

Colonel By Secondary School Council
Minutes of meeting held on
Tuesday, May 19th, 2015 at 7:00 p.m.

1. Call to Order, Welcome and Introductions – Jason Lawrence.
2. Attendance – Jason Lawrence (Co-Chair), Marie-Claude Meunier (Co-Chair), Jean Fulton-Hale (Principal), Balazs Fazakas (Vice Principal), Laurie Labelle (Vice Principal), Michel Belanger (Staff rep.), Michele Simpson (Secretary), Joanna Gacek (OCASC Rep), Lise Baillot-Kotokian, Aasha Logan, Jalil Marhnouj, Delia Kecskemeti, Nick Kecskemeti, Hyunhee Kim, Beth Haslam, Peiling (Sophie) Lu, Catherine Laroche. Regrets - Lewis Harthun (IB Rep), Wanda Thompson (Treasurer).
3. Amendments to minutes of last meeting – none tabled. Minutes adopted by consensus.
4. Student Council report – Jon Finess
 - a. Recent elections held for new Co-President. Had a huge turnout for the election of the Co-President. New Co-Presidents are: Srijan Walia and Amaru Andia-Rodriguez. The rest of the student council will be elected this Friday with the largest candidate list in its history – 21 candidates up for the race.
 - b. Successfully ran a dance and Oscar night on April 24th. Had a huge turnout from the students and looking forward to hosting more dances next year.
 - c. Back in Christmas ran a successful snow suit fund – collected 6 large bags of snow suits.
5. Special presentation (Concussion Management) – Brendan Byrne (Physical education teacher at Colonel By)
 - a. Started at top level sports and filtered all the way down. Problem is that less than 1% of the population never make it to the professional leagues. We will talk about the higher risk sports where concussions do occur.
 - b. About concussions – most of the information is available on the www.ocdsb.ca website re concussion management.
 - c. <https://www.youtube.com/watch?v=zCCD52Pty4A> Video on concussion management – don't have to lose consciousness to have a concussion. What's different about a concussion? Sometimes if you hit the head hard enough the brain can rotate within the skull and get bashed around with no physical symptoms – but may have headaches, blurry vision or even being in a fog, more sensitive to light or noise. Things to think about:
 - #1 – We don't want to make things worse so we follow a concussion protocol or official procedure before you return to activity. Thus if there are no symptoms then you can do light activity or light practice then you can be yellow shirted (which is participate in a practice with no contact) then you move to full contact practice then full contact play.
 - #2 – 80 – 90% of people are back in the run within 4 – 6 weeks, but not all manage to return to normal play.
 - #3 – You need to be upfront about how you are feeling since concussions are not always visible. Communicate if you feel as if you are in a fog or otherwise.
 - d. One thing we do know so far is you must have rotational acceleration of the brain within the skull – doesn't have to be a big hit to have a concussion. So the OCDSB policy is that partners need to be more aware and establish a practice to identify and even more importantly manage. Important to at a minimum tell the teacher/coach at the time of the event. Hence training is now available to staff, students and volunteers.
 - e. OCDSB uses multi-step “return to learn” strategy: rest → return to learn (symptoms improving) → return to learn (symptom free) → return to light activity → return to sport specific activity → full return to sport. The very first and most important step is to rest! Not watch television or be on the phone. Communicate to parents when concussion is suspected: “when in doubt, sit out”.
 - f. On the OCDSB website there is a concussion tool sheet – talks about a lot of the symptoms that you see that is physical, cognitive, behavioural and sleep. Also important to check back with the children a few days after the event to make sure that none of the symptoms are now present. If we suspect a student has a concussion and is unconscious – call 911! If the student is conscious – stop the activity immediately.

