



# SCHOOL COUNCIL NEWSLETTER

FEBRUARY 2018 • VOLUME 25

## FEBRUARY

February is a great month to celebrate the spirit of love and spirit building. Teaching our kids to respect, be kind and take this month to appreciate their friends and make an effort to make new friends at their school.

This month is an exciting time for Parents Engaged in Education as we prepare for the third in our series of DREAM BIG Parent/School Council Symposiums. It will take place on March 4, 2018 at St. Mother Teresa Catholic Academy. The flyer with details is included in this newsletter.

**PARENTS AND SCHOOL COUNCIL MEMBERS REGISTER TODAY!!!**

We begin a new regular feature in this month's article called

"Paul's Safety Corner" written by well-known safety specialist Paul Davies.

Paul joins our other regular contributor Sara Westbrook to bring great and inspiring articles to parents.

Let's Talk Regulation 612 is a great tool to use with your council members as a conversation piece for your group. Start the conversation today!!

Please share this newsletter with others you think would be interested in the articles and information it provides.

Thank you for your continued support!!

Parents Engaged in Education

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# REGULATION 612

STARTING THE  
CONVERSATION,  
WHAT DO  
YOU KNOW?

This questionnaire is a great start to having a conversation about Reg. 612. It is an opportunity for school council members to answer without referring to the regulation, and then researching the correct answers which helps reinforce everyone's understanding of the requirements that this legislation and what they mean to the council operations.

## LET'S START THE CONVERSATION WITH WHAT YOU KNOW ABOUT LEG. 612

*(A. - Fill out your answers)*

**Q.** Regulation 612 was passed to recognize the important role of parents in the education system in the province?

**A.**

**Q.** Regulation 612 gives school councils the right to make independent decisions with respect to the schools their children attend?

**A.**

**Q.** Regulation 612 states that school councils must have by-laws?

**A.**

**Q.** Regulation 612 states the role of students in the council?

**A.**

**Q.** Regulation 612 considers a council able to formed in the following situation: Two parents, Principal, Teacher, Non-Teaching Staff and a Community Representative.

**A.**

**Q.** Regulation 612 requires that school councils meet 6 times per year?

**A.**

**Q.** Under Regulation 612 board employees may not be elected to the executive of a school council?

**A.**

**Q.** Regulation 612 allows a member of the board (Trustee) to be a member of a school council if they are a parent of a child in the school and advises the council of their position.

**A.**

**Q.** Regulation 612 requires that the school council meet within 30 days of the start of school.

**A.**



I

# Dream BIG



Purchase DREAM BIG  
T-shirts and Bracelets & do a  
fundraiser for your school

**This is a chance to celebrate the  
positive spirit of your students**

Build positive school communities  
to DREAM BIG for their students

Encourage all parents  
to DREAM BIG for their children

**Shirts - \$10 • Bracelets - .75¢**

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**CAUSE  
BRACELETS**

**T-SHIRTS**

**Q.** Under Regulation 612 a school council can meet as long as the majority of members are present.

**A.**

**Q.** Regulation 612 requires the school council chair to be a member of every sub-committee of the council.

**A.**

**Q.** Regulation 612 requires Principals to notify the entire parent community in the school of each school council meeting by posting the date, time and location on the school website only.

**A.**

**Q.** Regulation 612 sets out the number of parents require to establish a school council.

**A.**

**Q.** Regulation 612 allows school councils to be incorporated as a non-profit or a charity.

**A.**

**Q.** Regulation 612 Clause outlining the Advisory Authority of a School Council states that they are allowed to consult with the Principal only on the items he/she brings to the Council for discussion.

**A.**

**Q.** Regulation 612 states that School Council members can be reimbursed for their expenses if the board has a policy which allows this.

**A.**

**Q.** Regulation 612 sets out the election process to be following for establishing a School Council.

**A.**

**Q.** Regulation 612 states that the School Council Chair/Co-Chair is elected at the Annual General Meeting.

**A.**

**Q.** Regulation 612 specifies the composition of a sub-committee.

**A.**

**Q.** Regulation 612 states that a Principal has a vote as a member of the school council.

**A.**

**Q.** Regulation 612 requires school councils to retain their minutes and records for a minimum of 7 years.

**A.**

**Q.** Regulation 612 outlines the conflict resolution process for School Councils.

**A.**

**Q.** Regulation 612 requires the Principal to consult with the School Council on the school's code of conduct policy.

**A.**

**Q.** Regulation 612 requires school boards to respond to all matters brought to them by school council members.

**A.**

**Q.** Regulation 612 requires that School Council's will consult with the school community on every matters being considered by the council.

