

## WRAPSC Minutes

April 7, 2015 7:00 to 9:00 pm

### Forest Heights Collegiate Library

#### Attendance:

- 24 representatives from 23 different schools, 3 guests and 4 members of the 2014-15 WRAPSC Steering Committee

#### Approval of Agenda: Christine Gillis Bilton

- No revisions/additions. Motion to approve: Angelica Allen. Second: Alicia Sumner. Approved.

#### Approval of February Minutes: Christine Gillis Bilton

- No revisions/additions. Motion to approve: Angelica Allen. Second: Laurie Hunter. Approved.

#### WRAPSC Co-Chair report: Christine Gillis Bilton

1. PRO grant application due May 19<sup>th</sup>. See: <http://www.edu.gov.on.ca/eng/parents/reaching.html>
2. Parent Involvement funding grant \$500 direct deposit to s/c GL account - Ask your school administration about this and how your school handles the receipts/funds for council.
3. Conestogo Counts! Free MATH event – April 10th – Dr. Marian Small. Registration required.
4. 211 summary - FREE helpline and online database of Ontario's community and social services. Call 211 to talk confidentially to a live person, 24/7 or online at: [www.211ontario.ca](http://www.211ontario.ca).
5. New – WRAPSC public Google Docs section for us to more readily share documentation.
6. Start thinking about the fall; we're looking for new people to consider joining WRAPSC steering committee.
7. Working on a newly updated School Council Handbook. Hope to have it ready for the 2015-16 school year. What things are important to know/include? Suggestions received include:
  - What is quorum?
  - Treasurer information including: bank account procedures, how/what/when do we report the financial information to the board and template forms for deposits, withdrawals, cheques issued etc.
  - Timetable/calendar for both secondary and elementary, including things like grant due dates and when the Principal Profile is due.
  - Relevant WRDSB policies: e.g.: Fundraising policy
  - PIC & WRAPSC promotional materials
  - Sample council bylaws
  - Useful table of contents
  - Sample minutes: emphasizing the importance of timely minutes
  - Contact list: how do we contact other school councils? PIC? WRAPSC?

## PIC Co-Chair report : Laurie Tremble

1. Start thinking about the fall; looking for at least one to join PIC. Applications will be available soon!
2. WRAPSC and PIC brochures/posters have been sent to all of our schools and are available on the board website. Make sure your poster is visible in your school!
3. Safe, Caring and Inclusive Schools (SCIS) - an online team resource has been approved and is in the works!
4. Ministry of Education: Foundation for a Healthy School – strategies and resources revised and available online at: [www.edu.gov.on.ca/eng/healthyschools/foundations.htm](http://www.edu.gov.on.ca/eng/healthyschools/foundations.htm)
5. Talking With Our Kids About Money' (TWOCAM) - WRDSB has confirmed participation in this initiative of the not-for-profit organization Canadian Foundation for Economic Education (CFEE). In addition to the website at: [talkwithourkidsaboutmoney.com](http://talkwithourkidsaboutmoney.com), they also provide resources (brochures, posters, etc.) to inform parents about the program and what they can do to support financial literacy at home. We have loaded those onto our Google Docs drive at: [TWOKAM](#)
6. COPA and OTF are embarking on a project to create a film for the Safe@School toolkit that explores youth engagement and empowerment and youth-led initiatives to use their voice to take action to create more equitable and inclusive school environments. They are looking for young people and the adults who support them to interview for this project. Contact Tuval Dinner [tuval.copa@gmail.com](mailto:tuval.copa@gmail.com).
7. People for Education is an independent organization working to support public education in Ontario's English, French and Catholic schools. We highly encourage you to sign up to receive their newsletters/emails. Their website [www.peopleforeducation.ca/](http://www.peopleforeducation.ca/) includes some recent new additions:
  - P4E tip sheet on Solving Problems at School - in 15 languages
  - Smart Saver RESP Program to help lower-income families access the Canada Learning Bond and save for their kids' educations.

