



School Council

Meeting



January 16,

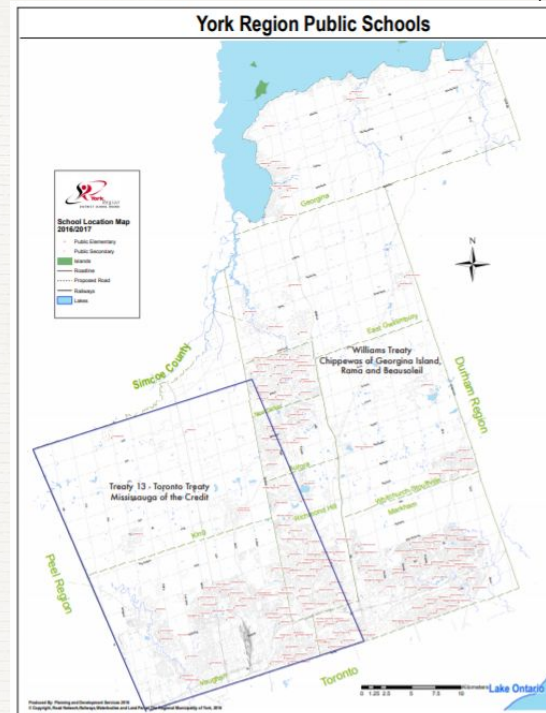
2025




Land Acknowledgement

We affirm that we are all treaty people and acknowledge that the York Region District School Board is located on the lands of two treaties. These treaties have been signed with the Mississaugas of the Credit First Nation and the First Nations of the Williams Treaties who are: the Mississaugas of Alderville, Curve Lake, Hiawatha, Scugog Island; and the Chippewas of Beausoleil, Rama, and Georgina Island who is our closest neighbour and partner in education.

To honour this agreement we will take up our responsibility to be respectful of their traditions, knowledge and inherent rights as sovereign nations. We will respect their relationship with these lands and recognize that our connection to this land is through the continued relationship with these First Nations, and we acknowledge our shared responsibility to respect and care for the land and waters for future generations.



Agenda

- 
- Introductions
 - Mental Health & Wellness Survey Results
 - Next Steps for Students and Parents/Guardians
 - Course Selection for 2025-2026
 - Report from Staff
 - Report from Students
 - Talking Tuesday Topics

School Admin Items

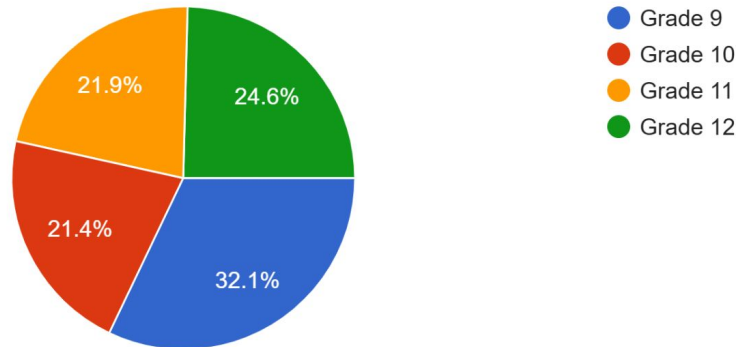


School Admin Items

- SIP - Mental Health & Wellness Parent Survey Results
 - Survey sent out to parents in December
 - 187 responses:

What grade is your child in?

187 responses

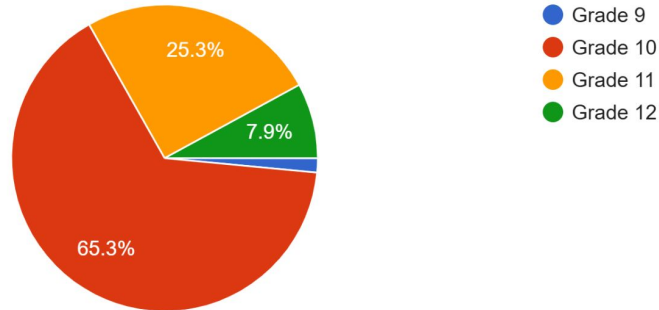


School Admin Items

- SIP - Mental Health & Wellness Student Survey Results
 - Survey administered to Gr. 10 & Gr.11 classes in November
 - Administered by Gr. 12 student Mental Health club leaders
 - 266 responses:

What grade are you in?

