

PARENT INVOLVEMENT COMMITTEE MEETING MINUTES – November 16, 2023

Roll Call:

Members:	Staff:
<p>V. Wood, Co-Chair and Sydenham HS M. Glassford, Co-Chair (excused) S. Bradley, Outgoing Co-chair and 2SLGTBQIA+ Focus Group M. Rickey, Bayridge PS T. MacDonald, Centennial PS M. Chapman, Ernestown SS C. Wither, Frontenac SS M. Hudson, LCVI/Calvin Park PS SA Taylor, Loughborough PS C. Innocente, Maple ES M. Foster, Module de l'Acadie J. Kehoe, Molly Brant ES and IEAC M. Richmond, Odessa PS M. Carrier, Perth Road PS V. Venditti, Polson Park PS J. Jodoin, Rideau PS S. Gratto, Storrington PS K. Mennie, Welborne Ave PS A. Meyer, Southview PS E. Offshack, Virtual School L. Aron, Winston Churchill PS</p>	<p>S. Sartor, Assoc. Superintendent E. Chesnick, Literacy Consultant J.A. Ferguson, Learning Coach P. Gollogly, Assoc. Superintendent M. Christopher, IT</p>
Trustees:	Recorder:
B. Godkin	E. Smith, Administrative Assistant
Community Members:	
<p>L. Lollar, KFL&A Public Health Z. Mnyetto, KEYS</p>	

1. Call to Order

Co-Chair Wood called the meeting to order at 6pm.

Co-Chair Wood welcomed everyone to the meeting and provided the Acknowledgement of Territory. “We recognize that The Limestone District School Board is situated on the traditional territories of the Anishinaabe and Haudenosaunee. We acknowledge their enduring presence on this land, as well as the presence of Métis, Inuit, and other First Nations from across Turtle Island. We honour their cultures and celebrate their commitment to this land.”

2. Adoption of Agenda

Adopted.

3. Declaration of Conflict of Interest

No conflict of interest declared.

4. Approval of Minutes

October 2023 minutes were approved by consensus.

5. Delegation/Presentation

Co-Chair Wood informed us that there are three presentations.

Assoc. Superintendent Sartor, Ericka Chesnick, K-8 Literacy Consultant and Jo Ann Ferguson, Empower Lead and Learning Coach, delivered a presentation on literacy in Limestone and “Right to Read” report. Ontario Human Rights Commission (OHRC) released a report in March 2022. The report contained numerous important recommendations, which can be divided into five key areas: curriculum and instruction, early screening, reading interventions, accommodations, and professional assessments. In June 2023, the Ministry of Education released a new Grade 1-8 Language Curriculum and released a statement indicating that universal screeners would be mandatory as of September 2023. In August 2023, Ministry of Education repealed a portion of PPM 168 and delayed the mandatory implementation of universal screeners until September 2024. Assoc. Supt. Sartor continued to deliver presentation by providing information on what steps and initiatives the Board has already taken. Following this presentation, Chesnick/Ferguson continued to delivery presentation on how to support reading at home. Slides of the presentation will be shared.

The team invited questions.

Co-Chair Wood introduced next presenter V. Casey, Supervisor with “A Great Start for Families: Kahwà:tsire Ronwatiyenawá:se Centre”. This center is an early prevention site for families that are either expecting or have children up to six years of age. All programs are free. Program is located at 263 Weller Avenue, inside the Kingston Community Health Centre. Pamphlet with what this program offers, and schedule will be shared (attached).

Co-Chair Wood invited the third presenter from the Food Sharing Project, B. Moore. The presenter shared updates on the food sharing project which aims to provide nutritious food, including whole grains, dairy products, and fresh fruits and vegetables to every school. The rising cost of living is causing stress in schools, especially children who are chronically undernourished and whose families struggle to meet grocery store prices. In KFL&A, one in nine families struggles with food insecurity and many families are working two and

three minimum wage jobs. School Councils can help by organizing fundraising to support their school's program. This year a new feature has been added to the School-Day platform, allowing donations to the Food Sharing Project. A message from the Director of LDSB about this new donation option led to significant fundraising. Within 24 hours, they had raised \$10,000 and this amount has doubled in just twelve days. The presenter informed that a poster was shared with School Councils. The presenter praised the Director of LDSB for being able to reach every family in LDSB. She further discussed the Petition for National School Food Program which was sent to all schools and informed that there is time until the end of November to submit this petition to Mark Gerretsen, MP. The presenter further encouraged participation in "Zal and Rose School Breakfast Fund" – poster attached. Also, there are fresh food markets that are popping up in various places at Rideau Heights Community Center, Amherstview Community Hall, YMCA and Artillery Park, with wholesale pricing.

