

**Student Trustee Senate
Education Centre, Board Room
Tuesday, October 20, 2015**

Members Present

Student Trustees: Justin Dubé Centennial Secondary School
Katelynn Hilborn Stamford Collegiate Secondary School

Trustees: Diane Chase Board Trustee

***School Representatives:**

Lauren George	A. N. Myer	Sendy Rivas	Governor Simcoe
Yuchen Xu	A. N. Myer	Hasna Khalil	Governor Simcoe
Eli Bull	Beamsville	Danni Kozela	Laura Secord
Ryleigh Unrau	Beamsville	Bridget Gaines	Laura Secord
Hannah Donofrio	Centennial	Nick Bussi	Port Colborne
Karling Luciani	Centennial	Madison McCulligh	Port Colborne
Amelia Coull	DSBN Academy	Holly Connoy	RCBHS
Vritti Patel	Eastdale	Janyn Zoccoli	Sir Winston Churchill
Trina Voicey	Eastdale	Seager Wakil	Sir Winston Churchill
Emma Lailey	Eden	Kyle McGowan	South Lincoln
Emma Frick	E.L. Crossley	Chrissa Sinnett	St. Catharines Collegiate
Maren Brandt-Riesebosch	E.L. Crossley	Laurene Carter	St. Catharines Collegiate
Shanna Ingram	Fort Erie	Emily Hilborn	Stamford
Grace Dobbie	Fort Erie	Shaunan May	Thorold
Lucas Penny	Grimsby	Mohini Rathod	Westlane
Andrea Wasylezcko	Grimsby	Haleema Khan	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. Debra Riegle, Vice Principal, Ridgeway Crystal Beach High School

Recording Secretary:

Mrs. Jennifer McGugan, Administrative Assistant to the Superintendent

Regrets: Dave Schaubel, Board Trustee

MINUTES OF MEETING

Welcome:

Student Trustees Katelynn and Justin welcomed the senate members to the meeting and thanked those in attendance. Justin explained motioning and approving documents, as well as, using and speaking into the microphones.

Approval of the Agenda:

Grimsby motioned to approve the agenda and DSBN Academy seconded the motion. Agenda was approved.

Approval of the Minutes:

Governor Simcoe was in attendance at the September 22nd meeting and need to be added to the list of attendees. With this correction noted, Ridgeway Crystal Beach motioned to approve the minutes and Centennial seconded that motion. Minutes were approved.

Business Arising from the Minutes:

None.

Report from Trustees:

Trustee Chase explained revisions to the Board By-Laws for posting of board and committee meeting agendas and minutes and encouraged the students to look at these and provide feedback to the Student Trustees, Justin and Katelynn. She also informed students of the upcoming accommodation reviews and the ombudsman process. She congratulated those in the senate that participated in the Literacy Test (OSSLT) last year and noted that the results for DSBN had improved. Trustee Chase discussed the Parent Involvement Committee Conference on November 4, 2015. She encouraged the students to let parents know about this free conference. Dinner and child care will be provided. She shared how excited she is to be involved with this committee.

Report from Student Trustees:

- 1) Roles of the Student Trustees – The Student Trustees attend all the board meetings which are every second Tuesday. The Student Trustees are able to provide a student voice to the board, to be a liaison between the students and the board level. Senate members were encouraged to contact Justin and/or Katelynn if they have concerns or questions. Justin and Katelynn can be reached at STS meetings, through messages or email.
- 2) OSTA-AECO Toronto Conference - Beyond the board level of the DSBN, there is an organization called OSTA (Ontario Student Trustee Association) that the 2 elected student trustees are members of. The president of OSTA represents the voice of the students across Ontario. Justin and Katelynn will represent DSBN at these meetings and bring information and ideas back to the Senate.
- 3) Senate T-shirts – A vote was taken to determine the design and colour of the Student Trustee Senate t-shirts. The majority voted for black shirts with a mental health awareness black semi colon on the back of the shirt.
- 4) School Mental Health Support Feedback – Justin asked schools to share the information they collected from their schools around Mental Health Supports. Eastdale, DSBN Academy, Centennial and Westlane shared some of their information.

