  
Treasurer: Phoebe Joyce (Mentally Healthy WA)  
Secretary: Amanda Ferguson (WA School Canteen Association Inc.)  
Committee Members: Miranda Chester (Foodbank WA)  
Jill Darby (Edith Cowan University)  
Marcelle Coakley (Stephanie Alexander Kitchen Garden Foundation)  
Executive Officer: Michelle McIntosh (Foodbank WA)/Scarlett Duncan (Student)

##### Members:

Siobhan Cadogan (Child and Adolescent Health, Department of Health)  
Ruth Wallace (Edith Cowan University/Snac)  
Hayely Robertsn (Better Health Company)  
Gael Myers (Cancer Council WA)  
Helen Forrest (Dental Health Services)  
Emma Hills (Healthway)  
Agnes Weymouth (Parents and Friends Federation of WA Inc.)  
Jenny Tartaglia (Foodbank WA)

##### Apologies:

Jess McKenna (Kidsafe WA)  
Ashleigh Easthope (Helping Minds)

Suzi Barnes (Mt Lawley SHS)  
Carole Parker (Womens Health & Family Services)  
Naomi Brown (Legal Aid WA)  
Joanne Gorey (Ellenbrook Secondary College)  
Deb Fitzsimons (Cyril Jackson Senior Campus)  
Sue Dimitrijevic (Sexual Health Quarters)  
Adam Przytula (Armed for Life)

## 2. Guest Presentation

Jenny Tartaglia, Public Health Nutritionist, Foodbank WA  
SuperHero Foods HQ

- Superhero Foods Headquarters in an online resource available for teachers and health educators
  - Teaching resources, including classroom activities aligned to the Australian Curriculum and learning frameworks
  - Based on Australian Guide to Healthy Eating (AGTHE) - every day foods are really Superhero Foods in disguise
  - Zombie foods - high in sugar, salt and fat
  - Body Monsters - Illness, Decay and Obesity
  - Healthy, quick and affordable recipe pages and recipe booklets
  - FREE resources to all registered School Breakfast Program schools
  - Information about Food Sensations® cooking and nutrition sessions
  - Email and phone support
  - Exclusive professional learning opportunities
- Anyone can register on website - [Superherofoodshq.org.au](http://Superherofoodshq.org.au) - download and order hard copy resources
- During the development process, Jenny involved and consulted with many stakeholders and worked in partnerships with health professionals
- Secured a Healthway grant to disseminate resources and maintain the website
- Won the people's choice poster at the 2016 Australian Health Promotion Association (AHPA) conference
- For more information call on 9463 3210 or [jenny.tartaglia@foodbankwa.org.au](mailto:jenny.tartaglia@foodbankwa.org.au)

## 3. Acceptance of Previous Minutes

3.1. There were no minutes from the last meeting held on Wednesday 11 May 2016 due to the networking format of the meeting.

3.2. There were no outstanding action items from the meeting held on Monday 21 March 2016.

Motion to accept the Minutes of the General Meeting held on Monday 21 March 2016 by Amanda Ferguson and seconded by Miranda Chester.

## 4. Executive Report

Sally Blane tabled the Executive/Presidents report.

### 4.1. New Executive Officer

Michelle McIntosh has resigned from the position of Executive Officer due to work commitments with effect from 30 June 2016. Scarlett Duncan, is taking over as Executive Officer as at July 1 2016.

### 4.2. WAHPSA website

All members to check that their organisations program details, contact details and logos are up to date on WAHPSA website.

Please send through details of events, news, etc. for website and E-news to [info@wahpsa.org.au](mailto:info@wahpsa.org.au)

#### 4.3. Incorporation Act changes

There have been a few changes to the Association Incorporations Act 2015. WAHPSA are already complying.

#### 4.4. WAHPSA event for 2016

Showcase/networking event for last meeting of the year  
Executive Committee suggested WAHPSA collaborates with another event e.g. Act-Belong-Commit PD or ACHPER event  
Call for agencies to set up display for expo  
Any ideas of what works for events - please let us know at [info@wahpsa.org.au](mailto:info@wahpsa.org.au)

#### 4.5. Membership payments Credit card system

Phoebe Joyce (WAHPSA Treasurer) explained WAHPSA has been exploring options for members to pay by credit card

Looked at Paypal but still needs more investigation

Bankwest offer a merchant system which is like an online eftpos facility which allows members to pay by CC and a receipt is emailed directly.

