

Unionville High School – School Council Meeting

Date: Nov 28, 2022, 7:00 pm to 8:30 pm

Council Members: Anoosh, Felix, Mandip, Neely, Wenjie, Sonya, William

UHS Staff

- Mr. Patrick Belmonte
- Mr. Amol Gheewala
- Ms. Susie Nunes
- Ms. Suelyn Cheong
- Ms. Effie Kyriopoulos

Agenda:

1. Welcome
2. Updates from USAC
3. Subject Department Presentations
 1. History
 2. Math
4. Loving Our Kids Too Much: Healthy Parenting Strategies with Dr. Merry C. Lin

Live translation in Mandarin was provided.

Minutes:

Welcome

- Ms. Nunes welcomes all parents that were joining In person and online.
- Ms. Nunes read the land acknowledgement

Updates from USAC

- Recording by USAC was played (by Isaac Yu and Rachel Wong)
- Recent activities
 - Semi-formal held last week, over 500 participated
 - Club fair ~ 45 different clubs with many new ones
- Upcoming
 - Student TownHall
 - Free Hot Chocolate
 - Karaoke night
 - Yearbook can be purchased from school cash online

Subject Department Presentations

- Humanities and Social Science (Sarah Faulkner) presenting on the History department

- Challenge to make sense of the world and the dynamics that shape day-to-day. Students need critical thinking to make sense of the world no matter what future role they may hold.
- The humanities subject is about citizenship – how to be productive and responsible members of society
- Hands-on approach to history – live history. Students learn to understand and navigate the world around them. Activities include games, simulation, mock trials, guest speakers, and field trips to courts.
- History courses were introduced. Of special note is that history has been de-streamed (no longer 2 separate streams).
- Contents of humanities include history, anthropology, psychology, sociology, and philosophy at various grades.
- Anti-oppression approaches to learning (expose overt prejudice and discrimination)
- Reconciliation and anti-black racism are also focuses
- Math (Ivan Wong)
 - Presented exercises that were used to present concepts.
 - Math teaching uses different approaches:
 - Let students learn how to apply knowledge in different ways
 - Students learn that they can use different approaches to solve a problem
 - Math pathway is shown
 - There are about 16 teachers in math at UHS
 - Other methodologies:
 - Group learning – students learn to explain concepts to each other
 - Board work – not necessarily just on curriculum subjects
 - Different ways to look at and solve problems are encouraged.
 - Merging Math with other subjects (Arts for example)
 - Activities:
 - Math Club (Wed)
 - Tutoring help (Tues/Thurs)
 - Math Context (Canadian Open Math Context CMOC 22, Waterloo contest) – with up to 150 contestants
 - Students are evaluated on thinking, how close they come to the right answers

Presentation from Dr. Merry C. Lin on “Loving Our Kids Too Much: Healthy Parenting Strategies”

- Dr. Merry Lin – a clinical psychologist
- Dr. Lin works with others on many mental health issues
- Message - that parents can make a difference
 - Top 3 worries for parents
 - Kid’s happiness and well-being
 - Academic successes
 - Future
 - Top issues for Kids
 - Fear of failure
 - Tougher academics and responsibilities

- Social pressure
 - Uncertainty about future
 - Worries about college/university
- Healthy parenting
 - Loving relationships take work – they require a commitment of time and effort
 - Despite our best intentions, parents will cope with stress by sometimes relying on unhealthy strategies
 - Parents are the biggest source of support for children
 - Teach problem-solving, resilience and confidence to handle realities in life.
- 3 big mistakes/extremes
 - Over-protect children
 - From real life
 - We rescue them from everything
 - Take responsibility for things they should do themselves
 - Fight their battles
 - Don't push them enough
 - Over-protected children often face these issues
 - Lack discipline
 - Become underachiever
 - Become dependent
 - Have trouble regulating their emotions
 - Immature
 - Over-control (Some children have 1200 commands thrown at them a day)
 - Constantly getting after them
 - Make all decisions
 - We are too uptight
 - Don't let them express themselves
 - We pry
 - We're manipulative
 - We set unreasonable expectations
 - Teenagers need to be able to have choices in order for them to develop into an individual
 - Over-controlled children often face these issues
 - Problems with relationship
 - Low self-esteem
 - Kids pretend to comply but rebel
 - Become passive aggressive
 - Worry too much about what others think
 - Have trouble making good decisions
 - Over-indulge
 - Always give in
 - Bribe them
 - Give excessively

- Permissive
- Give undeserved or excessive praise
- Always defer to our kids
- Over-indulged children often face these issues:
 - Selfish
 - -Little sense of accomplishment (lack self-confidence)
 - Lack self-control
 - Sense of entitlement (can't take ownership of failure)
- Effective parents
 - Confident without being authoritarian
 - Clear and consistent in expectation
 - Always treat kids with respect, no matter how angry, disappointed, or frustrated
 - Remain verbally and physically demonstrative and affectionate
 - Have a sense of humour
 - Emotional accessibility (able to connect calmly with children – especially when they are teenagers)
 - Have a balanced perspective (pick your battles – ones that really matter – typically relationship and long-term consequence)
 - Stand their ground on points that matter
 - Never patronize, demean, or punish unfairly
 - BE intentional. Understand
 - Why do you do what you do
 - What's going on inside of me that responds that way to that kid in that situation?
 - What did the child do that triggered a reaction in me that caused me to react the way I did?
- H.E.A.R.T.
 - **H**ear and respond to your kids with empathy
 - **E**steem and encourage your kids (9 positive to out-weight 1 negative)
 - **A**ccept your kids with grace
 - **R**estore and forgive each other
 - **T**reasure your kids
- R.U.L.E.S.
 - **R**espect needs to be taught
 - **U**nderstanding differences in discipline needs
 - **L**imit-setting must be consistently applied
 - **E**stablish clear rules and consequences
 - **S**olve problems collaboratively
- Connect with your **H.E.A.R.T.** and teach with your **R.U.L.E.S.**

Dr. Lin has a set of 4 CDs that provide more details. Parents can contact the school office if they wish more information. CDs are available in the office for those who may be interested who attended the session online.