



SCHOOL COUNCIL NEWSLETTER

NOVEMBER 2019 • VOLUME 41

NOVEMBER MONTH

The weather in Ontario is turning colder, while school councils work is heating up!

This month we are featuring articles on: School Council Partnerships, Youth on Cannabis and TVO Math support resources.

School partnerships are not a new idea, but perhaps becoming more important than ever as small schools struggle to provide opportunities

continued next page

INSIDE ▼ *this issue*

PAGE 1 - 2

November Month

PAGE 2 - 5

School Council
Partnerships

PAGE 6 - 7

Youth on Cannabis

PAGE 8 - 9

TVO Math Support
Resources

for students and parents. We hope that you will find the information included in this newsletter valuable to helping your council consider whether a partnership would benefit your school.

Watch for our December newsletter next month which will feature an article on “Celebrating the Holidays around the world” which provides insight for schools to help all students celebrate the

holidays in accordance with their cultural traditions.

Keep DREAMING BIG for your school community!!

Theresa Pastore

Executive Director,
Parents Engaged in Education

ADVANTAGES TO BUILDING SCHOOL PARTNERSHIPS

Helps schools with small councils access more ideas from larger councils

By small schools partnering with larger schools there may be opportunity to share resources such as libraries

Shared costs for learning supports such as speakers or presenters when schools come together as one

Benefit from larger volume purchasing such as pizza lunches etc. since the same company would serve both

Opportunity for partnered schools to play “in house” team sports activities between the two schools

One or more schools partnering on a PRO grant will allow for more valuable events for parents of all schools involved

Optimizes the talents of parents at partnering schools which results in better opportunities for all students

Explore funding / grants that may be available and work together on completing applications and sharing benefits

“It was always a goal of mine while working on school councils for more than 15 years to find a way to bring together schools and offer parents of these schools, both small and large, great resources to support their children’s learning.

In the 2013-14 school year, I coordinated a PRO partnership of seven schools to partner on a PRO grant application. We held two very successful events which attracted over 500 people each. These focused on providing interactive activities to families in the areas

of Math and Literacy. Parents learned fun and simple ways to work with their children at home to increase their awareness and skills in these areas.

In the 2014-15 school year, we expanded our group to a total of 15 schools and received a combined grant of \$15,000. (\$1,000. For each school). This allowed us to offer exciting opportunities to even more families by including the extra schools. We were pleased that the Hon. Liz Sandals, Minister of Education, was able to speak at our math event and address the important issue of parents engaging with their children in their learning. Our literacy event featured the Young People’s Theatre Company who taught families how to learn through developing inquiry based strategies.

Not only did the school communities benefit from the quality events and resources we were able to offer as a large group, the planning committee members became like a family, working together for a common goal.

“Meetings were a great opportunity to share experiences and support each other in all areas of council operations. We were very fortunate to have a wonderful group of Principals who contributed and participated in all the events as well.

As most councils will attest, attracting parents to attend events at school can be a challenge and it is often very discouraging when a council uses their \$1,000 grant and only 20-40 people attend their event. It is also common that even though a school council may receive a PRO grant, they cannot complete their project because the work is overwhelming for their council volunteers. Working with a large group means that the volunteer participation for any one partner is limited thereby increasing the chance that the event will be a success in terms of participation.

Thee PRO partnership was a very fulfilling and fun project to be involved in and I encourage others to try this when planning their 2016-17 PRO grant application.”

STEPS TO BUILDING A SCHOOL PARTNERSHIP

- ▶ Communicate plan to the community
- ▶ Final plan to the appropriate Principals for approval
- ▶ Develop a plan which outlines pros and cons for each partner
- ▶ Arrange a meeting with other council to discuss concept of partnering
- ▶ Determine one or two schools that appear to match your school ideals
- ▶ Present the idea of partnership to council Research schools in the neighbourhood

PARTNERSHIP

Better Student Experience

Stronger Communities

Increased Opportunities

BENEFITS OF PARTNERING ON A PRO GRANT APPLICATION

- Ability to offer enhanced project/events to parent communities of all schools.
- The involvement of more school council members allows for the development of a greater number of ideas.
- School councils working together can network on other areas in addition to the grant application.
- Implementation of the project is made easier because of increased number of volunteers from all schools involved.

SIMPLIFIED SUGGESTED PROCESS TO DEVELOP A PRO PARTNERSHIP

1. The Chair or Council member presents the idea of forming a partnership to the Council for approval.
2. Identify possible schools to approach to partner.
3. Prepare a communication (approved by the Principal) to send to all possible partner schools.
4. Request that all schools that wish to partner provide 1 or 2 volunteers to participate on the PRO Planning Committee.
5. Plan a meeting of the planning committee to discuss and decide on the type of project that the partnership will conduct.
6. Appoint a small application writing group to draft the application.
7. Provide every school council chair with a copy of the draft application for approval by their council.
8. Each school council must submit an application for their \$1,000 grant and identify each of the partners in their form. It is very simple as the application that was approved by the councils can simply be copied and pasted into the

appropriate sections of the online application.

