

Pierre Elliott Trudeau HS
School Council Meeting Minutes

April 27, 2017

Welcome/Introductions/Regrets

Chair: Julie Lum

Principal: Debbie Linkewich

Special Presentation - Teens: Sleep and Stress

By D. Linkewich and J. Lum

- What can parents do to help kids control their stress
- How to manage stress & strive on it
- Well Being
 1. Physical
 2. Cognitive
 3. Social
 4. Emotional

Parent concerns

Homework - more than ever

Volunteer hours/extracurricular activities

High expectations - post secondary

(Tests are too hard, too long)

Also, kids are given the same test, when different material is taught

Staff concerns

Increased competition - with each other & pathways

Time mgmt - assignments last minute & late (phone, laptop)

Resiliency - when things don't go as planned, do teens have the ability to bounce back?

- Teens are the most stressed population
- Low self esteem
- Academic stress
- Loss of previous relationships
- Time management – need to learn how to do better
- Change in routines
- Fear of new social situation

Most kids surveyed not getting enough sleep (should be at least 8 hours), some less than 2 hours

76% surveyed - teens asked for more quiet individual spaces in the library to work

Another issue - Perfectionism – either self imposed or parents or staff expectations
Course Assessment Policy heavily weighted to end of semester - Timing of tests for multiple courses overlapping, weighting of tests

Watched Video about "Grit" – resiliency – comes from within but we can help our children to become more resilient, to have more grit
Podcast by Angela Duckworth (Ted Talks)

School Council Updates

1. Eva shared photos and talked about the Chinese New Year celebration in the cafeteria for which school council funds helped to purchase food for all to try
2. Update by Saad Masood
 - Keith - next year's communication chair
 - Fair Trade awareness week April 14th
 - Semi Formal March 9th - Markham Convention Centre over 700 students
 - Election last week
 - May 1 Grade rep election
 - May 4 - FUEL & outdoor movie night 7-10pm

Other Updates

Sandra & Sue from school council attended Parents' Symposium and shared their experiences

- Large & well-organized event with many topics
- Suggestion to have one of the speakers come to PETHS next year

Report from Stakeholders

1. S. Fusco

- 7 students went to England and France for Vimy celebration

2. D. Linkewich

- Drama show second week of May
- Prom May 18 in Vaughan - 20 staff supervisors and police officers
- May 19 - 27 – Music trip to Austria & Prague
- Next school council meeting May 25
- Spring Harmonies May 31 & June 1
- Grade 12 June 29 Graduation – limit of 2 tkts/per family with a few extra available by request
- Caretaker staff - outstanding rating for inspection
- Mr. Rawlins - Award of excellence May 10th award night
- Equity symposium - students chosen to speak
- Next week - 20 students from the Board chosen, 2 from our school

- Miss Muller - Teacher of the Year, award ceremony
- Upcoming Exams - schedule adjusted as Eid in the middle of exam period
- Report Card April 26th
- Grade 12 Full Disclosure April 25 for OUAC – marks sent in
- SCHOOL CLIMATE SURVEY
- April 30th Parent copy will go out electronically; paper copies available in the office in multiple languages
- May 19th due date

3. **J. Lum**

- Strut fashion show tonight
- School Council Meeting changed to May 25th
- Thanked R. Malhotra for all his contributions to the school with the PRO grants over the last few years. He will not be returning next year as community member.
- Topics for next meeting - request for ideas
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4. **R. Malhotra**

- 3 very successful PRO grant events held this year
 - a) Pathways/Careers night
 - b) Transition from Elementary to HS
 - c) Transition to Post-Secondary: Guest speaker on Job Prospect & University Panel
- Program application due May 25th - to be completed by a parent, will know by August
- Next year's PRO grant – request for ideas and volunteers to help write/submit the grant.- this year 's theme was transition, last year's was resiliency

Meeting adjourned at 9:25pm