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- g. A second document on the website - guidelines for recovering from a concussion including when to return to normal activity.
 - h. Other topics to consider – On Rugby Canada website today they posted a statement on Rowan Stringer Inquiry. There is a play safe app <http://www.playsafeinitiative.ca/> that can be downloaded on their phone. This initiative promotes tracking head injuries of our kids since we haven't been very good at tracking that over time. It has been noted that the danger comes from multiple head injuries over time.
 - i. There is a grade 11 Health unit on Concussions or at team levels there is a general discussion on that. Suggestion to include in the handbook for new parents to be distributed at new parents' night for Grade 9. It raises the importance of home-school partnership and for teachers to be aware of incidents that may happen even outside of school. Our teachers are very accommodating if a student cannot participate in regularly scheduled classes or Physical Education because of an injury. For students with a significant head injury or concussion (should they be in grade 12) at the request of the family, the school will send documents to post-secondary institutions for special consideration. .
 - j. A copy of the presentation will be available on the website (www.colonelby.com).
6. Reports –
- a. Principal's report – Jean Fulton-Hale
 - a.i. One fire drill and second semester lock down practice remaining for this school year. Our production of “to kill a mockingbird” has attracted 4 Cappie nominations. We had 7 student videos make the Top 20 for mental health, with a team of grade 10 students won the competition and travelled to Toronto. We had a mini launch on Friday, May 1st where Colonel By was presented with a plaque. This is the 1st time there were so many top presentations from one school.
 - a.ii. Two teachers are finalists in Capital Educators (ONFE) event this week. C Flats came back with Gold in best vocal jazz group. Grade 9 track and field competition is on Friday.
 - a.iii. Term ends June 9th and exams begin June 10th. There are 24 students with conflicts that is, they have more than one exam on one day – those students will get an individualised exam schedule with only one exam per day. Students attend school the day they have an exam and stay home when they do not. There is no more school after. Reports are mailed home by the 2nd week in July. We are in the middle of timetabling for next school year.
 - a.iv. Jon Finless and Andrew Mohamdee won the Canadian HS French debating competition in Toronto. Tennis athletes go to OFSAA in June. Quizbowl goes May 29th – June 1st. two students were accepted in the Parliamentary Page program. 90 students participate on the track and field team.
 - a.v. IB update – Final week for IB exams and sincere thanks to parent volunteers for their contribution. We have had some students in the news about science fairs – Gayashan Tennakoon won at the national science fair (Fredericton, NB) and will compete in Sweden in August. Aditya Mohan and Amit Scheer were recently in Pittsburgh (IntelISEF) and won their categories within Biology. IB dinner is Tuesday May 26th at Dows Lake and parents are invited. It is a cocktail party and we expect the kids to dress elegantly. It is a fun evening for these students to circulate with their peers. It is very important for the IB students to remember the board level English exams that they must have good grades in as well as regular IB schedule.
 - a.vi. Commencement update – Grade 12 students should have confirmed their cap and gown.
 - a.vii. A synrevoice message was sent to Grade 12 parents about the prom event which is not a school organised event but we circulate information as we have it.
 - a.viii. Both Belanger and Fazakas had their hair dyed pink for the Relay for Life fundraiser and are on the twitter feed.

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- b. Staff report – Michel Belanger
 - b.i. Update on Relay for Life (May 29th) – want parents to come to help/volunteer and just be there. Always need help serving lunch. There are many student volunteers this year. Come in for the opening ceremony as well or even during the Luminary ceremony at dusk. It is a great way to see the school in action. Two parents have already indicated that they want to be involved. Please continue to indicate your involvement to Guidance. Our school raised over \$500,000 in the 9 years of the relay. Survivor’s breakfast is still on this year but in a slightly different format and will be held in the staff room. Companies have volunteered to bring in food. There will be a meeting place for families and survivors. Registration occurs between 8 and 9 am. There will be a communiqué to all parents on Monday. All volunteers will be called down after registration then the opening ceremony followed by the 1st walk and the day continues. Lunch is donated by Loblaws and Pizza Pizza or Dominoes Pizza. This week is the official bank days for all envelopes with cash in it. Even if donations are made online they must indicate that this week. If there are still people that want to volunteer or donate, please indicate to Mr. Belanger.
 - b.ii. A lot of sporting activities going on right now, but teachers are heavily involved in summatives that are going on right now.
 - c. OCASC Report – Joanna Gacek
 - c.i. Last week a meeting was held of the secondary school committee discussing the transition to post secondary schools hosted by the principals from Colonel By (Jean Fulton-Hale) and Gloucester High School. It would be good to have the presentation available for the larger parent body maybe at meet the teacher night. We heard about the transition guide from Elementary to Secondary which is available from OCDSB.
 - c.ii. Main discussions surrounded schools with either under or over achievers, with schools paying more attention to the under achievers. We would like for under achievers to also attend post secondary institutions.
 - d. School Council Report – Jason Lawrence
 - d.i. Interest survey – was sent out through synrevoice 3 weeks ago. Only 39 responses out of a possible 1100 have been received. It appears that some households did not receive the message at all (this could be an indication that Colonel By has incorrect email addresses on file), or the email may have gone to the junk mail. Again, the survey was an opportunity for parents to inform the School Council how it could better serve the School Community. The Council will send the survey again and post a link on the parents’ side of the school’s website before closing..
7. Round Table –
- a. Labor relations update – Available on OCDSB website. Families would have received communication from Director Adams by email. All events continue unabated.
 - b. This is Balazs Fazakhas’ last year at Colonel By and he will be at Sir Wilfred Laurier for the new school year.
8. Closing –
- a. The next Council meeting is scheduled for **Tuesday, June 16th, 2015** at 7:00 p.m. .
 - b. Items for next meeting – this will be the last meeting of the year, please bring something for potluck. We will celebrate both Michel Belanger’s retirement and Balazs Fazakhas’ move to Sir Wil.