

St. Mark CSC Meeting Minutes



Tuesday, February 2, 2021

Present: G. Cino, C. Kocel, T. Grzicic, D. Fiorino, M. Macri, T. Herrera, A. Staszko, R. Noto-Fuca, M. Alfieri, R. Vrataric, M. Zivanovich Regrets: M. Udezue

1. Guest Speaker(s) – Lori Woodbyrne (CYW) and Caroline Schmidt (Social Worker)

- Hearing from schools throughout the Board (Administration, Staff/Teachers, Parents) that children are struggling right now
- Behaviours are situational to what is going on in the world (COVID)
- Parents are trying to balance work and supporting their children
- Lack of social interactions contributes to anxiety
- Not a natural environment for children

SUGGESTIONS/STRATEGIES:

- Stay engaged with your child(ren); follow their lead; check-ins; breathing/visualization exercises
- Encourage breaks away from the screen and outdoor physical activity
- Validate feelings – We are all feeling this way/Normal to feel this way
- “School Mental Health Ontario” (resource for families)

2. Principal Report

A. Health & Safety:

- Important to continue best safety practices at home

B. Raffle

- \$1605.00 raised from Gift Card Fundraiser
- Money raised will support Sara Westbrook student presentations
- Ms. Kocel to find out more information on prices for large group/divisional presentations
- Possible March/April date

C. Adjournment and Next Meeting: Tuesday, April 13, 7pm