<http://www.wrdsb.ca/blog/2015/03/13/register-now-for-the-pic-family-event-2/>

## PIC Event: Alicia Sumner

Sat, April 18<sup>th</sup> FREE parent conference "**Building Skills to Navigate the School Years**" at Bluevale Collegiate in Waterloo. Registration open at: [Conference](#). **Volunteers still needed!** Contact [Alicia Sumner](#) to help!

## Math Kits

We had a brief opportunity to look at some of the materials in the math kit.

All documentation for these kits can be found on the WRAPSC public Google drive :

<https://drive.google.com/open?id=0ByE6hcxnXQOKcHBnWmpVY1dfS1E&authuser=0>

The following information is provided by Heather Berry :

- There are three sets of math kits for grades 1, 2 and 3.
- The math kits each contain 25 activities (5 in each of the strands).
- Most schools have 2-3 complete sets for each grade, so that students can take them home to use with their parents. At Westvale PS they are signed out on Fridays and come back on Mondays.
- Most schools have parent volunteers who run the signing in and out of kits. I am happy to meet any school that would like to start a math kit program and show them what we do at Westvale.
- If you would like a copy of all the cards that are in each of the kits and the DIY activities that are in the kits - please contact April at M&T Printing, Waterloo; she can prepare a CD for you at the cost of \$2.50.

## **Our Place Family Resource & Early Years Centre**

Our Place also provides Family Support Programs, with 50 satellite locations across region. Regional funding is allowing them to have a broadened vision to include elementary ages. Early Years is up to age 6.

Use peer-based approach to provide people with the knowledge and skills to increase the overall health of themselves and their families.

- Strengthen relationships, which drive success and confidence.
- Create a sense of belonging. What does it take to make people feel like they belong? How do we engage them?
- Parent-to-Parent support to help each other and make connections.
- Natural Connectors
- Learn Together

How can we help?

- Many events are no cost; some have minimal costs involved  
Workshops at PIC events
- Have a presence in school events e.g.: school bbq: interactive activities with kids
- Coffee time with parents in the library
- Presentations to school councils
- Raising awareness of supports in the community
- Navigate the systems
- Resource & toy lending libraries

Drop-in for any information or come for an individual tour or bring your entire school council!

Contact us:

**Wanda Kampijan, Family Support Program Supervisor**

[wkampijan@ourplacekw.ca](mailto:wkampijan@ourplacekw.ca)

