

## AGENDA

**Annual General Meeting of the Michael Strembitsky School Council**

**Date: Tuesday, February 22, 2017 @ 6:30 p.m.**

**Location: Michael Strembitsky School – Learning Commons**

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<b>President:</b>	<b>Lindsay Peddle</b>
<b>Vice-President:</b>	<b>Sarah Jane Barriage</b>
<b>Secretary:</b>	<b>Stacey Houston</b>

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1.0 CALL TO ORDER

2.0 ATTENDANCE

3.0 APPROVAL OF AGENDA

4.0 APPROVAL OF JANUARY MEETING MINUTES (held on January 17, 2017)

5.0 SPECIAL REPORTS:

5.1 Edmonton Public School Board Space for Students Planning Report - Valerie Leclair, Supervisor EPSB, also in attendance David Sloan and Jennifer Thompson from EPSB and EPSB Trustee Sherry Adams

5.2 Security Protocols and Emergency Response - Don Bowdige – Senior Security Consultant, EPSB

5.4 Summerside Community League Report – Ashley van Beunigen

5.5 Divisional Representatives Report

5.5.1 Grades 1-3: Ashley van Beunigen

5.5.2 Division 2: Esther Chapple

5.5.3 Jr. High: Calee Gibb

6.0 OLD BUSINESS

6.1 Yearbook discussion

7.0 NEW BUSINESS

7.1 March Guest Presenter – Catherine Phillips

- The March SSC will offer an interactive hour through a mindfulness meditation (along with the attitudes such as openness and curiosity implicit in mindfulness)
- Group discussion/ exploration of what "mindfulness" is, how it can be cultivated, and what we are actually practicing in these exercises
- Broad overview of the areas of emerging research in this field, I'll illustrate some of the neuroscience findings with 2 studies on the effects of MM on brain structure and function.

- Possibly touch upon other mechanisms of action- including stress reduction, and how awareness in the present moment offers the opportunity to make conscious choices- rather than being “stuck” in reactivity
- How-to instruction on beginning the practice
- The goal: Parents will begin to identify the potential benefits of mindfulness practice for their children (working with executive brain functions important to self-regulation), as well as for teachers, themselves, and interpersonal interactions at school and at home.

9.0 NEXT MEETING TO BE HELD ON TUESDAY, March 14, 2017 @ **6:00 p.m. (special note of time adjustment)**

10.0 ADJOURNMENT