



Committee of
School Councils

Meeting Agenda

[Virtual Meeting: Zoom](#)

Wednesday, Nov. 3, 2021

6:30 p.m.

Time	Agenda	Presented by
6:30 p.m.	Opening remarks and welcome	Lesley Bowman, COSC Chair
6:32 p.m.	Roundtable introductions	All
6:37 p.m.	Additions to the Agenda and Agenda Approval	Lesley Bowman, COSC Chair
6:38 p.m.	Approval of Minutes: Oct. 6, 2021	Lesley Bowman, COSC Chair
6:40 p.m.	Board Report	Trina Boymook, EIPS Board Chair
6:50 p.m.	ATA Report	Deneen Zielke, president, ATA Local No. 28
7 p.m. 7:05 p.m. 7:10 p.m. 7:11 p.m. 7:12 p.m.	For Information <ol style="list-style-type: none"> Trustee Introduction ASCA update Caregiver Series: November Saffron Invitation: Sherwood Heights Junior High Sherwood Heights Junior High replacement school site 	Trina Boymook, EIPS Board Chair Jacquie Surgenor & Krista Scott, ASCA Directors Lesley Bowman, COSC Chair Lesley Bowman, COSC Chair Jacquie Surgenor, ASCA Director & COSC member
7:15 p.m. 7:35 p.m. 7:45 p.m. 7:50 p.m.	New Business <ol style="list-style-type: none"> School and RCMP Relationship COVID-19 Update School Council Grant EIPS Assurance Review: What is it and how to read your school's result 	Dale Kendall and Tom Sutton, Strathcona County RCMP Sandra Stoddard, Associate Superintendent Sandra Stoddard, Associate Superintendent Sandra Stoddard, Associate Superintendent
8:10 p.m. 8:20 p.m.	COSC Sharing <ol style="list-style-type: none"> How school councils can best support students, teachers and administrators How-to tips on boosting school council engagement 	Lesley Bowman, COSC Chair Lesley Bowman, COSC Chair

Handouts

COSC Minutes: Oct. 6, 2021

Board Highlights

Caregiver Series

Saffron Invitation

School and RCMP Relationship: Presentation

Next Meeting:

Wednesday, Jan. 5, 2022

virtual meeting



UNRATIFIED

MEETING MINUTES

Elk Island Public Schools, virtual meeting

Oct. 6, 2021 | 7 p.m.

In Attendance

SCHOOL COUNCIL EXECUTIVE

Chair: Lesley Bowman, Pine Street Elementary

Vice-Chair: Devon Marshall, SCA Elementary

Secretary: Michelle Uytterhagen, Fultonvale Elementary Junior High

Jacque Surgenor, Salisbury Composite High & Sherwood Heights Junior High
Brian Vick, Brentwood Elementary
Sara Witholt, Heritage Hills Elementary & Woodbridge Farms Elementary

SCHOOL COUNCIL MEMBERS

Ken Allan, A.L. Horton Elementary
Jackie Anderson, Ardrossan Junior Senior High
Heather Bayne, Ardrossan Junior Senior High
Leanna Bechtel, École Parc Élémentaire
Aileen Bozic, SCA Secondary
April Childs, Lakeland Ridge
Nadine Fricke, James Mowat Elementary
Cara Kern, Pine Street Elementary
Lori Lehman, Woodbridge Farms
Courtney Liddle, Win Ferguson Elementary
Theresa MacKenzie, Westboro Elementary
Natalie Manuel, Fort Saskatchewan Christian
Tracey Nielsen, Clover Bar Junior High
Krista Scott, Bev Facey Community High, Fultonvale Elementary Junior High & SCA Secondary
Jacqueline Shotbolt, École Parc Élémentaire
Sheena Singleton, Sherwood Heights Junior High

ELK ISLAND PUBLIC SCHOOLS BOARD OF TRUSTEES

Trina Boymook, Chair
Colleen Holowaychuk, Vice-Chair
Randy Footz, Trustee
Annette Hubick, Trustee
Don Irwin, Trustee
Jim Seutter, Trustee
Harvey Stadnick, Trustee

ELK ISLAND PUBLIC SCHOOLS

Mark Liguori, Superintendent
Deneen Ziekle, ATA Local No. 28 President
Ryan Marshall, Director Instructional Supports
Tracey Arbuthnott, Principal Pine Street Elementary
Keri Busenius, Principal A.L. Horton Elementary
Corrie Fletcher, Communications

CALL TO ORDER

The meeting was called to order at 6:30 p.m.

