



# MINUTES

## Windham Ridge School Council

Wednesday February 15, 2017 | 6:30-8:30pm

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### In Attendance

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#### Council Attendance

Julie Romanovich

Vivian Aitas

Catherine Salole

Teresa Cowan

Maria Pulsoni

Tara Dimopoulous

Narendra Chandrasekhar

Rachel Hamou

Nereo Bonomo

Ester Boivin

Jennifer Yan

Suzanne McWhinnie

Kelly Giesen

Parissa Giahinejad

Leila Mireskandari

Salim (student  
representative)

#### Guest Attendance

Starr Mills

Dima Berchalli

Bridget Hijazi

Marinella Dunstan

Delia Rusu

#### Regrets

Joanne Conte Casola

Angela Lambros

Gina Celsie

Anna Margitta

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### Welcome & Introductions ~ V. Aitas and J. Romanovich

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Motion to approve agenda by C. Salole. Seconded by T. Dimopoulous All in favour. Motion carried

Approval of January 16, 2017 minutes.

Welcome Salim as our Student Representative!

### General Updates

- Enrollment planning continues. School is currently planning for approximately 576 students with 4 grade 1 classes.
- Report cards went home today (February 15).
- Second spirit day will be held on February 23<sup>rd</sup>. The first spirit day - Gum chewing day - was a success. 6 large boxes of food were donated to the Aurora Food Pantry.

**Action: T. Cowan will engage Me to We club to explore donation options (eg. monetary or food donations).**

- Math night will be held on Thursday April 27<sup>th</sup>. P. Giahinejad represented the parent perspective at the planning meeting. The goal of the evening is to have parents gain an understanding of YRDSB's approach to math education and build their confidence in supporting their child in math education over the summer. Babysitting and snacks will be provided.

**Action: We will need parent volunteers**

### Mental Health and Wellbeing foci

Mental health and wellbeing is a significant issue for students across the school board. As such, mental health and wellbeing is part of our Board's as well as our school's Improvement Plan. A handout titled "Where are you on the Mental health Continuum" and YRDSB Mental health & Addiction Strategy was distributed and are included in the appendix.

The notion that we all have mental health and that our mental health exists on a continuum from "healthy" to "ill" was presented. Our board and school improvement plan includes awareness of the continuum and strategies for self-regulation.

The board's mental health strategy includes 4 domains: Reducing Stigma; Supporting Understanding & building capacity; Development Mentally Healthy Environments; and Creating Collaborative Care Pathways. The school will work to educate parents on these domains. The first opportunity is on February 22<sup>nd</sup> at Oak Ridges Public School where Michelle Cassidy will speak on mental health and wellness.

The school's focus on building growth mindsets in our students is also part of the mental health strategy. The Council was shown a video on the difference between growth and fixed mindset.

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### Treasurer's Report ~ N. Bonomo, V. Aitas, J. Romanovich for A. Margitta

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A report was not given. A. Margitta was not able to forward a report prior to the meeting.

**Action: Current budget will be circulated with the draft minutes.**

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### Teachers' Report ~ E. Boivin and T. Cowan

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- Some intermediate students are engaged in the French Speaking Club.

- Spring concert will be held on March 2<sup>nd</sup>
- Science Fair will be held on March 1<sup>st</sup>.
- Bridge building contest being held on March 4<sup>th</sup>.
- Carnival being held on February 24<sup>th</sup>
  - The organizers are looking to try something new and change the format of next year's Carnival.
  - It was unanimously agreed by the School Council to support the Carnival by providing volunteers and sponsoring the hot chocolate.

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## Committee reports

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### Constitution~ N. Bonomo for J. Conte Casola

There will be time set aside at our April meeting to revise our constitution. As inclusion is one of the guiding principles around the Constitution revision, it will be important to have as many council members in attendance as possible to lend their voice and vote. The committee decided that it is easiest to begin the Constitution from scratch using the YRDSB template.

**Action: Council members should review current YRDSB templates prior to the next meeting. They will be circulated with the agenda and draft minutes.**

### Fundraising ~ M. Pulsoni

Updates:

- A new session of pizza begins next week with approximately the same amount of sales as last session.
- Forms will be sent out shortly for Astoria lunch.

Council engaged in discussion in order to decide our on our fundraising activities. School council unanimously decided on the following activities:

- Fresh From the Farm
- Harvest Dance in the fall (rather than a Halloween-themed dance in order to remain inclusive to families who do not celebrate Halloween).
  - We could consider harvesting our community garden at the same time.