- \$10 per month account keeping fee
- 1.4% surcharge and 29c transaction fee - need to be incorporated into membership fees next year

Motion: that WAHPSA use the credit card facilities provided by Bankwest and the associated fees. Motion to accept by Phoebe Joyce and seconded by Miranda Chester.

These extra charges will not be passed on to members for 2016 but membership fees might have to increase for 2017 to absorb extra costs

Members can still pay by EFT or cheque

#### **Action:**

Phoebe Joyce to continue to investigate PayPayl and/or other options  
Increases in membership fees need to be tabled in 2017 AGM and voted on by members.

#### 4.6. Membership fees

Sally Blane asked if any members have not received 2016 membership invoice.

Explained that membership can now join or renew online at

[wahpsa.org.au/become-a-wahpsa-member-2/](http://wahpsa.org.au/become-a-wahpsa-member-2/)

#### 4.7. Speaker

Looking for speakers for our next meeting - please email any suggestions to

[info@wahpsa.org.au](mailto:info@wahpsa.org.au)

#### 4.8. The Australian Council for Health, Physical Education and Recreation (ACHPER)

ACHPER have asked is WAHPSA or any members would like to contribute to their blog - 400-800 words. Send through any content to Sally Blane at [sblane@cancerwa.asn.au](mailto:sblane@cancerwa.asn.au)

### 5. Member updates



See Next page






### 6. Next Meeting


- Wednesday 3 August 2016, 3:30 - 4:30pm
- Venue: TBC

Meeting closed at 4:15pm by Sally Blane

# Member updates

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|    | <p><b>Mentally Healthy WA - Act Belong Commit - Phoebe Joyce</b></p> <ul style="list-style-type: none"> <li>• Schools across WA partner to deliver A-B-C messages and provide mental health education</li> <li>• 34 schools (primary and secondary)</li> <li>• Currently measuring effectiveness - survey to ensure program is evidence based and to assist future funding</li> </ul>   |
|    | <p><b>Better Health Company</b></p> <ul style="list-style-type: none"> <li>• 600 families over 2 years</li> <li>• Funding for another 2 years</li> <li>• Changing body shape in children and families, confidence, esteem, healthy eating behaviours and reducing screen time</li> <li>• Hayley moving back to NZ ☺</li> <li>• Evaluation - families post assessment - BMI, WC, fitness, confidence, esteem, behaviours</li> <li>• 2017 - post program evaluation after 6 months</li> <li>• Recruitment - schools and nurses, self-referral online, newsletters, HP referrals, other agencies</li> </ul>  |
|   | <p><b>Cancer Council WA Crunch&amp;Sip - Gayle Myers</b></p> <ul style="list-style-type: none"> <li>• Pilot study in Term 3 to encourage vege consumption rather than just fruit</li> <li>• 33 schools signed up</li> <li>• Sent out resources to teachers - curriculum,</li> <li>• Great Aussie Crunch - September</li> <li>• Fruit and Veg month - unofficial but schools still ask and developing resources</li> </ul> <p>Cancer Council WA SunSmart Schools - Sally Blane</p> <ul style="list-style-type: none"> <li>• Win \$10 000 for Shade competition now open for WA SunSmart schools. <a href="#">Information here</a></li> </ul>                   |
|  | <p><b>Dental Health Services - Helen Forrest</b></p> <ul style="list-style-type: none"> <li>• Oral health promotion guideline framework</li> <li>• Workshop to staff in metro area - dentists, therapists, nurses</li> <li>• Encourage staff to shift to community education and connect with other HP agencies/general</li> <li>• Staff have improved on-site computer access and IT resources</li> <li>• “Putting the mouth back into the rest of the body”</li> </ul>  |
|  | <p><b>Department of Health, Child and Adolescent Community Health (CACH) - Siobhan Cadogan</b></p> <ul style="list-style-type: none"> <li>• Child health and school health nurses</li> <li>• High school - strong focus on HP and health education (70%)</li> <li>• Primary Schools - school entry health assessments</li> <li>• Service development and access to information, quality improvement</li> <li>• Website - now live - Siobhan to send through link to website</li> <li>• Chrissy Halton developed content - WA Healthy Schools Project, case studies - target is teachers</li> <li>• All to provide feedback to SC or to add content</li> </ul> |
|  | <p><b>ECU/SNAC - Ruth Wallace</b></p> <ul style="list-style-type: none"> <li>• Supporting nutrition for Australian Childcare (SNAC)</li> <li>• PhD project - currently disseminating research</li> <li>• HW initiative in child care centers</li> <li>• Karen Lombardi - looks at body image</li> </ul>   |

