

Westmount School Council Minutes

Date: Tuesday, October 29, 2024

Time: 17:30-19:00

Location: Learning Commons

In Attendance

Anna Dioguardi 7b, Sharon Nichols, Brandy Hayhurst, Brad Skeet, Sherry Opas, Lindsay Boucher, Janelle Molzan, Paige(virtual,vice-chair) Heather Gardiner 9B, Gloria Schwabe 5s7a, Nicole van Nostrand Family Liason Counsellor, Robin Mitchell ,Tammy Smith fund-raising committee

1. Welcome and Introductions

2. Approval Agenda Motion

Paige motion Stephanie 2nd

3. Review and approval of September minutes

Brandy motion, Heather 2nd

4. Standing items

4.1 question and answer Sherry tiny e- moderated version

Nothing has come forward

4.2 Attendance

Survey data one of the things brought up was regarding attendance

School refusal is a difficult behaviour to support and the slide happens quite quickly hard to get back to school

Lindsay has been working with including ed district and has a presentation

Lindsay - Supporting child attendance

Strategies to effectively use

Jr high meeting to talk about a collaborative effort

Why its important

-even before pandemic its been tricky but increase since covid

Looking to reduce

2 days is 10% - over an entire school term that's a year of missed school

Get on it early

Short term and long term impact

Alienation from friends

Family disruption

Mental health issues

Credits missing equals occupational issues

DONT WAIT to act

Spectrum - some kids regulars some here or there, some miss months a year

What's behind:

Anxiety

Learning difficulties

Trauma

ADHD

Peer

Injuries/illness

Parents with illnesses

Bereavement

The 4 functional conditions of school refusal

1. Avoid something negative. Like school based stimuli
2. Avoidance of social/test/presentations
3. Positive reinforcement outside of school like spend more time with parents
4. Miss school so more rewards at home like video games/friends etc

Anxiety

Normal and necessary, warning sign

When its out of control is when its a problem

Uncomfortable physical symptoms

Makes us want to avoid

Uncomfortable but not hurtful

Symptoms of refusal

Other symptoms

Steps to monitor

Step 1

Take stock of what's going on in your Childs life

Who is on your team - parent support groups needed

Step 2

Try to see what areas you can address

Sleep

Physical activity

Screen use

Anxiety management tips

Step 3

Talk to the school - reach out as soon as you identify a problem

School refusal scale - questionnaire Nicole is in charge of this usually

Implement different strategies from the scale results
Recommendations
Agencies

Step 4

Make a plan/collaborate

Identify where they are happy to attend , how to get them in the door

Laddering process

—

What if we can't get child to attend

-home should not be fun during school hours

-google classroom

- Even if late bring them in
- Try again tomorrow

What to say

Validate and confirm confidence

Empathy

Attention Seeking behaviours

Consistent message

Get involved (sports days, assemblies, engage)

Routine Don't avoid - we go to school

Take interest in school work and assignment

Additional Tips

ROUTINE/prepared

Enough time

Self-Care

For parents and guardians

Model good mental health and self care of kids

Videos for parents and educators

-action point send out before school starts?

-resources

4.2 School attendance presentation - Sherry

Refer to presentations

Review vision mission and values

This past month

Engagement

First annual trunk or treat

FOWSS - 3 year plan for casino funds

Presentations at council meetings *action tech meeting
-Jr high lunch with mayor and Desmond indigenous relations
-cupcakes for Wolfpack

Success

Assurance data - currently embargoed however our results are exceptional
New English as an additional language new benchmarks from government
PD with staff
Outdoor learning going strong, 4 trips already
Grade 4 obsercatory field trip

Support

Collaborative response meeting
Orange shirt day
Howl hour - building community k-9 - collage
November xmas ornaments and decorate trees for hour hour
December xmas signalling
Decorate teachers parking lot
Scholastic book fair
Fire drill
Gr 6 Immunisations

Extra curricular

-sports

Technology

Bought 30 new chrome books
9/21 schools which is a big leap from before
Higher don't have a lab because we are a P3 school * **
Get 30 del computers from school division thank you to Brad for this will beg better for
audio and video in option classes and they will retrofit them - BRAD
World class softer will be able to use
Will need to purchase external harddrives. ***FOWSS WE NEED THIS need a few
Professional podcasting Sally was awesome to work with at the school division

3 grants written for technology

Data - not much to add as embargoed will wait for next month