



## NGDHS Parent Council

Wednesday, Dec. 13<sup>th</sup>, 2023 @ 6:30 pm in Learning Commons

Welcome and attendance - *Shahrzad Kandalajt*

*Present: Kris Wiley, Mark Wiltse, Shahrzad Kandalajt, Ann McNab, Leah Ward (father on Teams), Lesley Wollenshlager, Samantha Kutowy*

1. Acceptance of agenda - *Shahrzad Kandalajt*

2. Principal's report – *Kris Wiley and Mark Wiltse*

- **Bullying Prevention and Intervention Plan:** package given that outlines policy, statement, definition, strategies etc. to keep if current with staff etc.; the plan is on our school website. SK asked what is being done with kids that see but don't tell. Kris responded stating he tries to work in an indirect form and Mark mentioned it linked to student survey (does the student have a safe/caring adult that they can go to etc.). Some connections occur with past grade teachers too. Generically it is the classroom teacher and there is a spec ed teacher that circulates too; EAs and student monitors for recess and secondary has the guidance counsellors too. Link Crew (gr12 class) and WEB crew (gr8 intermediates) too.

- **Literacy Test :** gr10s wrote (gr11 if not successful); gr12 will do OLC40 if they were not successful with literacy test. This year was new format. All except 1 grade 10s wrote it! Results given in January and there will be another opportunity next semester. Question was asked if it impacts grades & Kris responded that it does not BUT it will help going forward. All classes are dealing with literacy and coming up with ways to support reading and writing. Another question re Grade 6 do EQAO and the question was asked regarding results (Mark answered that it gets mailed out).

- **Numeracy Test:** 2 math classes at gr9 1W de-streamed (applied academic combined) will write this.

- **SIEP goals:** learning partners (3 and sometimes a 4<sup>th</sup>) that are in the building or connecting and literacy/numeracy is discussed. Knowledgehook (geared towards math) is a new tool this year. Targeted practice/deliberate practice for particular skills. Teachers can get a data representation of what is happening for feedback. Small group instruction focus too "flexible grouping" to rotate groups to use baseline data to help students weak in a particular area strategically placed.

School events:

1. Water issue (Nov 10<sup>th</sup>) ... water pipe burst. Plumber and other voices came in and fixed it but we had to declare it as a no school day. Water was shut off (working in main road) and when they turned it back on the larger particulates caused excess flow. It hit only concrete areas (gym C) and not the wood floor in gym A/B. It was rectified by 7 or 7:30 but that allowed checks to make sure all was good. Community use had to be cancelled that weekend.

2. Crickets for CHEO: Mme. Lobosso & Mr. Pietersma were eating crickets (it came from a book). Just over \$800 raised. Mandy came from CHEO and it provided opportunity for French learning too.
3. Lego Robotics (Mr. Brooks and Mr. Wilson). It incorporates coding and it looks like a maze science experiment and the class was engaged in it. There are about 30 kits borrowed from digital learning team (principal Brian Reid involved). Each kit runs \$500-\$600. Nerd club so involved
4. Remembrance Day (Mr. Bergeron & students) was postponed to the Monday due to water day. Students had 2 assemblies (split school population).
5. School climate survey: data came on Friday. 6 students went over to the arena and discussed as a school what we are doing and what we are noticing, strategized amongst the other high schools present too. It is ongoing so there will be another survey in the Spring that we'll look at strategies that can be implemented as a committee. LW (parent) commented that her son really enjoyed it.
6. Fire & Lockdown Drills: each term we do 3 fire drills and 1 lockdown. We have done that now (before cold winter days). Reentry to school will be examined just to limit bottlenecks; possible drill in Spring during a transition between classes
7. Progress reports then midterm reports went out Nov 24<sup>th</sup>. Intermediate report cards go home Feb 15<sup>th</sup>.
8. Exam schedule is being formatted now.
9. Equity and Inclusion: collecting \$\$ for events (eg. museums to Ottawa) ; Holocaust & Andi Reti (survivor of holocaust). The board did a video and some classes connected and viewed. About 240 students watched it in the cafetorium. His memories were quite vivid.; C4K at this time of year (in PL leader meeting staff was reminded; if we know of families in need etc.)
10. UC Rollout of laptops: As windows upgrade, we need to upgrade devices, so bottom end devices become less useful so there is a discussion about the ratios of devices available for students and goal is to make more available for students for programs like Knowledgehook (we try to keep cell phones out of the classroom as they can be distraction). By 2<sup>nd</sup> term we may be in an even better state as we will gain more devices.

