

NTCI School Council Meeting Minutes

(February 24, 2010)

Student Council Update

What is happening at NT?

Representatives of student council Rachel, Yasmin and Michelle

1. Charity week: raise funds for Not-for-Sale charity organization. In January, \$15,000 was raised (\$4000 more than last year). The total target is 40,000 with Fashion Show and Silent Auction.
 - Fashion show: theme of this year: Phenomena
Two parts of the show: Origin of Earth and Beyond Earth
Tickets are \$20, \$25 at the door. All proceeds go to Not-for-Sale.
 - Silent Auction: March 5, Starts at 6 pm, 1 hour before the show, more than \$18,000 of donations (sport tickets, signature wine, restaurant coupons, jewellery, spa tickets, etc). Second night, photography auction from photo club students.
2. Voting process for next student council
3. Green eco team
4. Spring sport teams coming up: rugby, soft ball, co-ed volleyball, synchro swim, baseball, soccer
5. Haiti relief effort

Beverly Cathcart-Ross, Special Speaker, Parent Guru

From Parenting Network, www.parentingnetwork.ca

Comparison between Toddlers with teenagers, trial & error

Expectation on any other persons can create problems.

Have to let children try for themselves

Have confidence in them and ourselves

We want to improve and protect the relationship with our teens

Most importantly, we want to keep influence on their life, their choice, not control them

Dream teens:

- Neat
- No attitude
- No talk back
- Happy
- Helpful
- Caring
- Polite
- Take initiative

Real teens:

- Lazy

NTCI School Council Meeting Minutes

(February 24, 2010)

- Self-conscious
- Attitude
- Unmotivated
- Stupid
- hard to go to bed at night, hard to get up in the morning
- Facebook
- Absent minded
- Clothes obsessed
- Messy

What do you want to end up with your teens? Life skills that we want our children to have when they leave home

Life skills

- Good basic values
- Self confidence
- Ability to evaluate situations
- Independent both action and thought
- Time management
- Self esteem: valued, worthwhile, competent, capable, unconditional love
- How to handle money/budget
- Respect: themselves, situations, other people
- Good communication skills

Role play:

- Go away
- Stop whining
- Chill
- What is the big deal
- I'll do what I want.
- Whatever.

Not over serving, overdoing

Why don't we cooperate with our teens?

Love, Respect and Faith (LRF): 3 elements of a caring relationship with teens.

Unconditional love & approval need them to know that no matter what they do, they have our love.

Make yourself available (emotionally, physically, mentally)

Encouragement – how to provide it:

- Take time doing things your kids like to do

NTCI School Council Meeting Minutes

(February 24, 2010)

- Bedtime, physically and mentally available
- Unconditional love
- Good listening skills
- Knowledge your effort
- Available time
- Non-judgmental, accepted as is.
- Sincere/positive feedback
- Thoughtful gesture

Freedom = Responsibility

Problem solving

Problem solving should be done cooperatively. Consequences are too negative. Select the issue with very cooperative fashion

1. Find a calm time (appropriate for the child)
2. Focus on the child (what is going on, show empathy)
3. Focus on ourselves (10 words or less).
4. Solutions: time frame, follow through, track it

Separate the deed from the doer, we love them, not all that they do

Peer pressure – they need to belong and feel accepted

- Work with kids to find the solution together, grounding should not be a choice
- Brainstorming ideas

“I love you so much to fight over this all the time”

- Be ready to come up with our second choice for a solution
- Put a time frame on a solution (e.g. In a week) and ensure to follow up on it.

Mistakes we make:

- Performance = my worth
- Teens feel that all we care about are their performance and marks

I respect your have right to make choices.

I have faith you'll handle the outcome.

Let them experience the choice they made.

Not label your kid, turn them into a positive, it is important how we respond to them

e.g. Leader, not bossy. I like your ideas. I really like to know what your brother thinks.

Inquisitive

Feedback from parents attended

NTCI School Council Meeting Minutes

(February 24, 2010)

- Faith vs fear
- Problem solving
- Acceptance
- Influence vs control
- Bring me the solution not the problem