

School Council Gatestone

Council meeting
January 26, 2022



Agenda

- ▶ Chair Address – Krystal Legge
 - Bell Lets Talk Day
 - Parent Council Social Media
 - PRO Grant Idea
- ▶ Principal/Vice-Principal Report - Kelly
- ▶ Treasurer Update - Shannon
- ▶ Fundraising Update – Pamela
 - Flippgive
- ▶ Old Business
- ▶ New Business
- ▶ Next Meeting Dates
 - ▶ March 30th
 - ▶ May 25th
 - ▶ Meeting invites have been sent from Parent council HWDSB email address

Land Acknowledgement

Hamilton-Wentworth District School Board acknowledges our presence on ancestral Anishinaabe and Haudenosaunee Confederacy land as determined by the Dish with One Spoon treaty.

The intent of this agreement is for all nations sharing this territory to do so responsibly, respectfully and sustainably in perpetuity.

We respect the long-standing relationships with the local Indigenous communities, the Mississaugas of the Credit First Nation and the Six Nations of the Grand River.



Let's Talk!



End stigma with these 5 simple ways

Helping to end the stigma around mental illness can help people seek the help they need and create positive change. One of the biggest hurdles for anyone suffering from mental illness is overcoming the stigma of having a problem and asking for help. It is the number one reason why two-thirds of those living with a mental illness do not seek help.

Developed in partnership with Dr. Heather Stuart, the Bell Canada Mental Health and Anti-stigma Research Chair at Queen's University, here are 5 simple ways to help end the stigma that keeps too many who struggle with mental illness from seeking the help they need:

1. **Language matters:** the words you use can make all the difference.
2. **Educate yourself:** knowing the facts and myths about mental illness can be a great way to help end the stigma.
3. **Be kind:** simple acts of kindness can help open up the conversation and let someone know you are there for them.
4. **Listen and ask:** being a good listener and asking how you can help can be the first step in recovery.
5. **Talk about it:** mental illness touches us all in some way directly or through a friend, family member or colleague. Most people with mental health issues can and do recover, just by talking about it.



Listening with empathy

According to CAMH, listening to someone and giving them an opportunity to be heard is often one of the best things you can do for someone who is facing a mental health challenge. To open up a conversation and let someone know you're listening, here are some things you could say:

- ✓ "I'm here for you."
- ✓ "I would like to hear more about what's been going on with you."
- ✓ "When is a good time to talk?"

It's our tendency to jump to problem solving when we want to help, but slowing down and just being with the person gives them a chance to feel connected and think about what would be most helpful for them.

It's important to show empathy, by putting yourself in their shoes, showing them you care and appreciate that they are going through a difficult time. Depending on what the person discloses, you can ask them if you could help them in any way.

To help you begin a dialogue about mental health, the Bell Let's Talk Conversation Guides were created. The guides provide information and resources on how you can facilitate a one-on-one dialogue or a group conversation in your community about mental health. They also have guidelines on how to have conversations with people you care about and may be concerned about.

[Link to Conversation Guides provided by Bell Let's Talk Campaign](#)

[Self Care Activity - Bingo](#)

Let's Talk - HWDSB



Resources sent by HWDSB

- Flyer: [HWDSB's Winter 2022 Mental Health Workshops, Groups and Resources](#)
- Web page: [HWDSB's Winter 2022 Mental Health Workshops, Groups and Resources](#)
- Tip Sheet: [Supporting Child and Youth Mental Well-being During COVID-19](#)

- *In case of crisis, call 911 or visit your local hospital emergency room. For urgent support, contact Kids Help Phone (1-800-668-6868; www.kidshelpphone.ca; text CONNECT) or COAST Hamilton (905-972-8338; www.coasthamilton.ca).*

Principal/Vice Principals Report

The slide features a white background with a decorative graphic on the right side. This graphic consists of several overlapping, semi-transparent green shapes in various shades, including light lime green, medium green, and dark forest green. These shapes are primarily triangular and polygonal, creating a dynamic, layered effect that tapers towards the top right corner.

Social Media

Created a Twitter account for Gatestone Parent Council

@GatestoneCounc1



Review of HWDSB Social Media Guidelines

- Use of Social Media is voluntary. Official account options are Facebook, Twitter and/or Instagram
- HWDSB values social media as an effective tool to communicate, connect and engage with students, parents, staff and the community.
- Posts must be respectful and in accordance with principles of Human Rights, Equity and Inclusion. How a user conducts themselves online is a reflection of how we represent the values of the HWDSB.
- Staff or representatives of HWDSB reserve the right to delete comments that:
 - are spam or advertising
 - advocate illegal activity
 - promote particular services, products or political organizations
 - infringe on copyrights or trademarks
 - violate any HWDSB policies
- Naming convention
 - @schoolnameCouncil (School name can be shortform for Twitter/Instagram, full name for Facebook)
 - @GatestoneCouncil is taken



[Social-Media-Guidelines.pdf \(hwdsb.on.ca\)](https://www.hwdsb.on.ca/social-media-guidelines.pdf)

Edit profile

Social Media Guidelines

Sharing Suggestion ideas:

