



**Halifax Central Junior High School  
SAC Meeting Meeting Summary**

April 27, 2022

6:00pm (In-person)

Meeting Chair: Kelly Bowers

**1. Welcome:** In attendance: Valerie Meers (Principal), Erica Phillips (Vice Principal), Kelly Bowers (Chair), Jennie Colburn (Secretary), Pheilm Martin (staff rep), , Michelle (grade 9 rep), Elly (grade 8 rep), Regrets: Clare Bilek (parent rep), Jack (grade 7 rep); Lorelei Burgess (community rep)

**2. Approval of Agenda (Decision):** Agenda approved.

**3. Approval of Minutes (Information/Decision):** Minutes approved from February 2022 meeting

**4. Review Physical Activity Framework Video & Discuss:**

As a group, we watched a video from HRCE on how to find upwards of 60 mins in a day for each student to be more physically active, before, during and after school. We also discussed the differences between being active and engaging in activity that elevates heart rate. And how that varies from student to student. We discussed the unique challenges with Central having no designated outdoor space. We will present our formal responses and submission at the next meeting.