The presenter answered follow up questions.

6. Reports for Information

6.1 Co-Chairs Update

Co-Chair Wood welcomed everyone, recognizing that the last meeting was lengthy and contained a lot of information. She shared the director's presentation slides with the PIC representatives. In relation to PRO funding, the committee has approved six applications and there are about five waiting review. The Co-Chair Wood reminded applicants to provide quoted pricing and detailed materials, this would expedite review and approval process. She further reminded of the deadlines pertaining to PRO funding and requirement to keep all the receipts. Deadline for applications is 10 December, deadline to spend funding is 24 May 2024 and final report is due by 31 May 2024.

There are two committees that Crystal Bevens LeBlanc mentioned that we have a seat at: ESAC (Environmental Studies Association of Canada) and MHLC (Mental Health Literacy Collaborative). Members can sit on these committees to be involved. ESAC is the nation's leading scholarly community of environmental researchers and educators. They organize an annual conference where leading and emerging environmental scholars from around Canada and the world gather to share knowledge in an interdisciplinary and collegial setting in support of low carbon academic travel. However, they will not be holding a conference this year. The mission of the MHLC is to make evidence-based mental health literacy a foundational part of K-12 education. Crystal expressed interest in continuing to represent our PIC on this. Crystal is also sitting on the provincial PCCG (the acronym was not clarified during the meeting). It appears to be a province-wide mental health parent group that is separate from the School Mental Health Ontario, which is in charge of mental health initiatives for the Ministry of Education programs.

Next meetings are on 8 February 2024, 4 April 2024 and 2 May 2024. You can follow PIC on Facebook and X.

Outgoing Co-Chair Bradley informed that the School Council Chairs workshop took place couple of weeks ago, recording of the meeting is available. She reminded everyone that there is a Code of Ethics for School Council, and if they did not have one, they are welcome to pick up a copy of the one provided by the Ministry of Education. There is also a provincial Code of Conduct for parents.

Q&A followed on PRO funding.

6.2 Trustee Update

Trustee Godkin recognized the importance of the Food Sharing Project and food insecurity is on the rise. He encouraged any high school to give some thought to looking into some fundraising.

Elections were held last night (15 Nov) for Chair and Vice Chair. Trustee Robin Hutcheon returned as the Chair and Trustee Godkin returned as the Vice Chair. Trustee Godkin mentioned that they had a

Limestone District School Board

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presentation on Math Curriculum. They are working on a new strategic plan which is a bit different than the previous one. He noted that everyone had a chance to provide their input on the matter (phase 2, consultation with students, families, community).

Voted on the change of the calendar, particularly moving the PA Day from Friday, 12 April to Monday, April 8. This change is being made because of the total solar eclipse taking place on 8 April 2024. Assoc. Supt. Gollogly provided further clarification of how and why the Board made this proposal.

Trustees remain committed to diversity and human rights. Trustee Godkin encouraged all schools and Chairs to uphold the beliefs and practices of the school board to be inclusive and accepting. If there are any concerns or issues, such as something being seen as a burden, they should be addressed directly. These are not optional matters, but human rights. If help is needed, they can reach out for suggestions or direction. Trustees are always available for assistance. Feedback is essential for the trustees to know if their policies are working correctly. Unless they receive feedback, they assume everything is going well. They encourage everyone not to be afraid to tell their trustee if something is not working right.

Trustee Godkin thanked everyone.

6.3 Board Update

Associate Superintendent Gollogly noted that most of the items were already reported on.

- November is Indigenous Education Month: we are working with students, staff, families, and communities to encourage deeper learning and the realities of Indigenous communities. We seek to understand, learn, and embrace Indigenous cultures.
- Remembrance Day: many beautiful gatherings took place at individual schools.
- Transgender Awareness Week: recognizing and respecting transgender identities is a human right, not a hardship.
- Bullying and Prevention Week is from 19 to 25 November; 24 November is Pink Shirt Day in our schools.

