



Welcome!

Keswick High School
School Council

7:00 PM

April 25, 2022





SCHOOL COUNCIL

7:00 PM

April 25, 2022





Agenda

Topic/Focus	Facilitator	Timing
Land Acknowledgement Guest Speaker: Liz Pearson “Eating to Optimize Gut Health, Brain Health, & Mental Health”	Candice Mott Liz Pearson	10 minutes 60 minutes
Standing Items: Student Council Report Teacher Report Principal Report	Lael Croft Kelley Demers Candice Mott	15-20 minutes
Any Other Business and Future Dates	Pam and Erin	10 minutes



Beginning in a Good Way

We affirm that we are all treaty people and acknowledge that the York Region District School Board is located on the lands of two treaties. These treaties have been signed with the Mississaugas of the Credit First Nation and the First Nations of the Williams Treaties who are: the Mississaugas of Alderville, Curve Lake, Hiawatha, Scugog Island; and the Chippewas of Beausoleil, Rama, and Georgina Island who is our closest neighbour and partner in education.

To honour this agreement we will take up our responsibility to be respectful of their traditions, knowledge and inherent rights as sovereign nations. We will respect their relationship with these lands and recognize that our connection to this land is through the continued relationship with these First Nations, and we acknowledge our shared responsibility to respect and care for the land and waters for future generations.



2021-2022 School Council

Executive:

- **Chair/Co-Chair:** Pamela Tuininga and Erin Terveld
- **Vice-Chair:** Stephanie Grant
- **Treasurer:** Corrine D'Angelo
- **Secretary:** Shelly Grieve
- **Members:** Lesley Smith, Robert Baynit





Eating to Optimize Gut, Brain and Mental Health

Speaker: **Liz Pearson, Dietitian & Bestselling Author**



Liz Pearson is a Registered Dietitian with a passion for peanut butter sandwiches and an undying love for chocolate. Liz has been researching, speaking, and writing about nutrition for over 25 years. She was the nutrition columnist for Chatelaine magazine for many years and has written four books, including two award-winning, national bestsellers. Her most recent book is called “Broccoli, Love & Dark Chocolate... Because food, love, and life should be delicious!”. (www.lizpearson.com)

Keswick High School

Student Council




School Council Meeting - Monday, April 25, 2022

Current Initiatives

April is Mental Health Awareness Month @ KHS!

Throughout the month of April, Student Council has put together a collection of activities to take place. We have organized these activities depending on the day of the week and each member from KHS’s Student Council has a specific role assigned to them.



Monday	Tuesday	Wednesday	Thursday	Friday
				1 – Joke day for April Fools? (Amanda)
4 – Mindful practice (Olivia)	5 – Mental health statistic (†)	6 – Inspirational quote (Lael)	7 – Self care tip of the day (Elena)	8 – Joke of the day (Amanda)
11 – Mindful practice (Olivia)	12 Journal Prompt (Kitana)	13 – Inspirational quote (Lael) (Colouring day?)	14 – Self care tip of the day (Elena) (seavenger hunt?)	15 HOLIDAY – NO SCHOOL
18 HOLIDAY – NO SCHOOL	19 Mental Health statistic (†)	20 – Inspirational quote (Lael)	21 – Self care tip of the day (Elena)	22 – Joke of the day (Amanda)
25 – Mindful practice (Olivia) Kaheot (Kitana)	26 Journal Prompt (Kitana)	27 - Inspirational quote (Lael) hand out stickers in the office next to the	28 - Self care tip of the day (Elena)	29 - PJ day - Joke of the day (Amanda)

These mental health activities include...

Mindful practice Monday's

Mental health statistic and journal prompt Tuesday's

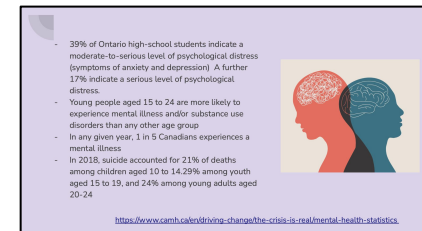
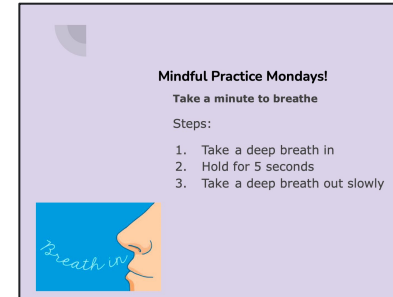
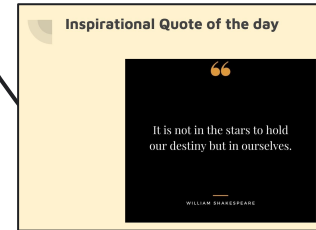
Inspirational quote Wednesday's

Self care Thursday's

Joke of the day Friday's

- We also have other events popping up throughout the week such as Kahoots, coloring, and a bulletin board with access to mental health resources located in the main hallway

★ These activities are promoted/shared via announcements that take place depending on the corresponding day of the week. A slide deck is also shown on the schools TV providing students with a chance to visualize this information



Student Council collaborated with Student Success for Pink Shirt Day!



← Current bulletin board display

Student council bulletin board! Located downstairs under the main stairway.



York Regional Presidents' Council - General Assemblies

Who is the YRPC?: The York Region Presidents' Council (YRPC) serves as the official student senate of the YRDSB. YRPC fosters inclusivity, enhances communication between students and administrative bodies, and represents student voice. You can think of them as the “Super student council of YRDSB.”

