



# Alexander Mackenzie High School School Council

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Monday, November 20, 2017

## MINUTES

### Minutes:

#### 1. Student Report – *Amanda Backal*

- Hallowe'en - President's Council ran games, music, and a costume contest at lunch
- Semi-formal to be held November 23 – 215 tickets have been sold to students from grades 9-12
- Winterfest – council will be preparing for this talent show that is put on at an assembly on the last day of school before the winter break; auditions to be held soon

#### 2. PROGrant Presentation – *Lisa Wakayama, Jennifer Kolari*

- Lisa introduced guest speaker, Jennifer Kolari who is a parenting expert who has appeared on television and radio and who has contributed to parenting magazines in Canada and the U.S. and is the author of “Connected Parenting” and “You’re Ruining my Life! (But Not Really), Surviving the Teenage Years with Connected Parenting”
- Jennifer’s entertaining and informative workshop contained anecdotes from her experience over the years as a Social Worker
- she explained that a child’s behaviour is a communication of a problem and to deal with the behaviour requires determining the source of the behaviour
- dealing with behaviour requires being connected with your child and at the same time having clear limits
- she explained her CALM technique for connecting
- **C – CONNECT** – be present in face and body i.e. stop what you are doing and really focus on your child
- **A – AFFECT** – put away your agenda and match your expression to theirs to show them that you really understand
- **L – LISTEN** – paraphrase, wonder out loud, clarify, and summarize to show them that you have heard what they are telling you
- **M – MIRRORING** – empathize without trying to fix what they are going through

Date for next meeting: *Monday, December 18, 2017*