

Byrne Creek Virtual Community Council Meeting January 13, 2021

Attendance : Naz Jakir (Chair) , Effie Aadland(Principal) , Sara Labrash (Meeting Moderator & Teacher Rep) , Bal Dhillon (Community Coordinator), Moreno Stefanon, Marty Graham, Isabella Chaves (Treasurer) , Samantha Nelson(Vice Chair), Sandra Medeiros plus online participants.

Regrets: Maria Ferraresso (MAL), Sanjay Grover (Secretary)

Meeting was called to order at 7.05 pm

Approval of Agenda

- Naz proposed a motion to approve the agenda for the meeting, seconded by Sam Nelson. Adopted.

Approval of Minutes November 2020 Meeting

- Motion to adopt the minutes from November 2020 meeting which was seconded by Sam Nelson. Adopted.

Student Government - Doreen Cai, Lulia Tela, Sana Goel, Sugdiyona Holmatova

- Hamper drive was different this year from donations to preparing. Students were able to provide 75 hampers which included Gift cards with support from the Community including Suchi Foundation, Superstore, Save On Foods. Suchi Foundation helped with deliveries. Students planned a number of events in the last week of school. School wide pajama day. Rice krispies & candy canes given to students on last day of school. Students managed to create nice festivities. Creative masked dance event.

SEL School Goal presentation – Marty Graham

- Attached is the power point presentation. If anyone has any questions please reach out to Marty Graham at the school. Marty will be at the next meeting as well as a follow up to this presentation.

Principal's Report – Effie Aadland

- Effie shared photos of December happenings.
- **New Year update:**
Literacy & Numeracy Exams – If any grade 11 or 12 last year can write on Jan 26 or 27. If any grade 10 missed it will write at the time of class. Last day of Quarter 2 – Jan 29th. Quarter Turn-around days – Feb 1st and 2nd (regular class not in session). Quarter 2 marks will be posted on Feb 9th. Open House will be virtual on Feb 4th and department heads are preparing for the event. Course selection begins in February.
Intimate Images presentations for Gr 8 students. Safe school Specialist will visit gr 8 classes. Presentation designed for youth discussion this topic, making decisions how to get help.
Structure of Hybrid Classes: maintain learning groups, this is not time off but its learning in a different way, depending on the size of the class, it may be possible to have all students in for the

week – this may vary from course to course. Students are encouraged to take advantage of face to face time offered by the teacher as much as possible.

- **Health & Safety Protocols and Updates:**

A new element has been added to notification from Fraser Health. Early notification letter to community, self monitoring letter only to students and staff affected and new piece is the school bulleting sent by Fraser health and its looping back community of exposure. This is the closure that you were notified of.

We continue to reinforce the importance of our health and safety protocols. Wearing masks when physical distancing is not possible, hand washing and sanitizing, leaving the building when students have finished classes do not have another session. Students are choosing to wear masks in PE classes. Classes are separated for PE. There's limited activity.

Community Coordinators Report – Bal Dhillon

- Every year BASES Thrift Store donates their profits to Community schools in East Burnaby. Byrne Creeks community benefits from this funding. They will be making their donation in the coming weeks. They are open now. Since they were closed grants are small. Money will be spent on after school programs but we can't have too much on line events. Gardening club will benefit from the funding as community room supports this activity. Bal shared hamper drive photos. \$4,000 in gift cards were given out with 75 hampers.

Teacher Representative - Sara Labrash

- Pleased with the gardening club. Robotics will not gather in Victoria this year so students will meet locally. Will decide what they will present. Department heads working on Open House presentations. They will share photos at the open house. Scholarship proceeding underway. Students to check with Darrin Davies and Judy Fujiki.
- Marty Graham advised there is a bottle drive on Jan 28 and 29th. Drop your bottles off before or after school or let the school know and they will pick up. Money will be donated to Food Hub.
- Moreno Stefanon – finalizing a course for next year for Fitness & Conditioning for Gr 11 and 12.

