



CATHOLIC DISTRICT SCHOOL BOARD OF EASTERN ONTARIO

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MINUTES OF THE VIRTUAL SPECIAL EDUCATION ADVISORY COMMITTEE MEETING

Wednesday, May 12th, 2021
Microsoft Teams – 6:00 to 7:30 p.m.

Present:

<u>SEAC Members:</u>	<u>Board Resource Staff:</u>
Sue Wilson (Chair), Trustee	Heather Gerber, Superintendent of School Effectiveness
Amanda Banfield (Vice Chair), Lanark County Support Services	Renee Rozon, Principal of Special Education
Karen McAllister, Trustee	Heather Bovey, Coordinator of Special Education
Deena Shorkey, Cornwall Community Hospital	Kariane Schinzel, Administrative Assistant to Heather Gerber
Karen Moore, Open Doors for Lanark Children and Youth	
Rob More, Rural FASD Support Network	
Tom Jordan, Family and Children's Services of Lanark, Leeds and Grenville	
Shelley More, Rural FASD Support Network (Alternate)	
<u>Approved Regrets with notification:</u>	<u>Guests:</u>
All SEAC members present.	Norma McDonald, Superintendent of School Effectiveness Rhonda Peterson, CUPE Lorraine Boyer, Parent, Pope John Paul II and St. Francis Xavier CHS, Hammond

Welcome, Introductions and Roll Call

Sue Wilson (Chair) called the meeting to order at 6:00 p.m. and welcomed all members and guests.

Roll Call

All SEAC members present.

Land Acknowledgement, Opening Prayer

Heather Bovey said the Land Acknowledgement and Principal Rozon led the group in a prayer entitled, "Opening Prayer".

I. Approval of Amended Agenda – Section VIII

Moved by: Tom Jordan

CARRIED

II. Sharing April 21st, 2021 Minutes

SEAC minutes were electronically approved on April 27th, 2021.

Motion:

To receive minutes as presented.

Moved by: Karen Moore

CARRIED

III. Association Updates

Lanark County Support Services – Amanda Banfield

- Continuing to provide essential services to individuals.
- Transition meetings with school boards are taking place.

Rural FASD Support Network – Rob More

Upcoming Meetings or Conferences:

- May 15th, 2021 – Caregiver Group with Stephanie Gray, Situation Table Coordinator
- May 22nd, 2021 – RFASD Girl’s Group
- June 12th, 2021 – RFASD Boy’s Group
- June 19th, 2021 – RFASD Caregiver Group with Ken Inbar, LCY Advocacy Centre through Open Doors CMH of Lanark County

New Initiatives:

- Our Girl’s Group coordinator is now doing 1:1 peer mentoring.
- Special Events FASD Committee met to start planning annual fall training for October 12th, 2021. Designed for educators, mental health clinicians, medical professionals, caregivers, and general public.
- Unique self-directed online training module launched with LCYAC on May 13th. This is a pilot project for the Department of Justice through Open Doors CMH of Lanark County.
- Twenty-six RFASD caregivers and service providers from Lanark and Leeds-Grenville are now participating in virtual Mental Health First Aid courses during the month of May through Bell Let’s Talk funding, to become certified MH First Aiders.

Other Information:

- RFASD has been asked by the University of Rochester, NY to advise on new training module for educators.
- CHEO is updating their website to better reflect RFASD and its services.

- MCCSS has communicated FASD microgrants will no longer be annual applications but have longer terms.
- Lanark County has communicated we will be receiving a small grant to help with program coordination costs.

Open Doors for Lanark Children and Youth – Karen Moore

- There is a schedule on the website for groups and parent information nights.
Targets: child and youth mental health and parenting and mental health.
- Open Doors is available for youth, families, and children. Those in crisis are seen that day, and others within two days.

Cornwall Community Hospital – Deena Shorkey

- Referrals are about 40 per week.
- Managing overall with the model.
- Clients are assigned the same day if urgent, and the less urgent within a few weeks.
- Waitlist is down to eight (8).
- Increase in referrals for larger families with several children.
- Increase in referrals for newborns and toddlers. Adult mental health and physicians are providing wrap around service to new moms.