What are GA's?: Monthly meetings that encourage students to come and share their thoughts, opinions, and ideas. The YRPC helps to make decisions that directly affect how students experience school. At GA's students are asked what should the YRDSB be working on? And get their thoughts on current YRDSB policies, initiatives, etc.

Our student council: 3 members of our student council attend these monthly meetings as grade representatives for Keswick High. The most recent GA was on the topic of mental health and what the YRDSB is doing to support the wellbeing of its students. Our reps had the opportunity to share their thoughts and take notes on what was being discussed.



Class of 2022 Graduation Sweaters

Student Council has been helping to promote the class of 2022 grad hoodies by placing posters throughout the school to spread awareness about the merchandise. More information has been provided via School Cash Online in regards to price, sizing, wait times, etc. If your child is in Grade 12, I highly recommend encouraging them to purchase a hoodie and spread the word!



Up and Coming Initiatives...

Upcoming Events

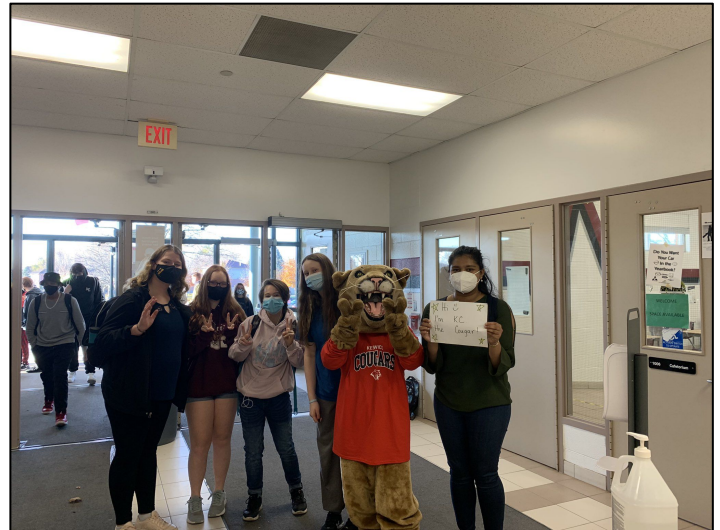


- (Obviously) continuing with our mental health awareness month for the rest of April, including the last day being the ‘famous’ pj day
- The upcoming YRPC GA meeting - 3 representatives will be attending and sharing notes with the council
- Possibly plan activities or events for Pride Month 2022 (Maybe colab with KHS GSA?)
- Continuing to meet weekly on Wednesday’s and have one monthly in-person





Starting last week, every Friday is KHS Spirit Day! Show off your school pride by wearing red and black or your KHS shirt/hoodie! #khsproud





Teacher Report - Kelley Demers

Hockey for Heroes - Hockey Fundraiser for *Sick Kids Hospital* -Thursday, April 28 @ the Ice Palace from 8-3pm

Buy in for the Championship game from 1:45-2:45. \$ 5.00 School cash online (all money is donated to Sick Kids Hospital) Bus leaves KHS at 1:45 and returns for end of day dismissal.

Athletic Council - Intramurals every Thursday & Friday in gymnasium @ 11:45-12:25

Snap - Track and Field event for our students who are in Community classes - Mr. Christie

Sports being offered this Spring: Rugby (Jr. Sr. and Girls), Baseball, Lacrosse, Mountain biking are all up and running. GOOOOO KHS!

Spirit Wear: Delivered to staff and students on April 13/14. Every Friday KHS participates in a spirit wear day, wearing school colours (black and red or spirit wear)



Principal's Report - Candice Mott

Updates to the building:

- First floor hallways are being painted
- Leak in roof has been repaired
- Goal post in back field being repaired
- News blinds on the second floor (done in stages)
- New flooring in the library (over the summer)
- Manufacturing rooms and Construction rooms - new equipment for students' use
- New lockers in Phys. Ed. changerooms (over the summer)
- Trees down in the front due to high winds over Easter long weekend





Principal's Report - Candice Mott

Updates to Activities for Students

- Prom - held at Manor on Thursday, May 26th.
- Tickets sold to date: 170
- Grad Breakfast on Tuesday, June 14th from 8:30-10:00 am
- Graduation - held at School on Tuesday, June 28th (in person) and each graduate will have 3 tickets for guests.
- Exploring Arts Showcase in June - instrumental, dance and visual arts. TBD



Principal Report - Candice Mott

Summer Learning Opportunities for Students:

- Registration opened on April 19
- Both in-person and online options available
- More information can be found at:
<https://www2.yrdsb.ca/2022-secondary-summer-school-registration>
- Please conduct our Guidance department if you have any specific questions regarding your child and summer school



PEAC Regional Symposium

From **April 25-29**, please register by accessing the PEAC Regional Symposium Registration webpage where you will find the registration form as well as more information about the PEAC Regional Symposium.

<https://www2.yrdsb.ca/peac-regional-symposium-registration-open>



Annual PEAC Regional Symposium – “Parent Voice Matters!”

The Parent, Family and Community Engagement Advisory Committee (PEAC) and Leadership Development and Engagement are pleased to announce the return of the annual PEAC Regional Symposium (virtual).

Wednesday, May 4, 2022

7:00 pm – 9:00 pm



School Council Goals for this year

- Collaborate and interact more with Student groups
 - School Council, Athletic Council, etc
- Wider Parental Involvement; Grow membership by encouraging participation from other parents
- Increase Communication
 - Spread the word using Social Media



FUTURE COUNCIL MEETING DATES:

Date	Topics
Monday May 16th - 7:00 p.m.	TBA

*Thank you!
We value your
partnership.*

