

Meeting Minutes

Meadowbrook Public School

School Council

Monday December 7 , 2015 7:00pm

Meeting called by: School Council

Type of meeting: Monthly (4 of 10)

Facilitator: Hayley Hobor

Notetaker: Kelly Purves

Members present: Hayley, Jenn Apps, Jen Diceman, Danielle, Rachel, Angela, Kelly, Sandy, Andy, Louanne, Lori

Total time: 2 hours 15 minutes

Approval of November minutes & action items – presenter: Hayley. Time: 5 mins

- Carry over action item buddy bench for Jenn Apps. J Apps went to Restore – they sometimes get benches in. need to decide if we're building one or buying one. J Apps get in touch with Gail. Address in February.

Fall fundraiser update – Presenter: Fundraising Committee. Time: 10 mins

- Jenn Apps, we should consider not working with Norcard next year. Some items are missing or the wrong item was sent and it took too long to ship.
- For back order items there's a concern about Norcards solution.
- **ACTION** - Jenn Apps look into it what to do about backordered items not available.
- Sold \$2600 worth spirit wear this fall. Made \$800 profit.
- \$1500 new spirit wear sold. Sold 31 toques
- Clothing orders arriving next Wednesday
- Pizza orders went out. Payments and orders will be online for next order. The choices will be limited to either a pizza order or a combo (pizza, drink, cookie) order.

Jersey samples - Presenter: Sandy. Time: 5 mins

- Someone dropping off staff jackets to look at
- Jersey samples coming this week.

School cash online – Presenter: Jen Diceman. Time: 20 mins

- Meadowbrook will move completely to online for cashes transfers over the year.
- Families have to register online with child's number
- A package will go out with each child with info and their number
- Milk is difficult to plan for online, may remain cash this year.
- Fundraising will be cash as well.

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- There will be a few options presented for those that are uncomfortable with online purchases.

PRO Grant - Presenter: Hayley. Time: 10 mins

- Feb 25th is still a good date for the event
- Secure the people before we send out to everyone.
- Yes, there will be door prizes
- ACTION: event committee need to meet
- ACTION : Date of February 25th to be confirmed

School Council Forum – Hayley, JD, Sandy. Time: 35 minutes

- All schools in north gather
- Code of ethics discussed
- Mental health presenter from Board of Ed. Michelle Cassidy
- Share video about brain and how to keep it cool (hand model) with Dr. Daniel Siegel.
- Shared tools to deal with anxiety, teaching kids skills to cope b/c anxiety the most common mental health issue in schools.
- Family meal time can help with mental health. Structure the conversation
- We need to take care of our own mental health.
- 21 day challenge – journaling, meditation, continue a task for 21 days to make it a habit
- MH strategy starting in the high schools.

- JD considering a daily mindfulness time during announcements
- JA brought up Day of Change event– no support for kids after they unburden themselves of emotions.

- Meadowbrook uses zones of regulation and deep breathing and other strategies, depending on the teacher.
- JD get teachers strategies and report back to us.
- Also need to communicate strategies to parents.

Brain Storming – Presenter: Hayley. Time: 45 minutes

- Why are we here?
- Ideas for how/why we want parents involved. We want them involved more.

- Developed goals:
- Get more people in community involved in school council and events and activities (social events, advertise at school events,
- Have some meetings as theme based or info-based
- Survey school to get to know parents and what they want from council
- Support parents e.g. ideas for fun activities like games that use math skills.
- Bring more nature to school yard and classrooms (nature based play and learning)
- Communicate what we spend money on (at events, on school sign etc)

Top 3 Goals

- Survey school to get to know parents and what they want from council
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- ***Listen and Learn*** council meetings
 - Communicate what we spend money on, what we do, how to get involved (at events, on school sign etc)
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Staff Report - Presenter: Jen Diceman. Time: 5 mins

- Weekly newsletter instead of monthly and a new format. Send Samantha any school council announcements
- Mitten/warm clothing drive and food drive start now. Mittens must be new.

Next Meeting: **Monday February 8, 2016** at 7:00pm

