

**Springbank Community High School
Parent Council Meeting
Wednesday October 17^h, 2018**

Attendance: Melanie Spagrud, Shayne Dillabough, Gill Hepworth, Brenda Galonski, Jeff Chalmers, Kara Bonikowsky, Judi Hunter, Tammy Yakemchuk (8)

Call to Order @6:32pm – Melanie Spagrud

Approval of September Minutes:

Motion to Approve minutes – Gillian Hepworth

Second – Shayne Dillabough

All in Favor- Carried

Gillian Hepworth makes motion to accept Brenda Galonski as our new treasurer for SCHS council.

Judi Hunter seconds.

All in Favor – carried.

Gillian Hepworth makes motion to remove Moira Shepherd-Mura from signing authority and add Brenda Galonski, Treasurer, as signing authority.

Shayne Dillabough seconds.

All in Favor- Carried.

Chair Report:

Melanie Spagrud

- Melanie would like to add some information to the Phoenix Flyer about Council.
- Possibly add a link to click for minutes.
- Dawn can add “council meeting this week” into the header of the email
- Melanie will let Dawn know 2 weeks prior to meeting for any information to add to the flyer.
- Melanie asked Jeff if there is a school dress code and if it’s followed. Jeff said SCHS does have a dress protocol and it is implemented.
- Melanie asked again if there are any suggestions for guest speakers to attend council meetings. Suggested Dawn could add in the Phoenix Flyer “ if there are any topics you would like discussed – let council know”

Treasurers Report

Brenda Galonski

No report.

Brenda asked where the bank statements are mailed? Response was school.

School council funds will now need to come under SCHS funds. All money raised at council level must now be tracked at the school level. Fundraising can only go through Friends Society.

Gillian Hepworth makes motion to transfer the balance of the council generated funds as of October 31, 2018 to SCHS generated funds.

Shayne Dillabough seconds.

All in Favor- Carried.

Principals Report:

Jeff Chalmers

Springbank Community High School

School Council- Principal's Report for October 17th, 2018

1. **Staffing Changes:** We are pleased to welcome Jay Peterson who will be covering Sara Syme's maternity leave and Parvis Ramirez who will be covering Nashira Dernes' leave.
2. **Career Week** was a big success with over 50 presenters coming to the school to share their story with our students. Thanks to Carla Cochran for organizing.
3. **Vaping Procedures:** Due to an increase in the number of vaping incidences, we have decided to take a stronger position in trying to deter this behaviour. Rockyview Schools has already outlined policy on smoke free/tobacco free/ e-cigarette free environments and so we are enforcing policy already in place. As a school, we have decided to issue 3 day out of school suspensions for students caught vaping or being in possession of vaping paraphernalia on school property. This was outlined in communication that was emailed directly to parents, was shared with students in advisory and was also sent in our Phoenix Flyer. We have had numerous positive emails of support from parents for taking this stance. Our intent is to support students in making sound, wise and healthy decisions and our discipline procedures will reflect the education and support aspects of our interventions.
4. **Art Therapy-** we have contracted WP Puppet Theatre to come in and work with some of our students through their Behind the Mask program. This program will help students reflect on mental health issues and provides a venue for support and exploration of any mental health challenges they may be experiencing. Program coordinators will be working with Kara Bonikowsky, Pam Smid and Erin Tysowski once a week from October to December.
5. **Addictions Counselor-** through a pilot partnership with AHS, we will have an addictions counsellor available one day per week to provide education, support and counselling to our students. Working with our admin and guidance department, we will have the counselor work with advisory classes, CALM classes, Focus sessions and assist with re-entry for those cases that directly relate to addictions. We are excited for this valuable resource to be a part of our community.
6. Upcoming Events:
 - a. Grade 12 Grad Check Night- October 25
 - b. Parent-Teacher Interviews- November 1 and 6

October Report Trustee Hunter - Ward 5

Great News!! Through the collective efforts of parents, students and Rocky View Transportation Department, the Board has achieved its goal of reducing the transportation budget by approximately one million dollars. The Board of Trustees is thankful to all of the parents who participated in our survey helping to create the least disruptive plan to achieve this savings.

The enrolment for Rockyview Schools has increased by over 900 students. The School Division desperately needs new schools and is advocating hard on behalf of our parents and students. Rockyview Schools continues to grow at approximately 5% per year. New school construction has not kept pace. The Board has worked with some of our schools to adjust boundaries to alleviate enrolment stress but this is only a temporary solution. Across the division we are in need two new schools per year. Last year were given zero. To boot, we did not receive all of the portables that were requested. A new school takes approximately three years to build. I would encourage all parents to be aware of school capacity needs in their communities so that schools are in place when the need is present. Parents need to let government know of their concerns in this matter.

A shout-out to Jenny Hawryluk who won top pop song of the year at the Calgary Music Awards September 21, 2018. Jenny is attending Springbank High School.

I had the privilege of attending the Academic Awards Assembly at Springbank High School. It was a lovely event recognizing the success of so many Springbank High Schools students achieving excellence both academically and with citizenship.

This fall schools sponsored a "Run for Terry Fox". It is wonderful to see the next generation learn about and celebrate the legacy of this Canadian hero.

I have included a Ted –Talk link that discusses Colorado's experience with Cannabis. It is an interesting discussion on the rates of school suspensions and the disproportionate impact on the number of racially minority students. Please note the speaker's political bias.

<https://www.youtube.com/watch?v=SmqtPaMMVuY&feature=youtu.be>

The second video with Zachary Walsh, an assistant Professor at UBC Department of Psychology is very interesting who takes a medical look at cannabis.

