

LOCKVIEW SCHOOL ADVISORY COUNCIL
Minutes of the Meeting
Wednesday, November 24, 2021
Virtual Meeting – 6:00 pm

SAC Executive Members Present: Trish Houtby, Debi Ramsay, Kerri Runcan, Kelly Nickel
 Regrets: Secretary - Ms. Allison, Christiina Donley, and Tiffany Derksen

Parents/Guardians Present: Thea Schreiber, Melissa Shaw, Ann-Marie Zammit, Kim Browning, Ede Ediger, Carson Phelan, Ashley Ellens, Claire Phelan and Maria Esposito

Staff Members Present: Principal-Miss Findlay, Vice Principal–Mrs. Steenhuis
 Teaching Staff- Mrs. Muir, Mrs. Lowden


Meeting called to order at 6:00 p.m.

| Item | Topic |
|------|--|
| 1 | Welcome |
| 2 | <p><u>Approve Previous Meeting Minutes</u></p> <p>A motion was made by Kelly Nickel to accept the October 2021 minutes, 2nd by Kerri Runcan</p> <p>MOTION CARRIED</p> |
| 3 | <p><u>Financial Report</u></p> <p>SAC General Account \$4089.58</p> <p>BINGO Account (October Distribution \$1470.78) Balance \$11 236.27</p> <p>Cost for Playground Upgrades- will cost between \$4000 and \$5000</p> <p>There was no cost for the wood chips and removal of the peat gravel.</p> |
| 4 | <p><u>Update on Fund Request for Playground Equipment</u></p> <p>A motion was made by Kelly Nickel, 2nd by Carson Phelan, to subsidize \$5000.00, using Bingo funds, to help pay the cost to fix and have any safety upgrades for the playground equipment.</p> <p>MOTION CARRIED.</p> |
| 5 | <p><u>Administration’s Report</u></p> <p>Power out today in the school.</p> <p>Thank you for the patience that families have had regarding our parking lot as our playgrounds were getting the wood chips and playground fixed.</p> <p>The primary playground was open today during the day to classes to be supervised by homeroom teachers. They are not open to students during the fitness breaks due to lack of supervision around the playground.</p> <p>1. <u>Parent Community</u></p> <p>★ Reminder for parents/guardians to connect with your child’s teacher regarding updates on the progress report card</p> <p>2. <u>Operational Items</u></p> <p>★ Other Dates:</p> |

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| | <p>November 29 – December 2 – High School Open Houses (Nov 30 – Collegiate 6:30 p.m.; Dec 1 – Laura Secord 7:30 p.m.; Dec 2 – Governor Simcoe 7:30 p.m. and Eden 7 p.m.)</p> <p>★ December calendar</p> <p>Wednesday, December 1 – Smoothie Day</p> <p>Thursday, December 2 – Sexual Assault Presentation by Donna Christie to Grade 7 and 8 students</p> <p>Friday, December 3 – Health and Safety inspection at 10:30 a.m., Picture Retake Day and Grade 8 Grad Photos</p> <p>Wednesday, December 8 – Subway Special Lunch</p> <p>Friday, December 10 – Joy Day p.m. with holiday crafts and or activities</p> <p>Wednesday, December 15 – Urban Cravings Special Lunch</p> <p>Friday, December 17 – Ugly Sweater Day – it can be connected to the holiday season or not as an ugly sweater will do!</p> <p>Wednesday, December 22 – The Festive Game</p> <p>Thursday, December 23 – Video and Last Day before the Winter Break</p> <p>- Community Care Drive December 13-17 Bins arrive on Dec. 9 and donations on School Cash Online is also available</p> <p>Monday is Macaroni Monday. Food items e.g., pasta, pasta sauce, rice, Kraft Dinner, canned vegetables, and soups are perfect choices for Macaroni Monday.</p> <p>Tuesday is Truckload Tuesday. Staple pantry items e.g., peanut butter, canned tuna (or other tin canned items), and sugar are ideal choices for Truckload Tuesday.</p> <p>Wednesday is Wash Up. Products e.g., dishwashing liquid, detergent, shampoo, toothpaste, deodorant, baby powder, and lotion.</p> <p>Thursday is Thirsty Thursday. Any juice in cans, boxes and bottles would be appreciated. Hot chocolate, tea and coffee would be great additions to Thirsty Thursday.</p> <p>The last day of our food drive has a double theme of Fuzzy and Furry Friends Friday. Any hats, scarves, mitts, coats, and other winter wear will be welcome on this day. Let's also not forget about our furry friends by bringing in canned cat or dog food!</p> <p>- Kids needing help at Christmas – if any council members wants to participate, please speak to Shanna Steenhuis to make your cash donation</p> <p>3) <u>Instructional Program</u></p> <p>★ DreamBox</p> <p>DreamBox – follow up from last meeting. We are getting from Grade 1 to Grade 5/6 (not Grade 6/7).</p> <p>★ PA Day we talked about math, literacy, creating a supportive caring environment, assessment practices</p> <p>★ Math Resources we are doing an inventory and purchasing some more math manipulatives (e.g., replacing old, an extra class this year)</p> <p>★ Literacy Resources – we are also working on an inventory to purchase new reading books</p> <p>4) <u>Safe and Inviting Environment</u></p> <p>★ Lockdown – November – we have put this on pause for now.</p> <p>★ Concussions – many incidents outside. Kids are constantly bumping into each other. Working on getting pad wrapped posts.</p> |
| 6 | <p><u>Questions/Comments/Ideas from floor</u></p> <p>Bingo questions were asked about volunteering especially around COVID</p> <p>Kelly Nickel talked about our school being involved in Quest for Kindness – Alzheimer during the month of January 2022. Donations will be made on school cash online as well as directly to the Alzheimer's website. The money raised stays directly in our community.</p> |
| 7 | <p><u>Set date for Next Meeting</u></p> <p>Virtual Meeting – Tuesday, January 25, 2022 at 6:30 pm</p> <p>Meeting adjourned at 6:30 p.m.</p> |

PIC VIRTUAL PRESENTATION – 6:30 p.m. by Jean Clinton

There are a few important slides below from her presentation.