519-571-1626 ext. 25

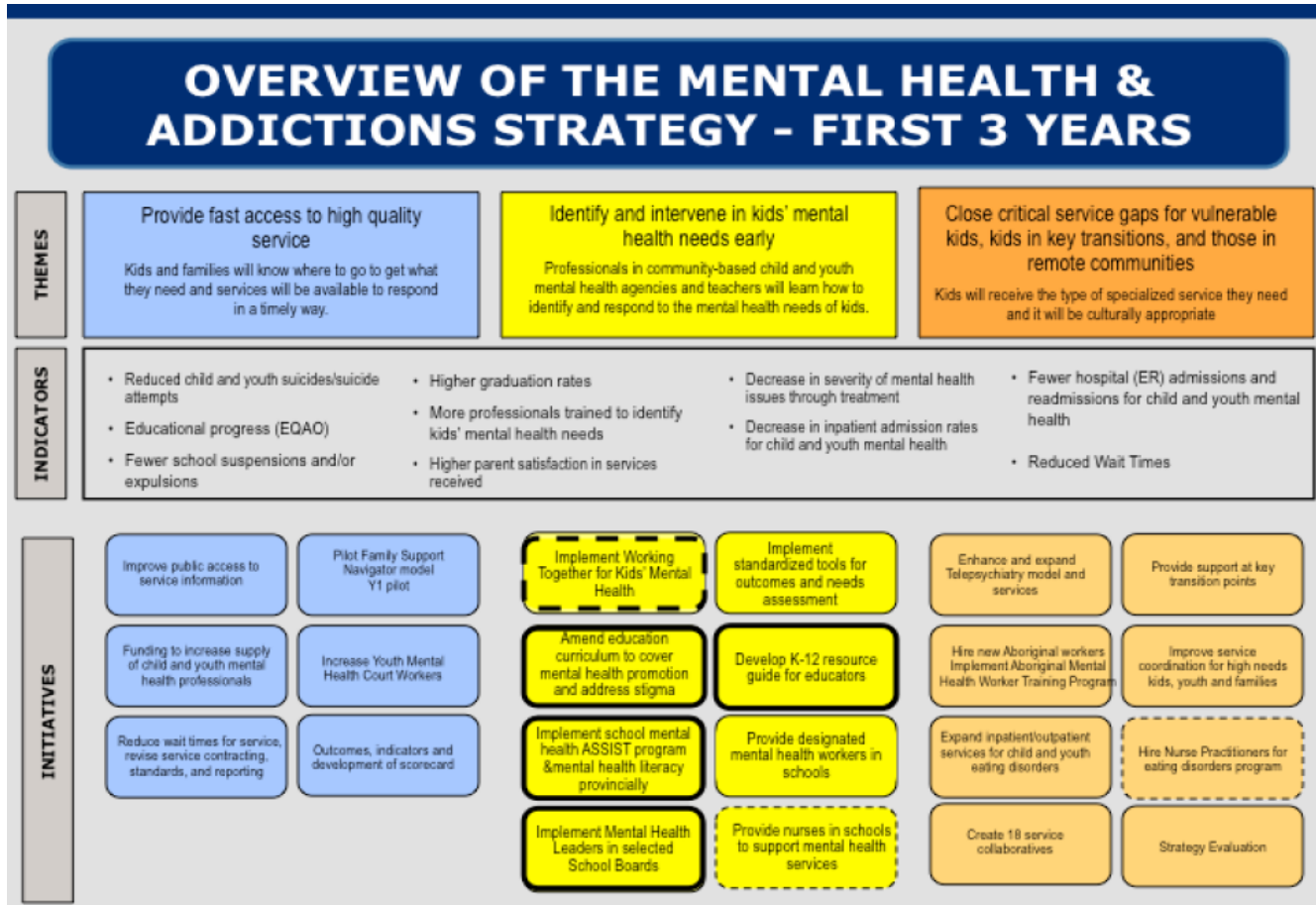
**Angie King, Peer Health Worker**

[aking@ourplacekw.ca](mailto:aking@ourplacekw.ca)

519-571-1626 ext. 33

**Update on Mental Health Strategy:** Barbara Ward, Mental Health Lead, WRDSB

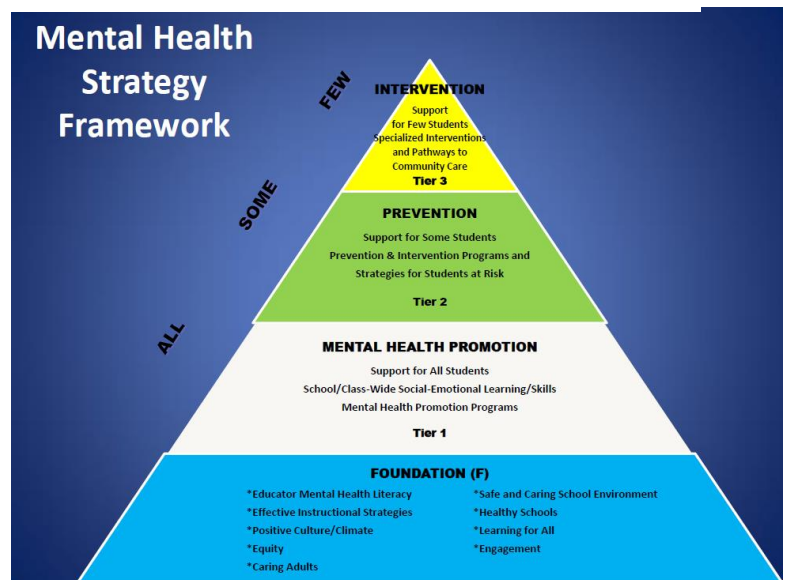
We are in year 3 of this strategy and the middle, yellow section is what the Ministry of Education has committed to.



