

Parent Involvement Committee Meeting Minutes

Tuesday, January 30, 2024 at 7 pm
In Person at 408 Wembley Drive and Via Google Meet

Attendance

Shannon Ketchabaw, Parent, A.B. Ellis Public School; Alisha Basarabe, Parent, Algonquin Road Public School; Ashley Vickman, Parent, Walden Public School; Angelina Kasunich and Debbie Sokoloskie, Parents, Lockerby Composite School; Jennifer Dalton, Parent, Adamsdale Public School; Natasha Delaney, Parent, Jean Hanson Public School; Steffany Bourque, Parent, Chelmsford Valley District Composite School; Allison Orford, Parent, Central Manitoulin Public School; Rebecca Coughlin, Parent, Lansdowne Public School; Crystal Ribey, Parent, Lansdowne Public School; Okeoghene Arasi, Parent, Lansdowne Public School; Jennifer Harvey, Principal, Lansdowne Public School; Trustee Alex McCauley; Leslie Mantle, Senior Administrator of School Support Services; Nicole Charette, Senior Advisor, Corporate Communications and Strategic Planning; Laurie-Ann Lielkans, Secondary Principal representative; Coleen Eberlein, Elementary Principal representative; Katrina Nadeau, Elementary Vice-Principal representative; Sheila James, Secondary Vice-Principal representative; Meredith Coulas, Elementary Teacher representative; and Sarah Clarke, Mental Health Lead, Rainbow District School Board

Regrets:

Melissa Gladu, Parent, Northeastern Elementary School; Tiija Luttrell, Parent, Larchwood Public School; and Heidi Ferguson, Parent, Little Current Public School

Call to Order: 7:10 pm

1. Welcome

Senior Administrator Leslie Mantle welcomed everyone to the meeting and apologized for the technical delay. She invited Vice-Chair Steffany Bourque to chair the meeting. She also welcomed Trustee Alex McCauley to the meeting.

2. Self-Introductions

Online and in person participants introduced themselves.

3. Presentation: Social Media and Youth Mental Health

Sarah Clarke, Mental Health Lead, Rainbow District School Board

Sarah Clarke shared data and discussions from The U.S. Surgeon General's Advisory, 2023 on social media and youth mental health. Up to 95 per cent of youth ages 13 to 17 use social media. One third are on platforms on a constant basis. Approximately 40% of children ages 8 to 12 use social media.

Many factors influence whether the impact of social media is positive or negative, including time spent on social media, the content accessed, the types of interactions, and how much it interferes with other healthy activities, like sleep, in person social interactions, physical activity, participation in hobbies such as music or art, engagement with cultural activities, and engagement with the world.

Social media can nurture positive connections with others who share identities, abilities and interests. It can also provide access to information and create a space for self expression. On the negative side, young people can be exposed to extreme, inappropriate and harmful content. Social media can also lead to social comparisons. Excessive use can affect sleep, reduce social engagement and may lead to attention problems.

What can parents/caregivers do? Parents/guardians can create agreed upon family expectations about social media use, restrict electronics before bed and keep them out of bedrooms, create tech-free zones, teach kids about responsible technology use, and create shared norms and practices around social media with other parents.

Sarah Clarke shared 24 Hour Movement Guidelines for Children and Youth. For optimal health benefits, in a 24 hour period, children and youth (ages 5 to 17) should have 60 minutes of moderate to vigorous physical activity, several hours of light physical activity, sleep uninterrupted for 8 to 11 hours (depending on age), and no more than 2 hours per day of recreational screen time.

The presentation ended with a TedX video. The presenter said the problem is not social media, it's how you use it. You can make it a positive experience when you choose to align with positive content through friends, family and positive acquaintances, people who align with your goals, people who inspire you, and artists who make you feel good about yourself. Be mindful of the content you are consuming. Focus on the positive.

A list of sources was included in the presentation.

Parents/guardians were invited to ask questions at the end of the presentation. Trustee McCauley said children watch their parents/guardians responding to texts and emails at all hours or scrolling through social media on their devices. Parents/guardians are important role models for their children and can set expectations and limits. Parents/guardians agreed that they need to be mindful of their own use of technology.

Following the presentation, Senior Administrator Leslie Mantle reviewed the PIC membership for 2023-2024. According to the terms of reference for the committee, the PIC Executive are the voting members. As such, they are required to move and second motions.

PIC Executive Members for 2023-2024:

Sara Ball and Alisha Basarabe - Algonquin Road Public School
Tijja Luttrell - Larchwood Public School
Ashley Vickman - Walden Public School
Jennifer Dalton - Adamsdale Public School
Natasha Delaney - Jean Hanson Public School
Melissa Gladu - Northeastern Elementary School
Shannon Ketchabaw - A.B. Ellis Public School
Heidi Ferguson - Little Current Public School
Steffany Bourque - Chelmsford Valley District Composite School
Rebecca Coughlin - Lansdowne Public School

4. Approval of Agenda

“That the agenda for the meeting on January 30, 2024 be approved.”

