

Micheal Strembitsky School Council Meeting Minutes

Date: March 14, 2017

Location – Michael Strembitsky School – Learning Commons

President: Lindsay Peddle

Vice President: Sarah Jane Barriage

Secretary: Stacey Houston

The Michael Strembitsky School Council were delighted to welcome March Guest Presenter, Catherine Phillips on the topic of mindfulness. Catherine L. Phillips, MD, FRCP(C), is an Assistant Clinical Professor in the Department of Psychiatry at the University of Alberta.

The presentation was to help parents to 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.

It was an interactive hour through a mindfulness meditation.

Group discussion and exploration took place of what, “mindfulness” is and how it can be cultivated.

A broad overview of the areas of emerging research in this field were given, and the illustration of some of the neuroscience findings with 2 studies on the effects of MM on brain structure and function.

How-to instruction on beginning the practice. A list of resources was made available and is attached to these minutes.

The formal March 2017 Council meeting followed this session.

1.0 Call to Order

President Lindsay Peddle called the meeting to order at 7.06pm on March 14, 2017 in the Learning Commons at Michael Strembitsky School.

2.0 Attendance and Establishment of Quorum

Quorum in attendance – attendance sheet circulated see attached.

3.0 Approval of Agenda

Motion to approve the agenda as presented: Ashley van Beuningen

Voted: All in favour

Motion Carried

4.0 Approval of February Meeting Minutes (held on February 22, 2017)

Motion to approve the minutes of the previous meeting: Lorie Laybolt

Voted: All in favour

Motion Carried

5.0 Reports:

5.1 Principal’s Report – Mary Michailides

Vanessa has now been seconded to the District Office.

Lana Lastiwka will take over as Assistant Principal and is a welcome addition to MSS. Lana feels very welcome in the school.

Learning for all – on March 17th is the PD day. 20 K-12 schools in the catchment will gather 600 strong to discuss goals. Literacy and numeracy.

Action research projects to zero in on an interest to focus on catchment goals. There is a breadth of skills being worked on

28th April PD day is where the learnings will be shared.

Progress reports are on the way and the format will change slightly.

5.2 Teacher Representatives Reports:

Laura Simon & Michelle McCulloch

From a teacher's perspective, faculty are truly thankful for school council and the support they receive.

Project Based Learning – parents and community members are invited to showcases. This all starts with a driving question as a foundation.

Grade 3s have just started a book writing project. This has created excitement and motivation among the students. Guests are invited to expand the learning.

More traditional teaching methods have been flipped to explore / teach method which creates lightbulb moments.

Co-constructing projects – encouraging brainstorming and criteria lists. This makes students buy-in with lots of feedback from teachers and peers.

Video shown which documented the grade one peer assessment. This method can be powerful even for our youngest students.

Following the completion comes the reflection to encourage evaluative learning.

Then comes Showcase day!

Feedback – can showcasing take place out of hours for working parents? Also, can more notice to be given please? Pre-written questions were very useful for parents to understand.

5.3 President's Report – Lindsay Peddle

I had the pleasure of attending the Michael Strembitsky School's Student-Led Conferences this past February and what an absolute joy it is each and every year.

Before joining the MSS family I never had the chance to attend this style of conference. All conferences in my past were organized as parent-teacher conferences and though I of course see the value in those conferences as well, the student-led conferences have a distinctly different feel about them, and that feeling is pride.

The pride that exudes from the students on this specific night is something you can feel the moment you enter the school. You can hear the buzz of joy as you follow your child through the hallways.

The glow in their eyes the moment you walk into their classroom when they are able to show what they have been learning is unmistakable. At this conference, there are no grades to discuss, and no passes or fails, just a chance for them to share with you their joy for learning.

I wanted to say thank you to the teachers and the school administrators for all of the work that goes into preparing for these special evenings. The activities they plan, the sheets they prepare, and the time they spend observing and interacting with the parents and the students is so very much appreciated.

The learning opportunities provided are a chance to learn about themselves and the way that they feel; a chance to have fun sharing what they know with their parents; an opportunity for them to say “look what I learned” even if they are too shy to actually say those words; a moment for them to be proud of all of the hard work they have accomplished free of comparison to their classmates. For all of the reasons I thank you teachers.

If you’ve never had the chance to attend I encourage you to do so next year. In the meantime I would also encourage you to embody the spirit of those evenings in the way you speak with your children each day. Ask them to demonstrate, explain, or act out what they got up to that day at school. Sometimes all it takes is a slightly different approach to the typical “how was school” that can make a real difference in what they are willing to share.

5.4 Community League Report – Ashley van Beuningen

Recent meeting held at Sobeys – Police attended and provided advice to avoid opportunistic crimes.

Next meeting is on Monday 20th March at 6.30pm and the Community League day in September will be discussed – all feedback is welcome.

Thanks to the Community League for the Snowflake Festival.

5.5 Divisional Representatives Report

5.5.1 Grades 1-3 Ashley van Beuningen – nothing to report

5.5.2 **Division 2 Esther Chapple** – Mud is pooling at the entrance to some portables and entrances to the school. MM confirmed that conversations are ongoing

5.5.3 **Junior High Calee Gibb** – great feedback from the dance and more Junior High exclusive activities are welcome.

6. Old Business

School yearbooks – Andrea confirmed that other schools do Lifetouch. 80 pages for \$21.00. Still awaiting prices for some others eg, Shutterfly, book baby and others. No minimum orders.

