

**Minutes of the OCASC Secondary School Committee  
Thursday, October 08, 2009  
Fisher Park PS**

The objectives of the Secondary School Committee are to:

1. Increase parent knowledge of and involvement in secondary school education in Ottawa-Carleton;
2. Promote the development of school councils and parent associations to represent parents of students in each Ottawa-Carleton secondary school;
3. Sponsor and encourage research into and study of education issues and concerns in Ottawa-Carleton secondary schools;
4. Formulate recommendations regarding secondary school education in Ottawa-Carleton, and to assist in implementing such recommendations.

**Participants:**

(Nadine Clarke (Canterbury, Chair), Jean MacIsaac (Glebe), Robert Weist, (Canterbury), Susan Klimchuk, (OCASC Education Committee Representative), Lorna Rankin Worley (Sir Wilfrid Laurier), Erma Caissie-Richard (Earl of March), Janet Patch (Cairine Wilson) Brenda Packman (Woodroffe).

Guests: Joanne Curran, Hopewell Eating Disorder Support Centre.

**Agenda covered at meeting:**

Introductions

Agenda and Minutes/Action items

Presentation “Teen Truth: An inside Look at Body Image”

Chalk It Up – “What works well at your school?”

Education Committee

Other Business

**Presentation: Teen Truth: An Inside Look at Body Image  
Joanne Curran**

Body Image is “a picture of one’s physical look established by self-observation and by noting the reaction of others.” Eating disorders are the most chronic illness in the female adolescent population with an incidence of one in twenty girls. A 2001 study reported 23% of adolescent females were dieting to lose weight. Dieting is dangerous for adolescents as they are in a rapid growth period. Eating disorders are an illness that takes over their lives. Any reason for “not fitting in” can put them at risk. Boys want to be “bigger, stronger, faster”. They may use performance enhancing drugs, G&C pills, and anabolic steroids. They need to know the effects of these drugs, including depression when they stop taking them, liver tumours, acne, muscle aches etc. Teenagers think their parents do not want to know they are unhappy. A growing number of men and 90% of women do not like their bodies. Kids think they are the only ones who are uncomfortable. “I feel fat” is not a feeling but a way of describing their feelings of discomfort. Parents need to start the conversation early so that kids understand they are not alone, that all kids feel the same. A lot of girls are “people pleasers” so they lose their voice. The

## Secondary School Committee Meeting Minutes September 09

profile of girls with eating disorders note they are perfectionists and usually are very involved in school activities and academic achievement.

All our conversations are about appearance. Comments by teachers in the hallways that the donut they are about to eat “will go straight to my thighs” or compliments to someone who loses weight that they look great. Inside, teenagers feel their life is beyond control but they feel they can control their bodies. Eating Disorders have a higher mortality rate than any other mental illness – between 18 – 20%. Bulimia is the largest percentage of eating disorders – up to 20% and anorexia is a smaller percentage.

The objective of the presentation is to give parents and school the information they need to help students. Hopewell will meet with social workers in the school. This video is the third instalment of topics affecting teenagers: the other two are Bullying and Drugs and Alcohol. The other videos have been seen in the last 3 – 4 years by over 50,000 people in the United States and in 6 of the 10 provinces. The centre is called Hopewell because they are “hoping for wellness”. CHEO has a clinic program but teens must be referred by their family doctor and there is a 4 month waiting list. Hopewell services include transitioning back into the community and prevention training workshops for teachers and guidance counsellors. They do not have a treatment program but there is a support group for parents and teens older than 17 years of age. In answer to a question about what parents should say, Joanne suggested we compliment children on their behaviours and not their appearance, role model behaviours and focus on the value of food instead of talking about good and bad food. If you suspect an eating disorder or steroid use, you need to ensure there are open lines of communication. Open communication lines should be established even before the event. As a parent you cannot force teens to get over their problems. Offer unconditional love and keep the lines of communication open and provide support. Mental illness is more difficult to deal with because there is no test like there is in a physical illness. So parents hope and wish otherwise. Hopewell.ca also provides advice for friends, covering topics of anxiety, depression and sexual abuse.

The Hopewell Centre would like schools to buy the video. It is relevant to youth ages 12 – 18. Parents in the elementary schools should view the video. Cost is \$189 to buy the video which includes the curriculum. It is in pilot in the Ottawa area so for \$1300 they can do a multimedia presentation. In each school budget there is \$ 2000 per year for these topics. It is possible to do several schools in one day or have several schools in one assembly.

### **Chalk it Up**

The Earl of March is conducting Fun Night with their PRO grant. Teachers and parents will participate in a “Are you smarter than a high schooler?”. Erma will send a flyer electronically.

### **Education Committee**

Pam Fitzgerald had a motion before the committee to reopen the Assessment and Evaluation consultation. There was a concern that there could be unintended consequences to the implementation of the policy. The motion was indefinitely postponed, meaning that it can be reopened at anytime but for now it is off the table.

