

Dundas Valley Secondary School Council Minutes

January 19, 2021

Present: Zoey Heeney, Gail Cipriani, Michael Murray, Jonathan Schinkel, Dawn Bennie, Lindsay George, Dara Coulter, Cathy Veldman, Donna Nunan, Sue VanEgdom, Susan Moelker, Amanda Ljucovic, Phil Moruzi, Lisa Spenler

1. Welcome and Introductions

- Meeting called to order at 6:36 PM
- Land Acknowledgement: Lead by G. Cipriani

2. Approval of Minutes and Agenda: Motion to approve:

- D. Coulter seconded by D.Nunan

3. Dr. Lindsay George, Psychiatrist, Hamilton Family Health Team

- Hamilton Family Health team and DVSS – 4 yrs. of collaboration with staff and students
- How to be a positive influence on the school
- Have a smaller committee for online help during Covid
- Have offered presentations as “stress busters” since they recognize there are more struggles due to the pandemic.
- Presentations on Sleep, Grounding & Mindfulness Techniques, planning for ones on Exercise and Motivation

Sleep Hygiene Presentation

- Why talk about sleep?
- Teens Circadian rhythms don't fit with their schedules as they need to be up early for school and teen's bodies usually shift in not being tired until 2 hrs later than adolescence.
- Most usually need more sleep, teens need at least 8 hrs, 9 hrs is optimal due to their mental and physical changes (2nd major cognitive development).
- Don't get enough sleep? What happens? Poor attention/memory, make poor decisions, slow reaction time, less creative, cranky/irritable
- How to improve my sleep? Regular sleep schedule, make your bed screen-free, exercise 60 mins a day, reduce caffeine.

- Mental health awareness team – communicates through their social media accounts and is available on the DVSS website.

5. Principal's Report

- Picture days are scheduled for end of March
- Grad Photos tentatively scheduled for Feb 16-19 and Feb 22-26
- CHANGE The Way Conference – was entirely student planned, designed and student led, 110 students attended.
- Grade 12 celebration discussions are on-going
- HWDSB Sr Exec Council met last week – decided on Commencement (not Graduation) ceremonies, allows ability to celebrate all students and not just high achievers
- In February, parameters should be shared to families and students
- Grade 8 Option night will be held virtually for incoming students
- Xello – new system replacing Career Cruising
- Grade 9 Math – will be de-streamed province-wide as of September 2021
- Semester 2 schedule and rotations are on the website

6. Mr. Murray/Mr. Schinkel

- January 21 is the last day of instruction
- January 22 – for teachers and students to collaborate to set up finishing tasks to achieve credit
- January 25-29 – some students will have no work if they are up-to-date in their courses and some will have finishing tasks to get their credit
- February 1 – PA Day
- Semester 2 starts on February 2 – no cohorts for online learning
- No final exams for Semester 2
- Semester 1 reports will be sent out Week of Feb.15

8. Other Business

- Next meeting February 16/21

Adjourned @ 8:00 pm

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