

Adam Beck School Council Minutes

25 November 2021

6:30 to 8:30pm

Video Call

30

SCHOOL REPRESENTATIVES	EXECUTIVE	NON-EXECUTIVE
Ms Mavrou Mme Bettas-Protopapas	Julie Middleton Shannon Magennis Alex Ashton Christa Jay Jeff Jay Jeny Nussey Jennifer Starr Jenny Struyk Jinglan Yao Melissa Lanuza Michelle Grahman Paula Sherman Samantha North Teresa Miller Winnie Falkenstein	Michelle Weeks Laura Timms Melissa Lanuza Aaron McIntosh Emily Hutchinson Natalie Muccioli Jennifer Hall Emily Chan Heidi Visser Janice May Martha Miller Rebecca Naves Valia Reinsalu

Welcome

Shannon welcomed everyone.

Land Acknowledgement

Julie gave a land acknowledgement.

Minutes Review

MOTION: Shannon asked for approval of the October minutes. Julie proposed the motion and Jeff seconded the motion. As there were none that were opposed and no edits proposed, the minutes were passed.

Mindfulness Presentation by Janice May

- Setting boundaries important and saying no
- Showed Dan Harris video author of 10% Happier book
- Can't get rid of stress but can change how we react
- Meditation: Happify meditation 101 on Youtube
- We have 50,000-80,000 thoughts a day
- Examples of where to start eg. Deepak Chopra 21 days mindfulness challenge, Insight Timer app, books by Rick Hansen

Committee Updates

- Monsterbash – Aaron McIntosh – spent under budget on colouring contest. Participation across all grades for prizes, but lower than last year. Students dressed in different colour combinations in days leading up to Halloween.
- Rendez-vous Café – Julie - needs new lead, but possibly can't do anything this year.
- Stem – Julie - needs new lead, budget is in place, need some workshops set-up and work with teachers on existing ideas.

- Spirit – Christa Jay – spirit wear days and spirit gear. Staff appreciation was fun and good to do something in school again.
- School Cash online – Julie – thank you to everyone who has donated so far = \$5,400 raised and still open.
- Equity - Winnie - booked Rania facilitator for Mar 22 workshop for parents on raising interracial children. Looking to partner with Kimberley to pool resources and co-host.
- Visiting Artists – Jeny – Ms Panova found virtual authors visit available and offered to students. And Mme Bettas confirmed students were impressed.
- Holiday Party – Julie – typically happened in-person this weekend, but virtual again sending out emails about celebratory ideas and Black Dog café hosting colouring contest. Heidi Visser collecting list of local businesses and received special offers from local businesses for Adam Beck families.
- Adopt-A-Family – Melissa – supporting 1 senior through Centre 55 and 1 Adam Beck family – donation link is up. Offering 3 drop-off locations. Gift cards donated to Holiday Party being raffled off amongst all those who contribute. How to use Flip Give to buy gift card.
- Night on the Beach – Jenn – unlikely in-person event in the Spring will be possible. Looking for new ideas to fundraise. Do we keep this event? Julie to send out emails to classes.
- Garden – Natalie – over a hundred bulbs planted by volunteers (not able to do with students).
- Staff Appreciation – Mme Bettas expressed how pleased staff were by the treats and flowers.

Treasurer's Update

Jeff Jay gave update:

- Monsterbash colouring contest at Ella Minnow, School garden planters
- School cash donations still coming in.
- Staff appreciation – all achieved by volunteer support.
- Bank balance currently at \$24,495, but still more spending and fundraising to come.

Principal's Report

Ms Mavrou filling-in for Ms Scenna

- Virtual Remembrance Day assembly prepared by Mr. Mason and Ms Nason.
- Looking into bringing O Canada back to the announcements.
- School Budget 2021-2022 – allocated \$75,000 to distribute across school eg. technology etc. question about money line for field trips and events and where that money will go.
- School Improvement Plan Progress – student achievement, well-being, indigenous education goals.
- Mme Bettas – Executive Functioning Skills Required visual.
- Requests for switching between learning models of virtual/in-person deadline Dec. 3-Jan. 7.

New Business

-none

~End~