

NTCI Parent School Council Meeting Minutes

January 25, 2017

Executive School Council

Christina Kwong, Co-Chair
Anne Ferguson, Treasurer
Ellie Morch, Co-Secretary
Simin Keramati, Co-Secretary
Daniela Popovik, Co-Event Coordinator
Wendy Saffer Kagan, Co-Event Coordinator
Karl Reitmaier, Speaker Coordinator
Christina Kwong, Ward Rep
Gila Rydlewicz, Safe School Committee Rep
Janet Victor, Members at Large

School Staff

Joel Gorenkoff, NTCI Principal
William Mack, Vice-Principal (A-L)
Helen Elliott, Staff Representative

1. Welcome - School Council Co-Chair – Christina Wong -

- Opened the meeting and welcomed all parents and speakers. She announced this was the last meeting for Principal Gorenkoff and welcomed Mr. Mack who will be the new acting Principal.

2. Student Council Report – Jocelyn Rough (SVP), Chris Plant (Social Convenor)

- Charity Week of April 3rd is raising money for The Maddie Project - mental health awareness making Maddie's Healing Garden. An assembly was held 2 weeks ago where Maddie's mother Nicole and her brother spoke to the students about the Maddie Project.
- The Charity Week Committee is made of 20 student who are organizing the activities. Each home form will have a booth e.g. selling cupcakes, raffle etc
- Mental Health Awareness Week of March 27th
- Sleep Over Event Feb 28th. The goal of this event is to look at the stigma for mental health and ways of relieving and managing stress and increasing coping strategies, target audience is for Senior Students.
- Michael Lansberg- Canadian Sports Journalist, TSN host - coming to speak on mental health
- Grade 9 Event - PALS will help organize stress management activities

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3. **Principal's Report** – Joel Gorenkoff and William Mack

- Last Parent Council meeting at NT and spoke about the surprise assembly today in his honour. He is confident Mr Mack will maintain continuity and proud traditions of the school
- Guidance doing assemblies every day next week for course selection. Due date 15 Feb.
- Parent Course Selection info evening Wed Feb 1, guidance dept will be there
- Report Cards sent home Thurs Feb 9th, ask for it from your kids!

4. **Staff Update** - Ms Helen Elliott

- Support students with time management, strategies, check their agendas.
- Reminder that the teachers are there to help and support the students. Reach out to the teacher if concerns and encourage students to come to talk to the teacher

5. **Treasurer's Report and Financial Requests** – Anne Ferguson

- There are no requests for funding.
- \$12,319.11 in the bank, hoping for more requests next meeting.

5. **Presentation: Adolescent Mental Health & Parenting Strategies** - Ms. Denise Lawee (Guest Speaker)

- Social worker for 27 years and works at Skylark which operates a Walk-in Counselling Service for Children, Youth and their families. Its hours are expanding to 6d/wk starting in February. See attachment.
- Current Trends that is the feeling anxiety over parenting, and did we become too overprotective and child-focussed? e.g. millennial generation
- Teachers are finding more anxiety diagnosed and accommodation requests for this
- Teens are more challenging to parental authority, have more opportunity for getting into trouble with drugs etc and social medial exposes them to so much more at a younger age than pre-internet generations
- Anxiety stems from an awareness of fierce competition out there for university program admissions
- When to worry? If you are not spending time w your child to check in with them. Some may not want to worry a parent and get protective of parents. Some feel shame that they can't cope. Mr Mack advised to look for change in wt, social isolation, not sleeping.
- Follow up on comments that sounds 'scary' e.g. suicide, don't just ignore and ask what they mean about this, teens are afraid to share thoughts that are scary e.g. suicide

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- Mr. J Gorenkoff has observe a paradigm shift with parents calling in asking how do their kids to get higher marks for university applications? They often opt for dropping the course and doing it a private school to get high marks. This raises concern about the teen's resilience. Its ok to get a poor mark, fail a test or get a detention.
- NT prepared her kids more than private school that was more of a bubbly and protective.
- Parent asked how to help teens manage phone/social media? It interferes with school work. Take opportunities to help them figure out how to unplug so its not a distraction, and recognize its a problem first. There is a high addictive capacity for social media.
- Gaming addiction is a challenge and is now in the addiction category with etoh, drugs etc
- Remind your kids that as their parent you are on their side
- Treat your teen as a young adult, yelling and consequences don't work, try to keep it away from a power struggle

- Thanks were given to all who spoke and the meeting was closed.

The next meeting will be on February 27, 2017 at 7:30 p.m. in Room 215 and the speaker is to be determined.