9. Schools should alert each other when grants are approved, declined or amended by the Ministry.
10. If the project is approved, a meeting of the planning committee should be held as soon as possible and processes established to handle the various aspects of the project.
11. How will matters be decided? (i.e. Majority required for approvals)
12. Who will coordinate and be co-coordinator of the project (similar to Chair and Co-Chair)? This person would be responsible for meeting dates, agendas and keeping track of task lists etc.
13. Who will track the expenses and report at each meeting?
14. Vote on the “theme” of the event or resource.
15. Vote on the timing of the event or resource.
16. Develop a task list and request volunteers to take on specific responsibilities.
17. Establish timeframes for task completion.
18. Conduct the planned events/resources.
19. Prepare a report back to the Ministry and provide to each school council to copy and paste in their report back as well.

**Remember if you partner on a grant the same terms and conditions apply as if the council applied for a stand alone grant (i.e. 15% limit on refreshments etc.).*

SCHOOL COUNCIL ACROSS ONTARIO WERE AWARDED PRO GRANTS IN 2016-17 WHICH INCLUDED PROJECTS LIKE:

SNUGGLE UP AND READ

Family literacy night for parents to encourage reading with their children and support their literacy skills

PARENT COMMUNICATION

Provide support to encourage parent participation in school events and activities to support their children’s learning and success

HEALTH AND PHYSICAL EDUCATION

A health and wellness fair to strengthen home-school community partnerships to promote nutrition and wellness, active lifestyles, and social and emotional well-being

SUPPORTING TEENS IN MAKING HEALTHY CHOICES

Mental health awareness information night and resources to help parents support student achievement and well-being

TECH-SAVVY PARENTS

Parent information sessions on classroom technology and social media and how it can be used safely to support student achievement

SUPPORT FOR OUR NEW CANADIAN FAMILIES

An event to welcome new families to the school and to highlight the many ways that parents can engage in their children's learning at home and at school

SOCIAL MEDIA LITERACY FOR PARENTS

A parent information evening to highlight the benefits of social networking technology and ways to help keep students safe online

CURRICULUM INFORMATION

Presentations to improve parents' understanding of the curriculum and how parents can support learning at home and at school

JUMP UP INTO MATH

A family math night with hands-on activities, including strategies for parents to support their children's numeracy learning at home

MONEY MANAGEMENT AND BUDGETING

Workshop for parents to support their children's financial literacy skills

A GLOBAL FAMILY

Workshops to engage parents and promote an equitable and inclusive school climate

BULLYING PREVENTION STRATEGY

A presentation for parents on the impacts of bullying and workshops on bullying awareness and

how to promote a safe school environment

THE NEXT STEP

Information sessions to connect parents and students with course plans that support students through high school and prepare them for the transition from school after graduation

POSITIVE HEALTH NIGHT

A series of workshops for parents to promote healthy lifestyle choices for active living and healthy, nutritional eating to support student achievement and well-being

CULTURAL EDUCATION NIGHT

Workshops to welcome parents to the school community and provide information and resources, including translated school information, to enhance parent engagement in their children's learning

INDIGENOUS PARENT INVOLVEMENT

An Indigenous awareness event to encourage parent engagement and student success at school and home by supporting a positive and welcoming school climate

STEM (SCIENCE, TECHNOLOGY, ENGINEERING, AND MATH) LEARNING

A series of interactive and hands-on workshops and activities for families to experience science together and for parents to support their children's learning at home

THE IMPORTANCE OF PHYSICAL LITERACY AND FUNDAMENTAL MOVEMENT SKILLS

A presentation for parents to promote the importance of physical fitness and healthy lifestyle choices to support the achievement and well-being of their children

PEIE WISHES EVERY SCHOOL COUNCIL AND PIC IN ONTARIO THE BEST OF LUCK IN PLANNING AND APPLYING FOR A PARENT REACHING OUT GRANT THIS YEAR!!"

10 Questions About Cannabis Use And Your Teen

© Stan Kutcher



1 WHAT IS CANNABIS?

Cannabis is a drug that can be produced from plants. The plant contains many chemicals, including two main active ingredients:

THC affects the brain and produces the high. Over the years, levels of THC in cannabis have risen significantly which can lead to harmful effects.

CBD is currently being studied to determine possible medical benefits.

Synthetic cannabinoids (created in a lab) are chemicals that are sprayed onto dried plant material. Synthetic cannabinoids can be more dangerous than cannabis.