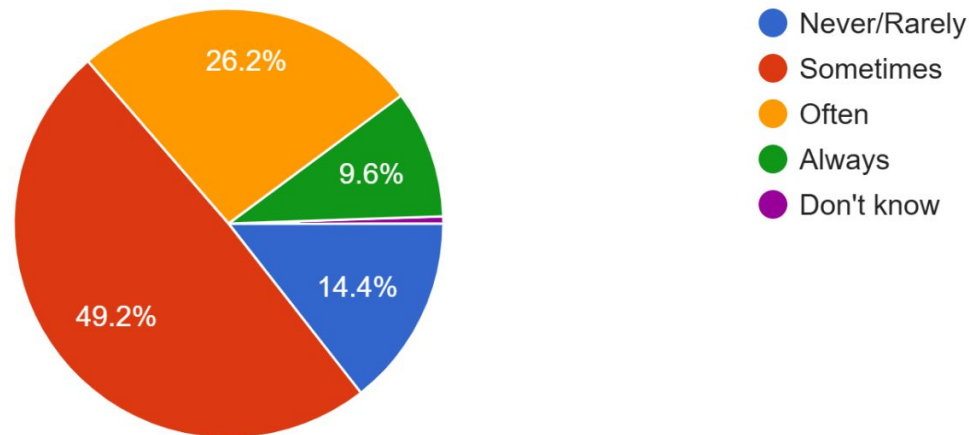
265 responses



How often does your child express feeling stressed/anxious that is concerning to you?

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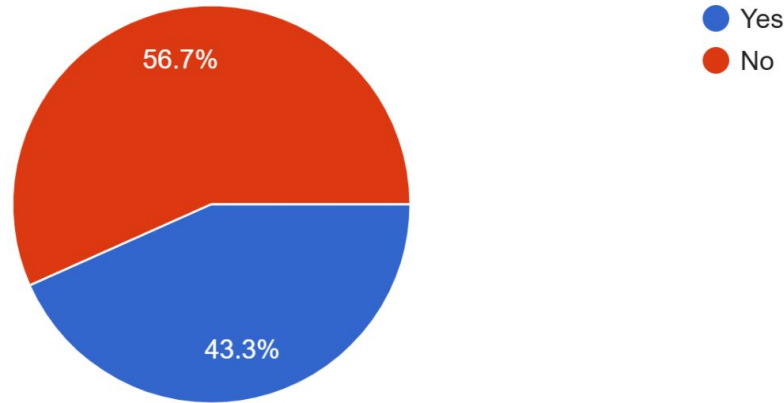
187 responses



I see signs of stress in my child, but my child does not communicate that they are stressed.

I see signs of stress in my child, but my child does not communicate that they are stressed.