COSC ORGANIZATIONAL MEETING

Past COSC Chair Lesley Bowman called the election for the position of Chair for the 2021-22 school year. Lesley Bowman was acclaimed Chair. Bowman then called the election for the position of Vice-Chair and Secretary for the 2021-22 school year. Devon Marshall was acclaimed Vice-Chair and Michelle Uytterhagen acclaimed the secretary.

MOTION | To accept the nominations for the Chair and Vice-Chair as nominated.

MOTION CARRIED

COSC PLANNING

Members agreed to:

- Hold COSC meetings on the first Wednesday of the month—October, November, January, February, March, April and May.
- For the time being, hold meetings virtually, using the platform ZOOM. COSC will review meeting location when COVID-19 restrictions lift.
- The meeting time: 6:30 p.m. to 8:30 p.m.

AGENDA

COSC Chair Bowman called for additions or deletions to the agenda.

MOTION | The agenda be adopted, as circulated.

MOTION CARRIED

APPROVAL OF MINUTES

COSC Chair Bowman called for approval of the May 5, 2021 meeting minutes.

MOTION | The minutes be approved, as circulated.

MOTION CARRIED

Board Report

Board Chair Trina Boymook presented the Board report.

HIGHLIGHTS

- Over the summer, the Board met various times to discuss EIPS' operations plan and guidelines. It also held special board meetings to discuss the Division's masking protocol—on August 18 and September 2.
- On September 15, the province introduced masking requirements for students in all Alberta schools. Shortly after, it released updated guidance documents for schools. All EIPS families received an email from the Division highlighting the changes. As well, if Alberta Health Services declares an outbreak at a school, extra public-health measures are needed and put in place. The Board's No. 1 priority is the health and safety of all students and staff.
- To support students negatively affected by the pandemic, the Board allocated additional dollars to cover related costs. Specifically, reserve spending increased by \$2.65 million to account for COVID-19 costs—personal protective equipment, enhanced custodial services and Home Education. As well, the Division launched two new initiatives, each earmarked with \$500,000. The first is a Focus on Learning Loss project. Schools have put together comprehensive plans that address achievement gaps resulting from the disruption in learning last year. The second initiative focuses on student social and emotional well-being by providing resources and supports to those impacted by the pandemic.
- The Board plans to apply to access a portion of the \$45 million set aside by Alberta Education to address learning achievement gaps for students in grades 1-3.
- National Day for Truth and Reconciliation is now recognized federally as a national holiday. The day's intended to remind Canadians about the history of residential schools, remember the victims and honour the survivors. To mark the actual day, the Board of Trustees declared it a divisionwide school-closure day.
- Recently, the Board submitted a letter to the Minister of Education outlining EIPS' concerns with the new draft K-6 curriculum, recommendations on how to improve it and areas that need addressing before it's implemented in schools.

- At the September 20 special Board meeting, trustees approved increasing its reserve use from the Division Unallocated Reserve. The Division will use the additional funds, up to \$325,000, to maintain its Student Transportation services for EIPS riders.

COMMENTS AND QUESTIONS

Question: Was the Transportation Fee Schedule a factor in the reduced ridership?

Answer: The Director of Student Transportation reported to the Board the primary reason for the reduced ridership is COVID-19.

ATA Report

ATA Local No. 28 President Deneen Zielke presented the ATA report.

HIGHLIGHTS

- Zielke shared with members many teachers are being pressured by families to volunteer and run extracurricular activities for students.
- She asked for understanding and provided background and context about why adding extracurricular activities is a difficult task for many teachers right now—the current teaching reality, information about the last 12 months and public-health restrictions.
- She asked members to raise the concern at their school council meetings. The goal: To support teachers and avoid more stress for staff who are doing their best during a challenging time.
- The full report was emailed to all members subscribed to the EIPS COSC Email Distribution List.

