

Colonel By Secondary School Council
Minutes of meeting held on
Tuesday, March 18th, 2014 at 7:00 p.m.

1. Attendance register – see attached.
2. Call to Order – Charlie Costain.
3. Presentation by Rideauwood Addiction and Family Services – Wendy Knight <wknight@rideauwood.org>
 - a. Adolescent stages of use – 4 stages from just pre-occupation to dependence.
 - b. Common drugs and side effects categorized by impact substances have on the central nervous system:
 - i. Depressants (decrease heart rate and breathing) – alcohol and heroin. Alcohol is most commonly used by teenagers. Effects range from drowsiness, slurred speech, decreased reaction times to blackouts, vomiting & choking and possible death. Need to prepare the children before they leave the house for tertiary education on the possible effects of abuse of alcohol.
 - ii. Stimulants (increase heart rate and breathing) – caffeine, tobacco, amphetamines, cocaine.
 - iii. Hallucinogens (causes perceptual distortions) – magic mushrooms and LSD. Usually targeted for young people and may be a mixture.
 - iv. Marijuana is another common drug used by teenagers. It is a depressant but depending on potency can also be a hallucinogen. Effects range from dry mouth, red eyes, chronic bronchitis to paranoia, panic, psychosis, hallucinations (visual and auditory).
 - v. Ecstasy (or MDMA) is both a stimulant and a hallucinogen. Ecstasy is simpler while MDMA is mixed. Effects range from euphoria, increased sense of energy and confidence to decreased appetite and severe dehydration. They could also experience hallucinations, confusion, paranoia and convulsions. Long term it can affect kidneys, liver and brain cell damage as well as psychotic symptoms.
 - vi. LSD (or Acid) is a hallucinogen. They look like pieces of paper that melt in the mouth or in the eyes. Looks like little squares of tissue paper. Effects are unpredictable as individual reactions vary based on state of mind. Physical effects include numbness, dizziness, dilated pupils and decreased coordination. Affects their moods and thoughts where they can taste a sound and hear a color. Psychoactive effects are common – mood swings, out of body experiences, impaired judgment and impaired short term memory.
 - c. Onsite at school Tuesday mornings and Thursday all day. This is also being included in the curriculum from Grade 9 up starting with their Physical Education session. It is included in the Ontario curriculum – drugs, addiction and peer pressure.
 - d. The school's position is a no tolerance on alcohol and drug use at school. The student is usually suspended if drugs are found in a child's possession at school and the parents are called in.
 - e. Gaming/Internet addiction – is it limiting their ability in being involved with their family/friends, are they staying up until the wee hours of the morning, are assignments not being completed. This topic is still fairly new and they are still increasing research on this topic. Solutions vary from having a plan with parents with expectations around gaming/internet at home to imposing time limits for screen time. There has been research that shows a correlation between overexposure to gaming and marijuana use.
 - f. There are 3 levels of Parent programs –
 - i. Family Spiral – 2 evening education series on addiction in the family. Session 1 – physical and emotional spiral of chemical dependency and Session 2 – the work of healing: ineffective and effective ways of restoring the family to sanity.
 - ii. PEAK (Parent Education on Addictions and Kids) – 6 week information session specifically for parents of young people that have substance abuse.
 - iii. Individual and/or group counseling including programs like family of origin.
4. Reports –

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- a. Treasurer's Report – to be attached to the minutes
 - i. \$10,122 in the bank includes a late parent council donation and annual \$500 from the Ontario council. \$3,500 is to be paid over to the school.
- b. Student Council Report – email from Jeff and Laura
 - i. Apologies for their absence. There will be a 2nd leadership camp for Grade 10 from April 2nd to 4th. The most recent dance was held on Feb 7 with over 100 students in attendance. The final dance will be on April 25th. Grade 12 students will have free entry that night.
 - ii. 2nd Spirit week was held a few weeks ago – Mondays was Marvelous Monday (students dressed up as a super hero). There were games in the atrium as well. Promised improved organization for next spirit week.
- c. Principal's Report – Jean Fulton-Hale
 - i. Play – Rumours in late January and presentation by the classes. The show and set were very well done.
 - ii. Grade 9 parents have been asked to complete the Link Crew survey to give feedback to the staff advisors.
 - iii. OCDSB literacy test is on March 27 for all students in Grade 10 and any that didn't complete the test last year who are currently in Grades 11 and 12. Usually a very high success rate – 98%. We work very hard to get the 2% of students that were unsuccessful to work through it. There is extra support and coaching offered. A number of students have specific version of the test administered.
 - iv. Junior and Senior band brought home the Gold at the Capital Music Fest last Friday night. The senior band were the most outstanding band in the festival with over 100 bands performing.
 - v. 15 Colonel By students were selected as research facilitators for the very 1st conference held in Ottawa. They were teamed with Nepean students and 500 other students across the board. 5 other students will go to the OCDSB conference on March 28.
 - vi. 12 student facilitators were trained by Red Cross in 'Beyond the hurt' camps. One of our students was selected to present to
 - vii. Grade 10 history students will go to the War museum on Friday. Spanish students had a great experience traveling during March break.
 - viii. Spring staffing process has begun. Next enrolment projection will be done end of April. Expect about 1090 for September (currently 1094). Expect a natural ebb and flow in our staffing with some teachers heading off for maternity leave.
 - ix. Progress Reports will not have a full report card but will have marks and a letter of concern if there are conversations to be had with the parents (either by phone or email).
 - x. The "Tell them from me" survey - this year there will be a Parent Survey to seek feedback from parents and to give you an opportunity to share your thoughts. Our survey week is April 21-25 and the parents will complete the survey while the students are completing theirs. There will be mobile labs as well as existing labs to deliver the survey. The glitches regarding confidentiality have been resolved. There is no student name or number just a code which is randomly distributed by class. It will continue to be multiple choices with certain points in writing.
 - xi. Credit counseling summaries – When these are being sent home the survey letter will be sent on April 15th in time for the survey on the April 21st – 25th. The credit counseling summary is to share with the family what choices have been made by the student and how staffing will be affected.
 - xii. Guest speakers – Todd Nicholson (men's hockey team lead) will spend an afternoon on 'Inclusion in sport'. This will show that accessible sports are just as challenging and vigorous. On March 31st

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Kiddy Wellington (world class athlete with a career ending concussion) will come. April 7th - 10th is entrepreneurship week which will be hosted by 2 graduates of Colonel By. They will host special classes on Tech careers. April 8th will have the police service talk about sexting and texting. April 9th will be “Pink” day. April 14th is our Vernissage which is our art show. April 17th is our human library event (collaboration between Sir Wil and Colonel By). Students will sign up with the librarian to talk to these people in 2 phases – one in the morning and one in the afternoon. Students can browse the human library event to select who they want to see. We are hoping 150 students will take part in this event.

- xiii. Commencement – Auditorium at Adult High school has been secured. Will be held on Thursday, June 26th between 10 and 10:30 a.m. to end by 12:00 pm the latest. Parking will be limited on the premises, but there are many accessible pay lots nearby.
- xiv. Prom – Friday, June 27th – Victoire and Rachel will sell tickets to students. Tickets will be split dinner/dance and after grad party. They have booked the grand hall of Museum of Civilisation.

5. Closing – Next meeting date and time – **Tuesday, April 15th, 2014 at 7:00 p.m.**

Prepared by: Michele Simpson
Recording Secretary