Finally, Assoc. Supt. Gollogly repeated that phase two of our Strategic Plan is in consultation with PIC representatives, students, families, community. She also recognized that it is pretty remarkable that Limestone has raised \$20,000 for Food Sharing Project in 12 days.

6.4 KFL&A Public Health

Lisa Lollar, RN, reported that KFL&A Public Health has a team of 10 Public Health Nurses (Registered Nurses) on the School Health Team. Each nurse is assigned one or two secondary schools in KFL&A and usually their elementary feeder schools. We work to support educators, students, and families through a health promotion lens, and we work with the immunization team to deliver the grade 7 school-based immunization program. Our team also includes a school team dietitian and a physical activity specialist.

School Health Team Updates:

- **Substance Use Prevention**

My Brain My Choice: School Team nurses at KFL&A Public Health are offering a new grade 6 program to delay and prevent substance use in children/youth. The strategy is multi layered and includes education supports for educators and parents/caregivers as well as a presentation called “My Brain My Choice” which is presented by a Public Health Nurse. Bookings and presentations are underway. Some schools are eligible to be part of a program evaluation.

- **Mental Health Promotion**

Screens, Media and Mental Health

School team nurses encouraged schools to participate in Media Literacy Week, October 23-27, 2023.

Lesson plans and resources for grades K-8, from MediaSmarts that encourage balance between screen use and other activities such as getting outdoors and face to face connections were reviewed, packaged, and shared with educators for their use.

The lesson plans and two caregiver resources that were shared with schools are included as attachments. All resources have clickable links for more information.

- **Infection Prevention**

Respiratory illness season is upon us. We have been continuing with our messaging that students and staff with symptoms of illness should stay home until they are fever free (without the use of fever-reducing medications) AND have had their symptoms improving for 24 hours (48 hours if vomiting/diarrhea). It is recommended that individuals returning to school after illness wear a mask for 10 days from the start of their symptoms. We also encourage all staff, students and families help prevent and reduce the spread of respiratory illnesses by practicing frequent hand washing, covering their mouths and noses when coughing/sneezing, disinfecting high-tough surfaces, and staying up to date on their annual flu and COVID-19 vaccines.

- **Immunizations**

Seasonal Immunizations – COVID-19 and Influenza

Children 6 months to 4 years of age, and adults 65 years and older can book appointments for their flu and covid vaccines with KFL&A Public Health. The general population can get their flu/covid vaccine through participating pharmacies (if 2 years of age and older), or through participating healthcare providers.

- **Grade 7/8 Immunizations**

The first round of grade 7 immunization clinics are underway.

- **ISPA (Immunization of School Pupils Act)**

All families are encouraged to review their child's immunization records to ensure they're up to date on their immunizations. Families must report their child's immunization records to KFL&A Public Health – family doctors do not automatically report these immunizations. ISPA enforcement will occur in the new year – students whose records are not up to date will receive appropriate communications.

- **Parenting in KFL&A:** Families and caregivers can connect with a registered nurse for any questions you have about your school age child/teen by phone 613-549-1154, email Parenting@kflaph.ca or following us on [Facebook](#).

6.5 Indigenous Education Advisory Council (IEAC)

J. Kehoe reported that IEAC meeting will be taking place on 30 November 2023. Limestone partnered with Kingston Native Centre and Language Nest to do an art contest on 30 September. The two winners were awarded \$250 each and their designs will be used by Kingston Native Centre and Language Nest and the TShirt with these designs will go on sale for the next year to promote programming and support the language revitalization of the organization. Kehoe further reported that IEAC put out a call for expression of interest for Indigenous parents, caregivers and kinship to sit on IEAC. However, the expression of interest was closed after seven days, which she considered was a missed opportunity.

Q&A followed.

6.6 2SLGBTQIA+ Focus Group

S. Bradley emphasized the importance of human rights and the commitment to continue advocating for them.

She praised the Board of Trustees for their dedication to equity. She noted that unlike some other school boards, there are no code of conduct violations or attempts to ban books in Limestone. The trustees are

aware of the hate happening in schools and are committed to preventing it. She discussed the importance of public awareness and the difference between disinformation and misinformation. They stressed the need to respond appropriately to both.