For Information

ASCA UPDATE – Krista Scott and Jacquie Surgenor, COSC members and ASCA Board directors

- The grant to fund Alberta School Council Association (ASCA) was cut by 75 percent last year. As of last weekend's board meeting, ASCA still doesn't know if it has a grant this year. The Board of Directors discussed what it looks like and remains sustainable with this reduction—\$130,000 is projected from membership fees. ASCA will provide sessions at \$100 per session to member school councils. The ASCA Board is looking at making some severe and difficult decisions. The Minister of Education has given each school council \$500 to encourage parental engagement.
- School councils are encouraged to sign up for the Engagement Taskforce to help ASCA gather information. The information collected gives ASCA direction for its advocacy efforts. Registration is annual.
- The EIPS Board of Trustees paid the membership fee for each EIPS school council. ASCA created a members-only section on its website. All EIPS school councils have access to it—accessed by email. Krista Scott encourages members to use a separate school council email, instead of a personal email. The members-only site's assigned to the email provided. As a member, you have access to certain content.

MUNICIPAL ELECTION – Lesley Bowman, COSC Chair

- Bowman shared information on where to find information about the trustee elections. She encourages everyone to share the information and get the communities involved. For more information visit:
 - [EIPS' Trustee Election 2021](#)
 - [Elk Island Elections](#)

OPERATIONAL PROCEDURES – Lesley Bowman, COSC Chair

- The [COSC Operational Procedures](#) are available on the EIPS website and the [COSC Facebook page](#).

CAREGIVER SERIES UPDATE – Lesley Bowman, COSC Chair

- The [October Caregiver Series](#) schedule is now available.
- Offered through Alberta Health Services, the sessions are informative and valuable.
- Bowman encouraged members to review the [October Caregiver Series](#) calendar.

SAFFRON CYBER SECOND – Lesley Bowman, COSC Chair

- The October issue of the [Saffron Cyber Second](#) is now available.
- The newsletter offers tips, tools and strategies to help ensure healthy and safe online experiences.
- Consider distributing the issue in a school council newsletter, the school newsletter or on social media.

New Business

COVID-19 UPDATE – Superintendent Mark Liguori

- An issue around COVID-19 for the Board and Division is managing expectations. To help with this, the Division developed operational guidelines.
- Up until today:
 - Schools are dependent on families to let them know if a child tests positive for COVID-19. The Division's data is based on that information.
- COVID-19 data is self-identified and reported by parents. The difference between last year and this year: In 2020-21, the direction from the province was black and white, with clear guidelines on how to operate. This year, the direction isn't clear, so school divisions aren't doing the same thing, making it difficult for families to navigate.
- Between September 1-30, 231 COVID-19 cases were reported to EIPS—that's around the same number as infectious COVID-19 cases reported over all of last year to EIPS.
- Alberta Health Services (AHS) will post the [status of every school](#) in the province. On October 12, AHS will begin releasing information about COVID-19 cases in school. If a student tests positive but wasn't infectious while at school, it won't be reported, and the Division won't be notified. If a student tests positive for COVID-19 and was infectious at school, AHS will report the case to the Division and post it online if there is more than one case in a 14-day period.
- The Division doesn't have a lot of information about the rapid testing initiative. Starting late October, the province plans to offer a targeted rapid-testing program for elementary schools experiencing outbreaks. Testing is voluntary and administered at home by a family member. The initiative is voluntary and offers an added screening tool for asymptomatic individuals.
- Families will receive information on the parameters of what is an alert status and outbreak status—AHS is changing the parameters around that.
- The at-home learning will only occur in a single classroom—if there are three or more infectious cases in a class within a five-day period. The at-home learning will last for 10 calendar days. During this time, students will transition to Brightspace, the Division's online learning platform.
- At the end of November, AHS will take over contact tracing. There is a lot of work the Division must take on to do the contact tracing until AHS steps in.
- Students are not required to quarantine if they are a close contact of a COVID-19 case.