Susie Palumbo- Supporting Student Well-being in the DSBN:

Ms. Palumbo is the Student Achievement Leader for Well-being, grades K through 12. She expressed that it was a pleasure to present to the STS and that she would like to learn how she can support them. Part of her portfolio includes the DSBN Mental Health Strategy. For the secondary panel, she acts as chair for three committees focused on Mental Health:

- 1) The Mental Health Administration Team
 - The mandate is to ensure that the strategy is moving forward based on the goals set at the beginning of the school year.
- 2) The Mental Health Planning Team
 - Meets to plan the implementation of the goals set by the Admin. Team.
 - This year they have been involved in building the capacity of staff through professional development opportunities presented by our staff and experts in the field
- 3) The Secondary Tiered Intervention Team
 - Meets twice a semester to take a pulse on what is happening in our secondary schools.
 - The information-gathering process for these discussions includes formal surveys, discussions with school staff as well as updates from social workers and youth counselors.

This year's focus is on developing Mental Health Literacy that empowers school personnel to develop knowledge, skills and beliefs to:

- create conditions for effective school mental health service delivery
- reduce stigma

- promote positive mental health in the classroom
- identify risk factors and signs of mental health and substance use problems
- prevent mental health and substance use problems
- help students along the pathway to care

The DSBN has developed a tiered model of Student Mental Health Support:

- 1) Tier 1 – the foundation
 - The “caring adult” to whom a student has developed a trusting relationship within their building - someone to talk with. This support is foundational because a universal intervention is available to ALL students. This caring adult could include the guidance counselor, vice principal, classroom teacher, student success teacher, food technician, educational assistant, etc...
- 2) Tier 2 – the promotion level
 - This is represented by the youth counselor who is available to students to offer more support than offered through universal interventions; who implements and facilitates prevention and intervention strategies; and, build skill deficits in specific areas.
- 3) Tier 3 – the prevention level
 - This is represented by the school-based social worker and is for students who require indicated clinical intervention (i.e. therapeutic individual intervention). The student requires a clinical assessment to inform a plan of care and as such, the social worker works with the student, the family and the school, looking at both protective and risk factors.
- 4) Tier 4 – the intervention level
 - Involves Pathstone School based therapists, Mental Health and Addiction Nurses as well as other community based supports. The purpose of this tier is treatment, bridging treatment while on waitlists, safety planning, and, transitioning from hospital to school.

The voices that we most appreciate are those of our youth. If you are wanting to run an initiative or program in your school, please talk with your principal, student council advisor or club advisor. By working together we can raise awareness, reduce stigma and build capacity.

Attendance Discussion:

Katelynn expressed the importance of attending every meeting and explained there would be a “perfect attendance” draw at the December STS meeting and winners would receive a gift card.

Health & Wellness Awareness:

Justin introduced the idea of a Board-wide Mental Health walk. He asked the senate to think about the commitment and stressed that the whole senate needs to be on board with an event like this. A Board-wide Mental Health walk will involve extensive commitment and planning to make it a success. The senate voted and they unanimously supported to plan a Board-wide Mental Health Walk.

Justin asked for a school to volunteer to do the Ice Breaker at the November STS meeting. Centennial volunteered for the Nov 25th meeting.

Westlane led an ice-breaker activity with the senate.

<p>Nutrition Break 8:00 p.m. – 8:15 p.m.</p>

Speak Up Grants:

Ann Harrison has not heard about the status of Speak Up grants yet. To date, the Ministry has not released any information. Ann will send out communication when the Ministry releases the Speak Up grants.

