

Ardrossan Junior Senior High School
PAC Meeting Minutes
September 16th, 2019

In Attendance: MJ Nam, Paul Schwartz, Cathy Allen, Skip Gordon, Ron Horton, Mitch Fournier, Robyn Coon, Hannah Quewezance, Glenys Boe, Jackie Anderson, Jocelyn Ogilvie, Shelly Gall Christenson, Alicia Ponciano, Rachel Burgemeister, Jennifer Mailer, Pollyana Peters, Lisa Slywka, Cathy Farnell

1. Call to Order: 6:30 p.m.

2. Welcome and Introductions:

Glenys welcomed the group and spoke about the role of the PAC. She also referred the group to: albertaschoolcouncils.ca for a good resource about school councils.

3. Approval of Minutes from March 11, 2019 Meeting – tabled to next meeting

4. Additions to the Agenda – Positions to be filled/elections

Chair, Vice Chair, Secretary, COSC Rep

- Chair – Glenys Boe – indicated that her youngest son is in Grade 12 this year. She is willing to chair this year, but would also be willing to Vice-Chair with someone with a view to having someone else stepping in as Chair next year
- Vice-Chair - We will check with JP Grebenc to confirm whether he is willing to continue as Vice-Chair for the upcoming year
- Secretary – Cathy Farnell is willing to continue as Secretary, but suggested it is an easy way to get involved if someone else would like to take on that role this year
- COSC Rep – Jackie Anderson – happy to continue in that role

COSC Report – Jackie Anderson

- On October 2nd there will be mix and mingle, Jackie and MJ to attend.
- We will revisit the Chair and Vice-Chair positions next meeting. Anyone interested is invited to put his or her name forward.

5. Trustee Report – Skip Gordon

Education Act and regulations came into effect September 1st, 2019:

Bill 8 made some amendments to the Education Act

- - Age of access up to 19 instead of 21
- - Address of student will be the address of the custodial parent

Regulation amendments

- School and transportation fees will see the elimination of the requirement for reporting to the minister and seeking ministerial approval of our fees prior to them being charged to families. Fees for current school year will be status quo

Mackinnon report was released to the public on September 3rd, 2019

- Present government does not have to follow any of the recommendations, but they probably will follow most of them. Many cuts were recommended in the report. They were mainly to education, health care and social programs. There have been no details over the summer provided to School Boards on what we can base our budgets on. We are not expecting to receive any information that will give us certainty of the funding that will be provided for this school year until late October. We are just guessing until then.

Organization meeting was held on August 29th, 2019. Trini Boymook was once again elected to the position of Board Chair and Heather Wall was elected to the Position of Vice-Chair.

Policy 24 concerning personal communication devices is now in effect. The Superintendent has updated administrative procedure 145 to support the Board's policy.

6. Administrative Report – Miss Nam

See the attached report.

In addition:

- School fees were not yet posted, but MJ Nam advised they should be posted by the end of the week
- There was a question as to whether with the new speed limit of 60km/hour in front of the school if there are also any hours with school zone speed. MJ Nam confirmed that the limit is 60km/hour all day.
- There was a question as to whether wearing hoodies is an issue at the school, perhaps in relation to vaping and cell phones. MJ Nam confirmed that hoodies are fine, but the school is discouraging students from putting their hoods up so that the student can't be seen.
- In response to a question about how the budget has impacted the school, MJ Nam advised that there were impacts on: 1) The Goals Program – it has been discontinued at the school. However, 9/10 kids in the Program were moving into High School, resulting in there not being enough students to continue the Program. The loss of the program did result in a loss of staff; and 2) Increased class sizes – but the school is not finding class sizes to be unmanageable.
- There was a question about shortages of laptops in the classroom and whether the school will be moving to a bring your own device system. MJ Nam advised that there are enough laptops, but that the chrome carts have to be re-sorted to hold more laptops for the larger classes. That is expected to be rectified by the end of the week.

7. Student Council Report - Hannah Quewezance

September 12 was the first meeting of the year for the Student Council. Participation on the Student Council has been extended to grade 9 students and is currently composed of: 6 students from grade 9, 2 students from grade 10, 5 students from grade 11 and 8 students from grade 12.

Hannah confirmed that the mechanics lab and construction lab upgrades/remodels are really nice.