COMMENTS AND QUESTIONS

Question: Will EIPS receive information about numbers of students who get, with parental consent, COVID-19 vaccinations within EIPS schools? Curious if AHS will inform the Division on of how many participants there are?

Answer: The only information that is accurate is from Strathcona Health Centre. EIPS doesn't have access to that information.

EIPS OPERATIONS GUIDELINES – Superintendent Mark Liguori

- The EIPS Operations Guidelines is a living document and updated regularly, when the Division receives new information. The purpose of the guidelines is:
 1. To do everything possible to keep children in school and learning. The worst thing that could happen is going to an out-of-school learning situation. For students to be successful, they need more real-life experience—working, writing exams, such as diploma examinations. EIPS wants to ensure students receive as much real-life experience in school as possible.
 2. To ensure everyone under the EIPS umbrella stays healthy. EIPS wants to avoid what happened last year, in terms of the suspension of in-school learning. The guidelines help ensure staff remain healthy and there is enough staff to keep classes in person.

COSC Engagement

ENGAGE WITH THE EIPS BOARD ON THE NEW DRAFT K-6 CURRICULUM – Board Chair Trina Boymook and Ryan Marshall, the director of Instructional Supports

- The province plans to implement the draft K-6 curriculum in September 2022.
- The Alberta School Board Association (ASBA) received a grant from the Minister of Education to engage trustees on the curriculum—the report is due January 7.
- ASBA has several engagement sessions planned—the first one is on October 12. The Minister of Education also encourages trustees to continue with the engagement and collect feedback from families as well.
- There are a number of focus areas.
- Chair Boymook will share the feedback from COSC members with ASBA.
- Ryan Marshall led the conversation and initially asked:
 1. What would you like to see in the new draft curriculum?
 2. What are your hopes that the new curriculum will provide for your children?
- Everyone was given the opportunity to provide feedback on what came to mind for each question.
- Marshall encouraged everyone to take the questions back to their school councils and receive feedback. Members can amalgamate the feedback and send it to [Corrie Fletcher](#).

MEETING ADJOURNED AT 8:43 P.M.

Next COSC Meeting

DATE: Nov. 3, 2021

TIME: 6:30 p.m. to 8:30 p.m.

LOCATION: Virtual meeting, link available in the November agenda

OCT. 28, 2021

Chair's Report

RECENT EVENTS

Board Chair Trina Boymook highlighted some recent events:

- On October 4-8, Elk Island Public Schools (EIPS) celebrated Read In Week, a divisionwide initiative that takes place annually to promote a lifelong love of reading in students. Chair Boymook took part by recording three book readings for both elementary and secondary students.
- On October 6, Chair Boymook and trustees attended the first Committee of School Councils' (COSC) meeting of the year. She thanked the Chair, Lesley Bowman, for her exceptional work leading the group and looks forward to another great year of discussions with COSC members.
- On October 12, Chair Boymook attended an Alberta School Boards Association (ASBA) Board Chairs meeting. The focus: an engagement session on the new draft K-6 curriculum—the first of three. Chair Boymook shared feedback from EIPS staff, families and an area-expert consultant about what needs to change in the draft curriculum.

Superintendent's Report

RECENT EVENTS:

Superintendent Mark Liguori highlighted some recent events:

- On October 4-8, schools across the Division celebrated Read In Week 2021. The theme this year was "To Each Their Own Story." Throughout the week, students shared their favourite books, told stories and learned how stories have the power to teach lessons, broaden perspectives and foster empathy. Superintendent Liguori also participated by recording two book readings. One for early learners and another for junior high students. Next year, he hopes the Division can return to in-person readings.
- On October 5, EIPS celebrated World Teachers' Day. He thanked all EIPS teachers for the outstanding work they continue to do day after day.
- On October 6, Superintendent Liguori attended the first COSC meeting of the year. He's looking forward to another great year working with Chair Bowman and all the school council chairs who make up COSC.

Association and Local Reports

ASBA ZONE 2/3 MEETING

Trustee Colleen Holowaychuk presented highlights from the Alberta School Boards Association (ASBA) Zone 2/3 meeting held on September 24. Members:

- reviewed the zone's 2021-22 draft budget—being approved in early November;
- reviewed the proposed bylaw changes—including changing the name bylaws to operating procedures; and
- heard reports from ASBA's directors, President, CEO and Advocacy Committee.

