

COLONEL BY SCHOOL COUNCIL

FEB.21, 2017 AT 7:00PM

AGENDA

- **Call to Order, welcome and introductions – Co-chair – Adembipe**

- **Approval of Agenda and January Minutes**
 - Agenda approved.
 - Quorum not met to approve January Minutes.

- **Welcome and introduction of Partners for life – Co-chair –Carla**
 - Presenters : Stephanie and Grace
 - focussed on types of mental illness ie bipolar, depression etc;
 - Causes or factors that impact or trigger mental illness- ie controllable ie failing test, not eating well – not controllable such as organic- predisposition and stressors
 - Solutions to manage mental illness- yoga, taking 3 deep breaths, meditation etc
 - Managing mental illness- exercises , positive activities
 - Signs and symptoms of depression – multiple such as change in nutrition; weight change, negative significant changes ie excessive irritability , fatigue ; isolate ;lack of interest; agitation/slow down; hide; be present , support, look for support, lack of self-worth, suicidal thoughts, permanent blues; talk with your child no matter; parents role to be there; concentration problems, denial,; seek professionals
 - Steps to help - ways to reach out- parent tips- knows how to decode sentences by parents , concrete examples; there are solutions , ideas etc; respect child's space
 - Community Resources: Youth worker, psychologist, refer and don't play doctor; Colonel by Councillors etc

- **Principal Report (Jean Fulton-Hale)**
 - Email message sent to Colonel By parents - Excerpt from School Council newsletter from OCDSB
 - Ottawa Public Health alert warning about counterfeit prescription drugs in the City of Ottawa.
 - Overdose prevention link provided. On school website as well.
 - Tomorrow (Feb 22) is Pink day. Kids will get their pink T-Shirts to wear in Period 1, as part of a school activity to help students think about contributing to a safe and welcoming learning space.
 - The Committee of the Whole met Feb 15 and 16 to discuss The Eastern Secondary Area Pupil Accommodation Review Final Report. Colonel By was one of three schools to participate. Rideau High school will close, overflow to go to Gloucester High School.
 - 4/ OFSSA (Ontario Federation of School Athletics Associations) Provincial championships for Nordic skiing and swimming are coming up.
 - Grade 12 commencement ceremony is scheduled for June 28, 2017 in the morning at the Adult High school.
 - Senior geography and politics students had the opportunity to meet the Honourable Catherine McKenna, Minister of Environment and Climate Change, at the Museum of Science and Technology and discussed climate change.
 - Costa Rica trip going well; pictures received of our students walking through the rainforest.

- Relay for Life crew went to Relay University to sharpen their event coordination skills and coach schools new to the Relay event.
- Students participating in this year's musical "Once Upon a Mattress" are working very hard to make it a success and we encourage parents and students to come and see the show. Last year, this event sold out 2 nights out of three.

- **Staff Report – Lewis Harthun (see attachment)**
 - The IB exams completed in January and admissions processes are ongoing.

- **Closing**
 - Meeting adjourned 8:30.

MEETING SCHEDULE (START TIMES 7:00PM)

Tuesday, March 21

Tuesday, April 18 (changed to April 25)

Tuesday, May 16

Tuesday, June 13

Staff Report

-Tomorrow is Day of Pink Anti-Bullying initiative (pink shirts, assembly)

-Grade 10 Leadership Camp in April, forms in early March.

Ontario Student Debate Union is having the Provincials in Ottawa this coming weekend. Colonel By and Lisgar are helping to host. CB's Debate Club is sending one team to compete in English and three teams to compete in the Bilingual category. Wish them luck!

Ms. Douglas has done a wonderful job organizing the Ski Club this year. We have had 4 great nights of skiing so far. Tomorrow (Wed) we will be heading to Vorlodge (sp?) again and then the last Wednesday will be at Camp Fortune. The students have had a great time enjoying our winter on the slopes.

Library news:

You are welcome to share with School Council that CB & SWL are collaborating on the 3rd High School Human Library Event - there will be info up on the Library and School websites soon, but members are welcome to check out our event website <http://swlcbhumanlibrary.ca/>

The event will take place at SWL in the school gym, it is open to 100 students at CB and will take place on Wednesday, April 12th, 2017. It is a day long field trip for our students where they will chose to meet 6 of the over 60 human books attending that day. All human books have their biography on the website.

Parents are welcome to email me if they have further questions –
Mme Leduc

From Leanne Houston:

X Members of the executive committee attended Relay U, a 300 student training and networking opportunity for marquee student event- Relay for Life! The event is coming up -June 2- and we will be looking for parent volunteers. Stay tuned!

Also, 12 brave students wrote the UBC Michael Smith Challenge, a science contest for grade 9 and 10 students. The results will be available in a month or so.

And! The Muslim students association held a successful collection of good and money for Cornerstone women's shelter. The Cornerstone organization was grateful and pleased, and the CBMSA is looking towards making this an annual event.