There is no "safe" amount of cannabis. Effects vary depending on type, amount, potency and duration of use. Past products were usually low potency (less than 5% THC). Today's products are more dangerous (30-90% THC).



2 WHAT DOES IT LOOK LIKE?

Cannabis: almost like tea or dried leaves; usually green or brown.

Hashish: made from the plant resin; solid or paste; usually brown or black.

A concentrate (aka oil/wax/dabs/shatter): made from the plant; oily, waxy or pasty; usually yellow or brown.

3 WHAT DO PEOPLE CALL IT?

Pot, weed, chronic, bud, herb, kush, joint, loud, mary jane, mj, blunt, dab, dope, ganja, grass, hash, reefer, skunk, smoke, trees, wax.

Synthetic cannabinoids can be called: spice, K2, Cloud 9, mojo.



4 HOW IS IT USED?

Inhaled: Rolled into a joint (cigarette) or blunt (cigar) and smoked; through a bong (water pipe); or in a vaporizer (vape). Effects are immediate and last for hours.

Eaten: Usually added to cookies, muffins, lollipops, gummy candy and brownies (aka edibles). Cannabis tea is also an edible. Effects are delayed by hours and can last up to 12 hours. This can result in teens eating too much and overdosing or experiencing adverse effects.

Symptoms of an overdose or "greening out" include: vomiting, psychosis and panic.

5 WHO USES IT AND WHY?

After alcohol, cannabis is the most common drug used by Canadian teens. People may use cannabis to:

- get high
- try something new
- have fun and relax
- fit in/be social
- escape from routine
- cope or focus

Using cannabis to cope is not a healthy strategy. Suggest that your teen use other techniques including: music, reading, sports, hobbies, volunteering or hanging out with friends.



6 WHAT ABOUT THE TEEN BRAIN?

Adolescent years are a crucial period for brain growth and development. Regular cannabis use can have a negative impact on how a teen's brain grows and develops.

7 WHAT ARE THE EFFECTS & SIGNS OF CANNABIS USE?

Misinformation about cannabis is common. A recent national survey reports that about 70% of grade 12 students did not think regular cannabis use was harmful. The truth is that regular cannabis use can be harmful.

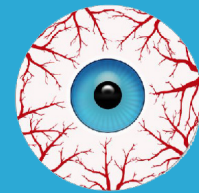
Short-term effects:	Long-term effects:
<ul style="list-style-type: none">• feeling relaxed, happy, high• more sociable• heightened & distorted perceptions• decreased motor coordination• impaired judgement & problem solving• impaired memory & learning capability• increased heart rate & body tremors• anxiety or panic*• psychotic symptoms*• nausea & vomiting* <p>*tend to occur with exposure to high doses or overdose.</p> <p><i>Note: Using cannabis together with other drugs/alcohol can increase negative effects.</i></p>	<ul style="list-style-type: none">• impaired cognitive function (attention, memory & problem solving)• lack of motivation• school drop-out/poor academic achievement• chronic bronchitis• increased risk for Anxiety Disorders, Mood Disorders, Psychotic Disorders & Cannabis Use Disorder (addiction) <p>Negative long-term effects are more common when use begins before age 16, and when cannabis use is daily.</p> <p>The greater the dose & duration of cannabis use, the greater the negative impacts. Stopping regular & heavy cannabis use may not fully restore cognitive impairments.</p>

Effects on driving:

- It is dangerous for a person to drive if they've used cannabis (cannabis doubles the risk of a fatal crash)
- There's no clear time limit to when negative impacts on driving performance decrease or stop
- Tell your teen they shouldn't get into a car driven by someone who's used cannabis
- Driving after using cannabis is illegal

While it can be difficult to know if your teen is using cannabis, some possible signs include:

- more withdrawn/secretive
- red eyes, cannabis scent on person
- decrease in activities they used to enjoy
- friend group using cannabis increases probability your teen will
- periodically more gregarious/sociable
- decline in academic performance
- nausea, vomiting, anxiety symptoms, panic, paranoia



Cannabis can be addictive. Regular cannabis use can lead to Cannabis Use Disorder (CUD). About 12% of teens who start regular use of cannabis early will develop CUD.

8 WHAT SHOULD I DO IN AN EMERGENCY? (SJSS)

If a young person has overdosed on cannabis (i.e. "greened out"), follow these steps:

- S** bring them to a **safe** place
- J** if they aren't vomiting, give them lots of fruit **juice**
- S** if they've passed out, lie them on their **side** and call 911
- S** if they're panicky or paranoid, stay with them to provide reassurance and **support**



Other steps:

- If you're uncomfortable with what's happening, or suspect synthetic cannabinoid use, call 911
- Afterwards, have a frank, open and non-threatening discussion about your child's cannabis use
- If it isn't your child, decide if and when to discuss the situation with their caregivers

9 HOW DO I TALK ABOUT CANNABIS USE?

There's a lot of misinformation about cannabis. Get informed, know the facts and TALK SMART. When speaking with your teen about cannabis: be open but not permissive; listen actively and respectfully; provide evidence-based information; help them choose healthy life options.