The next meeting takes place on November 5.

ATA LOCAL REPORT

The Board received for information the Alberta Teachers' Association (ATA) Local No. 28 report from President Deneen Zielke:

- On behalf of the Local's executive team, Zielke congratulated trustees on their successful campaigns. She looks forward to meeting in person and working together over the coming years.
- The ATA and Alberta School Councils' Association have joined forces to launch a new Stand for Education campaign. Families and teachers across Alberta are working together and lobbying the province to put children first in the public education system—by making necessary changes to the draft K-6 curriculum and funding manual. To learn more visit standforeducation.ca.

New Business

MODULAR CLASSROOM REQUEST: 2022-23

The Board directed EIPS administration to request funding from Alberta Education to address needed changes to several modular classroom units in the 2022-23 school year. If approved, the Division will:

- relocate three modular classroom units to SouthPointe School from Fultonvale Elementary Junior High—to accommodate its growing student population;
- replace three modular classroom units at James Mowat Elementary with four new modular units—to address ageing infrastructure and the growing student population; and
- demolish three modular classroom units at Uncas Elementary.

EIPS expects a decision from the province in early 2022.

Committee Reports

STUDENT EXPULSION COMMITTEE

The Board received for information reports from four Student Expulsion Committee meetings held on September 23, October 4 and October 26. The committee reviewed all relevant information and upheld the recommendations put forward.

Reports for Information

UNAUDITED FINANCIAL REPORT

The Board received for information the Unaudited Financial Report for the 2020-21 school year—September 1 to August 31. The Division ended the 2020-21 school year with an overall operating surplus of \$6.11 million, which the Division has carried forward to the 2021-22 school year. The full report is available at eips.ca (see page 33, "[Unaudited Financial Report](#)").

UNAUDITED ACCUMULATED SURPLUS

The Board received for information the Unaudited Accumulated Surplus Report as of Aug. 31, 2021. The Division's accumulated surplus totals \$24.37 million, which includes investment in Board funded tangible capital assets (\$6.32 million); unrestricted surplus, operating reserves (\$16.86 million); and capital reserves (\$1.19 million). Included in the operating reserves is the Division Unallocated Reserve, which EIPS maintains to cover emergent issues, price fluctuations and stabilize funding in the future. The Division Unallocated Reserve is at \$13.43 million. The full report is available at eips.ca (see page 51, "[Unaudited Accumulated Surplus at Aug. 31, 2021](#)").



BOARD HIGHLIGHTS

EIPS ENROLMENT: 2021-22

The Board received for information the Division's Enrolment Report for the 2021-22 school year. Enrolment numbers were collected from the PowerSchool database on Sept. 29, 2021. In total, 17,124 students are registered within EIPS—an increase of 155 students from fall 2020.

Trustee Reports

Trustees shared information and highlighted recent events:

- **Vice-Chair Colleen Holowaychuk** took part in the October COSC meeting, regular school council meetings and Read In Week by recording a book reading for elementary students. She also welcomed EIPS' four new trustees and looks forward to working with them.
- **Trustee Randy Footz** virtually attended the October COSC meeting, and school council meetings for A.L. Horton Elementary and Vegreville Composite High—both were well attended. He also took part in a farewell dinner for the four trustees no longer with the EIPS Board. He then welcomed EIPS' four new trustees and looks forward to working will them.
- **Trustee Ralph Sorochan** thanked and commended the Division for its work with the trustee election and communicating information to candidates. He also thanked his fellow trustees and administration for their warm welcome and for making the transition as smooth as possible.

Board Organizational Meeting: October 28

NOMINATION OF CHAIR AND VICE-CHAIR

The Board held an organizational meeting, which included nominations and elections for the Chair and Vice-Chair positions. For the 2021-22 school year, Trustee Trina Boymook was elected the Chair, and Trustee Colleen Holowaychuk was elected the Vice-Chair. Both individuals will lead the Board of Trustees throughout the 2021-22 school year.