Bradley further addressed concerns about gender-neutral washrooms. She explained what these washrooms look like and reassured parents that they are similar to single-stall hospital washrooms. She emphasized that nothing inappropriate is happening in these washrooms. She mentioned Sex Education Curriculum, and that if parents do not want their child to learn the sex education curriculum, they can opt out. This information is sent to parents by the principal. The group is meeting again on 12 December 2023 at 7pm online.

6.7 KEYS

The program supports government-assisted refugees, with a tutoring night launched last year for high school students. Most of these students are government-assisted refugees from the Limestone District School Board. The program brings in students to support with literacy and numeracy. The program sees an attendance of 15 to 30 students every Wednesday night. Lion Hearts generously donates food and snacks, including fresh fruits and vegetables. The students come eagerly to learn after school hours. The program is piloting PA Day activities with some local churches to promote healthy activities among elementary students. The program is looking for winter activities for families who are not Christian and do not follow the celebrations on the winter break, to help them embrace winter in a new place.

7. **Reports for action** - None at this time.
8. **Unfinished Business** - None at this time.
9. **New Business** – Suggestion was made to invite TriBoard to the next meeting to address bus cancellations and delays in notifications on those bus cancellations.
10. **Correspondence** – None at this time.
11. **Next Meeting** - Thursday, February 8, 2024 at 6:00pm.
12. **Adjournment** - The meeting adjourned at 8:48 p.m.



Métis Nation of Ontario

We Offer You

- Programs for caregivers from prenatal to 6 years of age
- Childminding available on-site, caregivers can access services while their children are cared for on-site
- Parenting programs
- Family activities
- Indigenous supports
- Cooking programs

See our Facebook Page for weekly childminding times, as well as updated Programs and Services.



Kahwà:tsire Ronwatiyenawá:se translates to

"We all work together to support each other"

"We are giving support to someone."

"Family Services"



A Great Start for Families
Kahwà:tsire Ronwatiyenawá:se
Centre

263 Weller Ave. Kingston, ON K7K 2V4
email: info@gsfkr.ca
tel: 343.477.0229

www.gsfkr.ca



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Centre

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Let us help you go from
surviving to thriving.



263 Weller Avenue | Kingston Community Health Centre
(343) 477-0229 | info@gsfkr.ca



November 2023



A Great Start for Families
Kahwà:tsire Ronwà:tsiyenawà:se
Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Childminding	8:30-2:30	9:30-4:30	12:30-4:30			
29	30	31	1 LEAP (OW) 8:30-4:30 Women's Counselling 1:00-4:00 by appointment	2 LEAP (OW) 8:30-4:30 ONWA 9:30-4:30 Kahwà:tsire Playgroup 9:30-11:30 Public Health Drop In 1:00-4:30	3 Baby Care Basics 10:00-12:00	4
5	6 Public Health Drop In 8:30-12:00 Food for you, Food for two 11:00-1:00 *Registration required	7 MNO 9:30-11:30 Motherwise 12:30-4:30 Intro to Mohawk 1:30-3:00	8 LEAP (OW) 8:30-4:30 Women's Counselling 1:00-4:00 by appointment	9 LEAP (OW) 8:30-4:30 Kahwà:tsire Playgroup 9:30-11:30 Feeding your baby Solids Online 10:00-12:00 Public Health Drop In 1:00-4:30	10 Baby Care Basics 10:00-12:00	11
12	13 Closed	14 Military Family Navigator 8:30-1:00 MNO 9:30-11:30 Fear of Forms 10:00-2:00 Motherwise 12:30-4:30	15 LEAP (OW) 8:30-4:30 Women's Counselling 1:00-4:00 by appointment Family Court Support Worker 1:00-4:00	16 LEAP (OW) 8:30-4:30 ONWA 9:30-4:30 Kahwà:tsire Playgroup 9:30-11:30 Public Health Drop In 1:00-4:30	17 Baby Care Basics 10:00-12:00	18
19	20 Public Health Drop In 8:30-12:00 Food for you, Food for two 11:00-1:00 *Registration required Fast Food 2:00-4:00	21 MNO 9:30-11:30 Motherwise 12:30-4:30	22 LEAP (OW) 8:30-4:30 Fairytale Party 12:30-1:30 Featuring Ruthy's Reading Room Women's Counselling 1:00-4:00 by appointment Intro to Mohawk 1:30-3:00	23 LEAP (OW) 8:30-4:30 ONWA 9:30-4:30 Kahwà:tsire Playgroup 9:30-11:30 Feeding your toddler Online 10:00-12:00 Public Health Drop In 1:00-4:30	24 Baby Care Basics 10:00-12:00 Birth Sharing Circle 12:00-2:00	25
26	27 Public Health Drop In 8:30-12:00	28 Military Family Navigator 8:30-1:00 MNO 9:30-11:30 Motherwise 12:30-4:30	29 LEAP (OW) 8:30-4:30 Women's Counselling 1:00-4:00 by appointment Intro to Mohawk 1:30-3:00	30 LEAP (OW) 8:30-4:30 Kahwà:tsire Playgroup 9:30-11:30 Public Health Drop In 1:00-4:30	1	2
3	4	<p>For more Information, contact us at info@gsfkr.ca 263 Weller Avenue (Inside KCHC) 343-477-0229 ALL OUR PROGRAMS ARE FREE</p>				

