



WA HEALTH PROMOTING
SCHOOLS ASSOCIATION (INC.)

Supporting Student Health

www.wahpsa.org.au

Minutes of the General Meeting

Date: 17th June 2020

Time: 4:00pm-5:00pm

Venue: Online via Zoom

Chairperson: Leisha Aberle

Minute Secretary: Laura Dent

Meeting opened at: 3.53pm

1. Welcome and apologies

Present:

Office Bearers:

President	Leisha Aberle	Foodbank WA
Treasurer	Sally Blane	Cancer Council WA
Secretary	Noelene Swain	Fresh Finesse
Committee Member	Reearna Morgan	Foodbank WA
Committee Member	Mikala Atkinson	Cancer Council WA
Committee Member	Ruth Wallace	ECU
Committee Member	Jill Darby	ECU

Committee Member	Va Bola	Department of Health (CAHS)
Intern	Laura Dent	ECU

Apologies:

Vice President	Amanda Ferguson Association	WA School Canteen
Committee Member	Phoebe Joyce	Mentally Healthy WA

Other attendees:

Sue McLaren	Animal Fun
Mikala Atkinson	Cancer Council WA
Va Bola	Department of Health (CAHS)
Lauren Buckels	Epilepsy WA
Noelene Swain	Fresh Finesse
Andrea Preiato	Helping Minds
Anita Stephen	Kidsafe WA
Ivana Posa	Kidsafe WA
Bernie Foley	Life Education
Desi Duguid	SDERA
Sue Dimitrijevič	Sue Dimitrijevič Consultancy
Amanda Grimby	WA Child Safety Services
Megan Sauzier	WA School Canteen Association
Regina Cruickshank	Yogazeit

Apologies:

Deborah Fitzsimons	Cyril Jackson Senior Campus
Jenny Duggan	Donate Life
Sharelle Tulloh	Department of Health: SHBBVP

2. Confirmation of minutes

General Meeting held 19th February 2020. Minutes were confirmed. Leisha Aberle moved the motion to accept the minutes. Sally Blane seconded.

3. Business arising

Leisha noted no business arising.

4. Presidents report (Leisha Aberle)

4.1 Strategic Planning

WAHPSA current strategic plan 2018 - 2020 will be up for renewal at the end of 2020. The Executive Committee will be holding a Strategic Planning workshop in the between October and November this year, to review the current plan and set new priorities for beyond 2020.

If members would like to know more about this process or be involved, please email the President at wahpsa@gmail.com

Sue McLaren asked Leisha if the current Strategic Plan (2018-2020) is available for members to view and Leisha confirmed it is available for viewing and download on the WAHPSA website.

4.2 End of Year Networking Event

In November WAHPSA will hold their end of year networking event. Previous events have generally been a breakfast event that have been really well-attended and have included some excellent guest speakers. If members have any suggestions for a theme for the morning or guest speakers please email wahpsa@gmail.com

Megan Sauzier asked Leisha if she was anticipating the event to be face to face this year given the current circumstances with the Covid-19 pandemic. Leisha confirmed they were hoping to do a face to face event as usual, however if that is not possible the committee will explore other options.

5. Treasurers report (Sally Blane)

5.1 2020 Memberships

Accounts for WAHPSA ordinary (paid) memberships are usually issued annually in March/April. However, due to operational changes for many of our members due to COVID-19, the WAHPSA Executive Committee made the decision to suspend membership payments for 2020. Reasons for this include:

- An operating surplus in WAHPSA for the past 2 financial years

- An expected decrease in WAHPSA expenditure in 2020 due to the inability to hold face-to-face events (catering costs etc)
- Change in circumstances for ordinary members which may mean a loss of income
- Wanting to maintain current WAHPSA members who otherwise may not renew membership due to financial pressures

WAHPSA memberships are payable for either 12 or 24 months. 12 member organisations were due to pay membership in 2020, equating to \$960 in membership fees. These members have been contacted and have been given the option of paying membership fees if they are able to do so, however membership will not cease if payment is not made.

5.2 Website updates

The WAHPSA website will be upgraded this week to SSL. SSL is the standard security technology for establishing an encrypted link between a web server and a browser. This link ensures that all data passed between the web server and browser remain private. The website may be off-line for 24 hours while this process occurs. The work is being undertaken by Lethal Graphics who developed the website and will also take over hosting of the site. The expected initial charge is \$450 + ongoing annual hosting charges.

