

# Unionville High School School Council Meeting Minutes

Monday, October 16, 2023  
7:00 pm – 8:30 pm  
Location: UHS Library

Council Members: Anoosh, Frank, Peter, Shefali, William, Mandip  
UHS Staff: Susie Nunes (SN), Raymon Luong, Patrick Belmonte, Dawn Imada-Chan

## AGENDA:

1. Welcome
2. School Council Policy Changes Video
3. USAC Updates
4. Subject Department Presentations:
  - Library
  - Technological Services
5. Admin Updates – SAC Fees
6. Hong Fook: Introduction and Mental Health Workshops

### 1. WELCOME

- SN welcomed parents and called the meeting to order at 7:00. SN read out a land acknowledgement.

### Elections

All UHS School Council executive positions were elected. A notice regarding School Council executive members will go out to all members of the UHS community.

Chair: Anoosh

Secretary: Shefali

Treasurer: William

Community Member – Arts: Frank

Community Member – STEM: Peter

### 2. SCHOOL COUNCIL POLICY CHANGES VIDEO

- A video outlining revision to the YRDSB school council policy and procedures #262 was shared with the parent community.
- The video outlined an overview of consultation themes, reasons for the lack of parent engagement, move towards greater school council accountability, the role of principals and the need for greater collaboration between school councils and administration.
- The video can be viewed at: <https://www.youtube.com/watch?v=PctgZCDesnE>.

### 3. USAC UPDATE

- Invitation extended to UHN parent community to participate in the Parent, Family and Community Engagement Advisory Committee (PEAC)
- The purpose of the PEAC is to support, encourage and enhance parent engagement at the Board level in order to improve student achievement and well-being.
- Anoosh, School Council Chair, welcomed all parents. He communicated that he could be a safe space for parents to communicate any thoughts or concerns that they were uncomfortable communicating directly with school administration.

#### **4. DEPARTMENT PRESENTATIONS**

##### **a) Library – Ms. Lawton**

- The library is always open for students to come to a quiet space to do homework or read.
- Students can access the library website where they can request books or access e-books.
- Research databases and other online resources can be accessed. Students should join the UHS Library Learning Commons Google classroom for the usernames and passwords needed to access these online databases, outside of the school.
- Students also have access to Sora, a digital reading app for ebooks and audiobooks.

##### **b) Technology Studies – Mr. De Paolis**

- There are a total of 7 teachers teaching various technology related classes from 4 sectors: communications technology, construction technology, technological design and computer technology.
- Grade 9 focuses on an introduction to technology (ending with a Video Showcase), with Grades 10-12 courses focused on one of the four technological education sectors.
- There are several extracurricular clubs that tie into technological studies including Architecture Club, Filmmaking Club, the Skills Ontario Competition, Robotics, STEM and Yearbook. Students can still join many of these clubs.

#### **5. ADMIN UPDATES – SAC FEES**

- A friendly reminder to parents to pay the optional \$45 UHS Student Activity Fee
- The Student Activity Fee supports extracurriculars like clubs, sports teams, travel expenses, and whole-school spirit events. This fee helps ensure a range of school events and activities continue for ALL students, not just if your child is in an extracurricular club.
- Parents are urged to take 1-2 minutes to pay via School Cash Online at <https://yrdsb.schoolcashionline.com/> (have your student number ready).

#### **6. Presentation from Hannah Xu from the Hong Fook Mental Health Association on Academic Success and Teen Minds**

Some key themes throughout the discussions:

- Adolescent brains are still developing, and parents need to be able to recognize when we should be worried about the stress felt by our teens.
- High academic stress is related to lower well-being and can lead to depression and anxiety disorders.
- It can lead to further challenges in academic achievement and can increase the risk of substance abuse.
- Teens can learn to manage their stress by improving their sleep habits and learning breathing exercises and muscle relation activities.
- When discussing report cards with your teen, it is suggested that we start with positive aspects of the feedback and then suggest areas for improvement. The conversation should end with positive next steps.
- Achievements should be praised; how do you praise your teen?
  - Be precise and simple.
  - Include specific examples of achievements.
  - Praise effort and progress.
  - Avoid conditional or comparative praise (i.e., I love you because you are so smart..")

**NEXT MEETING – November 20, 2023 @ 7:00 p.m.**