

## Secondary School Minutes – 21 February 2019

### Attendance

- Sir Wilfred Laurier, Earl of March, John McCrae, Colonel By, Bell HS, Glebe CI, Ridgemont HS

### Actions

- Glebe CI (Gerry) - Collect tutorial information
- All - Send any tutoring resources you have to Glebe CI (Gerry) who has offered to help collect our information
- All - Find out about the Coop program at your school, and what works well with it, and if there is anything unique about your school coop program that could benefit other schools
- Ridgemont (Nancy) - Forward these minutes to the OCASC executive

### Discussion

- Mental Health
  - Most Impactful Strategies
    - *Student success program* (or blue room or ...) which help overwhelmed student with their academics and provide strategies to help with their issues
    - *Linkcrew* (mentoring younger students)
  - CHEO specialist gave presentation at Colonel By
    - Talks for parents and children around depression and anxiety
  - Wondering if there is a way to use social media group in the school for mental helping
  - Involvement in teams and clubs seems to promote mental health
  - A school is starting their Monday's with a meditation
  - Device addiction could be a possible cause of anxiety and other issues
    - There was also discussion around Rideauwood and electronic device addiction
  - Paul Davis will be at Ridgemont on March 5 giving a talk at 7pm
- Tutoring
  - Voila is an online resource to help student with French with a real person in the background
  - The guidance departments at the school has some list of tutors
    - Most of us have found that this list is very out of date
  - Other people have had success using university students (Eg. UofOttawa) to tutor students
  - There are some programs through the City of Ottawa and public library

- We should create a list of tutoring resources that can be shared with all of us
- Parents in some schools have also had success with using canadiannanny (or similar sites) and filtering based off of tutoring services as well
- Parent Council Recruiting
  - Many councils don't have enough parents
  - Schools with large secondary councils have:
    - Attend each every event to promote council
    - Ensure council is mentioned in every news letter
    - Council is present at the first day of school doing promotion
    - Present at information talk night, setup a booth to help create awareness
  - It can be a hard sell to get new people to join
- Other
  - Some schools have grade reps which give reports to parent councils
    - This is seen very positively by the councils and sometimes this drives more parents out to the meetings
  - If donations are intended for the school, there are times when the donation could be routed through the school board, who could then issue a tax receipt when applicable
  - The discussion felt a bit rushed and hurried, might be worthwhile exploring if we could start a bit earlier
    - Having the session start at 8:15 or 8:20 may give us a bit more time, but we would need to balance this against the other topics in the general meeting
  - Vaping
- Next Meeting
  - The topic for the next meeting will be the co-op program

Minutes taken by: Dave McCormack (Bell High School)