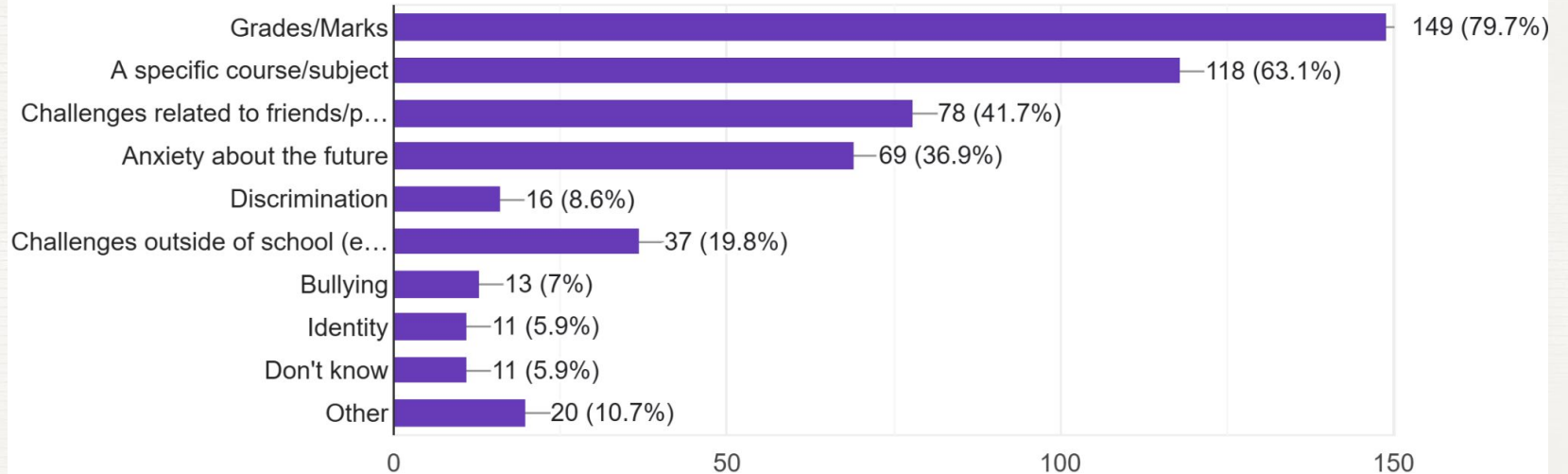
187 responses



What would you identify as sources of stress for your child (i.e. test taking, peer interactions, etc...)

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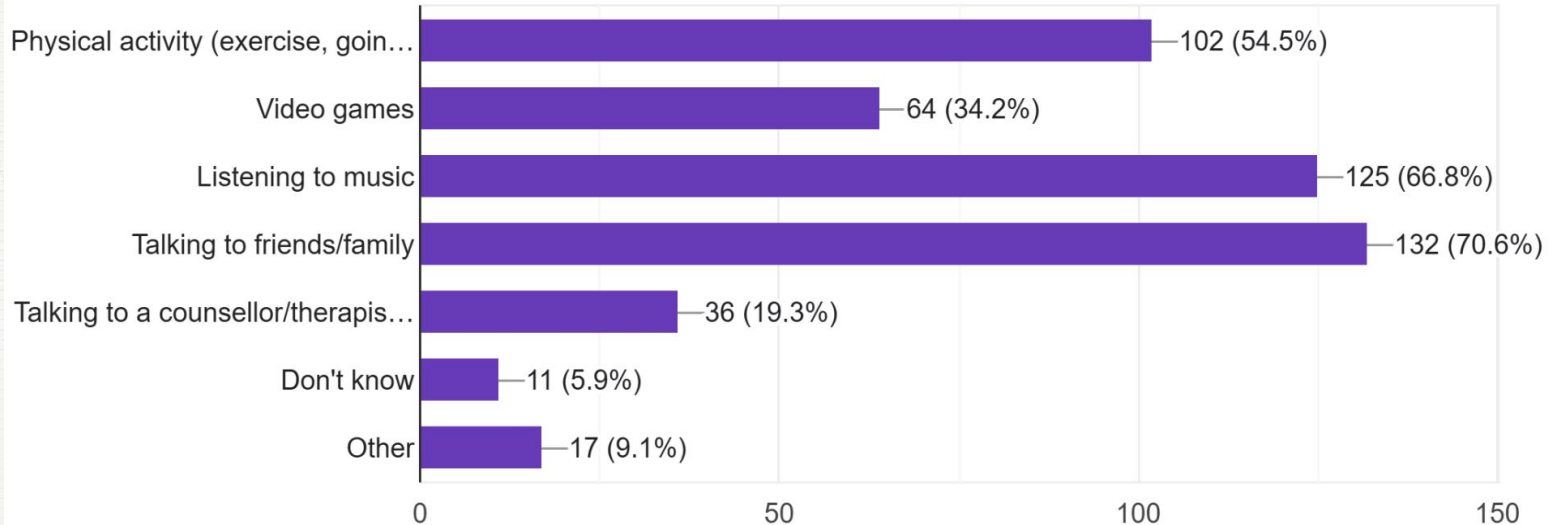
187 responses



What strategies does your child use to manage stress?

