

Parent Involvement Committee Meeting Minutes

Tuesday, February 25, 2025 at 7 pm
In Person at 408 Wembley Drive and Via Google Meet

Attendance

Melissa Gladu, Parent, Northeastern Elementary School; Ashley Vickman, Parent, Walden Public School; Julie Cuss, Parent, R.H. Murray Public School; Ashley Hurley, Parent, Alexander Public School; Jennifer Dalton, Parent, Adamsdale Public School; Kylee MacCormack, Parent, C.R. Judd Public School; Erin Holloway, Parent, Lockerby Composite School; Natasha Delaney, Parent, Jean Hanson Public School; Trustee Alex McCauley; Kelly Rodriguez, OSSTF representative; Coleen Eberlein, Elementary Principal representative; Laurie-Ann Lielkans, Secondary Principal representative; Leslie Mantle, Superintendent of Schools; and Nicole Charette, Senior Advisor, Corporate Communications and Strategic Planning

Regrets

Deana Hardy, Parent, Charles C. McLean Public School; Stacy Paaanen, Parent, Lively District Secondary School; Steffany Bourque, Parent, Chelmsford Valley District Composite School and Sarah Clarke, Mental Health Lead

Call to Order: 7 pm

1. Welcome

Chair Melissa Gladu welcomed everyone to the meeting.

2. Self-Introductions

Online and in person participants introduced themselves.

3. Approval of Agenda

"That the agenda for the meeting on February 25, 2025 be approved."

Moved by: Kylee MacCormick, C.R. Judd Public School

Seconded by: Ashley Vickman, Walden Public School

Carried

Chair Gladu noted that the following parents/guardians were acclaimed to the Parent Involvement Committee at the Annual General Meeting held on October 15, 2024 and constitute the voting members for the 2024-2025 school year.

She asked if there was a parent/guardian from Espanola who may be interested in joining PIC. With no parent present, the position remains vacant.

Melissa Gladu	Northeastern Elementary School
Ashley Hurley	Alexander Public School
Ashley Vickman	Walden Public School
Natasha Delaney	Jean Hanson Public School
Stacy Paajanen	Lively District Secondary School
Kylee MacCormack	C.R. Judd Public School
Rebecca Coughlin	Lansdowne Public School
Steffany Bourque	Chelmsford Valley District Composite School
Deanna Hardy	Charles C. McLean Public School (Manitoulin Representative)
	(Espanola Representative)

4. Approval of Minutes

“That the minutes of the meeting held on January 28, 2025 be approved.”

Moved by: Kylee MacCormick, C.R. Judd Public School

Seconded by: Ashley Vickman, Walden Public School

Carried

5. Presentation: Mental Health (Part 1) **Prepared by Mental Health Lead Sarah Clarke** **Presented by Superintendent Leslie Mantle**

The presentation was a follow up to the previous meeting where a summary of the book *The Anxious Generation* by Jonathan Haidt was provided as well as an overview of Policy and Program Memorandum (PPM) 128, and the Rainbow District School Board's revised Code of Conduct.

Superintendent Mantle shared statistics on mental health and youth. On behalf of Mental Health Lead Sarah Clarke, Superintendent Mantle indicated that, in Ontario, school-based services are reported as the most prevalent setting for students with mental health issues to initially seek help.

An overview was provided of the Board's Mental Health Strategic Plan which is available on the board website at the following link:

<https://www.rainbowschools.ca/schools/mental-health-well/mental-health-and-addictions-strategic-plan/>

Effective January 2024, the Ministry of Education established 11 requirements to support the mental health and well-being of students in Ontario. One of these requirements involves enhancing family/parent/guardian mental health literacy.

Superintendent Mantle presented the Let Grow Project and its potential to reduce anxiety levels in children. The Let Grow Project is a homework assignment that invites students from Kindergarten to Grade 8 to “Go home and do something you’ve never done on your own before.” Students confer with their parents/guardians, and, together, they agree on what the project will be.