Around the Table:

A.N. Myer

- Leo Barbe is coming to speak about mental health and PTSD
- Planning to have a mental health week in May with many events and activities throughout the week (Green Shirt Day)

- Gay Straight Alliance is starting this coming month
- Spirit Dance October 29th
- Halloween Activities – bake sale and spirit day
- Coffee House in November showcasing artistic talent

Beamsville

- Elephant in the Room
- Pink/Green Shirts/Selling Cookies
- Guest Speaker/Assembly
- Kindness Wall
- Camp Buccaneer
- Halloween Week – Monday Door, Tuesday Games, Wednesday Black and Orange, Thursday Pumpkins and Dance, Friday Costumes
- Year-end event

Centennial

- Safe School Team (Kindness Wall, Social Media Compliments)
- Mental Health Week
- Speaker who has been affected
- Walk – start to gain support if approval to make it a great event
- Corn Roast – First Friday of school, free corn in the courtyard
- Catch a Slice – Grade 9 games with mentors
- Turkey Bowling

DSBN Academy

- Grade 9 Advisories are bringing up breaking the stigma; helping with awareness
- Bringing up the idea for a mental health week at our school (Speak Up Grant)
- The Elephant's back in the Room
- Building community – groups of grade 11's are pairing with groups of 6, 7 and 8's to "Help build that trust", someone to go to when needed
- "Guy" is coming to perform and teach students about music, plays the trumpet and piano at the same time
- Student Voice handed out "Survival Kits" (pen, pencil, 2 suckers, and a ballot)

Eastdale

- We had a safe school committee made of 2 staff advisors, 14 students
- Pink shirt day coming up soon
- We had a mental health fact week
- Halloween dance coming up on Oct 29, as well as an addition of a haunted tour
- We had a movie night featuring Jurassic World – great success!
- On the first day of school, we had a scavenger hunt about Eastdale
- Get a selfie with Mr. Robinson

Eden

- Pink Shirt Day
- Line Different – later in the year
- Puppy rooms for exams
- Guest speaker on Bullying Awareness
- Fact of the Day – Mental Health
- Leadership Initiative – SLC
- Global Initiative – Syrian Refugee Fund
- Pep Rally – Fall Sports (Football) on the 21st
- Halloween Flash Mob on the 30th
- Remembrance Day assembly

E.L. Crossley

- Mental Health Week – planning
- Guest Speaker, Elephant in the Room, Kindness Wall, Kindness Cards
- Green Shirt Days – planning
- Get the word out on who has SAFE Talk Training
- Organize group/club for mental health
- Grade 9 retreat day

- Rankin Cancer Run
- First School Dance – Sept 24
- Spirit Weeks
- Semi – Nov 29
- Coffee House – Oct 29
- Let's Scare Hunger – Halloween Food Drive

Fort Erie

- FESS cares is running again this year – Recruiting students for team
- Collaborating with the school social worker and nurse to create a resource awareness pamphlet/card
- Hope to gather funds to get a few speakers – possibly speak-up grant (last year we had Molly Burke)
- Mental Health Awareness week – trivia all week, end with a green shirt day
- Halloween Spirit Week – Pumpkin carving, apple bobbing, etc.
- Council's Corner – live talk show (guests-teachers, football players, drama students)
- FESS Fridays – student council ran events in cafeteria, donut on a string

Governor Simcoe

- Elephant in the room (With an actual person in an elephant costume)
- Green/Pink Shirt day
- Mental Awareness week
- A guest speaker for each semester
- Grade Nine day
- Pep Rally
- Terry Fox run
- Spirit Week
- Coffee House

Grimsby

- Mental Health speaker from OSLC – we have been going the past 2 years
- Locker Fundraiser
- Camp Eagle mentors
- Grade 9 dance
- Halloween Spirit Week – including dance and pumpkin toss
- Winter formal soon to come