2021-22 BOARD MEETING SCHEDULE

The Board approved the regular Board of Trustees Meeting Schedule for the 2021-22 school year (see pg. 16, "[2021-22 Board of Trustees Meeting Schedule](#)").

2021-22 BOARD COMMITTEES AND REPRESENTATIVE APPOINTMENTS

The Board reviewed the 2021-22 Board Committees and Representative Appointments list. Individual trustees were asked to indicate to the Chair the committees they want to serve on. The Board will approve the finalized list during the Board meeting on Nov. 25, 2021.

Board Members

Trina Boymook, *Chair* | Colleen Holowaychuk, *Vice-Chair* | Cathy Allen | Randy Footz | Don Irwin | Susan Miller | Jim Seutter | Jacqueline Shotbolt | Ralph Sorochan

FOR MORE INFORMATION CONTACT:

Trina Boymook, *Board Chair* | P 780 417 8101

Laura McNabb, *Director, Communication Services* | P 780 417 8204

www.eips.ca | Twitter: [@eips](#) | Facebook: [elkislandpublicschools](#)

Caregiver Education Team Newsletter

November 2021



AHS, in collaboration with [The Mental Health Foundation](#), is proud to offer FREE online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Caregiver Education Session

Test Anxiety Strategies for Success
Monday, November 1
6:00 – 7:30 pm

Mindfulness Benefits for the Whole Family
Thursday, November 4
6:00 – 7:30 pm

Understanding Autism
Thursday, November 18
6:00 – 7:30 pm

Parenting Strategies that Promote Mental Health
Monday, November 22
6:00 – 7:30 pm

Body Image and Eating Disorders
Thursday, November 25
6:00 – 7:30 pm

**Parenting Teens in the 21st Century
Respectful Limit Setting with Adolescents**
Monday, November 29
6:00 – 7:30 pm

Lunch & Learns

Understanding Anxiety Series

Part 1: An Introduction
Tuesday, November 2
12:00 – 1:00 pm

Part 2: Calming Our Bodies
Tuesday, November 16
12:00 – 1:00 pm

Part 3: Settling Our Minds
Tuesday, November 23
12:00 – 1:00 pm

Part 4: Overcoming Avoidance
Tuesday, November 30
12:00 – 1:00 pm

**More than Just a Bad Day
Understanding Depression in Adolescents**
Wednesday, November 3
12:00 – 1:00 pm

Sessions at a Glance

Drop-in Series

SEEDS Growing Together

Supporting Your Child with Structure and Routine
Wednesday, November 3
6:00 – 7:30 pm

Managing Meltdowns and Shutdowns
Wednesday, November 17
6:00 – 7:30 pm

Helping Our Kids Figure Things Out
Wednesday, November 24
6:00 – 7:30 pm



Mental Health Foundation

Alberta Health Services
Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

November 2021



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Test Anxiety

Strategies for Success

Does your teen prepare for exams only to freeze up during the test? Test and performance anxiety are very common among students. This session will help teens learn how to succeed despite their anxiety and help caregivers support their teens to reduce test anxiety.

Date: Monday, November 1, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers and teens (grades 7-12) to attend together.

Mindfulness

Benefits for the Whole Family

This session will explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in children, teens, and parents.

Date: Thursday, November 4, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

Understanding Autism

In this introduction to Autism Spectrum Disorder (ASD) participants will learn how ASD affects the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

Date: Thursday, November 18, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12 for adults only.

Parent Feedback:

“This session was interesting and well delivered. The speakers were both great and kept my attention. I liked the interactive nature of the presentation.”

“Thank you - this session was so great!”

“The interactive aspect with questions and polls was appreciated.”



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

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Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Date: Monday, November 22, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

Body Image and Eating Disorders

Struggles with self-esteem, body image and weight control are a common concern for both girls and boys. This session will explore some of the reasons behind these struggles, provide information on disordered eating and eating disorders, as well as discuss strategies for supporting teens towards healthier perspectives and habits.

Date: Thursday, November 25, 2021

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12 for adults only.

