

**Colonel By Secondary School  
School Council  
Minutes of meeting held on  
Tuesday, February 23<sup>rd</sup>, 2016 at 7:00 p.m.**

---

1. Call to Order, Welcome and Introductions – Marie-Claude Meunier.
2. Attendance – see attached sheet.
3. Approval of Agenda – approved by consensus.
4. Partners for Life presentation – Mental Illness Foundation
  - a. Examples of mental illnesses – schizophrenia, major depression, anxiety disorder, bipolar, anorexia, bulimia, borderline. Understand difference between mental illness and intellectual disability – one is treatable and the other is not.
  - b. Labels/Ideas around mental illness – crazy, that one can snap out of it, lazy, that it is a choice, attention seekers.
  - c. What is a mental illness – part of the body is affected and it is treatable. Brain – communicate using neurotransmitters which are responsible for our reality. Dopamine and serotonin (neurotransmitters) have difficulty circulating in persons with mental illnesses. Functioning is disrupted on a daily basis like depression. If not treated, there can be long term consequences – can affect familial relationships, disrupt functioning at work/school and can lead to suicides.
  - d. Statistics – 50% begin by age 14 and 75% by age 24. Leading cause of illness and disability in teenagers is depression. 5 to 10% of teenagers will suffer from depression at some point during adolescence. Up to 70% of teenagers are unaware that they are depressed because it has not been diagnosed. The majority of persons that seek help do recover.
  - e. Changes in behavior – there is a major break in behavior i.e. radical change from the norm. Difference between depression and feeling down. It is completely normal to feel frustrated, angry or sad. Depression has nothing to do with feeling sad for a day. Divorce, long term illnesses and mourning are harder to manage and so these will take longer to get out of that rut. When you are feeling down you can use music, meditation, exercise – do something that you enjoy. When you are depressed, there is no pleasure or interest in normal activities – their mood does not improve.
  - f. Triggers – risk factors exist so never down-play a teenagers' situation. These include hereditary (if parents have been depressed then they have a predisposition), poor family environment, sexual orientation as well as accumulation of small events like experiencing repeated failures, victims of bullying. Solution – surround yourself with people so you do not have to go through it alone.
  - g. Mental Health vs Mental Illness – Mental health is a state of well-being, it's a balance that we must bring in our lives- comfortable with decisions that we make The idea is to bring the scale back. To have a good mental health – exercise, eat well, get enough sleep, socialise, surround yourselves with positive people, learn conflict management skills, balance between academics and social activities. Understand the source of stress, then concentrate on the part over which we have control. Take care of our self-esteem – helps us face other issues. Affirm your opinion and emotions. Think of 3 things every day for which you are grateful for – helps with positivity. Foster hobbies, passion and interests to add spice to our lives.
  - h. Level of pain is great in someone who is depressed – includes helplessness, isolation, abandoned, stressed, disoriented, panic, fear, guilt, nervousness. When someone suffers from depression we do not know what to do.
  - i. Signs and Symptoms – during adolescence with major psychological, cognitive and sociological changes, how do we determine what is general adolescence and signs of depression.
    - i.i. Excessive irritability – regular basis, prevents them from functioning, break in behavior. Key is communication – a sign can be absence of communication.
    - i.ii. Permanent blues or sadness – no specific reason, it's the illness that is pushing it.
    - i.iii. Lack of interest

**Colonel By Secondary School  
School Council  
Minutes of meeting held on  
Tuesday, February 23<sup>rd</sup>, 2016 at 7:00 p.m.**