8. Mental Health Capacity Building – Robyn Coon and Mitch Fournier

The school is in year 2 of a 3-year Mental Health Building partnership. Robyn and Mitch are both with that program.

Robyn – spoke about a vaping presentation which they could offer if there was interest. The presentation is a partnership presentation with AHS and involves health/mental health. It was discussed that it could be offered at the school at parent teacher conferences. It could also be offered at the Rec Centre.

Robyn and Mitch also brought awareness to some upcoming programs:

Youth Connect – strathcona.ca/youthconnect

1st and 3rd Tuesday of each month. It is currently offered from 4:00 p.m. – 5:30 p.m., but is likely to be moved to an earlier time.

Free & Facilitated Counselling Group for Families of LGBTQ 25+ Youth

1st and 3rd Wednesday of each month, 6:30 – 8 p.m.

At Family and Community Services, 2nd floor, 501 Festival Avenue, Sherwood Park

Technology Info Night – September 30th

This is offered by Saffron Centre

6:00 p.m. – 8:00 p.m. #110, 222 Athabasca Avenue

Mindfuel Workshop – Wednesday, October 9th

6 – 7:30 pm.

The workshop is free but registration is required – Go to: strathcona.ca/parentsupport

A full Program Guide is also available

For more information see the program information at the end of these minutes.

9. New Business

Question about the athletics program and why girls and boys in the same classes are being asked to run different distances. MJ Nam will look into that.

GSA Club – will there be disclosure of participants? The policies will not change and there will be disclosure if/where there is a harm concern as the policy has been in the past.

10. Old Business – tabled to next meeting11. CPF Report

- CPF has not had a meeting yet this year.
- The elementary and Ardrossan Junior-Senior High CPF is the same group

12. Correspondence - None13. Next Meeting – November 25th, 2019 at 6:30 pm14. Adjournment – 7:15 pm

WONDERING HOW TO BEST SUPPORT YOUR CHILD OR TEEN'S MENTAL HEALTH?

These free, registered workshops offer skill building and connection opportunities for parents and caregivers.



STRESS

WEDNESDAY, SEPT. 11

Recognize the signs and symptoms of stress in children and teens and learn how we can decrease and manage some of the stressors that youth, ages 10-16 years, have.



CONNECTING WITH YOUR KIDS

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WEDNESDAY, SEPT. 25

Explore connection and attachment within the parent and child relationship and practical techniques that you can incorporate in your daily interactions with your children.



FAMILY RESTRUCTURING

FAMILY RESTRUCTURING

WEDNESDAY, OCT. 9

Discuss how to support children through changes that result from separation, divorce, or loss that disrupts family life.



DIFFICULT CONVERSATIONS

DIFFICULT CONVERSATIONS

WEDNESDAY, OCT. 23

Develop skills and gain confidence in talking to your children about challenging topics. Explore preparing for these conversations, modeling emotional regulation, and active listening.



SOCIAL SKILLS

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WEDNESDAY, NOV. 13

Learn about how to foster your child's social skills development in an age where technology has changed the ways we interact with one another.



SELF ESTEEM

SELF ESTEEM

WEDNESDAY, NOV. 27

Understand the role that self-esteem plays in the healthy development of children and teens and practical ways that parents and caregivers can support this.



ANXIETY

ANXIETY

WEDNESDAY, DEC. 11

Deepen your understanding of anxiety and ways to support children and teens in effectively managing their anxiety.



CONNECT PARENT

WEDNESDAYS, STARTING SEPT. 25

This 9 week program provides parents with a new perspective on parent-teen relationships and adolescent development.

For parents and caregivers of youth ages 10 to 17 years



KIDS HAVE STRESS TOO!

WEDNESDAY, OCT. 23

Stress is a normal part of everyday life for children and adults. Gain tools and strategies that will help reduce un-due stress and support your child by helping them cope effectively.