Chair's Report & Correspondence – Naz Jakir

- No correspondence.
- Gaming disbursements discussed. Council will support the following activities: Grad \$1,700, Math & Science contest \$520, Robotics 4 laptops \$2,000, Gym mats \$1,500, Virtual Bull Dog Bash \$1,000, Gardening Club \$800, Outdoor Club \$700, Indigenous speakers for Food & Textiles \$1,000, Drumming materials \$1,000, Library learning (consumables making materials, Apple pencils) \$700, Community Council Scholarships 2 x \$500, Gr 8-11 Awards \$1,500, School Leaving Gr 12 awards etc \$1,500, Senior basketball jerseys \$2,281.
- Total Allocated = \$17,201. We will be carrying over grants to the next year as we are not certain about what we will receive next school year.
- Naz motioned to approve \$17,201 to support the activities as above. Seconded by Sam Nelson. None opposed. Motion carried.

Treasurer Report – Isabela Chaves

- Account balances as at December 31, 2020: Gaming \$37,313.69 and General PAC account \$1,419.99.

DPAC – no reports as meeting will be the following Monday Jan 18th. No DAC reports as not meeting since October.

The meeting was adjourned at 8.30 PM

Next Meeting : February 10, 2021

Community Council Meeting Jan 13, 2021. Marty Graham

SEL – Social and Emotional Learning

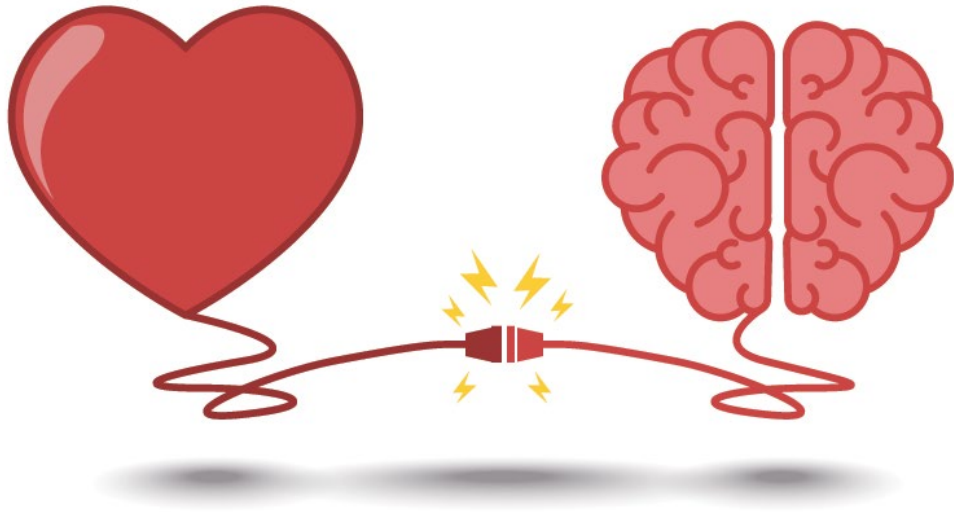
*All Learning is Social and
Emotional*

Purpose of this small presentation:

1. To define SEL –
Social and
Emotional learning

2. To let the parents
know how Byrne
Creek is working on
this goal

3. To get your
feedback and find
out what you want
to know



- How do our students communicate their emotions? *How can we help them communicate?*
- What is a student trying to communicate through their behavior? *Do we have a relationship with the student?*
- How can we possibly balance teaching all our curriculum AND self-regulation?
School Goal: We are working on it!

