

## Student Trustee Senate Retreat Walker Living Campus Tuesday, September 19, 2017

### Members Present

Student Trustees: Emily Hilborn  
Amal Qayum  
Trustees: Sue Barnett

Stamford Collegiate Secondary School  
Westlane Secondary School

### \*School Representatives:

Erica George  
Julianna Mihelic  
Tristan Smid  
Abbey Parker  
Tia Rahmoun  
Kiara Kalenuik  
Elizabeth Chernyak  
Anastasia Vakulich  
Tessa Piccolo  
Kyle Glenney  
Krish Patel  
Daina Thompson  
Grace-Anna Pielt  
Isabella Daneyko  
Sara van Ravenswaay  
Leah Heinen

A. N. Myer  
A. N. Myer  
Beamsville  
Beamsville  
DSBN Academy  
DSBN Academy  
Eden  
Eden  
E.L. Crossley  
E.L. Crossley  
Eastdale  
Eastdale  
Greater Fort Erie  
Greater Fort Erie  
Grimsby  
Grimsby

Tyren St. Cyr  
Robin Payne  
Brooke Bulitz  
Caitlynn van Kralingen  
Rayyan Ebrahim  
Holden Gauthier  
Kyrrah Nicholls  
Olivia Sargeson  
Jocelyn Agyare  
Rylie Gambell  
Vani Sharma  
Shelby Laing  
Lina Lashin  
Tyler O'Shannahan

Governor Simcoe  
Laura Secord  
Port Colborne  
Port Colborne  
Sir Winston Churchill  
St. Catharines Collegiate  
Stamford  
Stamford  
Thorold  
Thorold  
Welland Centennial  
Welland Centennial  
Westlane  
Westlane

*\*Based on students who "signed-in"*

### Administrative Advisors:

Ms. Paula MacKinnon, Superintendent of Secondary Schools  
Ms. Ann Harrison, Student Achievement Leader, Student Success  
Ms. Susan Santesso, Consultant, Student Success  
Ms. Karen Ferguson, Vice Principal, Stamford Collegiate Secondary School

### Recording Secretary:

Mrs. Jennifer McGugan, Administrative Assistant to the Superintendent

### Regrets: Diane Chase, Trustee

## MINUTES OF MEETING

### Welcome and Introductions

Amal and Emily welcomed the group and explained the role of the Student Trustees as well as the purpose of the Student Trustee Senate. Amal and Emily introduced Ms. Harrison, Ms. Ferguson, Ms. Santesso, Ms. MacKinnon and Mrs. McGugan. Ms. MacKinnon introduced Trustee Sue Barnett to the senate. Each senate member had an opportunity to introduce themselves. Amal and Emily explained their role on OSTA-AECO. The purpose of OSTA-AECO is to ensure that the student voice is represented in education. Emily and Amal outlined the role of a Student Trustee Senate representative and the importance of commitment. The senate representatives are there to support the Student Trustees and represent the voice of their school at the board level.

### Welcome from the Director

Warren Hoshizaki, Director of Education for the DSNB, greeted the Student Trustee Senate and welcomed them to their roles as Student Trustee Senate members for the 2017-18 school year. Mr. Hoshizaki shared information about his role and experience at the DSNB. He also highlighted the size and impact of DSNB as an organization. Mr. Hoshizaki shared how the Walker Living Campus was established. He wished the senate a successful year and stressed the importance of the Student Trustee Senate voice in the District School Board of Niagara.

### **Outdoor Activity**

The Student Trustee Senate was introduced to the Walker Living Campus outdoor adventure staff. The adventure staff led the students in a variety of outdoor activities for the morning. The activities helped to build relationships and develop team work amongst the senate members.

<b>Lunch Break: 11:45 - 12:15 p.m.</b>
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### **Approval of the Agenda**

Emily explained the process for approving the minutes and agenda for Student Trustee Senate meetings. St. Catharines Collegiate Secondary School motioned the agenda be approved. A.N Myer Secondary School seconded the motion. Motion carried.

### **Approval of the Minutes**

Welland Centennial Secondary School motioned that we approve the minutes, seconded by Westlane Secondary School. Motion carried.

### **Speak Up Grants and Student Voice:**

Ms. Harrison spoke to the senate about Speak Up grants and encouraged students to apply for these grants to support student led and student voice initiatives in their schools.

Ms. Harrison spoke about the Student Voice Forum this year on November 3, 2017. She shared how the information gathered at the forum is used to inform the DSBN about the concerns of students. Ms. Harrison expressed the need for senior students to volunteer to be student voice facilitators this year.

### **Senate Discussion and Goal Setting:**

Amal and Emily provided student senate members with a document to gather information about resources at their schools. Students were given time to answer the questions about resources available to them in their schools

The senate then worked in groups to answer the question: **What are the initiatives/events that your school has had to advocate for mental health?**

#### **Group 1:**

- chill clubs, safe school team, mental health courtyard, assemblies, compliments on post-its and rocks, awareness posters, help lines in the bathrooms, stress kits, pink shirts fundraiser for mental health awareness, walk to end stigma, puppies, mental health week and guest speakers

#### **Group 2:**

- mental health week, relaxation rooms, therapy dogs, post it notes, grey on grey day, cookies and cram, mental health fair with speakers, painted rocks, 'take what you need' sheets

#### **Group 3:**

- mental health fair, assembly presentation, post-it notes, relaxation room, nurses speaking out, fundraisers, step past the stigma, cookies and cram, pink shirts, dogs for exams, bake sale, empathy presentation, mental health posters, puppy room, random act of kindness day, bubble wrap wall, anti-stress bags

#### **Group 4:**

- guest speakers, LGBTQ+ conference, t-shirt promotions, stress kits, puppy therapy, random acts of kindness, pink shirt day, mental health week, stress kits, mental health discussed in health class and with staff

### **Mental Health and Well Being**

Amal and Emily shared that the 'Step Past the Stigma' walk, led by a previous Student Trustee Senate, generated funds to support mental health and well-being initiatives in DSBN secondary schools. Amal reviewed each of the initiatives completed in the schools who received funding last year.

Emily shared that the focus for this year's senate is mental health and well-being in secondary schools. Emily explained that the senate members will be planning and implementing mental health and well-being initiatives in their schools. They will be asked to report the outcomes back to the senate at our regular meetings.

### **Goal Setting**

The senate was given time to work with each other on setting goals for their school's mental health activities. Amal and Emily asked the students to draft a plan for this school year. Amal reminded students to think about who they need to connect with at their schools to approve and support implementing the activities, as well as what funding sources would be needed.

### **#Hashtag Planning**

Amal and Emily shared with the senate that they would like the Student Trustee Senate mental health and well-being activities that are happening in the schools to be shared using Twitter. Students were given time to come up with a hashtag for the school based mental health activities. Amal and Emily gathered the results and the senate voted for their favourite. This choice will be shared with the DSBN communications department before finalizing.

### **Student Trustee Senate Retreat Exit Cards**

Amal and Emily reminded the senate to sign up for REMIND. They will be using this to communicate important information to the senate members. An exit card was handed out to the student trustee senate members to complete. Amal and Emily collected feedback on: Student Trustee Senate selection process at their school, best communication method, knowledge about managing personal finances, and mental health initiative for the next month.

### **Closing remarks:**

Amal and Emily thanked everyone for coming and participating in the retreat.

### **Retreat adjourned at 3:00 p.m.**

### **Next Meeting:**

**Tuesday, October 17, 2017  
6:00 p.m. to 8:00 p.m.  
Education Centre – Board Room**