**A.**

**Q.** Regulation 612 allows a School Council to meet and do business if a vacancy in their council has affected quorum.

**A.**

**Q.** Regulation 612 states, with respect to sub-committees, that only school council members have voting rights in the sub-committee.

**A.**

**Q.** Regulation 612 requires School Councils to follow the election process in order to fill vacancies in a School Council.

**A.**

**Q.** Regulation 612 requires school Principals to set fundraising policies for the school.

**A.**

**Q.** Regulation 612 requires Principals to write an Annual Report of School Council activities to the School Board.

**A.**

**Q.** Regulation 612 requires the Principal to share the School Council Annual Report with all parents at the school.

**A.**



# PAUL'S *safety corner*

## A PHONE FOR YOUR CHILD?

If you plan on getting a phone for your child “in case of emergency”, I always suggest the first device be a flip phone / standard phone. The objective is to make calls, and text. These \$40 devices do just that. Your monthly fees will be very low, and no-one will ever want to steal it from your child! When to get a smartphone? I suggest around Grade 8, or as they enter High School. The first smartphone should be a USED one. Either buy a used one, or use the old phone in your house. Teach them the responsibility of using a powerful, yet expensive device. Imagine this: You purchase an iPhone 8, on a two year plan (and most phones are subsidized by the cellular provider). Four months in, The phone is lost or stolen. You must still fulfill your contractual obligation with the cellular provider, and must go and buy another phone, to put back on the contract until it ends. It’s a financially painful experience that many parents have had to go through. After the two year term, and they have shown responsibility – get them a new device. Make sure they understand that YOU – The PARENT – own the phone. Your child is just very privileged to have such a device.

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# It's OK to Love Yourself

(Actually, It's Essential)



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In February we are bombarded with the message to show your love for that special someone by giving gifts.

And while it can be nice to have a day where we show someone you love appreciation, we don't have a day where we acknowledge the most important relationship we have... the one with ourselves.

I used to be someone who focused the majority of my energy on wanting to be liked by everyone, wanting everyone to get along and for them to be happy all the time. I thought that maybe by putting

all my time into others, by being easy going and by doing what was asked of me, there would be no conflict. However, this was not the

case. The major conflict that bubbled up was the one within me.

There is a song lyric by a singer named Ricky Nelson that says: 'You can't please everyone, so you gotta please yourself.'

It sounds selfish, but when you try to please everyone, all you have really accomplished is feeling let down because you realize you can't please every single person all

the time. You have spent so much time and energy doing things to please others that you have no time left to do what you're passionate about. Then you realize you have let down the most important - yourself.

Of course it's important to help, give and care for others, however, if you're not taking care of yourself and showing yourself love and attention, not only will you end up getting burnt out, you will soon feel resentment, bitterness, anger and frustration which are detrimental to your emotional and mental well-being.



## 1. BALANCE IS KEY

Creating boundaries and taking a stand for what you want and for what you believe is an essential step towards helping you create balance within yourself. Take time to have quiet moments – journal, take long walks, sit quietly in your room.

Sometimes we may feel guilty when we take time for ourselves. Instead of making choices out of feeling guilty or being afraid of what people will say and think, really listen to what you want and what feels right for you. Turn that guilt into feeling grateful that you are making an important choice



*Take time to have quiet moments to rejuvenate your battery.*

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to rejuvenate your battery. We all need it. It's ok and essential to create 'You' time.

A fun activity that will help you clarify what it is you want for you

and your life is creating a UPower Map. I make a new one every year. To download the instructions, go to <http://sarawestbrook.com/wp-content/downloads/UPOWER-MAP-RESOURCE.pdf>

## 2. CULTIVATE SELF-KINDNESS

There is a lot of truth in the saying "our harshest critic is often ourselves". We are often much more empathetic, compassionate, and accepting of others than we are with ourselves especially

when we make mistakes.

No one likes the feeling of failing and embarrassment. But what if we trained ourselves to see making a mistake as an opportunity to grow, to learn and an awesome opportunity to try again? Perhaps then, we would

be excited to try something new instead of fearing 'what if I make a mistake?'

Being kind and accepting of ourselves helps us bounce back from negative opinions, challenging circumstances and tough emotions. But the most important gift of all is that it reminds us that: 'We Matter. We are Enough. We are Important. We are Somebody.'