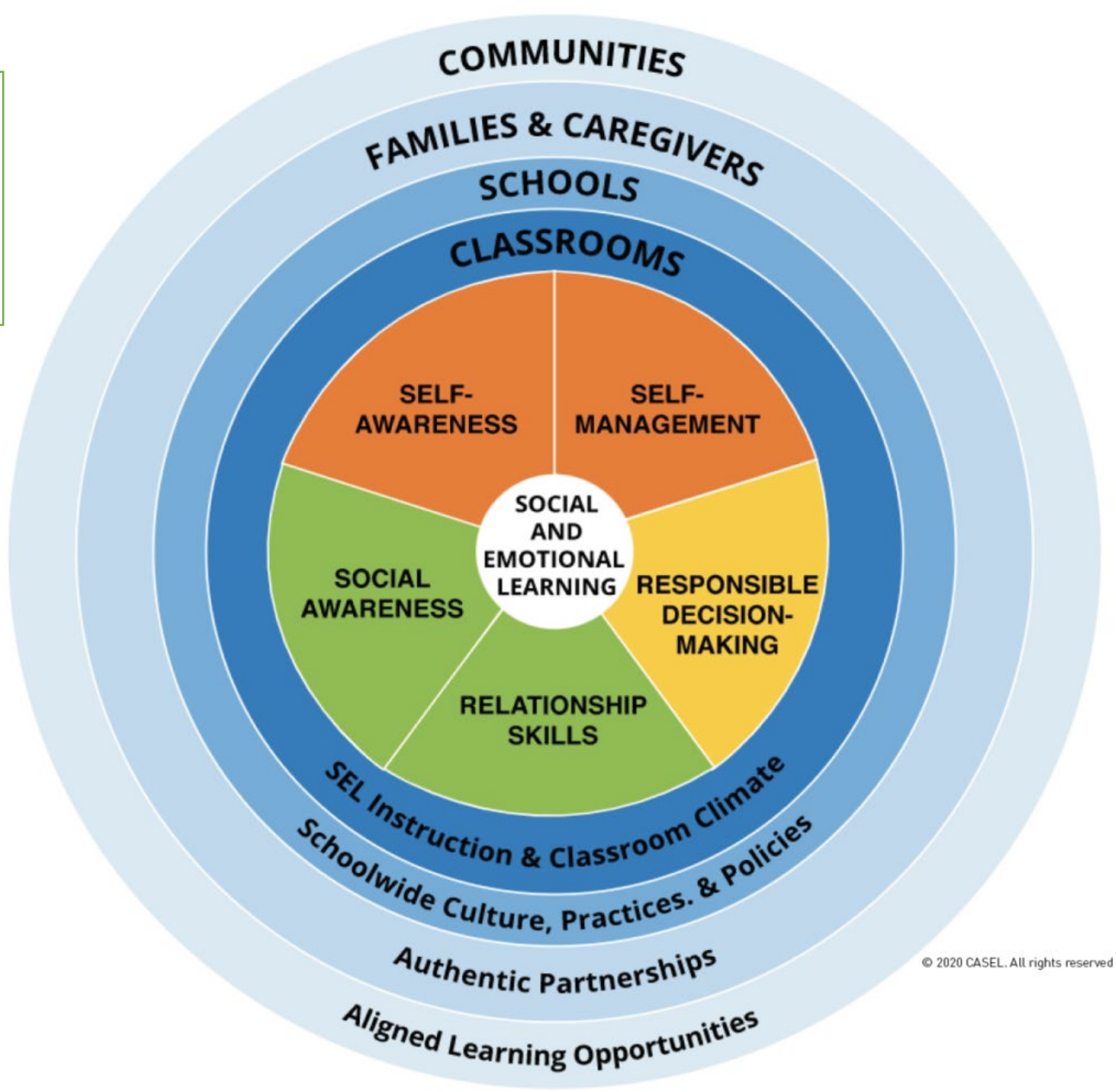
Incorporating SEL strategies as a school goal: Why?

This is not new...many versions of this concept at many Pro-D days

- Social emotional learning is about abilities – we can improve abilities
- Adults who can regulate emotions succeed in careers and relationships
- Kids perform better in school when they feel good about themselves
 - *38% of our students reported feeling worried about their future.*
 - *41% of our students reported they did not have much to be proud of, 2019 survey*

We should be creating joy within our classrooms

CASEL – *Collaborative for
Academic, Social, and
Emotional Learning*



Self-awareness – *How can we improve this for ourselves and students?*

• Mindfulness means
paying attention
in a particular way;
On purpose, in
the present moment,
and non-judgmentally

Jon Kabat

- Mindfulness

- Practice mindfulness – doing it ONCE is not the intention to create self-awareness
- Something goes wrong – reflect: Can we ask our students to do this with assignments. What steps did you follow to complete this assignment rather than Why did it all fall apart? Future forward attitude.
- Ask our students for feedback on the classroom/learning
- Internal and external process-are we aware of how other people view us? “Human’s of Byrne Creek” assignment.