### 3. Teacher's report – Ann McNab

#### Sports:

##### Intermediate

- girls have a trophy for seaway invitational tournament; regionals are Thursday/Fri

##### High school

- **XC** went to OFSAA Sat Nov 4<sup>th</sup>: had a record high season with Jr boy placing 13<sup>th</sup> overall at OFSAA...7 students went overall. [Sr. Boys 19<sup>th</sup>/280 place finish as a team in Ontario (and mainly gr11s) and Jr. Boys 11/270 runners
- **Volleyball:**  
Intermediate girls & boys are holding practices at lunch and recess- GymC  
Jr Girls: 6 juniors & novices coached by M. Campeau  
Sr. Girls: all 14 are Sr. coached by A. Foster
- **Basketball:**  
Jr Boys: coached by A. Robinson & S. Kelly  
Sr Boys: coached by N. Amesbury & S. Kelly

- **Hockey:**  
Girls: meeting since Nov 20<sup>th</sup> coached by T. Henderson & D Byrd  
Boys: tryouts since Nov 29<sup>th</sup> coached by J. Charlebois & M. Bergeron
- **Swimming:** varsity club is doing dry training now and swims at Walter Baker in Barrhaven... coached by S. Mitchell
- **Curling:** Senior/Varsity-Coed: Bonspiel right now in Kingston.... Team headed by a great Sr. girl and includes one junior and the rest are novice team members so great promise for this year and years to come. coached by S. Mitchell
- **Badminton:** begins in Feb (students are reminded to take advantage of boxing day sales for equipment 😊)

## Clubs & other activities

- **Midterm Report Cards** for high school went home Nov 24<sup>th</sup>;
- 20 school days left until **Final exams!**
- **Muffin Mondays** – helps support foods room
- Gr7s helped out at the **food bank** in Kemptville (Nov 28 -29<sup>th</sup>) with Mr. Leroux, Mme Lobasso, Mr. Preseton, Mr. Kelsey & Mr. Kingson and Mr. Pietersma & Wilon's classes helped sort food for the Salvation Army too
- **Dance:** Winter Wonderland semi-formal Thurs Dec 21st @7 :30
- **Bake Sale (SAC):** Thurs Dec 21<sup>st</sup>
- **Music Library Club** meets Thurs@11:15 in rm 54
- **Bank** practice @11:15 on Friday
- **Intermediate Pride Club:** Ms. Mahaffey @ 2<sup>nd</sup> recess
- **Musical Theatre Class** – rehearsing after school
- **Nerd Club** – Tuesdays after school (Nerdvana was Nov 23<sup>rd</sup>)
- **Field Trips:** this Friday gr10s are going to Science & Tech museum; Ms. Bimm took gr 11/12 students on a trip Nov 29<sup>th</sup> to **Trade Show**
- **OSLC** went to Niagara Falls Nov 5<sup>th</sup> and came back with a great experience and despite some getting sick
- **Our Voices** @ lunch in 214 on Wednesdays. They had a “Restoring Hope” drive in Oct & Nov ...focus this year is food insecurity and youth homeless in the area.
- **Fun day:** Student-Staff Dodgeball Nov 24<sup>th</sup>.... Fun was had by all, including an unnamed staff member that ended up in a wheelchair
- **Yearbook committee** is meeting in room 101 @ lunch on Thurs since Nov 9<sup>th</sup>
- School clothing is in (for students that ordered it)
- **Spirit Week** next week (kicks off Mon with festive hats...)

## **4. Discussion items:**

- *Bell Times* – short video connecting with information provided by Dr. Roumeliotis, Dr. Forest, and Dr. Armstrong

*Watched video full presentation available on UCDSB channel... “catch up sleep” doesn’t work. They need regular sleep... energy drinks/stimulants consumed (unhealthy). Health increased risk for diabetes, obesity, poor mental health, and injuries and cognitive issues. Circadian rhythms not aligned with wake up times leading to “social jetlag” (which only occurs in adolescents) ....sleep patterns between weekday and weekend are different. It’s an average of 2 hours. The idea of delaying school start time is based on this. It leads to improvements in*

*sleep (duration and satisfaction are up and sleepiness, oversleep on weekend and falling asleep in class down) as well as grades (tardiness, absences, depressive moods all down). 77% intermediate and 79% of high school students report they are feeling tired often or almost always. They found that the extracurricular participation or in screen times for even minor shifts in bell times. Scientific studies have been done. Elementary students...it doesn't seem to impact them any significant amounts. Sleeping during the day isn't as restorative than at night. Discussed bell times.*

*QR code pops up at end of video that parents can go in.*

*\*\*\***Email Kris with any feedback please.** 2 information sessions were held. We REALLY want feedback sent in (unique experiences and feedback from both sides).*

*Parent asked if school council put out statements of support etc. but school board is looking for feedback.*

#### **5. New business:**

*- ProGrant – next steps .... He doesn't want to rush this discussion but he has many ideas and has counselled with SK as well. It will be a mental health open house of sorts (eg. presenters in different areas of the school). Kris has many ideas and he's contacting people already: (eg. Paul Davis (but is already booked for May 2<sup>nd</sup>), Ann Douglas, Dr. Micheal Cheng, Dr. Adele LaFrance and other possible people and organizations as well.) Kris will drop all these in the notes and is asking for feedback please. Budge to work with. We can do some voting before that. Mr. Ward (parent) also mentioned he like the open house idea with choice too.*

#### **Future discussions:**

- Defibrillator near new weightroom?*
- Collaboration for something for gr7/8 school yard*

#### **Fundraising?**

- Next year from beginning if parent council we can do a particular idea for fundraising*
- potentially we could have a calendar to minimize "always asking for money" from students/families/community members*

#### **6. Adjournment of meeting**

**Next meetings: Feb. 21<sup>st</sup> , April 24<sup>th</sup> , May 22<sup>nd</sup> .**