Parenting Teens in the 21st Century Respectful Limit Setting with Adolescents

In these sessions, we will explore the challenges of being a teenager and the importance of the parent/teen relationship. We will continue to look at ways to increase communication and understanding around healthy boundaries with your teen.

Date: Monday, November 29, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades 7-12; for adults only.

Parent Feedback:

“Really interesting session presented in a kind and thoughtful way. Thank you!”

“Thank you so much for your time and presenting. This session went way beyond my expectations.”

“I attend a lot of these sessions and what I really enjoyed most... is that you didn't just talk about things, you offered practical, easy-to-use techniques.”



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Lunch & Learn Webinars

These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented as a series, sessions, participants can attend one or all sessions.

More than Just a Bad Day: Understanding Depression in Adolescents

This session will help caregivers increase awareness about adolescents who might be experiencing sadness and depression. Strategies for support will be discussed.

Date: Wednesday, November 3, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades 7-12; for adults only.

Understanding Anxiety Series

These sessions will help caregivers better understand the difference between their child's normal worries and anxiety that is no longer productive. Signs that a child or adolescent is experiencing problems with anxiety will be discussed and strategies for reducing the body's stress responses, negative thinking traps, and anxious behaviours will be shared.

Part 1: An Introduction

Date: Tuesday, November 2, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Part 2: Calming Our Bodies

Date: Tuesday, November 16, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Part 3: Settling Our Minds

Date: Tuesday, November 23, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

Part 4: Overcoming Avoidance

Date: Tuesday, November 30, 2021

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

November 2021

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback:

“As a parent, this presentation helps to give me the language to talk about anxiety with my daughter that she can understand. Some of the exercises have proven useful and I feel I have some resources and direction to help navigate her (and my) anxiety.”

“The presenters were highly prepared for the session, it was a pleasure to listen to them. The best presentation I attended so far. Thank you!!”



Mental Health Foundation



For more information, visit www.cyfcaregivereducation.ca

Drop-in Series

November 2021

SEEDS Growing Parenting Skills

The Support, Education, and Engagement Drop-In Sessions (S.E.E.D.S) are 90-minute drop-in online interactive workshops for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's social and emotional development. Caregivers will receive practical information, share tips, and participate in group discussion.

Supporting Your Child with Structure and Routine

Providing structure and routine is one of the most effective means of promoting healthy development in our children. Learn how to use these strategies in your home and how to assist your child in daily transitions.

Date: Wednesday, November 3, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

Managing Meltdowns and Shutdowns

This session is designed to help parents understand the brain science behind a child's meltdowns and shutdowns and strategies we can use to help regulate our minds and bodies.

Date: Wednesday, November 17, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

Helping Our Kids Figure Things Out

Do you find that your child struggles to find solutions when problems arise? This session will show you some simple steps for breaking down problems and finding solutions with your children.

Date: Wednesday, November 24, 2021

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Parent Feedback

“Thank you very much, I will really like to see this seminar again with my friends.... It was very helpful. Thank you very much!”

“I thought the topic was a great one and the presentation was completed in a manner that was engaging and easy to understand.”

“Thank you for all your amazing seminars, that help me a lot and my family.”