Children will feel a sense of pride for having accomplished something new on their own. As they gain more independence, their level of confidence will grow. According to Jonathan Haidt: *“Children who have more opportunities for independent activities are not only happier in the short run, because the activities engender happiness and a sense of competence, but also happier in the long run because independent activities promote the growth of capacities for coping with life’s inevitable stressors.”*

Videos were shared about the Let Grow Project from the perspective of educators, parents/guardians, and children. PIC members broke out into three groups to review the following resources, then reported back to the whole group:

Station 1 - The Independence Kit for Kindergarten - 8th Grade

Station 2 - The Independence Inventory for 8th - 12th Grade

Station 3 - The Play Club Guide for Parents

Discussion based on presentation

Parents/guardians provided their feedback on the resources and the Let Grow Project. Members agreed that they wanted to consider the project for possible implementation in Rainbow Schools.

Motion:

“That the topic of the April 15, 2025 PIC meeting be Mental Health (Part 2) and further discussion of the Let Grow Project.”

Moved by: Ashley Vickman, Walden Public School

Seconded by: Kylee MacCormick, C.R. Judd Public School

Carried

6. Communications Report

Nicole Charette, Senior Advisor of Corporate Communications and Strategic Planning, thanked parents/guardians for their patience and understanding during the Board’s **cyber incident** which began on February 7, 2025. She indicated that a priority was to re-open access to the Internet for staff and for students, which was done within a week. She commended Information Services staff for their hard work at restoring services. She indicated that updates have been shared with parents/guardians, including a notification regarding the data that was accessed. Updates are posted on rainbowschools.ca.

Rainbow District School Board will host its **Technological Skills Competition** on Wednesday, February 26th at Cambrian College in Sudbury and Thursday, February 27th at the United Brotherhood of Carpenters and Joiners Local 2486 in Azilda. Some 165 secondary students will test their skills in 2D and 3D character animation, aesthetics, AutoCAD, auto-service technology, baking, cabinetmaking, carpentry, coding, electrical installations, home and team building, heavy duty equipment, horticulture and landscape design, mechanical CAD, photography, prepared speech, small powered engines, tv/video production, welding, workplace safety and VEX robotics.

This year's elementary competition has doubled in size from last year with over 350 students participating in seven categories, including character animation, construction, LEGO® Mechanical Engineering, LEGO® Robotics, Technology, TV/ Video Production and Workplace Safety. Students will vie for an opportunity to compete at the Skills Ontario Competition on May 5 and 6, 2025 in Toronto.

The board's **Science Fair** will take place on Tuesday, March 4th. Some 55 projects from students in Grades 7 to 12 will be on display in the Lockerby Composite School gym.

The public is welcome to view the projects from 12 pm to 1 pm. An awards ceremony will follow.

A reminder that Friday, March 7th is the deadline for parents/guardians of students with exceptionalities to **provide input into the 2025-2026 Special Education Plan**.

The survey link is available on the board's website.

This month, staff and students were challenged to use less electricity.

Next month, schools will explore fisheries, conservation and water awareness.

March Break is around the corner. There will be no school for students from March 7th to and including March 14th.

7. School Announcements

As the time was approaching 9 pm, school announcements were deferred to the next meeting.

Chair Gladu reviewed the upcoming meeting dates and topics.

April 15, 2025: Mental Health (Part 2)

May 13, 2025: Planning for the 2025-2026 school year

She thanked all parents/guardians and staff for attending the meeting.

Adjournment at 9 pm

"That the meeting be adjourned."

Moved by: Kylee MacCormick, C.R. Judd Public School

Seconded by: Ashley Vickman, Walden Public School

Carried

Next meeting:

Tuesday, April 15, 2025

In Person at 408 Wembley Drive and Via Google Meet

Topic: Mental Health (Part 2)