6. General Business/ Organisation updates

6.1 New Financial Members

Sally welcomed Fresh Finesse as new financial members to WAHPSA.

6.2 AHPA Online Event

Due to Covid-19 restrictions the PHAA pre-conference workshop (a joint venture between WAHPSA and AHPA) scheduled for May did not go ahead. Sally is currently in discussions with AHPA to do an online event via Zoom. The benefit to holding an online event means it can be accessed nationally. Details and content are still to be decided. Once event details are finalised, Sally will update members.

6.3 Presentation - *Creating a sense of community during the remote learning period*

Andrea Preiato from Helping Minds gave a presentation on how to support school children through the uncertain time of the Covid-19 pandemic and remote learning. The presentation was a collaboration between Andrea and WAHPSA committee member Phoebe Joyce from Act Belong Commit, Mentally Healthy WA.

Presentation: Please see link in 'Meetings' tab on WAHPSA website.

6.4 Organisational Updates

Members were asked to briefly discuss the “new reality” of Covid-19 and how the pandemic has affected their organisation.

Jill Darby (ECU): the ECU campus never closed completely however all units went to online delivery. Jill is looking at doing a collaboration with Cyril Jackson Senior Campus with “Prepare, Produce, Provide” - a program delivered in schools to make meals which can then be given to the homeless or people in need.

Sally Blane (Cancer Council WA): Working in the SunSmart program, the timing was not bad as things go a bit quieter in the winter months. School and early childhood centre onsite delivery stopped quite quickly however online learning modules continued, and Sally provided the eastern states with some of these online resources.

Mikala Atkinson (Cancer Council WA): Shannon and Mikala contacted schools early on in the pandemic and notified them they would be postponing all of their “Packed with Goodness” sessions (22 in total). An alternate delivery was offered however the uptake was nil due to the uncertainty of school attendance. Shannon and Mikala focused their efforts of updating and delivering content and resources behind the scenes. Going forward they are now beginning to book schools for Term 3 but will also be offering webinars on top of face to face delivery.

Sue McLaren (Animal Fun): Animal Fun delivers a number of face-to-face workshops which had to cease when the pandemic started. Sue upskilled and started to deliver online workshops via WebEx. These have been successful with groups up to 40 registering at a time and some great feedback from participants. Sue has also been collaborating with some nature play developers to make sure playgrounds are being developed with specific physical skills in mind. Animal Fun is also being translated into multiple languages and is involved in some international research.

Va Bola (CAHS): Va had a workshop planned for Primary Schools however this couldn't go ahead due to Covid-19, so she has been planning future workshops instead. They have also been doing mini presentations for clinical nurse managers regarding how they work with community nurses based in schools.

Ruth Wallace (ECU): Ruth has been extremely busy moving all classes to online delivery and dealing with a lot of anxious students. Lecturers had to identify alternative assessments instead of exams due to Covid-19 restrictions. The silver lining is being able to assess whether exams and other learning areas may look different in the future. Ruth was involved in a study on how eating habits have changed during the Covid-19 restrictions and she will share a summary of results in due course.

Lauren Buckels (Epilepsy WA): March is usually Epilepsy WA's big fundraising month (purple month) so Covid-19 presented a challenge financially. However, the organisation was able to continue to provide a full service. The Epilepsy Smart Schools Program was already set up to support schools online as they

deliver to regional schools that way. When the pandemic started a number of face-to-face sessions were cancelled however in the past couple of weeks uptake has increased. Lauren suggests this has to do with the comorbidity of epilepsy with mental health issues such as anxiety and depression (which may have been exacerbated during the restrictions).

Noelene Swain (Fresh Finesse): Fresh Finesse do promotional initiatives for fresh produce industry groups. Covid-19 significantly derailed the organisation's program delivery due to lack of events that would ordinarily have been conducted in community settings. School programs have been postponed and will recommence once demand returns.

Anita Stephen (Kidsafe WA): Kidsafe WA's school programs have been most affected by Covid-19 with delivery of all workshops being stopped. Ivana Posa commenced employment with Kidsafe during the pandemic and has been training to facilitate the school programs once they return in term 3. Anita has been working behind the scenes on redeveloping an interactive component to the Kidsafe WA website on injury prevention for students.