For parents and caregivers of children ages 3 to 9 years

To register, visit sclibrary.ca/calendar

TO REGISTER OR FOR MORE INFORMATION

Visit strathcona.ca/parentsupport or call 780-464-4044

 STRATHCONA COUNTY

YOUTH CONNECT

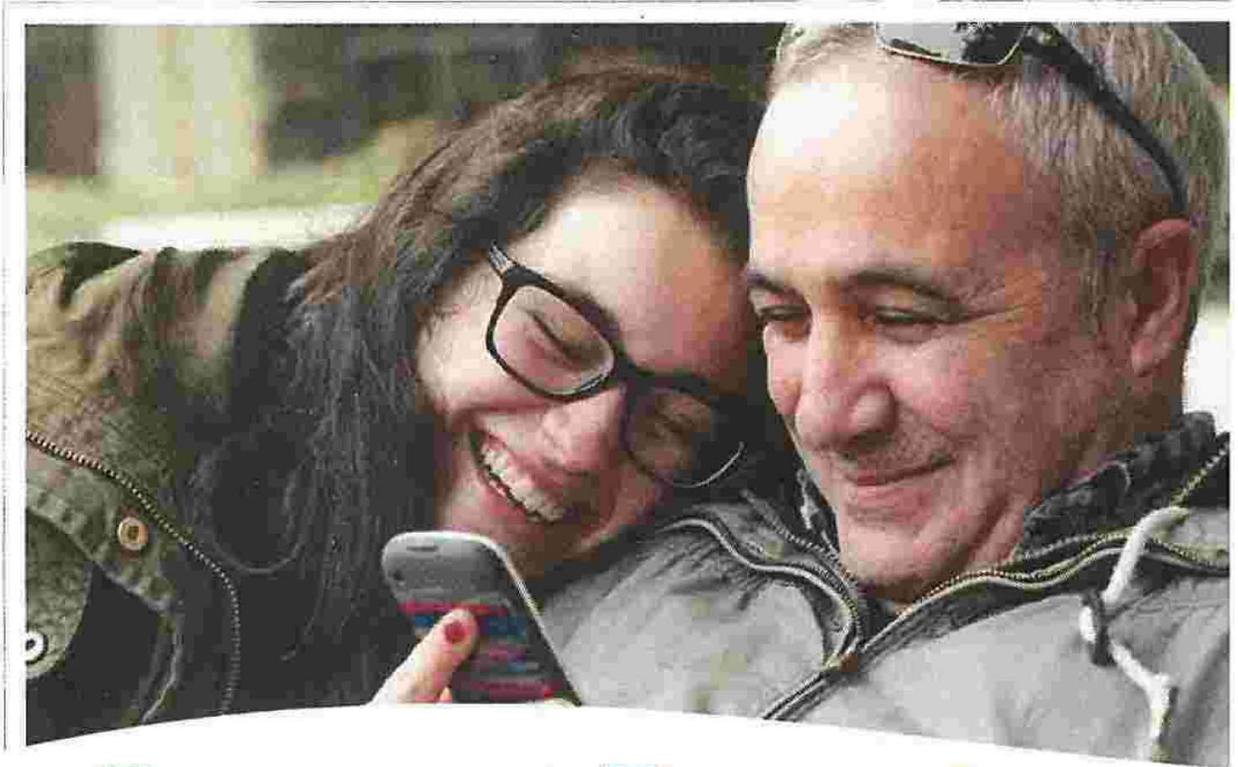
4 p.m. to 5:30 p.m.

1st and 3rd Tuesday Ardrossan Recreation Complex
(80 First Avenue, Ardrossan)

An opportunity for teens ages 12-17 to get connected and build resiliency skills through interactive games, activities, challenges, art, and conversation.

For locations and more information:
strathcona.ca/youthconnect





Connect Parent

Connect Parent is 9 week program which provides parents with a new perspective on parent-teen relationships and adolescent development.

Parents meet in small groups with two trained leaders for 90 minutes each week. This program is open to all families from Strathcona County and is no cost, with a light supper provided to participants.

Date and Time:

Every Wednesday, 6 p.m. to 7:30 p.m.