**Action: Parents will be informed our fundraising so families do not rely on QSP to renew their subscriptions.**

### Mental Health and Wellbeing ~ N. Bonomo for J. Conte Casola

- Update provided in Administrators report

### Volunteer ~ T. Dimopoulos

**Action: Solicit volunteers for Carnival and Science Fair.**

### School Grants and French Ambassador ~ S. McWhinnie

School Grants

- Will engage music teacher needs to apply for Music program grants.
- There is a lego grant that we could apply for if there is interest in someone taking the lead to run a lego club for 6-8 weeks.

#### French Ambassador

- Currently a great group of students engaged in the club who meet every Wed after school. They are working on their speeches. There will be a speech contest at the end of the season where 2 students will be selected in grade 6 and 7 to compete in May for the Ontario contest at Glendon. Council agreed to pay the \$65 fee per student to enter the contest.

#### Student Programs

- G. Celsie was not present to give an update.

**Action: N. Bonomo and/or R. Hamou will follow up.**

#### Yearbook ~ J. Ramonovich

- Yearbooks are currently on sale for \$25.
- The cover contest will be part of the Carnival. The council will consider covering the cost of the year book for the winner.
- Yearbook theme: Canada 150.

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#### New Business

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#### Community Book Exchange ~ E. Boivin

- Book exchange going ahead (see January minutes). It will be divided into 3 rooms: primary, junior and intermediate.

**Action: N. Bonomo and/or R. Hamou will follow up with a day, most likely late April –May. T. Dimopoulos will solicit volunteers to help.**

#### End of Year BBQ ~ V. Aitas

- Tentatively set for May 25nd, 2017.
- Budget set for \$2500

**Action: P. Giahinejad, M. Pulsoni & T. Dimopoulous to form committee and get started on planning and budget. The new grade 1 families will be invited to join us. Contact York Region to book their water trolley.**

#### Fall Welcome Back BBQ ~ V. Aitas

- Attentively scheduled for Thursday Sept 28th.

**Action: The large tent needs to be fixed.**

#### Field Trips ~ N. Bonomo

The field trip planning process was shared that included a planning document that was organized by grade. Field trips are planned by the teachers and must be connected to the curriculum. There was consensus within Council that field trips add tremendous value and enrichment of the curriculum however there is room to improve communication about trips to families. There were some on Council who felt that there is a lack of variety in field trips. The following principles and suggestions emerged:

- The school will work on a strategy to communicate with parents earlier in the school year about field trips planned not only from an awareness perspective but also from a financial planning perspective.
- A suggestion was put forward to create a Field Trip committee within School Council who could research ideas for field trips in order to create a bank ideas from which teachers could draw.
- French trips should be given some priority given our school mission.

#### Fun Day

- Council brainstormed some ideas for a spring fun day during school similar to the kite day a few years ago. One idea emerged around the theme of Canada 150. A survey will be circulated for more ideas.

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#### Next Meeting

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April 4, 2017 6:30-8:30

## YRDSB MENTAL HEALTH & ADDICTION STRATEGY

Reducing Stigma

Supporting Understanding and Building Capacity

Developing Mentally Healthy Environments

Creating Collaborative Care Pathways

**OUR STRATEGIC PRIORITIES**





READ ABOUT YRDSB MENTAL HEALTH & ADDICTION STRATEGY  
<https://www.yrdsb.ca/services/student/MentalHealth/>




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## WHERE ARE YOU ON THE MENTAL HEALTH CONTINUUM?

HEALTHY	RESPONDING/ REACTING	INJURED	ILL
<ul style="list-style-type: none"> <li>■ Normal mood fluctuations</li> <li>■ Calm &amp; takes things in stride</li> <li>■ Good sense of humour</li> <li>■ Performing well</li> <li>■ In control mentally</li> <li>■ Normal sleep patterns</li> <li>■ Few sleep difficulties</li> <li>■ Physically well</li> <li>■ Good energy level</li> <li>■ Physically and socially active</li> <li>■ Not using substances to cope</li> <li>■ None or limited gambling</li> </ul>	<ul style="list-style-type: none"> <li>■ Irritable/impatient</li> <li>■ Nervous</li> <li>■ Sadness/overwhelmed</li> <li>■ Procrastination</li> <li>■ Forgetfulness</li> <li>■ Trouble sleeping</li> <li>■ Intrusive thoughts</li> <li>■ Nightmares</li> <li>■ Muscle tension/headaches</li> <li>■ Low energy</li> <li>■ Decreased activity/socializing</li> <li>■ Regular but controlled substance use/gambling</li> </ul>	<ul style="list-style-type: none"> <li>■ Anger</li> <li>■ Anxiety</li> <li>■ Pervasively sad/hopeless</li> <li>■ Negative attitude</li> <li>■ Poor performance/workaholic</li> <li>■ Poor concentration/decisions</li> <li>■ Restless disturbed sleep</li> <li>■ Recurrent images/nightmares</li> <li>■ Increased aches and pains</li> <li>■ Increased fatigue</li> <li>■ Avoidance</li> <li>■ Withdrawal</li> <li>■ Increased substance use/ gambling is hard to control</li> </ul>	<ul style="list-style-type: none"> <li>■ Angry outbursts/aggression</li> <li>■ Excessive anxiety/panic attacks</li> <li>■ Thoughts of suicide</li> <li>■ Can't perform duties, control behaviour or concentrate</li> <li>■ Can't fall asleep or stay asleep</li> <li>■ Sleeping too much or too little</li> <li>■ Physical illness</li> <li>■ Constant fatigue</li> <li>■ Not going out/answering phone</li> <li>■ Substance or gambling addiction</li> <li>■ Other addictions</li> </ul>

