



## **AHS SCHOOL COUNCIL MEETING**

**Thursday, November 26<sup>th</sup>, 2020**

**Present:** George Voumvakis, Lori Freitas, Paull Simmons, Cecilia Piques, Jane Casey, Paul Woods, Josie Ruggiero-Khan, Mei Zhu, Lelia Ahmadi, Arlene Salehi, Bobby Tavakkoli-Namini, Josie Ruggiero-Khan, Carol Brown, Deanna Silver, Mary Dracopaul, Cyndy Du, Sylvia Welsch, and Ovi Comanicu

**Absent:** Liz Holtby

**1. CALL TO ORDER & WELCOME: ROUNDTABLE OF INTRODUCTIONS**

**2. APPROVAL OF THE AGENDA**

**3. APPROVAL OF THE LAST MEETING'S MINUTES**

**4. Marguerite Marges, MSW, RSW, Social Worker and Attendance Counsellor**

Marguerite role is to provide social and emotional support to students as well as parents/guardians. Referral for services is voluntary. Services include, assessment, brief conversation, assistance to navigate services, collaborate with community partners, crisis intervention, psychoeducation and provide resources. The Attendance Counsellor Role is to improve student attendance. Referrals are not voluntary and consultation with parents and teachers is key to identifying obstacles to attendance. Agency partners include but are not limited to, CMHA, ASYR, Compass, 360 Kids, Path Clinic, Kids Help Phone, and Southlake Hospital.

Some common signs of mental illness were discussed and include change in behavior, withdrawing from activities, and excessive worrying.

Things to keep in mind: the human brain fully develops at approximately 25 years of age, and children aged 13-18 years need 8 to 10 hours of sleep.

Self care and coping skills for students include read a book, call a friend, drink water, exercise, watch a comedy and laugh. Parents can be a role model, ask for help, connect with teachers/doctors/coaches

**5. ADMINISTRATION REPORT**

Teacher/Parent interviews completed

PA Day in November

Mid Term Reports will be distributed electronically

Virtual presentations for grade 8 open house scheduled for December 10th

Virtual grad took place. Positive feedback was received.

Course selection videos for grade 9-11 in December

December 21 winter break begins

As suggested at our last meeting it was agreed that Thursday, January 14<sup>th</sup>, 2021, 6:30pm will be the next School Council Meeting



## **6. STUDENT COUNCIL REPORT**

Year Books for students are possible

Virtual Clubs meetings could develop. Figuring out logistics.

### Future School Council Meetings:

March 25, 6:30pm

May 20, 6:30pm

## **7. ADJOURNMENT**