---

- i.iv. Sleep disorders – insomnia or hypersomnia (agitated sleep). If there is a change in the sleeping habit, talk it over with their doctor
  - i.v. Appetite problems – loss or increase in appetite and/or weight
  - i.vi. Masks – behaviors engaged in to exaggerate e.g. exaggerated good mood mask, sexuality/power of seduction, violence (towards others or self), drugs or alcohol (very dangerous mix with depression – tremendous impact on neuro transmitters).
  - i.vii. Social withdrawal or dependency
  - i.viii. Lack of self-worth or excessive feelings of guilt
  - i.ix. Concentrating problems or indecision
  - i.x. Recurring thought of death or suicide - talk about it and reach out and ask for help.
  - i.xi. Fatigue or lack of energy
- Need to be alert in any combination of symptoms observed in your child.
- j. How to help –
    - j.i. Know how to decode – they may be confiding in their friends, they may never come to you with the problem.
    - j.ii. Break the isolation – talk to them one on one. Your role is to reassure them. Share your worries with them either face to face or by letter. Help them find the person that they can talk to. Validate with their best friends, family members, school (for changes in grades or attitude in class), and teacher/coach/counsellor. Build a safety net around your child.
    - j.iii. Refer – to a professional when you see the symptoms persist – school counsellor, walk in clinic, family doctor. At school there is a psychologist, social worker and addiction counsellor available. 211 – Has community resources available. Can consult with a health care professional without the child themselves.
    - j.iv. Don't play doctor – you cannot be your child's therapist.
  - k. Tips – Explain the right to confidentiality after age 14. Ensure they follow their treatment plan. User your sense of authority to get help for the child.
5. Student Council Report – Jean Fulton-Hale
- a. Feb 11<sup>th</sup> report cards were delivered via backpack express
  - b. Parent-teacher interviews are this Thursday from 3:45 – 7:45. This is the full disclosure date for students in Grade 11 and 12.
  - c. Events – Music fest this Friday, Musical next week, variety of field trips rebooked from last week due to weather. Relay for Life group field trip is rescheduled to Feb 29. Vernissage is 1<sup>st</sup> week of April.
  - d. Literacy test is March 31<sup>st</sup> – once a year occurrence. Avoid scheduling appts for Grade 10 students or if they have not yet written the test as it is a graduation requirement.
  - e. Nordic ski team is off to Provincial championships – 8 skiers qualified –
  - f. March break – 14<sup>th</sup> – 18<sup>th</sup> March, Easter is March 25<sup>th</sup> – 28<sup>th</sup>.
  - g. Every Wednesday in March is Wacky Wednesday. Leadership camp is mid-April for Grade 10 students. Spirit week ends April 22 with a dance. Coffee House coming up week after March break. Ski Club is canceled tomorrow night due to upcoming winter storm.
  - h. Commencement is June 28, the prom date will be verified as June 30.
6. IB report – Jean Fulton-Hale
- a. Self-study conversation has been extremely positive.
  - b. Extended essays and TOK papers will leave the school soon. Advisors role is to work with the process. Working on improving that process through workshops at the Library. Will start process earlier next year.

**Colonel By Secondary School  
School Council  
Minutes of meeting held on  
Tuesday, February 23<sup>rd</sup>, 2016 at 7:00 p.m.**

---

7. Staff Report - Rachel Nakashoji
  - a. The past 3-4 weeks have been very busy due to course selection (except for Grade 12). Those slide presentations are available on the Colonel By website. Submission date was the day after the snow day and was postponed to this Monday. Still have been coming in. Have been calling students down if they are missing.
  - b. Post-secondary decisions being made – receiving offers from Colleges and Universities. Still another set of marks to go. Not returning form to be signed by Grade 12 students. March Break is a great time for students to get volunteer hours – always an advantage to have them done by Grade 10.
8. School Council Report (including Finance Report) – Lise Baillot-Kutukian
  - a. The ending balance is \$6,834.25, at the end of December including \$493.97.
  - b. Parent Reaching Out (PRO) Grant – will send the link of suggestions out to the Parent Council. Did the grant submission mid-April and received the grant in the fall. Deadline is May 29<sup>th</sup>.
  - c. Spend of Council money – 20 Chromebook and 10 iPad minis in the Library. Have lent the technology out more times than we have lent books since October. Would like to earmark some of the money for lendable technology. Preference is Chromebooks but either would work. The order can be done through the school to get the preferred rate. 10 would increase their capacity by 50%. With the Chromebooks, students login with their Google sign in and so all their work is saved to their profile.
9. Round Table
  - a. Snow days – transportation is cancelled at the school transportation level. This is an opportunity for more one on one with the teachers who are present at school. Last week there was a message for parents to send an email if the students cannot attend school. .
10. Closing – The next Council meeting is scheduled for **Tuesday, March 22<sup>nd</sup>, 2016 at 7:00 p.m.**

Prepared by: Michele Simpson  
Recording Secretary