Help your teen understand:

- If they don't want to use drugs, they are their own person and it's their decision not to, even if their friends are.
- They're encouraged to educate themselves about cannabis to have evidence-based information

Keep in mind:

- Parents are role models for their children
- Your own substance use and attitudes towards cannabis use will influence your child
- Speak openly and clearly with your teen about cannabis use
- Don't wait until they start using the drug
- You are their parent – not a peer

10

HOW DO I LEARN MORE?

Visit teenmentalhealth.org/cannabis

Show the site to your teen for materials they can access. TALK SMART about cannabis.

www.teenmentalhealth.org/cannabis



TVO EXISTS TO IGNITE THE POTENTIAL THAT LIES IN EVERYONE. DISCOVER HOW WE CAN SUPPORT YOU IN INSPIRING CURIOSITY, EXPLORATION, GROWTH AND UNDERSTANDING OF THE ONTARIO CURRICULUM.



An innovative online community where educators share best practices and collaborate on new ideas to support stronger student engagement and achievement.

- Content by educators for educators
- Public and private groups to collaborate on a range of topics and new ideas
- Opportunities for professional development

Did you know?

10K+ Ontario educators collaborated on TVO TeachOntario over the past year.*

Learn more at
teachontario.ca



Free creative online games that support the development of foundational K-6 math and STEM skills while fostering positive attitudes towards math in the classroom... and now at home.

- Learner-centred and assessment-driven
- Tracks student progress and adapts to individual needs
- Includes educator resources
- Safe and advertising-free
- Free for all Ontarians
- Winner of the 2017 Serious Play Award

Did you know?

Students have played **1.3M+** TVO mPower games over the past year.*

Learn more at
tvo.org/mpower

...and don't forget tvokids.com and tvo.org also offer award winning content that can support in-class learning.



Provides seamless school-to-home math learning with an interactive classroom tool, and live, one-on-one, online tutoring to foster understanding of foundational math concepts and build overall confidence in math.

- Unlimited 24/7 access for grade 7-10 Ontario students & teachers
- Online whiteboard for in-class teaching and seamless student support after-school
- Safe and advertising-free
- Free 1:1 online afterschool math tutoring with OCTs

Did you know?

Tutors have supported students in working through **152K+** math questions over the past year.* **

Learn more at
tvo.org/mathify



TVO ILC is the largest online high school in the province. Students can earn credits towards their Ontario Secondary School Diploma, empowering them to realize their goals.

- 100+ courses that reflect the Ontario curriculum
- Flexible start dates and ways to work
- OCT guidance counsellors and educators available to provide ongoing student support
- English and French courses

Did you know?

19K Ontario students enrolled in TVO ILC over the past year.*

Learn more at
ilc.org

* Time period: April 2017 to March 2018

** Through TVO HomeworkHelp, the predecessor to TVO Mathify.

ORGANIZATIONS THAT SUPPORT PARENT ENGAGEMENT AND SCHOOL COUNCILS IN ONTARIO

Resources for parents: Education experts

Want to learn more about teacher supply and demand or social media boundaries in the classroom?

Invite one of our experts to come and speak at your next school council meeting.

Learn more at oct-oeo.ca/speaker



Ontario
College of
Teachers

Setting the
Standard for
Great Teaching



Is your child struggling in school?



Don't hire a tutor!
Contact us to get
your child help at school.



Make a Difference

You can make a difference in your child's future. The **Talk With Our Kids About Money** program uses fun activities to engage kids in discussions about money matters that are relevant to their lives. Free resources to help - organized by the age of your child.

A PROGRAM OF
CFEE CANADIAN FOUNDATION FOR ECONOMIC EDUCATION
FONDATION CANADIENNE D'ÉDUCATION ÉCONOMIQUE

SUPPORTED BY
Scotiabank



Resources are available at **no cost** via the website go to:
talkwithourkidsaboutmoney.com



SRA
INFORMATION TECHNOLOGY

INSPIRED BY TECHNOLOGY | **DRIVEN BY PEOPLE**

www.srastaffing.com
416-296-1772

ParentsEngagedInEducation.ca

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!

For more information, visit
ParentsEngagedInEducation.ca

 Georgian

Ontario's #1
co-op college

GeorgianCollege.ca



Parents
ENGAGED IN EDUCATION

www.parentsengagedineducation.ca

info@parentsengagedineducation.ca

647-408-2091

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.

Follow us on twitter  @parentengagcons