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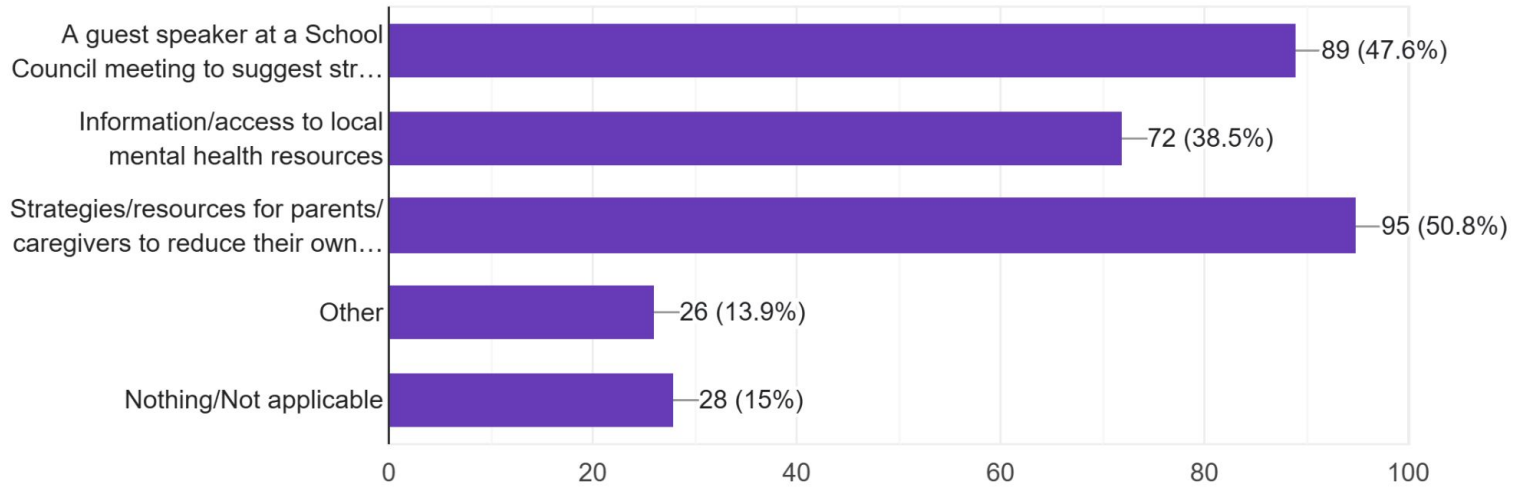
187 responses





What resources would be helpful for you as a parent/caregiver to support your child?

What resources would be helpful for you as a parent/caregiver to support your child? (Please select all the apply)


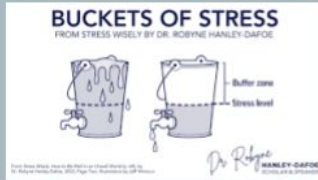
187 responses



MENTAL HEALTH AND WELLNESS - 6 MINI LESSONS



How can students achieve what is on their bucket list, reaching optimal performance while attending to their wellness?



How It Ties Together

SIP VISIT DEC. 2024

Westmount C.I.

- Currently being developed by guidance with support from our social worker
- Will be delivered in March-April by our Gr. 12 Club Leaders
- Will be delivered to all Gr. 10 classes