- ▶ Share a weekly heads-up about events
- ▶ Share your school calendar, promote events (before, live or after-the-fact)
- ▶ Link to positive stories
- ▶ Post photos of events
- ▶ Congratulate students and staff
- ▶ Promote public education and reflect well on the HWDSB community
- ▶ Plan tweets ahead of time, i.e., consider timely themes (holidays, exam time, registration)
- ▶ Repurpose content that is added to websites
- ▶ Promote meetings, decisions, actions and highlights
- ▶ Use social media as a tool for collaboration
- ▶ Solicit feedback on various topics
- ▶ Retweet/share information that promotes student, parent staff or community engagement

Social Media Guidelines

Privacy and Consent

- ▶ HWDSB account users, including staff and personal accounts, should respect the privacy of individuals before posting their information (e.g., image, video, work, etc.) online.
 - ▶ For individuals 18 years and older, please ask them if their information can be shared.
 - ▶ For individuals 17 years and younger, school staff must ensure parents/guardians have provided media consent at the start of the school year and they should always ask the student, even if there is media consent, if they are okay with the disclosure. •
 - ▶ Student users should work with their teacher supervisor to determine if a peer has consent.
 - ▶ School Council users should always seek verbal consent from a parent or guardian.
 - ▶ Avoid posting information about school field trips or off-site extra-curricular activities prior to the event as this can compromise student safety. Vague posts that do not include the time or exact location of the excursion are always safer, e.g. “Grade 10 Geography trip May 11”
 - ▶ HWDSB accounts assume consent has been obtained by the original user. Staff in Communications and Community Engagement may share, repost or create an original post from your source material. When you post something online, we assume you’ve done everything you can to uphold individuals’ right to privacy and control of their own personal information.
 - ▶ What happens when someone shares an image without consent? The individual has the right to ask for that content to be removed. This could be considered a breach and staff should involve the Privacy Office. The Privacy Office is always here to help with any questions or situations you wish to discuss.
privacy@hwdsb.on.ca

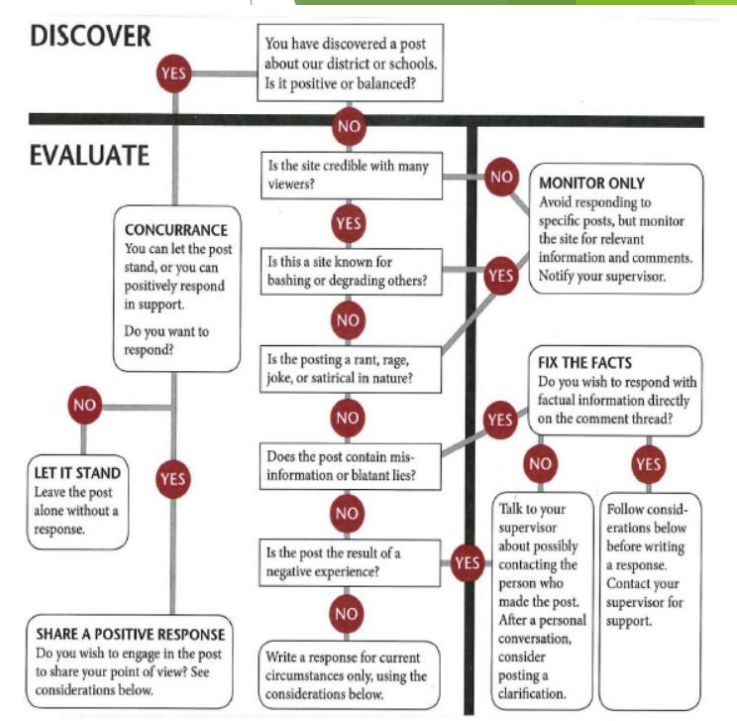
Social Media Guidelines

Conflict Resolution

- ▶ Seeing negative or false comments about our schools can be frustrating but responding with another comment is not always the answer.
- ▶ Sometimes no response is an effective response. Know who the person is who is sharing concern or conflict. Social media inquiries from individuals rather than anonymous accounts should be prioritized in terms of a response.

Here are some conflict resolution strategies to consider:

1. Respond: Build trust. Even if the person engaging cannot be satisfied show care, attentiveness, and kindness. See chart to support response.
2. Get off the Public Newsfeed: Ask the social media user to direct message (DM) you to get the conversation away from public viewing. If the inquiry can not be managed in this space, move to the next strategy.
3. Get offline: If DM does not work, offer them to send you an email or direct them to Addressing Concerns at HWDSB.
4. Have a conversation: Conflict is best resolved with parties closest to the source. Direct contact with the individuals to mediate the conflict is preferred. Users can always contact an Administrator for support. 5. Issues management: Contact Communications and Community Engagement at communications@hwdsb.on.ca for support when conflict turns into an issues response.



[Social-Media-Guidelines.pdf](#)
(hwdsb.on.ca)

Treasurer Report

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the page, creating a modern, layered effect. The text 'Treasurer Report' is positioned on the left side of the page in a clean, sans-serif font.

Fundraising Report

- ▶ Flipgive
- ▶ PRO Grant - application deadline January 28th



Other business

Next Meeting Date

▶ March 30th