Self-Management – How can we improve this for ourselves and our students?

- Help students plan assignments and study schedules - *Model*
- Allow students to take initiative – *project choice is available*
- Practice goal setting with our students
- Discuss what personal discipline looks like in our own life
- Model stress management techniques *Do we talk aloud our stress management techniques?*
- Set clear behavior expectations when in shared spaces
- *how is this going this year with such long classes?*

Simple Goal Setting Worksheet



The basics of setting and completing your goals

Name _____

Goal Start Date _____

My Goal is: _____

Goal Completion Date _____

Two things that will help me reach my goal

Steps to Reaching my goal:

1. _____

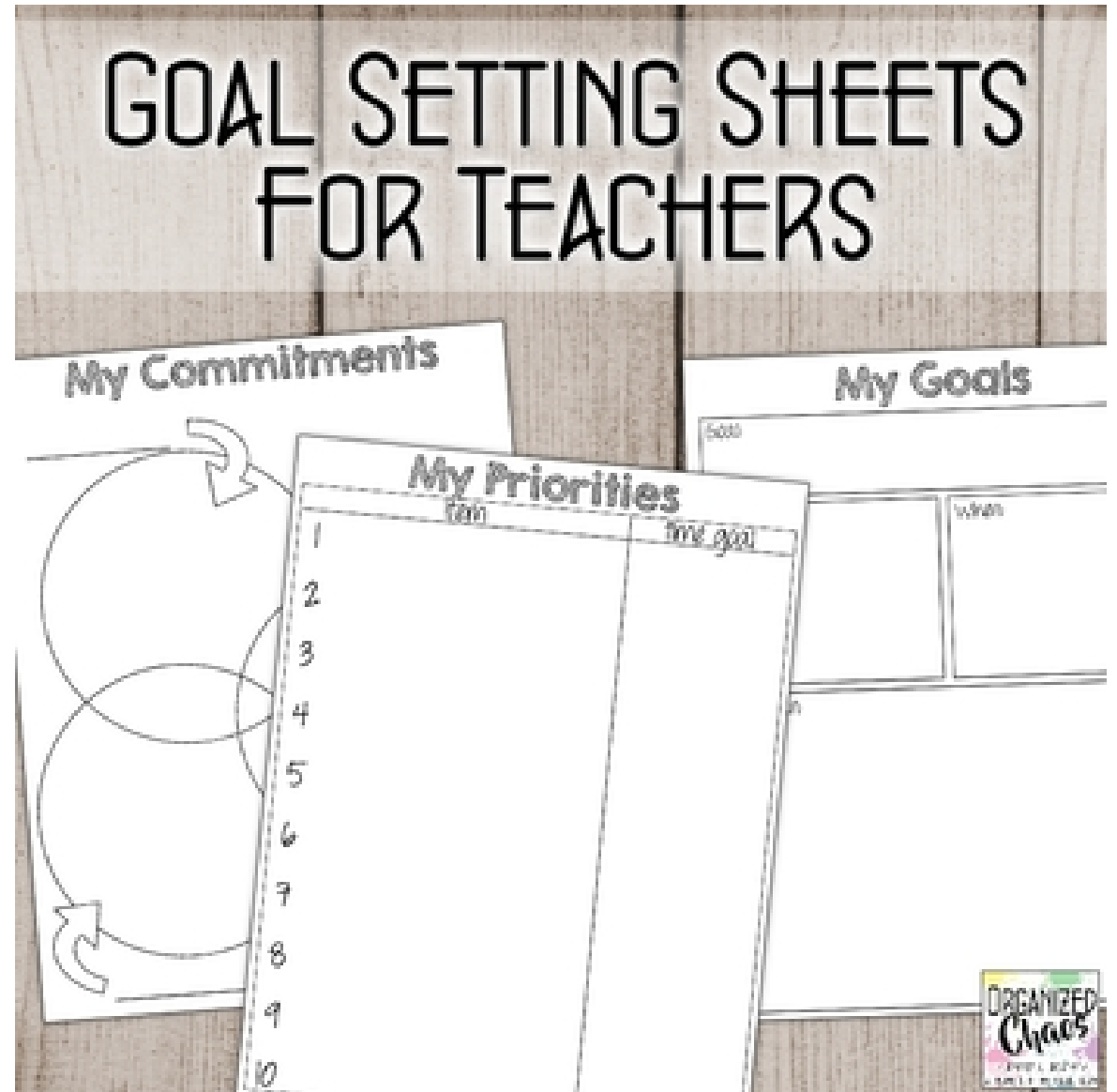
1. _____

2. _____

3. _____

4. _____

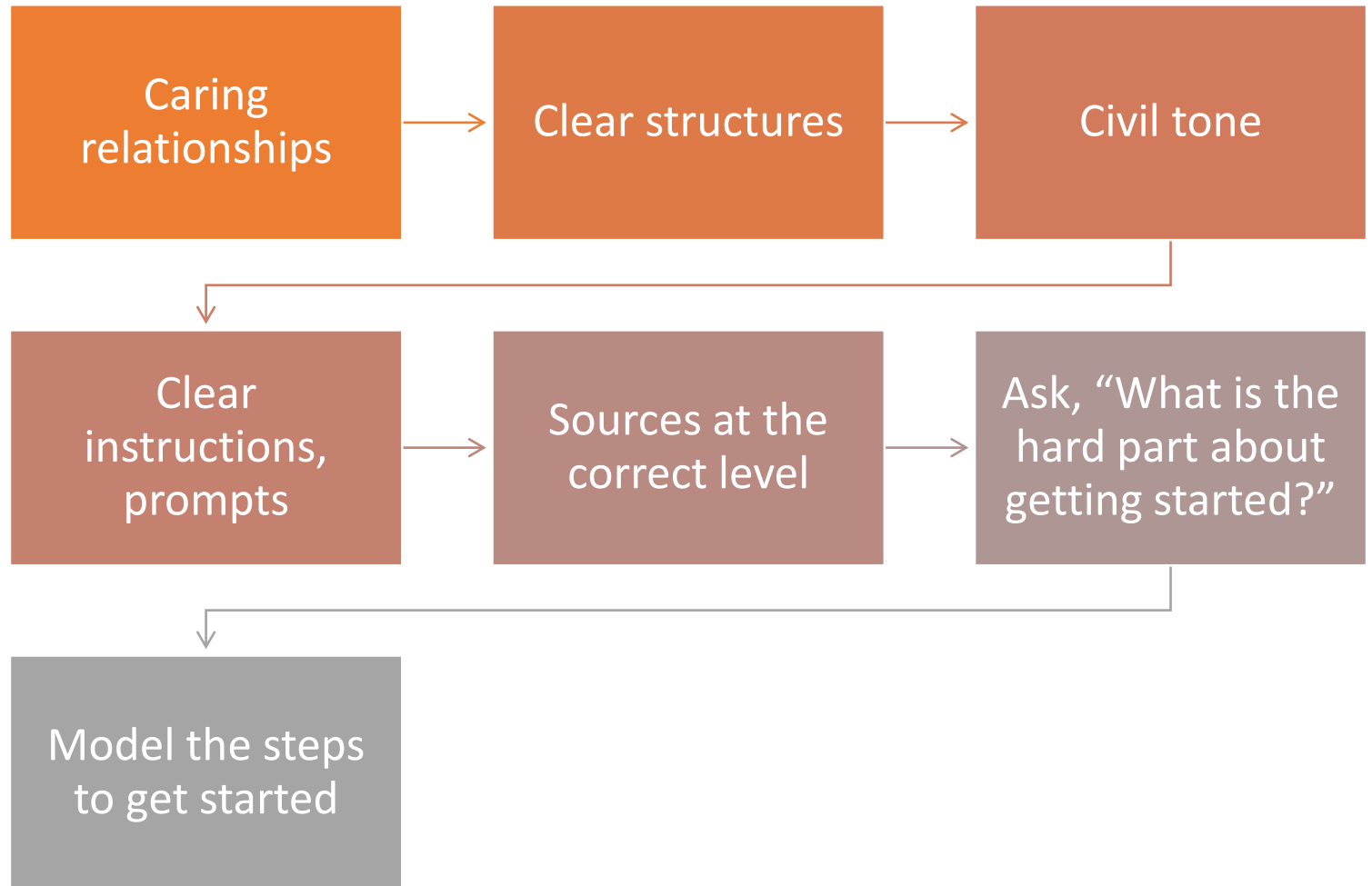
I will know I have reached my goal because: _____