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|  | <ul style="list-style-type: none"> <li>• Currently looking to form partnerships and secure funding</li> </ul>   |
| <br><br> | <p><b>School Breakfast Program (SBP) - Miranda Chester</b></p> <ul style="list-style-type: none"> <li>• 16 years in operation</li> <li>• 431 schools</li> <li>• Volunteer awards - acknowledgement by FBWA/SBP, schools nominate volunteers, FBWA provide certificates (co-badged with Act-Belong-Commit) to individual with pen. 211 nominations from 80 schools.</li> <li>• FBWA provides access, transport and support, but schools coordinate volunteers</li> </ul> <p><b>Superhero Foods Headquarters - Jenny Tartaglia</b></p> <ul style="list-style-type: none"> <li>• See presentation above</li> <li>• More information at <a href="http://Superherofoodshq.org.au">Superherofoodshq.org.au</a></li> </ul> <p><b>Regional Strategy Team - Leisha Aberle</b></p> <ul style="list-style-type: none"> <li>• The Foodbank WA Pilbara Team have been have stacks of fun educating the Pilbara in healthy eating and nutrition.</li> <li>• This year the team has ventured into new territory delivering the new Food Sensations for Parents Program (for parents of 0-5 year olds) and the adolescent program Fuel Your Future, targeting disengaged youth.</li> <li>• The team have also delivered a tailored Food Sensations educator training to Pilbara Health Professionals.</li> <li>• In August, Foodbank WA will be partnering with EON Foundation, WACHS Pilbara &amp; Earbus Foundation to host the “EON Interschool Cook Off” at the Youth Involvement Council building in South Hedland on Wed 24<sup>th</sup> August. Students from Yandeyarra RCS, Strelley CS (Warralong campus) and South Hedland PS will be competing against each other to cook up a storm of healthy &amp; delicious recipes from the Foodbank/EON cookbooks plus a recipe of their own, to determine who wins the EON Interschool Cook Off!</li> </ul> <p><b>Food Sensations for Adults - Michelle McIntosh</b></p> <ul style="list-style-type: none"> <li>• Food Sensations for Adults consists of 4 x 2 hour sessions involving nutrition education and hands-on cooking</li> <li>• Now open to the general public</li> <li>• Next program commencing Thursday, 10:30 - 1pm, July 21, 28, Aug 4 &amp; 11 at Foodbank WA</li> <li>• Future sessions at City Farm, Armadale, Connolly</li> <li>• Book online at <a href="http://www.foodbankwa.org.au/food-sensations-for-adults">www.foodbankwa.org.au/food-sensations-for-adults</a></li> </ul> |
|   | <p><b>Healthway - Emma Hills</b></p> <ul style="list-style-type: none"> <li>• Coordinate HP Grants</li> <li>• &lt; \$5k e.g. Superhero foods dissemination</li> <li>• Ove \$5k</li> <li>• Available and ongoing</li> <li>• HP schools</li> <li>• Aboriginal projects</li> <li>• Interim board and new legislation in September</li> </ul>   |
|   | <p><b>Parents and Friends Federation of WA Inc - Agnes Weymouth</b></p> <ul style="list-style-type: none"> <li>• Provides representation to parents of children attending catholic schools</li> <li>• Handles enquiries and directs them to appropriate agencies</li> <li>• Currently represents the parents of 7000 students in 127 schools across WA</li> </ul>   |
|   | <p><b>Stephanie Alexander Kitchen Garden Foundation - Marcelle Coakley</b></p> <ul style="list-style-type: none"> <li>• WA and NT</li> <li>• 100 schools in WA (13% nationally)</li> </ul>  |

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|   | <ul style="list-style-type: none"> <li>• Program schools - kitchen garden classrooms - ELC, primary and secondary</li> <li>• Early learning activity book launched</li> <li>• Face to face training - teachers, specialists</li> <li>• Linked to curriculum</li> <li>• Heading to Broome</li> <li>• Skills sessions - PD - schools priority and places for WAHPSA members</li> </ul>              |
|  | <p><b>WA School Canteens Association Inc. (WASCA) - Amanda Ferguson</b></p> <ul style="list-style-type: none"> <li>• HFD policy</li> <li>• Canteen events coming up - <a href="http://www.waschoolcanteens.org.au">www.waschoolcanteens.org.au</a></li> <li>• Canteen managers just want to talk - networking opportunity</li> <li>• More recipes, ideas and share with other managers</li> </ul> |