### **Next Meeting**

**Thursday, November 12<sup>th</sup> 7:30 pm**  
**Fisher Park PS**

### Action Item Summary

ID	Actions	Assigned to	Date Raised mm.dd.yy	Target Date mm.dd.yy	Status
<b>ITEMS OPENED as a result of this meeting 2009-2010</b>					
A4	Send link to the Teen Truth trailer	Nadine	10.08.09	11.12.09	
A1	Request/Ask for information or for volunteers from OCRI for one on one tutoring. Contact Lee-Ann Scott at <a href="mailto:lscott@ocri.ca">lscott@ocri.ca</a> or 613-828-6274 X247	All	09.10.09	Ongoing	Reminder
A3	Check out Fischbowl site for information on creativity generation	All	09.10.09	10.08.09	Reminder
<b>ITEMS Closed as a result of this meeting</b>					
A2	Place OCRI information on the OCASC website	Anne	09.10.09	10.08.09	Done
A21	Input to Education Committee to coordinate certification requirements for French Second Language with the Federal Government	Susan Klimchuk	05.14.09		Done
A14	Further discussion with Continuing Education about funded parent programs to help improve student learning	Anne/ Nadine	04.09. 09	05.14.09	Done: Advised all members to ask their Principals for the information.
A15	Secondary School feedback to Board staff about why students transfer to other than their home schools. The action item arose from a chalk it up question on the transfer policy review	Anne/ Nadine	04.09. 09	05.14.09	Bring to OCASC
A16	May meeting agenda topic "Why are students transferring out?" Discussion about school choice	Nadine	04.09. 09	05.14.09	Bring to OCASC
A17	Once Judith provides links to the organic food options sites, to send to Secondary School members for their council discussions.	Nadine	04.09. 09	05.14.09	Done
A18	Send "on-line" survey to Judith Haney and Nadine so that Judith may determine whether this is the consultation the Board agreed to	Liz	04.09. 09	05.14.09	Done

Secondary School Committee Meeting Minutes September 09

ID	Actions	Assigned to	Date Raised mm.dd.yy	Target Date mm.dd.yy	Status
	conduct				
A19	If SS Councils provide feedback, send to Board	Nadine	04.09. 09	05.14.09	No feedback
A20	Send to Nadine comments on "what do parents want/look for in their schools" "What do they value in their school communities" "What information do school councils and parents want on public websites	SSC members	04.09. 09	05.14.09	Conducted September 10, 2009
<b>CARRY-FORWARD actions</b>					
A1	Record locations and numbers of students enrolled in focus programs for secondary school (T&T completed)	Anne	09.11.08	11.13.08	Anne reported on the Trades and Technology. Will update after the SS Steering Team meeting
A3	What are schools doing to help students transition to post-secondary education. Consider school councils hosting sessions in which guidance counsellors present options. Check and ask Board to consider preparing a booklet or web based outline for transitioning help	Nadine and Anne	09.11.08	11.13.08	Anne updated that the staff is interested but overloaded now. Follow up with timing later
A4	What is the Board position on students taking a 5 <sup>th</sup> year. What are the schools authority to allow or limit	Nadine and Anne	09.11.08	11.13.08	Answered than additional questions asked for clarification
A11 of 2007-2008	Check at the end of the SSC term to see if any change to Action # 6 on consultation	All SSC Reps	2007.10.11	2008.06.12	OUTSTANDING
A24 of 2007-2008	Action items 12 and 13: update SSC on gifted centres and mandate at SSPR. Define issues and decisions	Juliet	2008.03.06		uncertain
A06 of 2007-2008	Check whether consultation on program changes occur with their school council	SSC reps	2007.09.13	2007.10.11	Responses that the consultation varies across the board. Some councils are asked for input, some consultation and some no request.
A12 of 2007-2008	Form discussion group to focus on Secondary Gifted Centres issue.	Chairs	2007.12.13	asap	Revised
A13 of 2007-2008	Write, get email okays and send feedback on Secondary Gifted under SSPR mandate to Education Committee	Juliet?	2007.10.11	2008.01.22	Revised

Secondary School Committee Meeting Minutes September 09

ID	Actions	Assigned to	Date Raised mm.dd.yy	Target Date mm.dd.yy	Status
A31 pf 2007- 2008	Invite principal(?) from Gloucester HS to speak about LINK pilot project	Chair	2008.05.08	2008-2009	
<b>CLOSED ITEMS as a result of this meeting</b>					
A2	Record those exams which are board wide exams	Nadine and Anne	09.11.08	11.13.08	Sent 10.16.08 and again 11.13.08
A5	What options are there for students and parents to follow up the evaluation and final report for students (after the school year ends and summer starts)? What options to close the feedback loop for students at the end of the school year? Is there a Board process, policy or protocol?	Nadine and Anne	09.11.08	10.09.08	No policy or protocol
A6	What is the credit recovery option?	Nadine and Anne	09.11.08	10.09.08	Credit recovery, credit rescue and upgrading explained
A7	Send link to the elementary phase of the FSL Review	Nadine	10.09.08	11.13.08	Sent 10.16.08
A8 from A4	Can you be on school teams of you are in the 5 <sup>th</sup> year of secondary school? If you graduate after 4 years, how does your average calculated with the additional courses?	Nadine	10.09.08	11.13.08	Reported 11.13.08
A9	What new curriculum is expected next year which will require new textbooks? Who's going to pay; province or board?	Nadine	10.09.08	11.13.08	Reported 11.13.08
A10	What is the Sir Robert Borden presentation date?	Nadine	10.09.08	11.13.08	Sent 10.16.08
A11	What is the school policy on parents' choice of class timetable for siblings of the same age?	Nadine	10.09.08	11.13.08	Reported 11.13.08
A11 from NOV 08	Send link for student University Choices and S. Carleton Newsletter	Nadine	11.13.08	ASAP	Sent 11.14.08
A12 from Nov 08	Send link to Board website for FSL and Gifted Review	Nadine	11.13.08	ASAP	Sent 11.14.08