Mental Health Foundation



Children, Youth & Families
Addiction & Mental Health

For more information, visit www.cyfcaregivereducation.ca



SAFFRON
CENTRE

BYSTANDER INTERVENTION

FOR SEXUAL ASSAULT AND
HARASSMENT

THURSDAY, NOVEMBER 4TH

7:00PM-9:00PM

JOIN VIRTUALLY WITH THE ZOOM LINK BELOW

**Learn why
intervention isn't
an easy task.**

**Understand what
real intervention
looks like.**

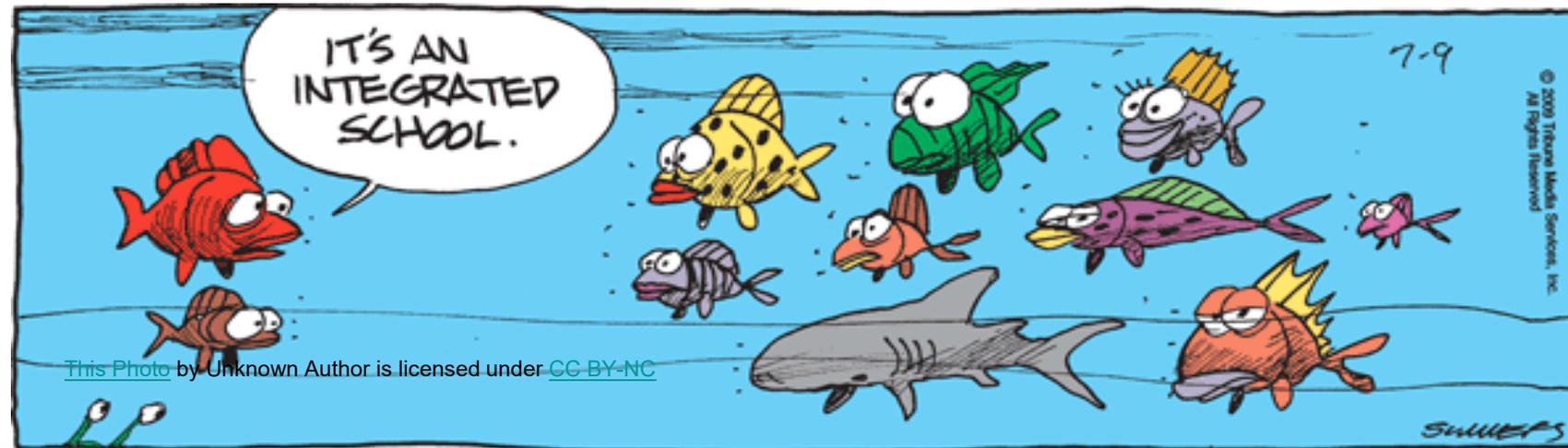
**Equip yourself with
skills to intervene
when necessary.**

*For more information please email
jessica.moen@elps.ca or
ryanc@saffroncentre.com*

ZOOM LINK:
[HTTPS://US02WEB.ZOOM.US/J/89409061200?](https://us02web.zoom.us/j/89409061200?pwd=QVBIZU9YWNLTBKf2SMFTBWJHUFKRQT09)
[PWD=QVBIZU9YWNLTBKf2SMFTBWJHUFKRQT09](https://us02web.zoom.us/j/89409061200?pwd=QVBIZU9YWNLTBKf2SMFTBWJHUFKRQT09)

School / Law Enforcement Relationships

Schools / RCMP / Enforcement Services



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SRO Program

- 5 School Resource Officers (SRO) working co-operatively with school administration, staff, students, parents, and the community
- Proactively identify and address school concerns and build relationships between communities, schools and the police
- Provides a valuable link to existing Strathcona County Family and Community Services staff working with parents and students to share community-based supports and resources
- The program falls under the reintegrated Community Policing Unit. The SRO's will also be responsible for community policing initiatives such as community presentations, red serge requests and police presence at community events



School Patrols

- Speed Enforcement
- Traffic Control
- Parking Concerns
- Safety Presence
- Build Relationships with Community



D.A.R.E.

- Encourages Communication with Students and Parents
- Build Relationships with Law Enforcement
- Increased Peer Resistance
- Reduce Substance Abuse



Violence Threat Risk Assessment (VTRA)

1. Incident Screening
2. Site Specific VTRA Team Activation
3. Immediate Risk Reducing Plan Developed and Implemented



County / School Initiatives

- Strathcona County School Traffic Safety Partnership (STSP)
- AMA School Safety Patrols
- Traffic Safety Plans
- Traffic Signage
- Crosswalk Signage
- Round-a-Bouts
- All Day School Zones
- Red Light Bus Safety



Information Links

- Strathcona County - <https://www.strathcona.ca/>
- RCMP / Enforcement Services - <https://www.strathcona.ca/council-county/administration/departments/rcmp-and-enforcement-services/>
- School Traffic Safety Partnership - <http://www.schooltrafficsafety.com/>
- D.A.R.E. - <https://dare.org/d-a-r-e-canada/>
- VTRA - <https://www.nactatr.com/vtra.html>