The School Board's new "**4 Year Plan**" is currently in the receiving feedback stage. The plan sets the direction through which the goals of Alberta Education's educational outcomes will be met. The Board would love to hear your thoughts. The plan can be accessed on the Division Website www.rockyview.ab.ca

I would also like to make you aware of Bragg Creek's new musical theatre "SWAMP DONKEY MUSICAL THEATRE" They are having a improve show and silent auction October 19, at Rockies Tavern. Kids welcome. www.swampdonkeytheatre.ca

Key Notes

Date: September 2018

RE: Cannabis In RVS

What We Know About Cannabis

- Regular cannabis use in adolescents is associated with experiencing psychotic symptoms (changes in thoughts, feelings and behaviours), especially when there is a family or personal history of psychotic disorders. Some studies have suggested that cannabis may also increase risk of anxiety and depression.
- Early and frequent cannabis use is linked with poor performance in school, lower grades and increased risk of dropping out. Some research suggests that early, regular, heavy and long-term use of cannabis by teens may impair their cognitive abilities and may not be fully reversible
- Youth might be particularly vulnerable to these negative outcomes due to the extensive changes that are taking place in the brain during adolescence, especially the ongoing development and maturation of the prefrontal cortex, which is critical to higher-order cognitive processes such as impulse control, working memory, planning, problem solving and emotional regulation.

How RVS is Preparing for the Legalization of Cannabis

- RVS reviewed its current procedures to ensure they state that RVS clearly prohibits the possession and use of alcohol and drugs by all students, staff, and community members while on Board property, school buses, and while attending school and at Board-sponsored events. Staff and students that violate this procedure will be subject discipline as outlined in Administrative Procedure 350 Student

Discipline or 410 Employee Progressive Discipline.

- As part of its Social Emotional Learning initiative, RVS will incorporate the detrimental effects of cannabis use among youth.

Where Can Teachers and Parents Find Help

- Parents are a child's best defense against drug use. The top two things that a parent or guardian can do is to be informed about drug issues and talk to your kids about drugs.
- Drug Free Kids Canada (DFK) has launched a national campaign aimed at helping parents learn how to talk to their kids about cannabis and its impact. <https://www.drugfreekidscanada.org/>
- Other good resources are the Canadian Medical Association at <https://www.cma.ca/en/pages/cannabis-and-the-cma.aspx> and, for teachers, Alberta Health Services <https://www.albertahealthservices.ca/amh/Page2674.aspx>

Other Reports:

a) Volunteer Coordinators:

Gillian Hepworth/Jana Mura

Since our last meeting we've received 1 volunteer request for office support. The Casino Fundraiser signup went live on Sept 26th..... we had a good response initially, with 18 spots begin filled quickly, but there's been a slow uptake since then, despite regular requests in the Phoenix Flyer and reminders to the volunteer lists. We currently have 23 spots filled and still need another 13 plus 4-5 back up volunteers. The casino is 6 weeks away, so reminders to the volunteer list and in the flyer will continue.

b) Sprit Wear Coordinators

Tammy Yakemchuk/Carrie Sweet

We have ordered more Hoodies and Sweat pants, we hope the order is in for November PT and should be set up to sell those nights.

c) Grad Representative

Shane Dillabough

Grad Report – Wednesday, October 17, 2018

A mandatory grad and parent meeting has been scheduled for Thursday, October 25 from 7:00pm-8:00pm in the gym. At least one parent and the grade 12 student must attend.

Several Universities have been coming to Springbank High School during focus – kids have been encouraged to attend.

The grad committee has narrowed down their grad clothing design for the graduation class of 2019 and are still waiting to hear back from a few companies on pricing. Once price and design are confirmed, the intention is to pre-sell the clothing.

A few members of the grad committee have been tasked with obtaining video footage from the various events that have occurred and will continue to do so as the year progresses.

The contact with the Telus Convention Centre has been signed and first payment has been sent.

d) French Program Representative

Jo Towers

CPF Springbank Chapter has had a member volunteer to take on the role of President, which means that the Chapter will be able to continue. We will be meeting soon to decide on a major fundraiser for this year.

New Business

Q- Can Police Checks go on line, they are easy to complete on line.

A- We can look into it.

Q- Are you using the Football Field?

A- No, hopefully it will be ready in the spring.

Q- Why did you chose Japan as the trip?

A- Chosen around cultural experience – chosen around something that is culturally different.

Q- Is there an opportunity for another trip?

A- Not this year.

SCHS Meeting adjourned @ 8:12pm

The Friends of Springbank Community High School Society

Attendance: Gillian Hepworth, Melanie Spagrud, Brenda Galonski, Shayne Dillabough, Tammy Yakemchuk

Melanie calls meeting to order at @8:12pm

Approval of September Minutes:

Motion to Approve minutes – Gillian Hepworth

Second – Shayne Dillabough

All in Favor- Carried

Gillian Hepworth makes motion to accept Brenda Galonski to be the new treasurer for the Friends of SCHS Society.

Shayne Dillabough seconds.

All in Favor- Carried.

Gillian Hepworth makes motion to add Brenda Galonski, Treasurer, for signing authority and remove Moira Shepherd- Mura from the signing authority of the Friends of SCHS Society.

- Spending the Remaining balance of the Casino funds approx. \$31,000.
- \$10,000 committed to ski.
- \$3000-\$6000 committed to art therapy.
- Leaving us with \$15,000 approx.

A wish list was sent to Melanie from Athletics. It was decided we will approach Admin with the list and discuss at a later time.

The Friends of Springbank Community High School Society Meeting Adjourned @ 8:44 pm

Next meeting November 21, 2018 @ 6:30 pm