Self-Management at Lunch



Perseverance what helps students keep going?



Relationship Skills – How can we improve this for ourselves and our students?

- Group work can be modelled and taught: share work load, share power, equal contributions
- Teach how to agree and respectfully disagree
- Healthy relationships mitigates against stress, illness, and increases longevity
- *Girls group/boys group*
- *Structured group assignments*
- *Staff bonding – find your people, mentors, support systems*
- *Covid-19 restrictions are tough on all our relationships*
- *Class circles, restitution circles* Jane
- *Extracurricular activities and sport – Halted for Covid-19 safety...What can we do?*

Empathy – helps teacher and student relationships

- Would/could you tell me a little more?
- Can you tell me what you need right now?
- Is there anything else you need to share?
- Let me see if I have this right?
- I'm not sure what to say right now, but I'm here to listen
- Would these prompts make a difference in a challenging moment? Goal: Create strong relationships

An adult sat out
in the open

Desk and two
chairs

What
happened?

Report out last year

How Can I help?

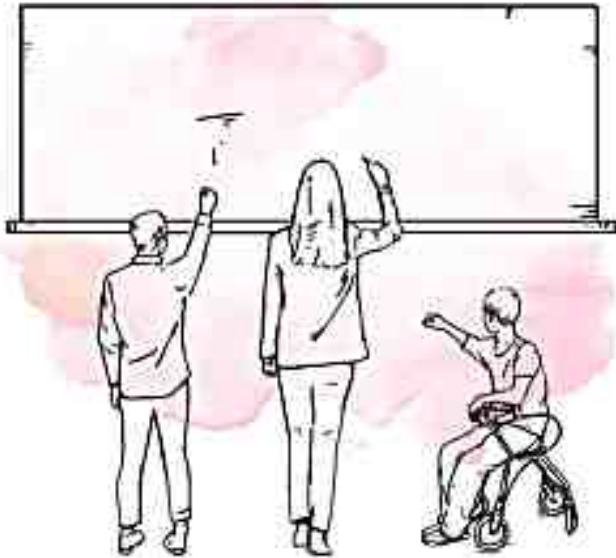
I have the time.

Responsible Decision Making – How can we improve this for ourselves and our students?

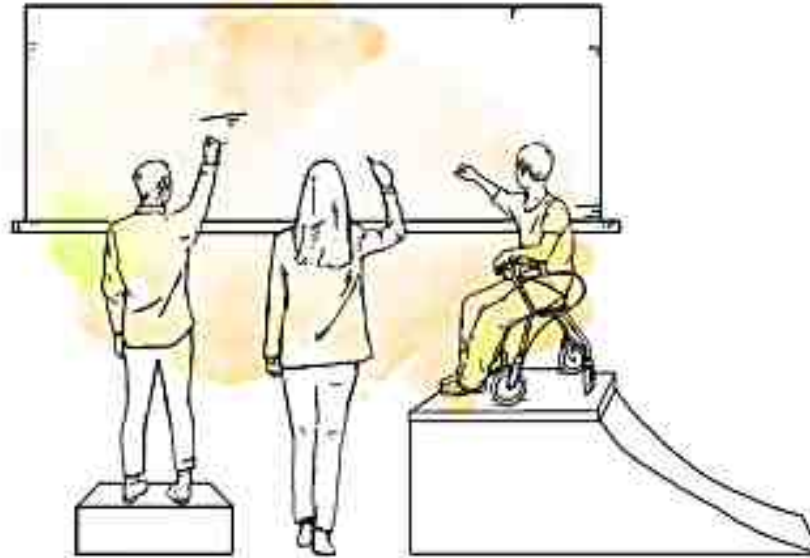
- Do not punish without reflecting on one's actions: what do I do now? Why did I do what I did? How did that make others feel?
- Think first: Slow down, count to 10, anticipate reactions
- Students do learn from consequences, this allows growth and opportunity – Restitution circles and mediation are sometimes available – Goal is to have more of this available for students
- CLC and independent projects begin with making a decision

