

NTCI Parent Council Meeting Minutes

Wednesday, February 15, 2012

Executive School Council

Jane Lewis, Co-Chair
Teodora Miloradovic, Co-Chair
Charlotte Ryan, Treasurer
Marion Flanagan, Secretary
Phyllis Cincinatus and Elaine Lurie, Event Coordinators
Lapfong Wong, Ward Rep
Pauline Thompson, Speaker Coordinator
Lucia Dell'Agnese, Member at Large
Heather Johnston, Member at Large

School Staff

Joel Gorenkoff, NTCI Principal
Mary Laszlo, Vice-Principal (A-L)
Kathleen Pyper, Vice-Principal (M-Z)
Lorne Smith, Teacher representative

1. Welcome - Parent Council Co-Chair Jane Lewis

- Jane opened the meeting and welcomed all present parents and speakers.
- Requested to have each parent attending sign a sheet since the school gets funding from the TDSB towards mental health initiatives for each attendee.
- Announced that the Parent Council has launched a Facebook page. It can be found by searching for North Toronto Collegiate Institute (NTCI) Parent Council.
- Charity Week supported a charity called Spread the Net this year.
- The junior basketball team was first in their Tier.
- Tomorrow is senior hockey game and students can buy their way out of class to come watch the game.
- Maytime Melodies is coming up on May 3 and 4 and has been sold out every year.
- In May, NT is a century old and there will be a lawn party on May 8 and there will be a music night and an open house that weekend (May 11 and 12).
- Two Grade 10 students have qualified for the DECA business competition finals and will represent NT in an international competition to be held in Salt Lake City.
- Parents were interested in finding out what happened with the students who were on Canada's Got Talent. Jane suggested checking the website.

2. What's Happening at NT? - Principal's Report – Joel Gorenkoff

- Course selection sheets were due today for courses for next year. If it is late, the student may not get some of their selections.

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- Next report card is scheduled for April. You should have seen a report for the Careers/Civics course on Feb. 8 if your child is in Grade 10.
- There is a ski trip tomorrow, but only 100 students are going and the rest of the students should be in school.
- The 100th Anniversary of NT will have some celebrations for the students the week before (week of May 7th) and hundreds of the students are helping out with the celebration for the Alumni. You can find more information on the NTCI website. There is a gala night at Roy Thomson Hall on Fri. May 11. There will be no school on Friday May 11th since they will be doing set up.
- Update from Staff Representative Mr. Smith: At the end of March the school is going to be evaluated by admin teams – the process called a “district review”.
- He is looking forward to using the outdoor facilities once the winter is over.

3. Treasurer's Report and Financial Requests – Charlotte Ryan

- The financial report can be found on the back of the agenda. Previously, we gave \$600 to the Classics Club and they sent a thank you note which was shared with everyone.
- One request was submitted to request support for travelling to Salt Lake City for the DECA Business Club. They are asking for \$500 of the \$3,000 that it will cost.
- Music Council looking for parents to join their group. Next meeting is Tues. March 27 and they should come out.

All requests were motioned by Joanne Archibald, seconded by Marcie Tarber-Stals and accepted by all.

4. Special Presentation: “Adolescent Anxiety and Mental Health - Understanding Teen Moods” – Dr. Amy Cheung, Youth Division of the Dept. of Psychiatry at Sunnybrook Health Sciences Centre.

- One in ten kids will have an episode of clinical depression while in high school and girls are 2 to 3 times more likely.
- It is normal to have mood swings that last a few days or weeks which are based on things going on in their environment.
- Depression signs and symptoms are sadness, irritability, low energy/fatigue, low motivation/interest, sleep disturbances, poor concentration, change in appetite and/or thoughts of death or desire to cut or burn themselves.
- It's still good to make sure they get 8-10 hours of sleep every night and monitor their nutrition.
- Should talk to your kids to see if there are problems with bullying, learning issues, drug use or worries and anxieties.
- Depression doesn't lift spontaneously and may continue for up to 2 years.

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- Depression recurs in 60% of teens.
- If not treated, they can suffer for an extended period of time.
- Talking is one of the most effective treatments for depression, along with medication.
- The Mood Disorders Association is located nearby at Eglinton and Duplex.
- If you are concerned, take your teen to their doctor/pediatrician or go to a local hospital or school mental health worker, if there is one.
- For teachers, it is important to treat depression as any other medical diagnosis, encourage and support them and give accommodations where needed.
- Recommended resources: Mood Disorders Association of Ontario at www.moooddisorders.on.ca and E-Mental Health at www.ementalhealth.ca
- Will post recommended parenting reading on Facebook page. Pauline to send this to Marion.

Thanks were given to the panel members and the meeting was closed.

The next meeting will be on Wed. April 11 at 7:30 p.m. in Room 215 and the speaker will be Chris Vollum discussing “Facebook 101”. There will be no meeting in March.