Each night as you fall asleep ask yourself this question, even if it feels uncomfortable: 'What did I love about myself today?' As the days go by you will find the answer comes more easily and you will begin to see how awesome you are :)

*You Matter.  
You are Enough.  
You are Important.  
You are Somebody.'*



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Being able to release emotions helps build self-love, resilience, and healthy relationships.

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### 3. EMOTIONS - THE ELEPHANT IN THE ROOM

It's hard to love ourselves if we are bottled up with unresolved negative emotions.

Being able to release emotions in a healthy way is a key skill that builds self-love, resilience, and healthy relationships with others. Often times emotions are like the 'Elephant in the Room'. No one is talking about them but they are definitely there. And sometimes the emotion is SO BIG it feels like an elephant inside us.

At times it can be hard to identify what emotion we are feeling. Also, when it comes to emotions, our vocabulary may be limited to a few common ones like anger, sadness, frustration.

Like all skills, learning to identify our emotions needs to be developed with regular practice. For this reason I created the 'Elephant in the Room' poster - it has helped me and my family! <http://www.sarawestbrook.com/wp-content/uploads/2017/12/ElephantMagnet.jpg>

Once you have identified your emotions here are some healthy ways to help you release and move through them. <http://www.sarawestbrook.com/wp-content/uploads/2017/08/emotions-poster.png>

By loving yourself, you'll help the children in your life to do the same. And you'll be happier and healthier!

Until next time....



### about the author

Sara Westbrook is a Motivational Speaker/Singer/Author specializing in Resilience, Confidence & Mental Well-Being. She has performed her UPower presentations to over 250,000 students, parents and educators.

She is author of 'The UPower Journal' - a book for youth to not only express their thoughts and emotions, but also to build their confidence, resilience and mental well-being through the personal stories, many exercises and quotes found inside.

To book a presentation or to learn more about Sara visit [www.sarawestbrook.com](http://www.sarawestbrook.com)

## ORGANIZATIONS THAT SUPPORT PARENT ENGAGEMENT AND SCHOOL COUNCILS IN ONTARIO

# BECOME A PEIE AMBASSADOR

## AND BE A PART OF YOUR CHILD'S SCHOOL COMMUNITY



**Parents**  
ENGAGED IN EDUCATION  
*Ambassador*

### *A P.E.I.E. Ambassador will...*

Promote the mission of the organization.

Share the organization's resources with their school community.

Work to engage other parents with their children and their school.

Be their child's biggest CHEERLEADER in school!

  
**Ombudsman**  
ONTARIO  
ONTARIO'S WATCHDOG

## Can the Ombudsman help you?

The Ombudsman resolves and investigates complaints about Ontario public sector bodies.

### Do you have an unresolved problem with a school board?

Our staff have helped thousands of parents and families with school board issues, such as:

- Student busing and transportation
- Special education
- Student safety
- School board administration

### We can:

- Refer you to local officials who can resolve the matter
- Investigate problems and recommend solutions
- Answer questions and help you navigate the system



[www.ombudsman.on.ca](http://www.ombudsman.on.ca)

1-800-263-1830

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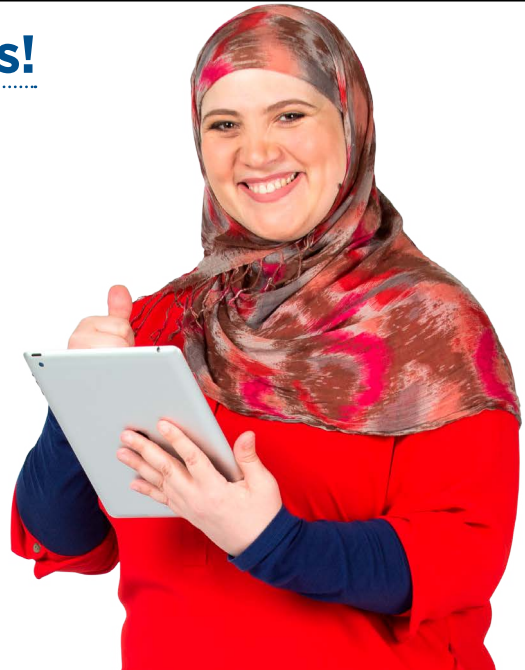


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Ontario  
College of  
Teachers

Setting the Standard  
for Great Teaching



# Being here can lead to amazing things.



In 2050, the first spoken language in the  
**WORLD** will be **FRENCH**  
Can you help your child with French homework?  
**WE CAN. FOR FREE.**



# Parents

ENGAGED IN EDUCATION

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Parents Engaged in Education is a not-for-profit organization formed by experienced school council members to provide resources and skill building opportunities for parent leaders across the province.

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