

West Pictou Consolidated School

SAC Minutes March 9, 2020 4:10 PM

Attendees: Chris Shipley, Pat Fagan, Jenny Velchev, Lynn MacLean, Cindy Turner, Kim Tetreault, Sarah Wilson, Wayne Murray, Rae Gunn, Michelle Langille

Regrets: Margaret Deyoung, Sam Reid, Keegan Dalton

Absent: Jeff MacDonald

Approval of agenda with additions 2 requests from Learning Center : Moved by Pat, seconded by Chris. Motion carried.

Approval of minutes from Jan 15, 2020 with 2 spelling corrections: Moved by Wayne, seconded by Pat. Motion carried.

School Success Plan and Professional Plan:

PD day for staff FEB 24th - Cairo's blanket 3 hr presentation for staff which fit in with well-being goal.

ELA mentor has been working with ECT collaborative groups on assessment on conventions. After March Break, the ELA mentor will look at Grade 3's conventions assessments.

Student mentors - Bigs and Littles. Exploratories are going on school-wide. A big class takes a younger class and they do activities together. Some classes made ice-cream together, some went bowling, skating, or swimming.

Old Business/Items arising from Minutes:

- a) Letters that were sent to Herb Steeves from Wayne Murray in February about the issues about janitorial services and the gym curtain. Chris Zwicker (who is in for Herb Steeves temporarily) and Cindy met and spoke about these issues in February. He said that he would look into schedules of the school. Concerning the curtain for the gymnasium, it is on the list for capital expenditures.
- b) Joint SAC meeting with feeder schools - Consider inviting Salt Springs and Scotsburn SAC schools. See Action Item #2.
- c) Update on baby barn - the estimate that we got was over \$2,000.00. That is over the budget. A suggestion is to ask if NSCC and airflight engineering school would be interested in building. See Action items below for further steps.

Loose parts initiative was suggested as an alternative for play ideas outside.

New Business:

Presentation by Rae Gunn

Working group around mental health, physical health, and healthy eating

What role does the SAC have on health in schools?

What are the benefits of physical activity? Stress reduction, social connections, social-emotional benefits.

Healthy students = better learners. Healthy bodies = healthy minds.

Kids need to sweat, they need good sleep, moving and resting.

Studies show Canadian students don't move enough.

24 hour movement guidelines - how many kids are meeting the guidelines? 20% of kids.

Participation does a report card every year. 2018 report card - connection between brain and activity. Canada did not do well on that report card.

Better concentration, better classroom behaviour, reduce anxiety, improve stress response and self-esteem. Decrease risks of chronic diseases.

SAC's can spread the word, promote fundraisers to promote physical activity. For fundraisers, instead of medals, kids get seedlings when they participate. Some ideas are walkathons, jumprope for heart.

SAC's can develop partnerships with other organizations to encourage physical activity.

Advocacy for physical activity.

Suggestions for using SAC funds to increase physical activities:

PD opportunities for staff.

Some important contacts:

Sally O'Neill - Active Pictou County Coordinator

School health promoter - Kate MacLeod in Truro.

Health Promoting Schools grants.

School Healthy Eating Program (SHEP)

The backpack program at West Pictou is growing.

BOKS program - Chris Tremblay. School can be registered for free online.

There are lots of free resources to help kids get active in the school.

REQUESTS for FUNDING

Learning Center:

- 1) More C-Pen Reader Pens needed - \$330 + tax and shipping. Requesting 4 pens.
- 2) 6 more chromebooks - \$419.99 each from Staples = approximately \$2,500.00

Motion to grant funds for 4 pens and 5 chromebooks moved by Michelle Langille. Rae seconded the motion.

All members voted in favor of the motion with 1 abstention.

Principal's Report: Mary Poppins coming up. 2 feeder schools have been invited to come and see it.

Meeting Dates:

Tuesday April 14, and May 12. Meetings will begin at 4:05.

Action Items:

Cindy - follow up on Dot activity next PD day.

Cindy - will reach out to the principal of Salt Springs and Scotsburn to see if their SAC would like to meet in April or May at West Pictou.

Wayne - Ask the airflight engineering school if they can build a baby barn for storage.

Jenny - Ask NSCC if they build baby barns for schools.

Kim - check on prices for chromebooks.

Adjournment:

Pat moved the meeting to be adjourned. Seconded by Kim. Meeting concluded about 5:30 pm.

Respectfully Submitted,
Jenny Velchev