



THORNHILL SECONDARY SCHOOL

167 Dudley Avenue, Thornhill ON L3T 2E5

Tel: 905-889-5453 Fax: 905-889-0360



AGENDA & Minutes Thursday May 9, 2013

1. **CMHA Presentation on mental health by 45min – cancelled.**

Alternate speaker available - council parent to address questions from parents attending with interest in this topic

Dr. Ralph Lewis - Psychiatrist @ Sunnybrook – specializing in youth issues

Addressed parent questions including:

- How does a parent differentiate between children who are experiencing normal adolescent issues versus those who might have an actual mental disorder?
- Is there a risk of waiting until children are 25 before investigating mental illness?
- What should we be looking for as symptoms of depression & anxiety in our kids?
- **Which disorders are more prevalent in males or females?**
- **Where does normality end and abnormality begin?**
 - Labels as distinct entities overlap with normality and with each other
 - The main factor to consider is whether the symptoms are causing significant impairment in functioning
 - Occur along a continuum of symptoms
 - Can include loss of function or regression
 - Indicators of distress (of self or others affected by them).
 - Often connected with substance abuse - which is both cause and effect of mental illness (alcohol and marijuana).

Symptoms of Depression

= loss of interest (in life).

= Finding things unrewarding and unpleasurable and unfulfilling.

= Eventual social withdrawal and isolation – but not always immediately.

= Fatigue, loss of energy & other changes

Symptoms of Anxiety

= highly avoidance behavior (which is self-reinforcing)

Causes of mental disorders

= combination of biological, psychological & social factors

= innate vulnerability & environmental stress factors



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Concepts Reviewed/Defined included:

- **Stress** = non-specific contributing factor to many disorders – but reactions to stress follow predisposition.
- **Emotional/mood dysregulation** = on a continuum.
- **Personality** = temperament interacting with environment.

2. Review of March Minutes

Shirley – requested motion to accept minutes

Motion made to accept minutes –

3. Treasurers Report

- \$1,828 – transacted as a donation to computer
- A late donation of \$200 received.
- \$1,125.30 = current balance available
- \$500 = allocated to student award & bench donation
- Carry over allowable expense

4. BOSS Report

Prom - 220 tickets sold

- Menu = upgraded
- Security = arranged
- Theme = intentionally vague – magic @ midnight
- Contract = a requirement for attendance

BOSS

- Elections coming soon – June 2013
- May 24 = campaigning starts
- June 3 or 4 speeches
- Constitutional change being contemplated to change representation numbers per grade from 4 to 2 per grade
- Amending responsibility to include reference to representation of student voice as a core responsibility
- Campaign Rules include:
 - Monetary limitations = imposed
 - No food handouts
 - No bribes
 - No attack ads
 - Posters & speeches have to be approved before they go up

5. Community Report – Adam Saperia

- Fundraising – confirm that Alumni Association did make a \$500 donation to cost sharing allocation for computers
- Annual ½ century club luncheon class of 1963
- Next step bursary – \$1,000 & 50th Scholarship - \$1,000
- 700 followers on Facebook

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- Alumni available to provide information/guidance on career choices
- Alumni available to use connections to link TSS students with summer job opportunities in specific industries as available

6. **Administration Report** – David McAdam

- David, Elyse & Shirley send apologies (Lewis presenting Administration Report)
- School council donation funded 11 netbooks and 1 document
- The new website = live with a link to council site
- School minutes to be posted via Lewis who will upload
- **May 14** = Literacy test – condensed day of periods 1, 2 & 4
- **May 14** = Music night – Richmond Hill Performing Arts – ticket on sale
- **May 6** = Mental Health Week
 - Dr Waxman = presented on signs of mental health issues to parents & children
 - Guest speaker 24 years old – depression, add was keynote speaker
- **Ecoteam** – seeking re-certification as gold level this year
 - A number of activities took place drawing attention to environment
 - Focus = planting plants involving kids with special needs
- **May 16** = ESP (Empowering Student Partnership)
 - Staff & Police versus Student dodgeball tournament
 - Promoting safety (especially around prom)
 - Road safety & other presentations
- Enrollment:
 - Projected to 1030 (currently at 1000)
 - Course offering also decline with reduced population
 - School is open to transfers
- OSAP presentations held today for students
- Timetabling update – is frozen until start of June
 - Changes can be made after June with guidance department
- Summer School – career cruising site to enroll
- E-learning registration opens on May 8 (with face to face finals & mid-term exams) – details available through guidance counselors

Websites with scholarships include:

1. Studentawards.com
2. Scholarshipscanada.com
3. Electronicinfo.ca

7. **Other Business** –

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Dates for 2013/14 council meetings scheduled for discussion at next council meeting
Staff appreciation breakfast (Thursday June 27)
Need volunteers to help set up -

Pro - Grant approval for 2013/14

- *Proposal to have Speaker Series & Workshops with expert speakers focused on supporting students in learning*

Roles on School Council

- Available to answer questions on roles

Next Council Meeting:

- June 6th, 2013
 - Will plan dates for 2013/14