Other option would be just for Junior High yearbook. Andrea will lead on this project and work with the Junior High students to produce.

7. New Business

None

8 Next Meeting

Scheduled to be held on Tuesday April 11 , 2016 @ 6.30pm Saffron will do a presentation on cyber-bullying.

9 Adjournment

Motion to adjourn at 7.45pm – Kristin Shandro

Voted: All in favour

Motion Carried

Meeting Attendees:

Calee Gibb

Wendy Gibb

Sherry Lawson

Cathy Bird

Stacy Jackson

Jeff & Merrill Burns

Valerie Westgate

Stacey Houston

Lindsay Peddle

Sarah Jane Barriage

Kristin Shandro

Lorie Laybolt

Wendy Westren

Ashley Van Beuningen

Children's Mindfulness-related Storybooks

No Ordinary Apple: A Story About Eating Mindfully by Sara Marlowe

A Quiet Place by Douglas Wood and Dan Andreasen

Silence by Lemniscates

Visiting Feelings by Lauren Rubenstein

Ahr's Anger & Steps and Stones by Gail Silver and Christiane Kromer

The Three Questions & Zen Shorts by Jon J Muth

Is There Really a Human Race by Jamie Lee Curtis & Laura Cornell

Take the Time: Mindfulness for Kids by Maud Roegiers

What Does it Mean to be Present? By Rana DiOrio

The Listening Walk by Paul Showers

My Many Colored Days, Oh the Places You'll Go and Oh, The Things you can Think by Dr. Seuss

Mindful Monkey, Happy Panda by Lauren Alderfer

Silly Billy by Anthony Browne

Peaceful Piggy Meditation, Peaceful Piggy Yoga, Moody Cow Meditates & Moody Cow Learns
Compassion by Kerry Lee MacLean

Interpersonal Neurobiology & Neuroscience for Kids & Teens

The SKILL-ionnaire in Every Child: Boosting Children's socio-emotional skills using the latest brain
research by Marie-Nathalie Beaudoin

The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Dan
Siegel

Brainstorm: The Power & Purpose of the Teenage Brain by Dan Siegel

The MindUP Curriculum: Brain-focused Strategies for Living & Learning by The Hawn Foundation

General

Mindsight: The New Science of Personal Transformation, Pocket Guide to Interpersonal Neurobiology,
The Developing Mind, The Mindful Brain, The Mindful Therapist by Dan Siegel

Hardwiring Happiness, Buddha's Brain: The Practical Neuroscience of Happiness, Love & Wisdom & Just
One Thing: Developing a Buddha Brain One Practice at a Time by Rick Hanson

The Neuroscience of Human Relationships: Attachment and the Developing Social Brain, The
Neuroscience of Education, Optimizing Attachment & Learning in the Classroom & The
Neuroscience of Psychotherapy: Building and Rebuilding the Human Brain by Louis Cozolino

The Science of the Art of Psychotherapy, Affect Dysregulation, Affect Regulation 2, Affect Regulation &
the Origin of the Self: The Neurobiology of Emotional Development by Alan Schore

- Doidge, N. (2007). *The brain that changes itself*. New York, NY: Penguin Books.
- Goleman, D. *Emotional intelligence*. (1995). New York, NY: Bantam Dell.
- Lipton, B. (2008). *The biology of belief: Unleashing the power of consciousness, matter, & miracles*. New York, NY: Hayhouse.
- Lipton, B. (2006). *The wisdom of your cells: How your beliefs control your biology* [Audiobook]. Louisville, CO: Sounds True.
- Ornish, D. (2007). *The spectrum: A scientifically proven program to feel better, live longer, lose weight, and gain health*. New York, NY: Ballantine Books.
- Pert, C. (1999). *Molecules of emotion: The science behind mind-body medicine*. New York, NY: Touchstone.

Mindfulness for Children / Teens Books

- Child's Mind- by Christopher Willard
- The Mindful Child by Susan Kaiser-Greenland
- Planting Seeds: Mindfulness Practice with Children by Thich Nhat Hanh and the Plum Village Community (includes practice CD)
- Sitting Still like a Frog: Mindfulness Exercises for Kids by Eline Snell (includes practice CD)
- A Handful of Quiet: Happiness in Four Pebbles by Thich Nhat Hanh
- The Relaxation & Stress Reduction Workbook for Kids by Lawrence Shapiro & Robin Sprague
- Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children by Linda Lantieri (includes practice CD)
- Mindfulness-Based Cognitive Therapy for Anxious Children: A Manual for Treating Childhood Anxiety by Randy Semple
- Acceptance and mindfulness treatments for children and adolescents: A practitioners guide by Thomas H. Ollendick, Steven Hayes and Laurie Greco
- Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal With Stress by Gina Biegel
- The Way of Mindful Education: Cultivating Well-Being in Teachers and Students by Daniel Rechtshaffen (coming soon in 2014)
- A Still Quiet Place: A Mindfulness Program for Teaching Children and Adolescents to Manage Stress and Difficult Emotions by Amy Saltzman
- Little Flower Yoga for Kids: A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance by Jennifer Cohen Harper
- How to Talk so Kids Can Listen & How to Talk so Kids Can Learn by Adele Faber & Elaine Mazlish (not mindfulness per se, but great!)
- The Way of Mindful Education: Cultivating Well-Being in Teachers and Students by Daniel Rechshafen (coming soon)