Family and Children’s Services of Lanark, Leeds and Grenville – Tom Jordan

New Initiatives:

- We recognized and promoted World Day for Safety and Health at Work on April 28th, 2021 by formally acknowledging the work that our Leadership Team does for the organization.
- Child and Youth in Care Day, May 14, 2021: Celebrate with us!
 - This important day, proclaimed provincially in the *Children and Youth in Care Day Act, 2012*, is an opportunity to recognize the enormous contributions that current and former youth in care make to the province, as well as the strength, bravery, and resilience shown by these children and youth in the face of adversity.
 - This year, OACAS is thrilled to use Children and Youth in Care Day to launch our mental health initiative – Take5.
 - With funding from the Ministry of Children, Community and Social Services (MCCSS), OACAS worked alongside our Youth Advisory Committee of First Voice Advocates, 20+ community organizations and experts to curate information resources, original multimedia content, live workshops, and events for caregivers, children, and youth of all ages.
- We also promoted CMHA Mental Health Week May 3-9, 2021.
 - #GetReal about how you feel. Name the feeling, don’t numb it.
 - Good mental health does not mean feeling happy all the time. This Mental Health Week, let’s name, express and deal with our emotions – even the uncomfortable ones. Because heavy feelings lighten when you put them into words.
 - How are you feeling this morning? Almost eight in every 10 of us report feeling “worried or anxious”, “bored”, “stressed”, “lonely or isolated” or “sad” according to research we are releasing today with UBC. The pandemic has taken an emotional toll on us.

- Embrace all of your emotions – whether they feel good, challenging or difficult. It is all part of being human.
- Why saying “*I feel bad*” can actually make you feel better.
- Scientists call it “*affect labelling*” but more simply it means “*putting feelings into words*”. Understanding how this works might just change the way you respond to your emotions.
- When we’re experiencing negative emotions – whether it’s anxiety or anger, stress or sadness, frustration or fear – it can be really tempting to ignore what we’re feeling or push it down. Unpleasant emotions are just that: unpleasant. We might think that acknowledging our emotions, saying them out loud or writing them down, might make them more intense or last longer. Maybe we are afraid to get real about how we feel precisely because we believe that verbalizing our feelings will make them more real and give them more power over us, but that’s not true.
- The pandemic has been incredibly hard in so many ways. If you were already vulnerable before the pandemic, chances are you are suffering more now. The flood of negative emotions might be overwhelming at times, and it can easily feel that our only option is to push down what we are really feeling and put on a brave face.
- Putting feelings into words can reduce the force of negative emotions. It might not seem like saying something as simple as, “*I feel bad*”, (or anxious or sad or angry) should do much to help you feel better. But neuroscience tells us, it will. A neuroimaging [study](#) from Lieberman and a team of researchers found that the act of turning your negative emotions into language disrupts and reduces activity in the amygdala, the part of your brain that drives your responses to stress and fear. When you see a yellow light, you hit the brakes. When you put feelings into words, it’s like you are hitting the brakes on your emotional responses.
- Scientists found that labelling emotions increases activity in the prefrontal and temporal regions of the brain – regions that are responsible for processing words and encoding their meaning. In other words, having a specific label for what we are feeling seems to change the activity in our brains. It helps us feel calmer and helps us understand what we are going through.
(from CMHA Resources)

IV. Department Update

The Department is continuing to look at Educational Assistant staffing for the next school year.

Through the Stability Funding Grant, Patrick Stewart has been confirmed for a one-hour virtual presentation on Wednesday, May 26th, 2021 at 6:30 p.m., to speak from a personal First Nations perspective around children who are wards of the Crown. Patrick is an architect who was born to a homeless woman and was raised in foster care. The name of his presentation is “Supporting Vulnerable Children from a First Nations' Perspective.” A poster will be shared soon with CDSBEO families and partners with a link to access the presentation.

The revised SHINE document has been digitized and placed in the TEAMS space for the system to access.

A new brochure on Invisible Disabilities has been created and will be shared with the system after final approval from Executive Council.

A new information package has also been created regarding the ECPP program. This package will help to inform staff and parents about the process for entry into the program and the program expectations.

We are looking forward to the professional activity day on Monday, May 31st, 2021. The day provides various learning opportunities for education workers at CDSBEO. We are happy to have some guest speakers join us this year. Please see the chart below for more detailed information.