Laura Secord

- Spirit Week – Nov 16-20
- Green Day – spirit and mental health, school colour is green
- Coffee House to bring student body together (Sept 23), another on Nov 19, 10% of profit may go to a mental health organization (aiming for Nov 19 but may not be feasible based on current money situation), collaborating with our visual art department to expand and enhance experience
- Mental Health Fair – we did one last year and it was extremely successful, we would like to bring it back in the spring
- Cow Olympics to welcome grade 9 students on September 18th
- School Spirit week Nov 16-20 to celebrate the school – teacher twin day, green day, school spirit day (swag), cow day, Prince Patriot (pending approval)

Port Colborne

- Elephant in room
- Green Day
- Mental Health week May 2-8 – green shirt, pink shirt, mental health guest speakers, buy a pink PCHS shirt
- Sticky notes on lockers
- School Spirit Week
- Board Game night or Video Game night
- Recently had a fall dance (Bearcella)

Ridgeway Crystal Beach

- Safe School Climate committee – stand out student
- Motivational Speakers – Leo Barbe
- Looking into doing mental health workshops to end stigma
- Elephant in the Room
- Positive post-it notes around exams

- Grade 9 day orientation
- Fall Fest – bubble soccer
- Halloween dance, pumpkin carving on the 29th

St. Catharines Collegiate

- Planning to have mental health guest speaker come in – possibly Blake Fly or Sunjay Nath
- Mental Health Fair
- Green and/or Pink shirt day for mental health and bullying awareness
- Kindness cards
- We wish to have a Mental Health Awareness week
- Student Voice Leadership Trip at Walker Living Campus – students at play
- Grade 9 day at Walker Living Campus Oct 28 – activities
- Dance at the end of November – theme TBD
- Haunted House for Harriet Tubman P.S. students

Sir Winston Churchill

- Anonymous ballot box to request to speak to a counsellor/nurse regarding mental health
- MOSAIC anti-bullying club to support well-being at school
- Student to staff seminars – student presents issues to staff to educate about issues like mental health and how to deal with it

South Lincoln

- JUMP (Junior Mentorship Program) is a program pairing a group of grade 9 students with senior mentors to help with adjusting to high school, as well as building confidence and lowering stress levels (current)
- AWARENESS TREE – tree with branches and leaves, the leaves will have mental awareness stigmas associated with them to help break these stigmas (plan)
- Walk (community/school) – organizing a community and school walk to help with mental health awareness (plan)
- Day in Shoes/Day of Silence – days at school that have person walk in opposite gender shoes for a day and a day where a person cannot talk (plan)
- Guest speaker – 1 or 2 speakers that can engage audience to help with awareness (future plan)
- Grade 9 day – allow for grade 9's to discover new things about school, as well as, have a day of fun to meet JUMP mentors and each other

Stamford

- Pink Hornets – a team of students who you can go to if you're having a bad day (pink hornets will cheer you up) they meet at least once
- Positive post-its – write a positive message about someone, occurred Oct 9th
- Mental Health Awareness week usually occurs for us in the spring and will include pink/green shirt day and other activities
- Coffee House – concert with baked goods, major success, theater was packed with students on Oct 15th
- Halloween Costume Collection – we're collecting old gently used costumes and going to distribute them to elementary schools to give to kids who can't afford costumes
- Halloween Spirit week – involves a costume day, movie night, pumpkin carving, etc.

Thorold

- October 30th, Speaker – Shane Felman
- Terry Fox Hike raised \$1300
- Pep rally to promote fall sports
- Halloween week and fall Coffee House

Westlane

- Pink shirt day – money went to Mental Health foundation
- Lunch and Learn with school nurse
- Elephant in the Room
- Me to We club
- Operation Beautiful
- Trevor Bycroat
- School Fair (LGBTQ, mental health)
- Anonymous ballot box
- Student council donations
- Gifts of Gratitude food drive
- Spirit week

- Spring semi-formal
- Haunted hall on Halloween
- Casino Marathon
- Student Voice

A.N. Myer motioned to adjourn the meeting and Beamsville seconded. Meeting was adjourned at 9:00 p.m.

Next Meeting: Wednesday, November 25, 2015 at 7:00 p.m. – 9:00 p.m.