Sept. 25 to Nov. 27

***No session Nov. 13**

Location:

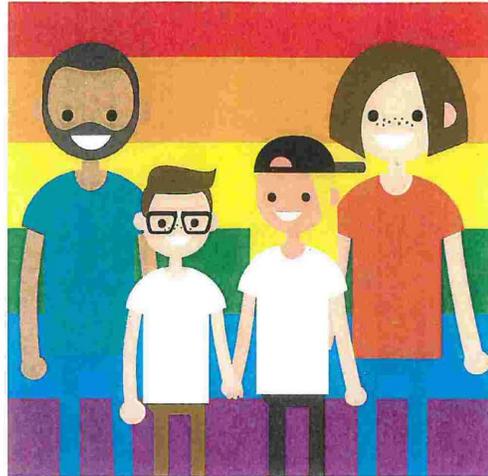
Ardrossan Recreation Complex

80 First Avenue, Ardrossan

To Register:

Call 780-464-8440

A light supper will be provided



**1st & 3rd
WEDNESDAY**

6:30 P.M. - 8 P.M.

Adults only

- Families & allies welcome!
- Drop-In, registration upon arrival
- Open to new participants
- Snacks & refreshments included

FREE & FACILITATED
Counselling Group

**Families of
LGBTQ2S+ Youth**
Education & Support

There are unique challenges to raising any child, and to staying connected as a family. This counselling group will provide connection, understanding and education for families and allies who want support as they journey with their LGBTQ2S+ loved ones.

- **Healthy relationships**
- **Creating safety**
- **How to be a support**
- **Navigating change**
- **Resources for loved ones**
- **Affirming healthcare**

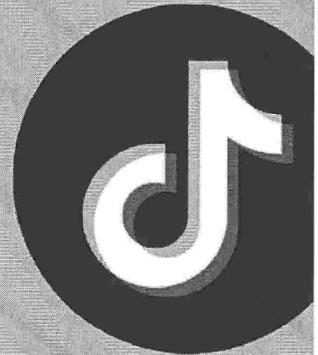
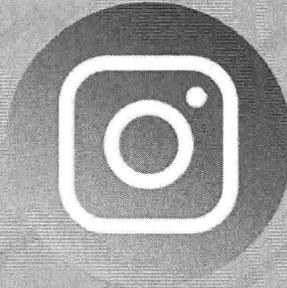
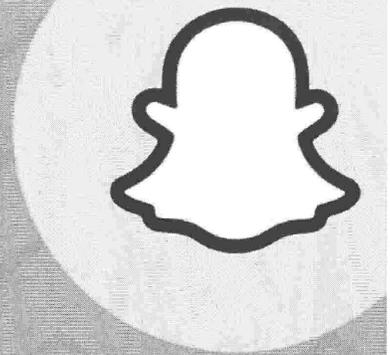
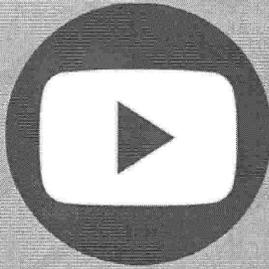
LOCATION
Family and Community Services
2nd Floor, 501 Festival Avenue, Sherwood Park

For more information call 780-464-4044
strathcona.ca/groups

SUPPORTED • SAFE • CONNECTED
COMMUNITY FOR ALL



 STRATHCONA
COUNTY



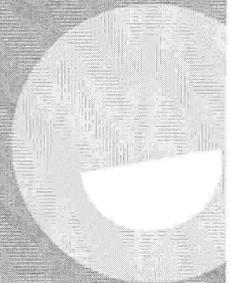
Need some help to understand
what your kids are up to online?

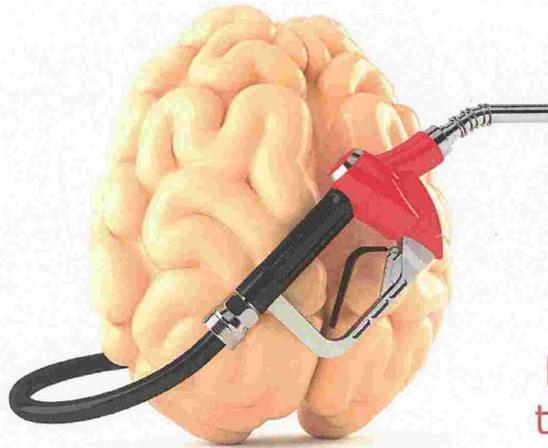
SAFFRON CENTRE PRESENTS:

TECHNOLOGY INFO NIGHT

LEARN ABOUT SOCIAL MEDIA, GAMING, AND MORE

SEPTEMBER 30, 2019 | 6PM - 8PM
#110, 222 ATHABASCAN AVE





Fuel up this fall!