Moved by: Rebecca Coughlin, Lansdowne Public School

Seconded by: Natasha Delaney, Jean Hanson Public School

Carried

5. Approval of Minutes

“That the minutes of the meeting held on December 12, 2023 be approved.”

Moved by: Alisha Basarabe, Algonquin Road Public School

Seconded by: Ashley Vickman, Walden Public School

Carried

6. Communications Report

Nicole Charette, Senior Advisor of Corporate Communications and Strategic Planning, delivered the following communications report:

Rainbow District School Board's updated Accessibility Plan is available online. It's under the values section of the Board website.

We extend our thanks to the many parents/guardians and children who attended the Kindergarten Information Nights. If you know a family with a child turning four this year, there is still time to register.

Secondary school Information Nights continue in the coming weeks...

On Thursday, February 15th we have Espanola High School at 6 pm and also Manitoulin Secondary School at 6:30 pm, and Lasalle Secondary School on Thursday, February 22nd at 6:30 pm. For the Information Nights that have already taken place, there is still time to register.

The Environmental Education Committee invites Rainbow Schools to turn down the heat and wear a sweater for National Sweater Day on Thursday, February 1st. Through the month of February, each Rainbow School is challenged to save as much electricity as possible. This initiative is part of the Committee's ongoing efforts to increase awareness about climate change and encourage sustainable practices.

Parents/guardians of students with special needs in Rainbow District School Board are invited to provide input for the 2024-2025 Special Education Plan. The deadline to complete the survey is Friday, March 1st. The survey link is currently available on the board website.

A Professional Activity Day will take place on Friday, February 2nd. There will be no school for students. More information about what's happening on the PA Day can be accessed at rainbowschools.ca under Parents.

Parents/guardians wanted to ensure students with sensory needs could participate in Sweater Day. This will be shared with the Environmental Education Committee. (Parents/guardians suggested that students layer up or bring a blanket to school.)

7. School Announcements

Natasha Delaney of Jean Hanson Public School thanked school staff for exposing students to exciting field trips and organizing family games night. She praised the school for bringing parents/guardians and students together to make connections. She enjoys the emphasis on students on the school's Facebook page.

Ashley Vickman of Walden Public School said the school celebrated 10 days of kindness as part of the ongoing implementation of Dare to Care which is being well received. She highlighted a number of activities at the school, including a pancake breakfast, delivery of food to the food bank, intramurals, chess club, ski club, choir and upcoming spring craft show. She said the Kindergarten Information Night was amazing. With Walden Day Care in the school, the three-year-olds feel comfortable. Walden Public School continues to focus on building connections with a grandparent volunteer reading program. They are also looking to partner with other schools for autism awareness.

Jennifer Dalton of Adamsdale Public School said the school's Festive Feast was a tremendous success. She thanked the parent volunteers who helped serve turkey lunches. The school is currently focusing on attendance. A Family Dance is planned for mid-February to promote community and foster socialization among families.

Angelina Kasunich of Lockerby Composite School said students are submitting college and university applications. Students recently participated in a Robotics Challenge at Cambrian College. The Open House was a success, in person and online. She highlighted various sporting accomplishments. Students participated in Bell Let's Talk. Work has also begun on prom. The School Council is working on fundraising ideas. Schools can collect donations or facilitate purchases through School Cash Online.

Rebecca Coughlin of Lansdowne Public School said Dare to Care is in its second year at the school. (Lansdowne was a pilot school last year.) Students caught being kind are entered into a monthly draw. The school is supporting families with food and supplies and thanked participating donors. A hot lunch is planned for February at no cost. The school held a family caroling event in each class with hot chocolate which was very well received. The school is hosting literacy and math workshops to show parents/guardians how reading, writing and math are being taught. Students are engaged in sports and

field trips to the Lancer Dome, Kivi Park, the Conservation Area and Science North. Plans are already underway for the Grade 8 graduation.

Steffany Bourque of Chelmsford Valley District Composite School said sports teams are doing well. Outstanding art was showcased at a pop up art show at the school. Secondary students are paired with elementary students for reading buddies. Grade 7 and 8 students and secondary students are participating in separate ski trips. A feast in the gym was supported by the local Independent Grocer. She thanked the teachers and the community for the opportunities they provide to students. They are currently reviewing fundraising ideas to support the Grade 8 students.

Senior Administrator Leslie Mantle reviewed the upcoming meeting dates and topics. She thanked all parents/guardians and staff for joining us.

Adjournment at 8:32 pm

“That the meeting be adjourned.”

Moved by: Natasha Delaney, Jean Hanson Public School

Seconded by: Alisha Basarabe, Algonquin Road Public School

Carried

Next meeting:

Tuesday, February 27, 2024 at 7 pm

In Person at 408 Wembley Drive and Via Google Meet

Topic: Literacy Supports