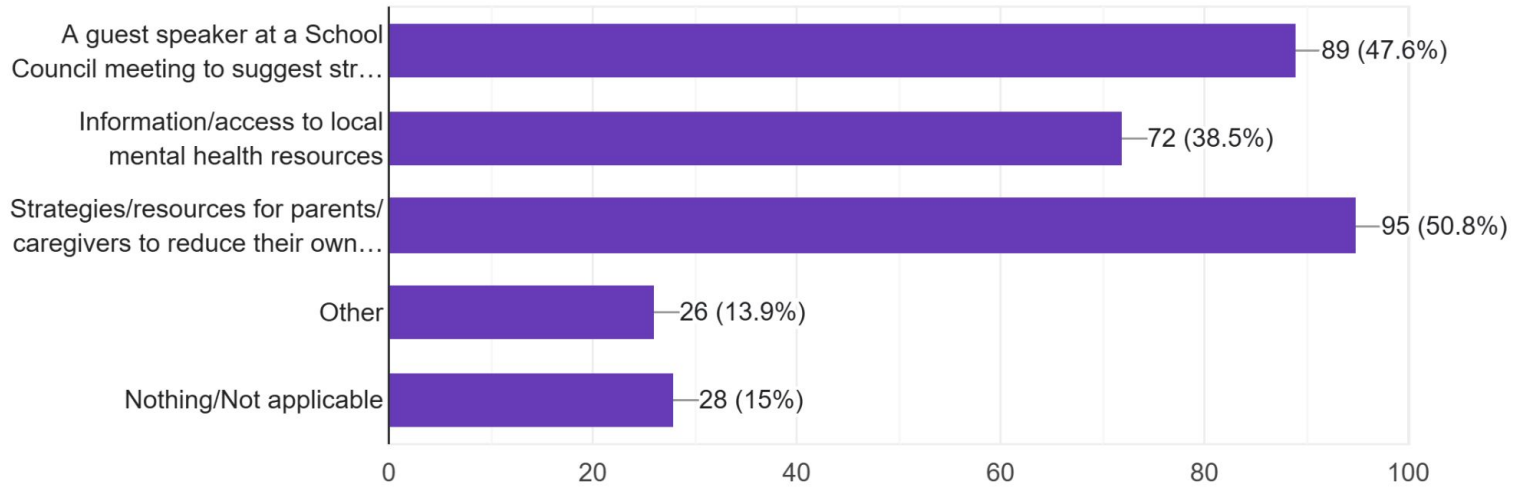


School Council Response to Parent Survey Results

What resources would be helpful for you as a parent/caregiver to support your child?

What resources would be helpful for you as a parent/caregiver to support your child? (Please select all the apply)

187 responses



February School Council Focus on Stress & Strategies

**Response to parent survey feedback*

- February 25, 2025, 7pm in the Westmount cafeteria

Keynote speaker: physiology and understanding stress (how it affects our bodies and minds)

Workshops: Poll via Mentimeter (help us pick topics that match your needs and interests!)

Workshop Choices

Rank your choices

1. **Food & Stress:** nutritional biochemistry - link between food and stress & practical tips
2. **Mindfulness & Time Management:** simple strategies & practices for daily life to help reduce feeling overwhelmed
3. **Chair Yoga / Breath Work:** gentle exercises for stress relief and mental clarity
4. **Community Support:** e.g., Resources from Vaughan Public Library & 360 Kids
5. **Other:** share workshop topics you would like to see

[Google form](#) to
gather input -
please
complete

Why Attend?

- Your involvement helps strengthen our school community & helps build a village of empowered and connected families
- Your participation helps ensure the event's success
- And as always, our team tries our best to bring in yummy treats that you don't want to miss!

We look forward to seeing you there - thank you!

Other Upcoming Events

- March/April: Talking Tuesdays
- May: Westfest (student awards ceremony)



WCI Info Evening

2025-2026

Course

Selections

The background of the slide is white and features several sharpened colored pencils scattered around the edges. The pencils are in various colors including teal, orange, grey, red, and dark green. They are arranged in a circular pattern, with their tips pointing towards the center of the slide.

Staff Report

Ms. Rosenberg
GUIDANCE

GUIDANCE

Deadlines for post-secondary applications

University (on OUAC): Jan. 15

College (on OCAS): Feb. 1

Timetable changes for Sem. 2

- Email will be sent to parents/ guardians to request a timetable change
- Students will be called out of the classes currently on their timetable to discuss options with a Guidance Counsellor
- “Reaching ahead”? Students need to wait until that Grade is finished their timetable changes. Then, if spots remain, we can consider a “reach ahead”



Student Report

Lilly S.

OUTREACH

January Student Leadership Council Update



Introduction

- I'm Lilly and I'm your Student Leadership Council outreach representative
- Usually I am here in person but I am currently performing my final drama presentation as I'm in the drama program
- I will see all of you wonderful people again next month but here is an update about all we have accomplished since November, our last meeting

<https://drive.google.com/file/d/1xCHIORLhSINaYVUbTiEEUNfqm93YbiPa/view?usp=sharing>

Let's Look

Back



Fundraisers

- Our Krispy Kreme fundraiser raised over \$500 for Student Leadership Council
- Our Kindness Club hosted a food drive in December and we were able to collect many non-perishable items
- Our marketing students sold a variety of food items as well as keychains, wristbands, etc., in December and early January with proceeds going to the Canadian Cancer Society
- We would like to take a moment to thank all of you for supporting fundraisers as without your kindness and generosity we would not be able to help our community and create a wonderful Westmount environment

