



O'Neil CVI SCC Meeting Minutes

Date:	Dec 7, 2022
Time:	6:30pm - 7:30pm
Chair:	Liz Wrigley
In attendance:	Jessica Anirisaihan (online), Rhonda Smith (online), Lavino Tamas, Ian Beaman, Liz Wrigley, Shannon Lech, Julie (Public Health Nurse), Cheryl Wellwood (VP), Mark Lynch (VP)
Call to order:	6:30 pm
Adjournment	7:37 pm

Meeting Focus: Resiliency and Health Routines

1. Land Acknowledgement
2. Opening Remarks and welcome by Cheryl.
3. Pro grant plan – Liz – Health and Wellness - Art therapy, Yoga, Paint night, Health and wellness night, Family night?
4. Principal 's Report –
 - Cyber Incident-information coming from DDSB (Centrally)
 - College and University deadlines for applications – Jan 12 OUAC and Feb 1 OCAS.
 - Jan 12 – Semi – formal
 - Positive School Climate team – how can we improve the climate.
 - Uses student feedback to aim culture at the school.
 - “Where to turn guide” – topic per month, broadcast in school and on social Media
 - Exam Prep Haven’t had them so want to help prepare – destress, study, areas to Help.
 - Positive school climate survey – students surveyed to obtain data – Jan or Feb
5. Student Council Report (Given by Cheryl Wellwood)
 - Food Drive – lots coming in until Dec 16 – already found 4 full boxes.
 - Winter Spirit Week – Dec 19-22
 - Holiday Assembly – Afternoon in late December 22, concerts, hot choc.



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- Upcoming Dates Events – to be sent out via Principal's communication.

6. Presentation from Julie Marquardt - Public Health Nurse – Durham Region Health Department

Intro: Works in Oshawa to help promote health and well-being

Works with staff, students, family, community partners.

"Healthy Routines" and "building resiliency"

Activity – adapted from: Tammy Coalition – Stand and sit on comments

Learning around mental health and mental illness and Resiliency

"SHOES" – for teens:

Supporting Relationships (with a caring adult) – family meals, help them get support and guidance, have them involved in setting limits, have them build the rules together, fair consequences, turn off distractions (give 100% of attention), get to know their friends, excepting them for who they are.

Healthy Routines and good Coping - Helps us respond to stress. 8-10 sleep,

Sweat – 60 minutes moderate to vigorous activity, moving throughout the day.

Step – walk instead of drive, park farther away, vacuuming, shoveling,

Sleep – daily energy, emotional coping, grow strong bodies, improves memory, builds immune system. Need for solid routine to improve sleep quality, QUALITY snack before bed, calming activity (reading, yoga, meditation). No electronics 2 hours before bed – they disrupt sleep cycles. Be realistic to make routines.

Sit – reducing, especially screen time (Less than 2 hours a day)

Eating – New food guide brought out pre covid – interactive tool – area just for teens. Involve child in buying, shopping, cooking, eating their own food habits to have them stick to it for life.

Optimistic Thinking – Challenges as opportunities, I can do it vs. I can't. Leave positive sticky notes to build them up. Be your teens biggest cheerleader!

Emotional Awareness - How well teens are aware of their emotions helps them to use good judgement, have empathy and practice kindness, resolve conflicts.

How to support – listen, talk about volunteering, sharing skills with others, coping, yoga, deep breathing



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Skills for Living – Give opportunities for life skills – they cook a meal one day a week, need safe and supportive environments, let them lead the way on baking, walk the dog alone.

www.durham.ca/teenscan

Positive role modelling for your teen

Show them the way – good work-life balance, make time to do the things you love, pick your battles, dealing with mistakes and conflict in positive ways, spend time with the people they love. We can't be there 100% of the time, important to take care of yourself.

Community supports: Great ones in Durham in "where to guide", Teens Can, creating healthy Routines, SMHO, Kids Help Phone, 211central.ca, Distress center Durham, Durham mental health.

8. Brought up information – want for obtaining a crosswalk on Mary Street, Liz to follow up.

Look into safe driving, concerns around accidents and unsafe driving around schools. Cheryl to discuss with Durham Police. Encourage parents to report to road safety portal.

9. Future meetings: Jan 25, Feb 22, April 26, May 31.

- All meetings will be hybrid format and start at 6:30.