The base levels of the triangle are where all are involved; where schools will focus their time/energy.

Green section is where “at risk” students (showing areas of struggle) are and a large chunk of time is spent here.

The top tier is where few are; where we get them to society community care; within our schools we spend little time.



In looking at how we address mental health, it was identified that we spend too much focused on Tier #2 and we need to concentrate more on the Tier 1:



Our MH Strategy includes the following:

1. Implement committees :

- **Wellness & MH Steering Committee** - oversee a system-wide, coordinated & comprehensive effort to support student/staff wellness and support a tiered & timely response to issues of MH.
- **Wellness & MH Working Committees** - developed in relation to the MH strategy priorities. Responsible for creating the implementation plan & mobilizing action.
- **Wellness & MH Advisory Committee** – provides consultation to working & steering committees & provides consultation/feedback on the MH strategy implementation action plan. (Includes 2 parents.)

2. Implement a prevention strategy for suicide ideation and self-injury

- Administrative Procedure has been developed and implemented
- Collaborative relationships with community partners
- SafeTALK and ASIST training to key WRDSB staff (7 trainers trained last year; 10 more this year)

3. Review, select classroom wide social emotional learning (SEL) programs to build student resilience

- Implementing bullying prevention and healthy relationship building programs in conjunction with Safe, Caring and Inclusive Schools (SCIS)
- Implementation of Transition to Independence System (TIP)
- Working committee establishing other SEL strategies

4. Create professional development (PD) for Board staff/teachers on mental wellness and signs of mental health problems

- Establishing collaborative relationships with unions and mental health “experts” in our system for the delivery and implementation related to this strategy. However there is currently no room on established PD days to add this.
- Delivered numerous presentations to WRDSB staff on student wellness, mental health, and building resilience

5. Review existing Board and community based interventions/services in schools to ensure student mental health needs are met
  - Review of Community services in schools
  - MOU's created and signed (20 service contracts now in place)
  - Establishing relationships with key community services and community centres for further system and community collaboration
  
6. Increase collaboration with community services in order to create better pathways, including information about access criteria and how to make referrals
  - A resource guide is being developed to assist school staff with accessing information on community resources to create better pathways for students and families to these resources. Some are now on the board site.

After the meeting, we received the following questions for Barbara Ward:

**1. With the Ministry focus on mental health, are there plans to incorporate this training in teachers college?**

BW: I have heard from the Ministry that this is the plan, and that incorporating training for new teachers on mental health is one of the benefits of the new 2 year college program for new teacher candidates.

**2. Is the work that schools do on 8 Character Attributes & 8 Keys to Success part of mental wellness piece?**

BW: There is a lot of variance right now between the schools on how they are using the 8 Character Attributes. The Social Emotional Learning (SEL) Committee has designed a survey that will ask schools how they are using the Character Attributes, if at all, what they are using instead for school-wide SEL initiatives and if they think that the Character Attributes are worthwhile to use more systemically, and if so, what resources would be required. We will base the next steps of how the Character Attributes will be used once we have the results of this survey. If you as parents/guardians have any feedback on the use of the 8 Character Attributes, please let me know.

**Update from the Wellness and Mental Health Advisory Committee parent representatives: Joanne Weston & Kelly Stewart, following this committee's first meeting:**

- Introductions and membership: Board staff, a trustee, community partners from various organizations, 2 parent reps & 2 student reps
- Watched a video that is available on the Board's site: [BIPSA - Wellness](#)
- Mary Lou Mackie spoke about the Board's strategic plan and how the Mental Health strategy is a component of the overall plan (BIPSA/Wellness)
- Barbara Ward provided an overview of the Board's Mental Health & Addiction Strategy including how this Advisory Committee fits into the overall structure of the plan; current staff training; the review of existing Board & community based interventions & services; and increasing collaboration with community services. I think she would be best to speak to all of this.
- Next meeting (June), will be reviewing the Terms of Reference and discussing Parent Engagement within the strategy.
- Input? Email [wrapsc@gmail.com](mailto:wrapsc@gmail.com) and we will forward it to Joanne/Kelly to take to the June meeting.