Can we think of ways to make students emotional health more accessible?

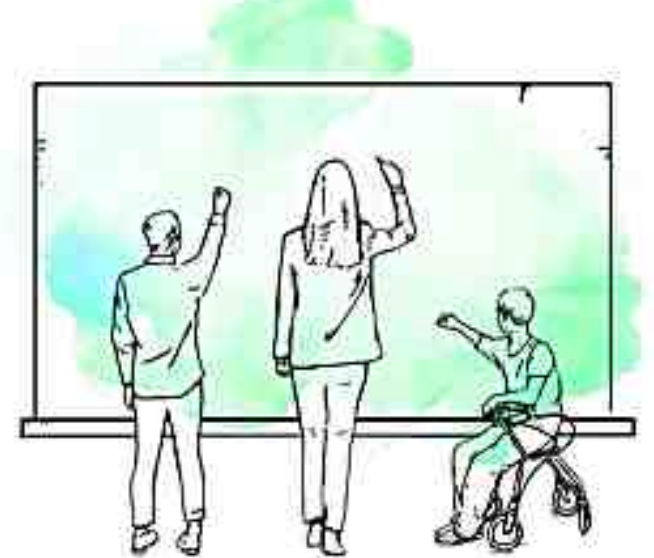
Equality



Accommodation



Accessibility



Impulse control and responsible decision making...

Teachers are trying a variety of methods to manage.
Report back on success or disaster!!!



