



## O'Neil CVI SCC Meeting Minutes

Date:	October 25, 2023
Time:	6:30pm - 7:30pm
Chair:	Rick Shaw (not in attendance)
In attendance:	Ian Beaman, Shannon Lech, Stacy Mulligan, Sharda Coros, Julie Marquardt (Public Health Nurse), Patricia Biffin (VP), Mark Lynch (VP), Tracey Running, Anita , Erica London (via phone)
Call to order:	6:30 pm
Adjournment	7:37 pm

### Meeting Focus: Elections and School Start-Up

1. Land Acknowledgement
2. Opening Remarks and welcome by Tracey.
3. Student Council Report (James and Tuvisha)
  - Fall movie (Oct 30) - showing Coraline, open for all
  - Autumn aesthetics - decorative challenge, ranked by QR code. Prizes - coffee and donuts for winning department
  - Fall Fridays - PJ and stuffed animal days - done
  - Flannel vs. Cardigan
  - Spirit week, going on right now - causal vs. formal, Barbie vs Oppenheimer.
  - Costume day - categories, best duo, best staff, most funny, etc.
  - November food drive - partner with DDSB "chew chew". Attempting to link with Loblaws, Sobeyes
  - Trying to increase student participation
  - O'Neill Activities instagram, O'Neill instagram are two accounts to find out more.
4. Presentation from Julie Marquardt - School Public Health Nurse – Durham Region Health Department
  - Works in the building weekly to promote health and well being.
  - Works with staff, students, family, community partners.
  - "Healthy Routines" and "building resiliency"
  - Activity – Kahoot on mental health.
  - Continuum of mental health and illness
  - Learning around mental health and mental illness and Resiliency



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"SHOES" – for teens:

S: Supportive Relationships – Having meals together, turning off distractions, give support and guidance, have routines and limits with fair consequences, accept your teen for who they are, get to know friends

From school mental health Ontario: Reassure, stay calm, take pressure off, listen, inspire hope, help child look for positives and things to be grateful for, engage in identity-affirming activities, get child to do something nice for others, 15-20 mins of dedicated 1 on 1 time

H: Healthy Coping and routines

Sweat – 60 minutes of moderate to vigorous activity a day

Step – light activity, several hours

Sleep – 8-10 hours of sleep

Sit – sedentary time – no more than 2 hours

Sleep – Helps have energy, cope with feelings and emotions, grow, be settled, help with learning.

Attempt to Keep Electronics out of the bedroom, and 2 hours before bed is the research

Canada's food guide

Eat variety of healthy foods

$\frac{1}{4}$  protein,  $\frac{1}{2}$  fruit and veg,  $\frac{1}{4}$  grains

Aim to do the above 80% of the time

Healthy snacks

Mindfulness

Helps to connect to self, connect to others in community, be in the present, aware of thoughts, support positive mental health, reduce stress and anxiety,

Many FREE mindfulness apps

Mindfulness coach, smiling minds, breathr, calm



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### Optimistic thinking

See challenges as opportunities.

Optimistic thinkers are shown to have better health.

Write a positive note where teen can see it

Reframe thoughts – I can't do it, vs I can't do it yet

Be a cheerleader.

### Emotional awareness

Understanding emotions help with both themselves and also helping others.

Helps them, use good judgement, have empathy, practice kindness, resolve conflict.

If they are upset, be there for them. Talk about sports, activities, volunteering, deep breathing

### Skills for living

Solving problems, building skills

Competent teens – give them trust, help them develop a life skill, plan a meal together, have them shop, cook and eat together.

### Positive Role Modelling and self care.

Make time to do the things you enjoy

Spend time with people you love

Pick your battles

Work on having a good work/life balance

Coping with stress in healthy ways

Dealing with mistakes and conflict in positive ways

Taking care of yourself will better help you take care of your teen.

### Resources:

Teens Can, Creating Healthy Routines, SMHO, Be safe App, Kids help phone, 211central.ca, distress center Durham, Durham mental health services.



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\*See link for ppt

### 5. Principal 's Report –

Marg Wilkinson – Volunteer of Distinction award.

Oct 26<sup>th</sup> – Parent post-secondary information night 7-8:30

In Auditorium.

Understanding the things needed for graduation and beyond. How to apply, questions and answers, community resources, OSAP, etc.

Put on by Ms. Auger

Oct 26 – Picture retake day

Oct 27 – Jr Awards – 9-10:30 grade 10-11, 12-130 for grade 12s

Parents are welcome!

Nov 1 – Take Your Kids to Work Day

Grade 9s to attend a real-life safe work environment

Be the Voice student forum – 6<sup>th</sup> annual – Thursday, Nov 9<sup>th</sup>

Work with student leadership team to work on issues and direction of school.  
Helps to set next steps for staff to work on.

2 volunteers from each classroom.

Caf is still closed – meeting was SUPPOSED to be on Friday, no new information

### OSSLT (Biffin)

Nov 22<sup>nd</sup> and 23<sup>rd</sup> all grade 10s and rewriting 11s and 12s.

Literacy help – every T, W, Th at lunch

If you know a child, please reach out to admin and they will get the student signed up.

More info to come with Principal's messages.

Spring date for OSSLT for those who are unsuccessful or miss.



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Will be in their p2 class, bc it is a week 2

6. Minutes approved. To be put online  
Money (\$500) to be discussed at next meeting.  
PRO grant - November 17<sup>th</sup>.
7. Upcoming dates – to be sent out by Principal via messages. Nov 17, PD day, Winter Break Dec 22-Jan 5
8. Future meetings: Nov 29<sup>th</sup>, Feb 21, April 24<sup>th</sup>
  - All meetings will start at 6:30 and will be in-person in the library