Program Descriptions

Childminding Available – Our Centre offers childminding so you may meet with service providers at our centre while your child is taken care of by our childminder on site.

Baby Care Basics – Drop in group with a dietician and a nurse, ready to support you in learning about caring for your newborn.

Birth Sharing Circle – Sharing your birth story can help make sense of your experience and provide a crucial step towards closure and healing. These circles help you connect with others who have similar experiences and find comfort in knowing you are not alone. This is facilitated by Childbirth Kingston.

Car Seat Technician – A certified car seat technician available to answer questions and assist with car seat installations. ***To schedule a car seat installation, contact us at info@gsfkr.ca**

Community Kitchen – Cooking program run by MNO and ONWA. You will learn how to cook a meal, then sit down and enjoy it as a group. ***Registration required.**

Family Court Support Worker - Support to navigate custody battles and challenges for their young children.

Fast Food – Facilitated by a dietician, learn quick recipes using few ingredients.

Fear of Forms – Get assistance with filling out Special Services at Home (SSAH), Assistance for Children with Severe Disabilities (ACSD), Ontario Autism Program (OAP), Disability Tax Credit (DTC).

Feeding your baby solids / Feeding your growing toddler – The following programs run online. Get information as to how to get your baby started on solid food as well as how to navigate through toddlerhood eating habits. For more information and to sign up, email kendral@kchc.ca

Food for you, Food for Two - Food for You, Food for Two is a free prenatal education and nutrition program for pregnant women, teens, and their support persons offered by KFL&A Public Health. On the first and third Monday of the month, participants will meet new people, prepare food, and eat together.

Intro to Kanyen'kéha (Mohawk Language) – Join Curtis Maracle from IIPCT for an introduction to Kanyen'kéha (Mohawk language) This is an adult program open to families with children 6 and under. Childminding is available during this time.

Kahwà:tsire Indigenous-Led Child and Family Programs – Join Vicki Babcock for some indigenous led activities.

KFL&A Public Health Drop In – A nurse from public health is available to answer questions regarding the different resources available to families as well as to facilitate referrals to the healthy baby, healthy child program.

Metis Nation of Ontario – Available for drop-ins to assist families with linking with their programs and services.

Military Family Navigator - Meet with Leigh Wood Landry, Military Family Navigator, to learn about local and KMFRC supports for expectant parents, activities, and funding for loved ones with special needs, and other family-centred topics connected with the unique military challenges of relocation, absences, and transitions.

Motherwise- A service for individuals who are pregnant or have children aged 6 and under to address concerns about drug or alcohol use. We respect individuals' goals within a harm reduction framework. Treatment referrals available.

Ontario Native Women's Association-The Indigenous Healthy Babies, Healthy Children worker will be on site to connect with families.

Ontario Works: Learning, Earning and Parenting (LEAP) – Case manager on site for appointments and drop-ins.

Ruthy's Reading Room - Come in and enjoy a library story time experience featuring Black and diverse authored books and themes. Don't forget to bring your stuffy!