Ways to Incorporate Social-Emotional Learning

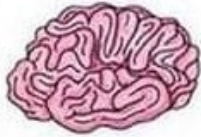
Model positive self-talk



Use journals to write about SEL skills



Help kids to build confidence



Practice mindfulness before tests



Hold class meetings to solve problems



Use teamwork to build community

Chart progress to show growth over time



Talk about thoughts and feelings



Have students reflect on growth



Use literature to build empathy



Highlight SEL skills throughout the day



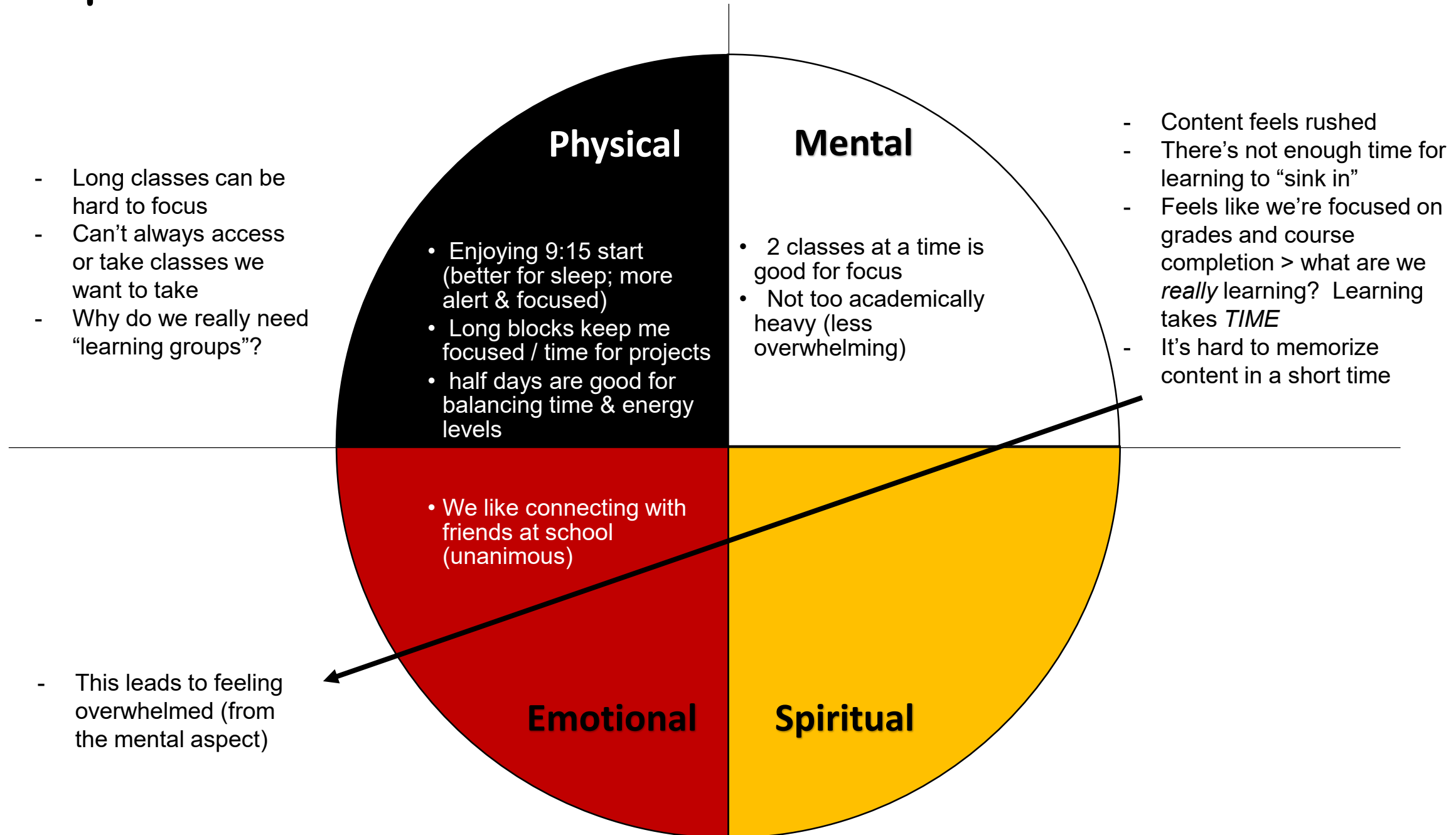
Celebrate diversity & acceptance of others

www.thepathway2success.com

Clipart by
Kate Hadfield

Connected,
self-aware and
self-regulated
students learn
better.

SS11 Explorations – feedback via Medicine Wheel: Are we balanced?



Student voice – how are students feeling about racial justice issues, prejudice, equity?

- Global issues club
 - Student forums
 - Anti-Racist Student Workshop last year – D Ferreira, S Prasad, Sara L
 - Student panels
-
- We would like to hear from our students

We have a collaboration group of teachers working together since May 2020, lead my Meana Mangat, PhD candidate.



What does it mean
to be an Anti-
Racist **Teacher**?





Forms

Discussion Topics/Feedback for Administration

1. What are you (staff member) willing to try/do within our practice to support student and staff well-being?

- *Mindfulness, self-awareness, empathy, assignment reflections, model positive self-talk, class meetings, goal setting embedded in assignments. Perhaps just continue SEL awareness, but share your strategies with colleagues.*

2. Share ideas and classroom strategies that might REMOVE accessibility blocks for students (around their Social and Emotional learning).

- *Brain breaks, timed focus work, clear structures, fair deadlines, Empathy*

Ongoing Strategies that to help kids/teachers feel well and learn. Let's try stuff and report back.

- Feel self-confident
- Recognize their strengths
- Persevere
- Manage stress/perceive situations from another perspective
- Save face
- Listen to each other with respect
- Set goals to finish work
- Control – self regulate
- Build in breaks

What would you like to know more about?

1.

2.

3.

4.