TOPIC <i>*all sessions will be held via TEAMS</i>	PRESENTER(s)	SESSION TIME – AM	SESSION TIME – PM
FASD	Janet Carioni	9:00-11:30 AM with 15-minute break	12:30-3:00 PM with 15-minute break
ABA – an overview of the of ABA foundations including teaching strategies, etc.	Sandra O’Doherty Sarah Achtell	9:00-11:30 AM with 15-minute break	12:30-3:00 PM with 15-minute break
Attachment Disorder	Rosane Janega CHEO	9:00-11:30 AM with 15-minute break	12:30-3:00 PM with 15-minute break
Human Trafficking	Kelly Beale Independent Counsel for Victims of Human Trafficking	No Session	12:30-2:00 PM with 15-minute break
CAS Intake	Vicky Holmes Leeds and Grenville	9:00-11:30 AM with 15-minute break	No Session
Executive Functioning	Trisha Gill Psycho-Ed Consultant	9:00-11:30 AM with 15-minute break	12:30-3:00 PM with 15-minute break
Mental Health	Michelle Neville Mental Health Lead	9:00-11:30 AM with 15-minute break	12:30-3:00 PM with 15-minute break

V. Presentation: Accessibility for Ontarians with Disabilities Act (AODA) Report

- Superintendent Gerber shared updated projects for 2020-21.
- Information and Communication – new photocopiers can now scan documents so that students can use technology to access information (Page 12).
- Information and Communication – Microsoft Mobility features shared.

- Future projects under consideration (Page 21).

VI. Report to the Ministry of Education on the Provision of Special Education Programs and Services – June 2021

Section IX – Staff Development – some updates made.

Section XI – Accessibility of School Buildings – 2020-2021 AODA Projects Planned updated.

Section XII – Transportation – updated.

VII. New Business

New School Survey – presented by Superintendent McDonald.

CDSBEO is transitioning to a new student, parent and staff survey that will replace our former resiliency survey used to collect student data. OurSchool Survey, developed by The Learning Bar, meets the Ontario Ministry of Education mandate to survey students, staff, and parents every two years to help gain insight into parent/guardian perceptions of school safety, build, and sustain positive school environments, and make informed decisions about student health and well-being.

CDSBEO's new OurSchool Survey allows us to respect everyone's voice as a key aspect of promoting equity and inclusion in our schools. OurSchool Survey will be administered to students from Grades 4-12. There are two versions, one for elementary students (Grades 4-6), and one for intermediate/senior students (Grades 7-12). Students will be presented with questions under the school related categories of sense of belonging, positive relationships, bullying and exclusion, social emotional aspects such as anxiety and physical health. Parents will be invited to provide input under categories such as opportunities to participate in their child's school, feeling welcomed and informed. Our new survey will also include the Rick Hansen Foundation section on inclusive and accessible schools and removing barriers to education.

More information is available on our CDSBEO website and a parent letter will be sent to parents in September. The new survey will be conducted in September and October of the 2021-22 school year.

Chair Wilson expressed the importance of Catholic School Councils being aware of the importance of this new survey and asked if principals could be asked to share this information with their local group.

VIII. Correspondence Received

- Minister's Advisory Council on Special Education – Community Collaboration Form Feedback required by May 25th, 2021.

IX. Motion to Excuse Regrets Received

All SEAC members present.

X. Next SEAC Meeting

The next meeting of the CDSBEO Special Education Advisory Committee to be determined.

XI. Good News Sharing

Members and guests shared items of good news from across our eight counties.

XII. Closing Prayer

Principal Rozon led the group in the CDSBEO Board Prayer.

XIII. Motion to Adjourn the Meeting

Moved by: Tom Jordan

CARRIED

CDSBEO SEAC Quorum Tracking

	Trustee / Chair	Trustee	Rural FASD Support Network	Lanark County Support Services	Cornwall Community Hospital	Open Doors for Lanark Children and Youth	Family and Children Services of Lanark, Leeds and Grenville	Assoc. for Community Living *Resigned September 30 th , 2020	Member-at-Large (vacant)	Total
August 26 th , 2020	P	P	P	P		P				5
September 30 th , 2020	P	P	P		P	P				5
October 28 th , 2020	P	P	P	P		P				5
Nov 25 th , 2020 – Meeting #1	P	P	P	P	P		P			6
Nov 25 th , 2020 – Meeting #2	P	P	P	P	P	P	P			7
January 27 th , 2021	P	P	P	P	P		P			6
March 3 rd , 2021	P	P	P	P	P		P			6
March 31 st , 2021	P	P	P			P	P			5
April 21 st , 2021	P	P	P	P	P	P	P			7
May 12 th , 2021	P	P	P	P	P	P	P			7

*New 4-year term of office effective December 1st, 2018.
 (4 members are required to be in attendance in order to reach Quorum)*