Rising to Resilience –
How to Assist our Children &
Young People Through
Challenging Times

Jean M Clinton BMus MD FRCP(C)
Clinical Professor
McMaster University
@drjeanforkids

What is Mental Well-Being?

A state of well-being in which an individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

World Health Organization, 2014

**More than the absence of
illness!
It is about FLOURISHING!**



Four Challenges to a Healthy Mind



- Distractibility
- Loneliness
- Negative self-talk and depression
- Loss of Meaning and Purpose in Life

Four Pillars of a Healthy Mind

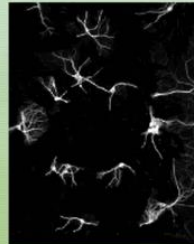


- Awareness
- Connection
- Insight
- Purpose

- Dr Richard Davidson

Learning helps our neurons GROW.

The more we learn, the more connections they make.

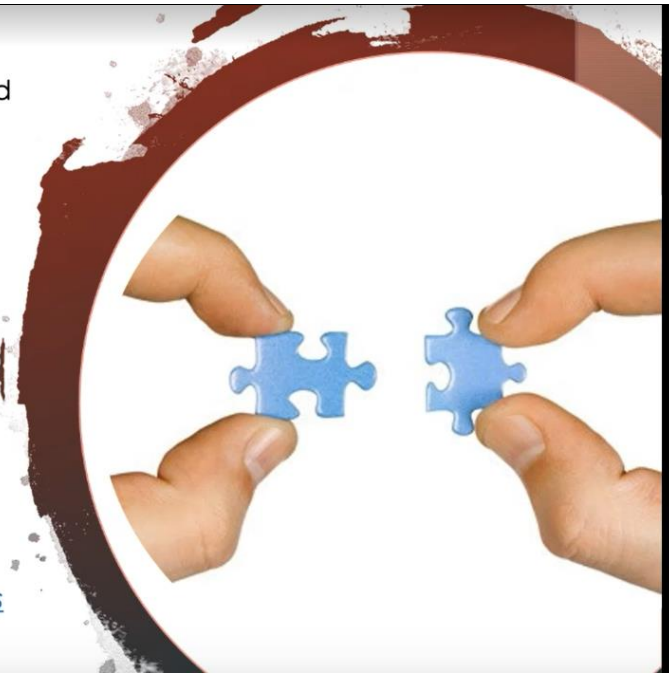


"The most powerful buffer in times of stress and distress is our social connectedness; so let's all remember to stay physically distant but emotionally close.

Reach out and connect; even a short text or smiling face on Zoom can help. Regulate, Relate, Reason."

- @BDPerry (3/17/20)

www.neurosequential.com/covid-19-resources



For our own well-being: wellbeingandcoping.net

DAILY ROUTINE OF BUSINESS WOMAN HEALTHY LIFESTYLE
WELL-BEING • CLARITY

WELL-OF-FEEL
WELL-OF-THOUGHT
WELL-OF-HEALTH
WELL-OF-RELATIONSHIP
WELL-OF-ENERGY
WELL-OF-EMOTION
WELL-OF-PRODUCTIVITY
WELL-OF-LEARNING
WELL-OF-ADAPTABILITY
WELL-OF-RESILIENCE
WELL-OF-POSITIVITY
WELL-OF-GRATITUDE
WELL-OF-SELF-CARE
WELL-OF-BOUNDARIES
WELL-OF-EMPATHY
WELL-OF-COURAGE
WELL-OF-CONFIDENCE
WELL-OF-RESPECT
WELL-OF-INTegrity

Find your Calm...

We were not placed on this earth to walk alone.
- Thomas S. Monson

Time Limit
You've reached your limit

Always remember, your focus determines your reality.
FEARLESS INSPIRATION.COM
GEORGE LUCAS

<https://www.psychologytoday.com/us/blog/pulling-through/202004/the-pandemic-toolkit-parents-need?eml>

What you can do:

- Be **patient**, calm and reassuring
- Be **positive** about their ability to manage the situation (with support)
- Help your child succeed by doing “**small steps**”
- **Reward and praise** your child’s efforts as well as successes
- Be a **model** for your child – manage your own anxieties
- Help your child “avoid avoidance” with planned **gradual exposure** to things they fear
- Teach your child **positive self-talk**

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Don't:

- Criticize or yell at your child
- Tease or make fun of your child for anxiety
- Ignore the problem or wait for the child to get over it
- Tell the child to "toughen up"
- Pressure your child to do more than s/he can do
- Have unrealistic expectations
- Make it easy for your child to avoid anything that scares them

Compassionate Coaching Questions that Support Reflection and Growth

- What do you need right now?
- What is most important?
- What are you hoping for?
- What's going well?
- What helped you the most today?