Ivana Posa (Kidsafe WA): It's been a challenging time for Ivana commencing a role at Kidsafe from home during the pandemic, especially only being able to communicate with colleagues online. However, she feels it's been a very welcoming start considering the circumstances.

Bernie Foley (Life Education): Due to the direct delivery of Life Education's programs to schools and a lack of government funding, Covid-19 has had a significant impact on the organisation. All staff were made redundant in March. Once JobKeeper commenced, Bernie and Jodie were able to recommence work and try to re-book schools. Direct delivery will be returning next month. After 37 years, Bernie is hoping Life Education survives this unfortunate situation.

Jenni Palmer (Oral Health Promotions): Jenni was on long service leave until mid-April. Once she returned to work, she focused on updating brochures and other resources. Staff in school dental vans had to stop many procedures and were very limited in what they could do. The lending of resources and kits to the public was discontinued. Jenni also worked on a kit for rural and remote areas targeted at the parent and carers of Indigenous children, designed for use by Aboriginal Health workers with the aim to raise awareness of protective behaviours to reduce decay. She has also been involved in reviewing literature of food security in the Kimberley.

Desi Duguid (SDERA): SDERA delivers a lot of professional development programs and resources to teachers and school staff. The organisation was kept very busy preparing all resources for online delivery. This has been a blessing in disguise allowing to future proof and allow for a lot more work in the online environment.

Sue Dimitrijevic (Sue Dimitrijevic Consultancy): Sue had been lecturing at Notre Dame which meant a rapid transition to online delivery, which was a bit

of a struggle. She has now finished up relieving that role and has more free time.

Amanda Grimby (WA Child Safety Services): WACSS provides protective behaviour and cyber safety education to schools, professionals and parents. When the pandemic began, Amanda was travelling the state delivering workshops which stopped abruptly. WACSS provide in-home support to vulnerable families through the Department for Child Protection and Family Support which had to stop as well although thankfully this has been able to recommence recently. Online resources were also developed to support parents of children in isolation. Schools have been slow to reschedule face-to-face sessions however in the meantime lesson plans have been developed to market to primary schools.

Megan Sauzier (WASCA): Staff worked from home for 9 weeks yet were still able to maintain services. Online meetings had great feedback and led to new connections and the development of new resources. Social media presence and engagement massively increased. Some training sessions were delivered online which worked quite well. Partnership opportunities also increased with the Department of Education and WACSSO. WASCA are now looking to how best support schools over the transition period of the next 12 or so months in a 'new normal'.

Regina Cruickshank (Yogazeit): Everything suddenly went on hold from mid-march for Yogazeit. All programs had to cease however Regina has been doing some free mindfulness activities online for children. Face-to-face activities should resume in term 3. There has been a big interest in wellbeing professional development programs for teachers.

Reearna Morgan (Foodbank WA): Face-to-face delivery of Foodbank WA's programs ceased. Online lesson plan videos have been developed for metro and regional areas as well as the Facebook group "Quarantine Quisine". Online meetings have been working well and may continue into the future. Schools are wanting face-to-face sessions to resume with the first *Food Sensations*[®] for Schools session to commence next week.

Leisha Aberle (Foodbank WA): Travel to the Pilbara region for program delivery was a large part of the Pilbara team's role, therefore when this had to stop in mid-March team members focused instead on developing a new funding proposal for BHP. This has now been submitted. From a Foodbank WA core business point of view, the need for food relief increased rapidly during the past few months and a hamper model was implemented. Leisha and her team were redeployed to assist with the high demand for food relief. The pandemic has given lots of insight into how to move forward into the future and the value of both face to face and online delivery methods.

- 6.5 Sally Blane commented that after listening to the organisational updates she was conscious of thinking of ways to support agencies. Perhaps having a more proactive communication with schools around what organisations are offering

and is available to them in post-COVID-19 times. Leisha agreed this is a fantastic way to support schools and suggested if members have information to include email through to wahpsa@gmail.com

ACTION: WAHPSA committee members to consider developing a newsletter to distribute to schools (ACHPER, school nurses and other channels) with a summary of relevant information.

- 6.6** Leisha thanked all members for all the fantastic hard work and achievements of 2019 and is looking forward to the remainder of 2020.

Meeting closed at 5.12pm.

Next General Meeting:

9 - 10am, Thursday 13th August

Healthway Building, 38 Station Street, Subiaco