**We ALL have Mental Health**  
**Learn more about Mental Health on the BWW**



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Appendix 2: Budget

**WRPS School Council**  
**September 2016 through August 2017 - Current @ Mar 10 /17**

OPENING BALANCE (CASH AVAILABLE @ September)		<b>\$ 22,314.31</b>	
		<b>sep '18 - Aug 17</b>	<b>Budget</b>
<b>INCOME</b>	<b>PIZZA sales</b>	52,828.30	46,000.00
	<b>GREEK LUNCH sales</b>	16,378.10	9,500.00
	<b>SUSHI LUNCH sales</b>	7,459.00	
	<b>Q&amp;P SALES</b>	5,297.49	6,000.00
	<b>YEARBOOK SALES</b>	3,048.00	
	<b>Q&amp;P - direct donations</b>	812.25	100.00
	<b>KIDS KITCHEN rebate</b>	327.00	
	<b>Total Income</b>	<b>86,150.14</b>	<b>61,600.00</b>
<b>FUNDRAISING EXPENSES</b>			
	<b>Pizza and pizza supplies</b>	14,405.57	22,000.00
	<b>Greek lunch cost</b>	6,234.27	8,000.00
	<b>Sushi lunch cost</b>	5,630.23	
	<b>Q&amp;P prizes</b>	285.62	500.00
	<b>Total FUNDRAISING EXPENSES</b>	<b>26,555.69</b>	<b>30,500.00</b>
	<b>Gross Profit - Fundraising</b>	<b>\$ 59,594.45</b>	<b>31,100.00</b>
<b>Expenses</b>	<b>MISCELLANEOUS</b>		
	<b>Library re-vamp (furniture)</b>	16,951.31	
	<b>Angel funds</b>	0.00	1,000.00
	<b>Total MISCELLANEOUS</b>	<b>16,951.31</b>	<b>1,000.00</b>
	<b>SCHOOL PROGRAMS - aka Student Engagement/Wellbeing</b>		<b>6,000.00</b>
	<b>Clubs and other programs</b>	0.00	
	<b>Athletics (bussing, etc.)</b>	0.00	1,000.00
	<b>Lego Robotics competition</b>	0.00	
	<b>Playball</b>	0.00	
	<b>Supply teachers - extra coverage</b>	0.00	
	<b>You are the Chef</b>	0.00	
	<b>Total SCHOOL PROGRAMS</b>	<b>0.00</b>	<b>8,000.00</b>
	<b>SPECIAL EVENTS - aka Mental Health/Wellbeing</b>		<b>6,000.00</b>
	<b>Carnival</b>	1,018.08	
	<b>BBQ (welcome back), net</b>	2,921.63	
	<b>Art Project</b>	0.00	
	<b>Teacher appreciation luncheon</b>	0.00	
	<b>Total SPECIAL EVENTS</b>	<b>3,939.71</b>	<b>6,000.00</b>
	<b>SIP&amp;A - aka Literacy, Math, Modern Learning and Tech</b>		
	<b>Library and other book purchase</b>	0.00	4,000.00
	<b>Music purchases</b>	0.00	2,000.00
	<b>Science and Math materials</b>	0.00	4,000.00
	<b>Scientist in the School</b>	1,592.00	6,200.00
	<b>Tech - YRDSB cost sharing</b>	0.00	4,600.00
	<b>Total TECHNOLOGY</b>	<b>1,592.00</b>	<b>18,700.00</b>
	<b>Total Expense</b>	<b>22,483.02</b>	<b>31,700.00</b>
	<b>Net Profit for the 2016-2017 school year</b>	<b>37,111.43</b>	<b>-600.00</b>
	<b>ENDING BALANCE</b>	<b>\$ 59,425.74</b>	