Women's Counselling – Counsellor from Resolve Counselling is here to offer support to women dealing with past or present abuse from a boyfriend, husband, or male or female partner. This is a confidential, safe, and supportive place where women can talk about their experiences and explore their options.

***Appointment Required email info@gsfkr.ca**



"Sometimes I don't get my breakfast at home but I say that's ok because I have breakfast at school."



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A Community Foundation for Kingston & Area fund
that supports The Food Sharing Project.



RESTAURANT

TUES, DEC 12

7AM-9AM, DINE IN ONLY

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Bakery~Restaurant~Take-out

WED, DEC 13

7AM-9AM, TAKE-OUT ONLY

613-544-7790

CALL TO RESERVE YOUR SPOT



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Community Foundation
for Kingston & Area

If you cannot join us,
scan the QR code to donate
or call CFKA at 613-546-9696





Screen time and your child's mental health.

Screens can be good for learning and can help children stay connected to family and friends, but did you know that too much screen time may increase the risk of poor mental health? Children who spend too much time on screens may seem:

- lonely, sad, withdrawn
- stressed, nervous, agitated
- aggressive, angry

As parents and caregivers, it is important to model appropriate screen use.

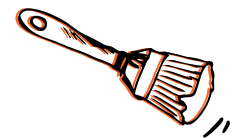
Encourage balance through a variety of screen-free activities:



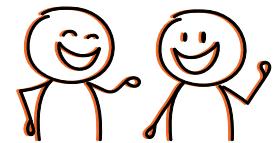
Outdoor play



Reading



Hobbies



Face-to-face interactions



Setting limits and establishing healthy screen time habits as a family, can help lessen negative effects now and in the future.

For more information visit:

caringforkids.cps.ca

Screens, media, and mental health

Lesson plans for elementary students

Grades K to 3

Finding Balance in Our Digital Lives

Students consider the ways they spend free time, reflect on their screen use, and learn how to find balance between active, learning, and media activities. **(30 to 60 minutes)**

Wacky Media Songs: Media Health

This lesson includes videos and activities on managing screen time, balancing online and offline lives, and understanding the differences between healthy and unhealthy device use. **(10 to 15 minutes per activity)**

Grades 4 to 6

Game Time

Students consider the positive and negative aspects of video games and are introduced to the idea of balancing game and screen time with other parts of their lives. Students will reflect on their gaming habits and learn techniques that will help them moderate their game play. **(1.5 to 2 hours, spread over 3 sessions)**

Behaving Ethically Online: Ethics and Empathy

Students are introduced to the idea that “hot” emotional states can make it harder for them to control how they act. They will discuss the concept of empathy and how digital communication can make it harder to feel empathy for other people. **(1 to 2 hours)**

Grades 7 and 8

The Disconnection Challenge

Students consider the role of technology and media in their lives and are challenged to spend a week tracking or limiting their media use. Students reflect on their daily media use, how it affects their mood, and whether it made them feel more connected or isolated. After the challenge, they will complete a mindful media plan to help make tech and media part of a balanced life. **(Lesson takes place over two weeks with 3 hours of class time)**

Understanding Cyberbullying: Virtual vs Physical Worlds

Students explore the verbal and visual cues that we rely on to understand how other people are feeling, identify strategies for healthy online communication, and then apply those strategies to create a media product. **(2 to 3 hours)**

To connect with your school nurse, contact Supporting Healthy Schools at healthy.schools@kflaph.ca, 613-549-1232 or 1-800-267-7875, ext. 1102.



Screens, social media, and your teen's mental health.

While there are some benefits to screens and social media, research suggests that teens' mental health can be impacted by how they use it. Using screens and social media too much can have negative effects on mental health and well-being including:

- increased feelings of anxiety and depression
- decreased attention span and social connectedness
- lower self-reported happiness and self-esteem
- sleep deprivation

To support teens' mental health, parents and caregivers can:



Have regular conversations with their teen about **mental health** and how social media and too much **screen time makes them feel.**



Use a family tech planner to guide their teen in being mindful of how they spend their time online.



Model healthy screen use and make sure social media does not get in the way of **adequate sleep, physical activity,** and other things like hobbies and in-person interactions.

School Mental Health Ontario provides information on how to know if your teen's screen time is problematic and recommendations if you are concerned that it is.