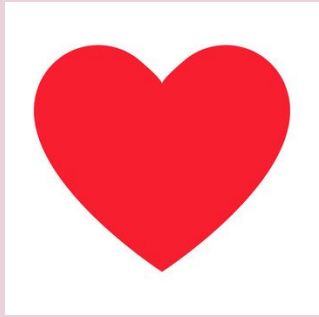
Performances

- Before the Winter holidays the music program put an amazing Winterfest concert highlighting many instruments and vocalists
- When we returned, our grade 12 drama students performed three nights of Emulsion by the head of the arts department at Westmount, Andrew Dolha
- In early January around the same time our talented dancers put on a recital with a variety of songs and techniques

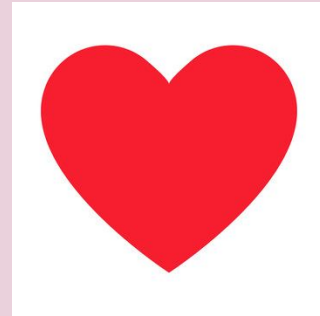
January



- Due to exams and performances less is occurring this month but we have lots planned for February which I'll discuss in a moment
- An instagram introduction video posted earlier this month on our official account: @wcislc
- Please follow this account and encourage your kids to do the same as this is the place for exciting updates before meetings as such
- On behalf of all SLC members we would like to wish your children all the very best with exams and culminating projects due in the next few days



February



- We will be selling cookies on school cash online to celebrate Valentine's Day
- Before the fourteenth students can fill out a slip with a message and these will be delivered to the recipients homeroom first period class
- Although these are also super sweet to get for your children you could encourage them to get one for themselves as they can be anonymous if preferred
- Proceeds will be going to the SLC and I shall elaborate on this in a moment

Black History Month

- February is black history month and we have planned several ways to celebrate this throughout the month
- Songs from artists of color will be played on the daily morning announcements alongside information about people of color
- Posters will be posted around the school to aid in spreading the word
- The equity team has been working diligently to ensure this event is highlighted during the entire month

Inter Council Meeting

- Something I'm personally excited for is our first inter council meeting
- One representative from each and every club at WCI will have a chance to share what they need from the Student Leadership council
- Supporting the school as a whole is our priority and that means helping all clubs be the best we are able and learning what we can improve
- With a wide variety of clubs more information will be shared next month

Why We Need Fundraisers

- It is important to share why the SLC does fundraisers so everyone is aware
- We hope to do more school events like carnivals or parties and to reduce ticket costs and bring more games and opportunities to each event we have fundraisers
- A hope for the future is to offer other clubs grants to help them achieve more and funding needs to be acquired for them to become a reality
- All funds are managed by our treasurer on SLC, Matthew W., and all spending is approved by our fantastic administration team

Thank you all and I look forward to our next meeting in February!

Have a great rest of your evening!

2024-2025 Meetings

● Meetings

- Thursday, February 25th
 - Understanding Stress
- Thursday, April 24th
 - Financing Post
Secondary Education
- Thursday, May 15th
 - West Fest

● Talking Tuesdays

- Tuesday, March 4th
- Tuesday, April 8th

Thank you

FOR COMING!



Talking Tuesdays!

- 
- Parent/Guardian group
 - A monthly interactive forum designed to facilitate open conversation between parents in a safe and nonjudgmental space
 - Community Connection
 - Interactive Discussions & Workshops
 - Monthly Themes
 - Fun and Inclusive Atmosphere
 - Sharing information /insights and strategies

Our Talking Tuesday 😊
March 4th at 7pm in the Library!

WCI Communication

- **WCI Blog**

- <https://westmountci.blogspot.com/>

- **WCI X**

- [@WCI_YRDSB](#)

- **WCI Instagram**

- [wci_yrdsb](#)

- **Email**

- [firstname.lastname@yrdsb.ca](#)
- e.g., [lana.fisher@yrdsb.ca](#)

- **Phone**

- [905-882-0277](#)

