

## **NTCI Parent Council Meeting Minutes**

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**29 May 2017**

### In Attendance

Christina Kwong, Co-Chair, Ward Rep  
Falguni Turakhia, Co Chair  
Anne Ferguson, Treasurer  
Wendy Kagan, Event Coordinator  
Simindokht Keramati, Co-secretary  
Will Ollerhead, Member-at-large  
Karl Reitmaier, Speaker Coordinator  
Daniela Popovik, Event Coordinator  
Janet Vidtor, Member-at-large  
Gila Rydlewicz, Safe Schools Committee Rep  
Jess Hungate, Ward Rep

### In Absence

Ellie Morch, Co-Secretary

Mrs. Ellie Morch could attend the meetin on the second half of the parents meeting.

### **School Staff**

Ms. Martha Bartley, Acting Principal

### **Welcome:**

Mrs. Christina Kwong (Chair) started the meeting.

Mrs. Christina Kwong, announced that this will be the last meeting for the three parents from the executive parents council whose youngest children are graduating from the school this year. She thanked them on behalf of the School Parents. The members are: Mrs. Anne Ferguson (treasurer), Mr. Karl Reitmaier (Speaker Coordinator), and Mrs. Daniela Popovik (Event Coordinator).

She also thanked Mrs. Martha Bartley (Acting Chair), on behalf of the school parents' council, for her help and for being there in absence of The Principal.

### **Update from the student Council:**

David Chu (president 2017-18)

David introduced himself as the newly elected president for the school council and announced that he and the school committee are ready to cooperate with the parents' council.

### **Principal's update:**

Acting principal, Ms. Martha Barley announced that Mr. William Mack (Principal), will be back at school at the time of exams. She also mentioned that she will be there at school for assisting Mr. Mack until they make sure he has had a full recovery.

- Prompt ceremony was fabulous. The dresses were beautiful and the students were classy and respectful.
- There was no issues at the student council elections They are very clever and the leadership among the students were amazing.
- \$4000 was raised for the ypi charity: the charity is regarding the students with facial deformation.
- Sports results were remarkable and students were happy with that.
- Music band did the May-time melodies (71 year). It was a big ceremony, and the students in music department did an amazing job.
- We need more space for the computer labs. There are 30 computers in three classes which will grow to 34 pcs in four classes.
- EQAO will be held for the next week, the news about that ill be sent to the parents through the email blast.
- Please note that there are two sides on the exam schedule. It is better for the students to be there at school at least half an hour before the exam. If a student was late or absent for the exam their mark will be zero.
- The school newspaper "Graffiti" is very good. Please read it to be more familiar with the students' point of views. It does not mean that everything they say is true, but it helps us to understand them better.
- The only problem is that the students are messy during the lunch time in the hallways.
- Now that we are approaching the exams the teachers and the students are stressed Please be aware of that.

### **Staff Update**

Mrs. Helen Elliot was busy with the exam programs and could not be present in the parents council meeting.

### **Treasurer's Report and Financial Requests:**

Staff Breakfast for the day after: \$500

No discussion held. All in favour by a show of hands – majority in favour  
Motion approved.

## Depression

### Guest Speaker: Darcy Patrick (author of the book "Why I run")

Mr. Karl Reitmaier introduced the guest speaker.

Darcy Patrick is the author of the book "Why I run". He started his talk with telling the story of his own depression that he has written in his book.

He started to talk about positive and negative emotions. For him it all started with the beginning of the school. One of the bold memories that he recalls from the school that made him to be more depressed was when the teacher asked the students to write about what they want to become in the future. He wrote that he wanted to become himself. The teacher made hi to read that out loud and told him that she was disappointed in what he has written and gave him a failing mark. This made Darcy to be afraid of reading out loud. Year by year this depression grew bigger inside him. In college years it got worse. ....One day he started to run. He also thought about committing suicide...

At the time that their application for adopting a child was accepted the thought that he could be a father was somehow a beginning for him. He started to apply for different positions and jobs, and he failed in each and every one of them. One day his friend convinced him to call for help and he did so and went to the therapist whom he still meets her on a regularly base. (you can read the whole story and how is was successful in defeating his depression after that in the book)

Everyone deserves to be happy, with writing this book I turned my depression into the greatest thing happened to me in my life,

Question: Did anyone (your wife) know about your depression?

Answer: Not until I told them directly.

Question: What should we do as parents? How do we know if our child is struggling with depression?

Answer: You might never know, kids with depression are (usually) good pretenders. The best way that I know is to listen to them when they need to talk, to talk to them and do not tell them that their problem is not a big deal. e.g If they are dealing with a break up it is so hard for them, listen to them, even though you might know what they might say.

Question: How did you deal with drugs and alcohol?

Answer: Alcohol was a way of getting rid of my depression. I felt good when I had it and I felt bad when I was not having it. The fact is that my therapist helped me a lot to get rid of this habit.

Question: Were your parents happily married:

Answered: Yes. They were a happy couple.

Question: Most of the kids can't afford help (therapist). What should they do?

Answer: There are many centers that offer help for kids and teenagers.

Mrs. Bartly added also mentioned: There is a center close to school. Skylark services or Delisle Youth Services (40 Orchard View Blvd #255, Toronto, ON M4R 1B9) the website is: [delisleyouth.org](http://delisleyouth.org) . They offer free help for school kids.

**The meeting ended at 9pm. Mrs. Christina Kwong Thanked Mr. Patrick for his talk and invited the parents to get together at the pub near the school as it was the final meeting for this school year.**

**The next meeting will be on Monday, September 25, 2017**