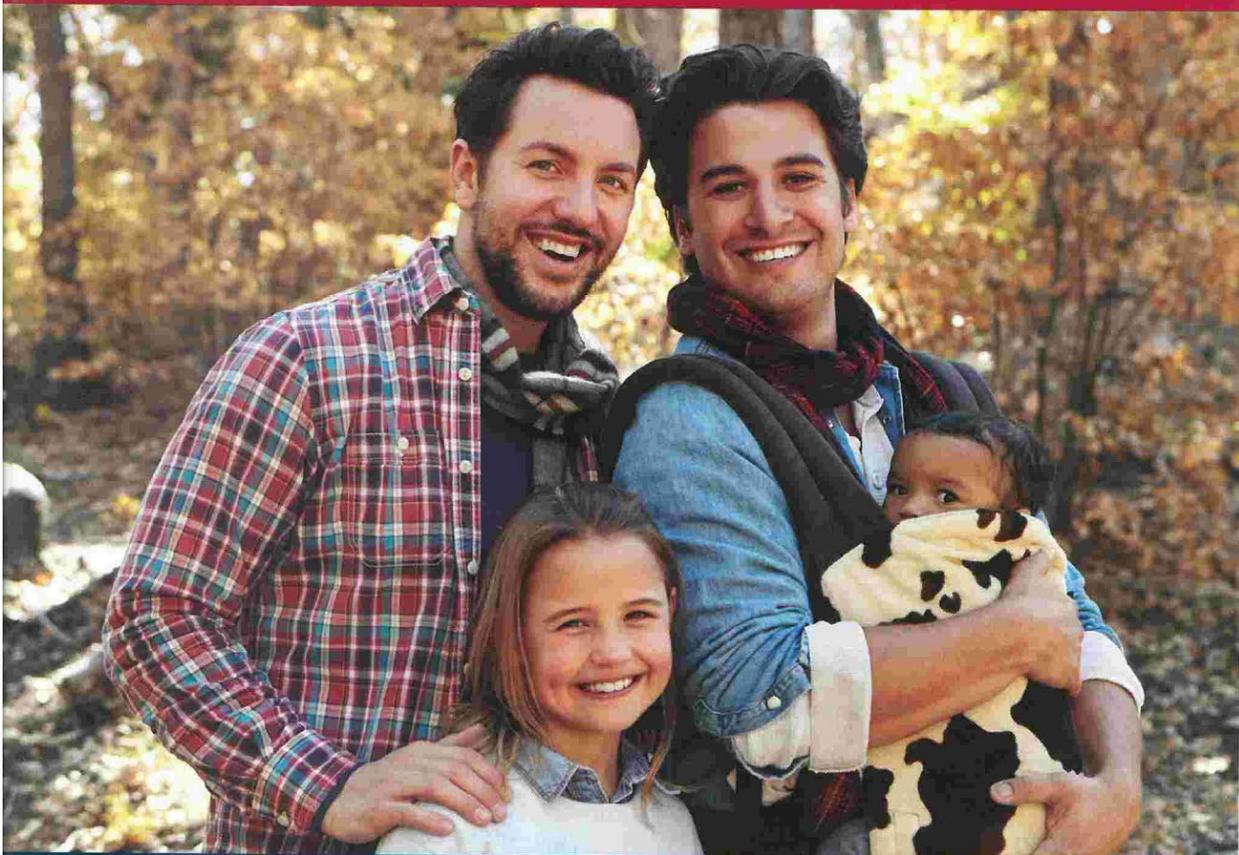
Recharge your mind at
the MindFuel workshop.

Come and discover new skills for enhancing
your well-being and relationships.

- WHEN:** **Wednesday, October 9
6:00 – 7:30 p.m.**
- WHERE:** **Community Centre**
- FOR:** **Any adults that support
youth (parents, caregivers,
coaches, etc.) & Youth
(Grades 5-8)**
- COST:** **Free**
- REGISTRATION:** **Required – register at
strathcona.ca/parentsupport**

FAMILY AND COMMUNITY SERVICES PROGRAM GUIDE

FALL 2019



**National Day
of the Child**

See page 17

Youth Connect

See page 28

**Reach Out
Speak Out**

See page 49