

Lorne Akins Junior High School  
School Council Meeting  
Tuesday, Dec 15, 2015  
7pm

**Attendees:** Loretta Manning, Dan Wiles, Kim Armstrong, Roger Scott, Mary Anne Fehlberg, Donna Nilsson, Sue Havertape, Sharleen Edwards, Shauna Beauschesne, Stephanie Filomeno, Sasha Schnitzler

**1.0 Adoption of the Agenda**

S. Havertape

- Agenda adopted by Dan Wiles and Roger Scott

**2.0 Approval of the Nov 17 Minutes**

S. Havertape

- Minutes Approved by Donna Nilsson and Dan Wiles
- Correction made to spelling of Nilsson

**3.0 District Initiatives and Policies**

Trustee Armstrong

3.1 Student Advisor Group– 3 students from each Junior High and High Schools (represent themselves, not their school)

- Great information from the students – gives the Board questions
- One question from this group was high stress

3.2 Board Meeting- approved audited financial statements. Clear audit – no recommendations or questions

- Type A finances for the schools – schools have independence on their approved budget to spend.
- School with surpluses (operating reserves) – being looked at by the Province to have that money spent outside the schools
- 90-95% of the funding is used each year. The approx 5% surplus is the operating reserve.
- Upcoming situations for finances that are not government funded – will use the operating reserves. Eg Opening 2 new schools (under funded for some items)
- Requesting additional notes to be added to the audit that shows where this operating reserve would be spent

3.3 Approved District Education Plan

- Each school presented their plans
- All of the district administrators shared how they are addressing the small minority of students (10-15%) that are not achieving the standards.
- High participation rates

3.4 Board Administration Retreat

- Mental Health issues- anxiety and depression
- Indicators - recognition and available assistance within the schools
- First Nations and Metis students – focusing on lessening achievement gap between First Nations/Metis and non First Nations and Metis students
- Student Voice – how do students have ways to be heard and have input into decisions made at the schools. Would a student board be an option.

### 3.5 Introduction of Bill 8

- legislation for 2 tiered bargaining
- local bargaining and provincial bargaining
- Previously 1 group that was imposed legislation
- How are school boards going to be involved
- Minister of Education is moving this forward without consultation
- Later stage consultation that was generative collaboration, not a true consultative process
- 3 readings have been submitted
- Outcome will affect how the bargaining will happen with the employee groups

### 3.6 International Field Trips

- Approval process for international field trip
- A number of vetting processes from the Board – curriculum criteria and travel imposed advisories (level 2 or above will not be approved), number of risk activities
- Senior Administration will work with the students groups to determine which trips will be going. ie No approved field trips to France
- Room for parental input on trips
- Board will provide input for field trips depending on circumstance as needed.

#### Question Raised:

Operating reserve – is the Board going to educate our MLA on the funds and process?  
Yes, that is the intention of the Board. Examples given of how that additional funding can be spent currently – ie additional late entry students. Projected budgets for the upcoming year, best estimates are made in the spring for the upcoming fall.

## 4.0 New Business

### 4.1 School Health Nurse and Mental Health Supports

S. Schnitzler

- Anxiety is a big concern for students
- What supports are available?
- Power Point presentation
- Contact information provided for the St Albert Public Health Centre - AHS
- Definition of Mental Health – state of well-being and balance
- Definition of Mental Illness – changes in thinking that cause distress and difficulty functioning
- Mental Health and Mental Illness Continuum
- Types of Mental Illness examples and specifically anxiety disorders
- Defined as persistence feelings of intense anxiety, begin in early adolescence and affect 1 –20 people
- Examples are – general anxiety, agoraphobia, panic disorder, specific phobias, social anxiety disorder, obsessive compulsive disorder, Post-traumatic stress disorder
- Examples of causes – hard to determine and may vary, personality, abnormalities in the brain signalling mechanisms, learned response, hereditary, biomechanical process (disturbance in the brain area)
- Treatment examples – counselling (help understand thoughts and emotions), yoga and meditation, exercise and adequate sleep, medication

- How to get help – family DR, school counsellor, mental health therapist, psychologist, Kids Help phone, Mental Health Help Line. Healthlink Alberta
- Anxiety – how people feel when faced with a threat or when stressed. Can cause people to feel upset, uncomfortable, tense and may manifest physically (stomach ache)
- Stress – response to anything that makes us feel threatened. The body's automatic response. Too much stress can negatively impact mental health
- More responsibility – prioritize tasks and break them down into manageable steps
- 2 most common sources are change and loss. Reaction depend in the individual. Important to find ways to cope and adjust
- Help by normalizing feelings and behaviours through discussion and finding ways to help develop understanding of their experience.
- Signs and Symptoms – feeling worried and nervous, bother by repetitive thoughts, avoid place, shortness of breath, racing heart beat, dizziness, tense muscle, headaches, overly upset, specific fears that interfere with daily life, nervous habits such as nail biting, trouble sleeping
- How to Help – watch for signs, listen and reassure, try not to judge,
- Resources – Grade 7-9 Mental Health Kit (provided with a number of lesson plans), AHS pamphlets examples (Exam stress, Depression, Stressed, Anxiety)
- Questions – The school kit provides activities to do with counsellors, classes – also available on AHS website

#### **5.0 Teacher of the month**

S.Filomeno

- 2<sup>nd</sup> year teacher at LA and U of A graduate
- PE, math and science and coaching volleyball, basketball, Gatorski, track and field
- Enjoys working with the Jr High age group
- Mentorship program participant (a District program) with Erin Gohan.
- Examples of Brain Breaks games

#### **6.0 L.A. Happenings**

L. Manning

- See green December attachment

#### **7.0 Information Items**

##### 7.1 A.P.P.L.E. Day January 29

D. Wiles

- Choices will be Water Park, Galaxy Land, Movie or Rabbit Hill
- Approx 80-90% participation with students who meet the criteria

##### 7.2 Stakeholder Workshop January 29

L. Manning

- Representatives – students, teachers, 3 x parents, administrators, community members
- Workshop is hosted at Paul Kane
- Parent rep`s – Donna, Sue and Mary Anne
- Loretta to forward information package prior to the workshop

## **8.0 Topics for Future Meetings**

### **8.1 Mental Health and Wellness – January**

L. Manning

- Allison Fong (school counsellor) – presentation on what the school offers
- Planning a session (Positive Mental Health) in Feb for parents in the district to attend. Date depends on presenter availability.

## **9.0 Adjournment**

S. Havertape

Adjourned 8:36pm

Next Meeting Jan 12th