



BEDFORD PARK

BEDFORD PARK PUBLIC SCHOOL PARENT COUNCIL

~ MINUTES ~

Tuesday December 1, 2020

7:00pm – **Parent** Council meeting

Parent Council Email: bedfordparkpc@gmail.com

Attendees

Janet Stone (Co-Chair) Anita O'Connor (Co-Chair) Janet Fong (Co-Treasurer) Sue Sclater (Co-Treasurer) Vikki Shimoda (Secretary)	<u>Members at Large:</u> Lesley Dyer Samara Enchin Sarah Bovaird Jenn Duxbury Rhonda Rossi Gillian Mar <u>Administration:</u> Susan Pitre Melissa Berger Mr. Henneberry <u>Special Guest:</u> Kathy Leventakis	<u>Other Attendee's:</u> Due to the large turnout - A List of attendees are posted at the bottom of the minutes
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Regrets

Laura Bartlett Sherryl Woodard		
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1. Call to order at 7:05pm

2. **Welcome** – Anita O'Connor & Janet Stone (Co-Chairs)

- Thank you for joining our 2nd virtual meeting.

3. **How Caregivers can Support Students During a Pandemic** – Kathy Leventakis, School Psychologist

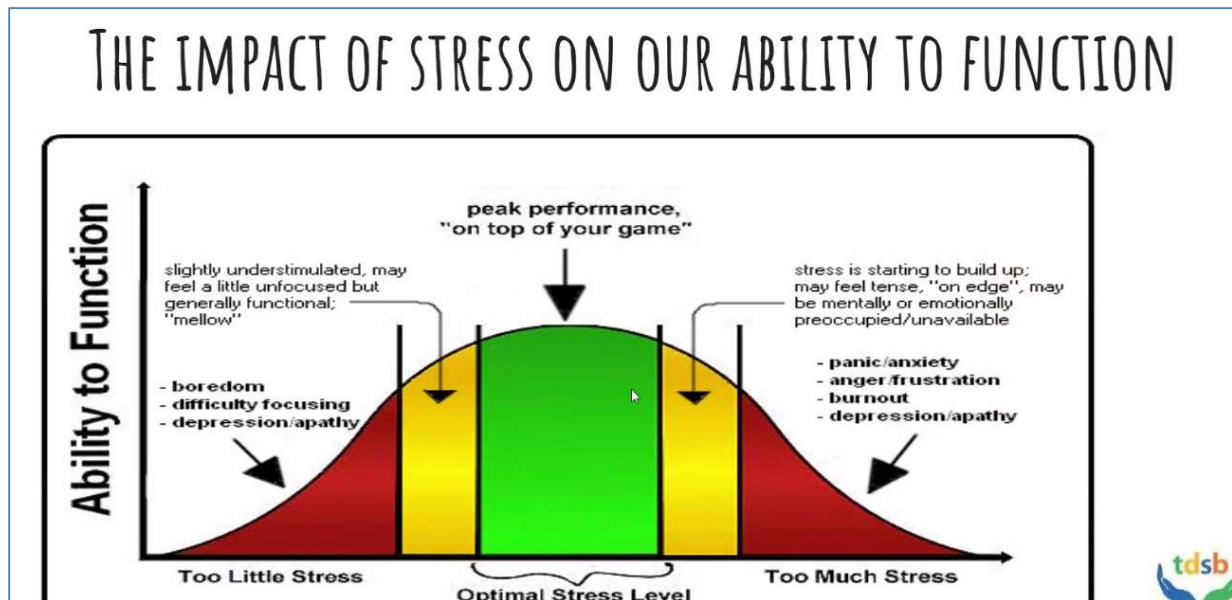
○ **Opening Remarks**

- i. 2020 has been an interesting year and everyone is navigating and coping differently.
- ii. It is colder, it is darker, it all feels a little worst right now. We all have different things that is impacting that and we are all experiencing it in different ways.
- iii. We are feeling it differently – Mentally and physically.



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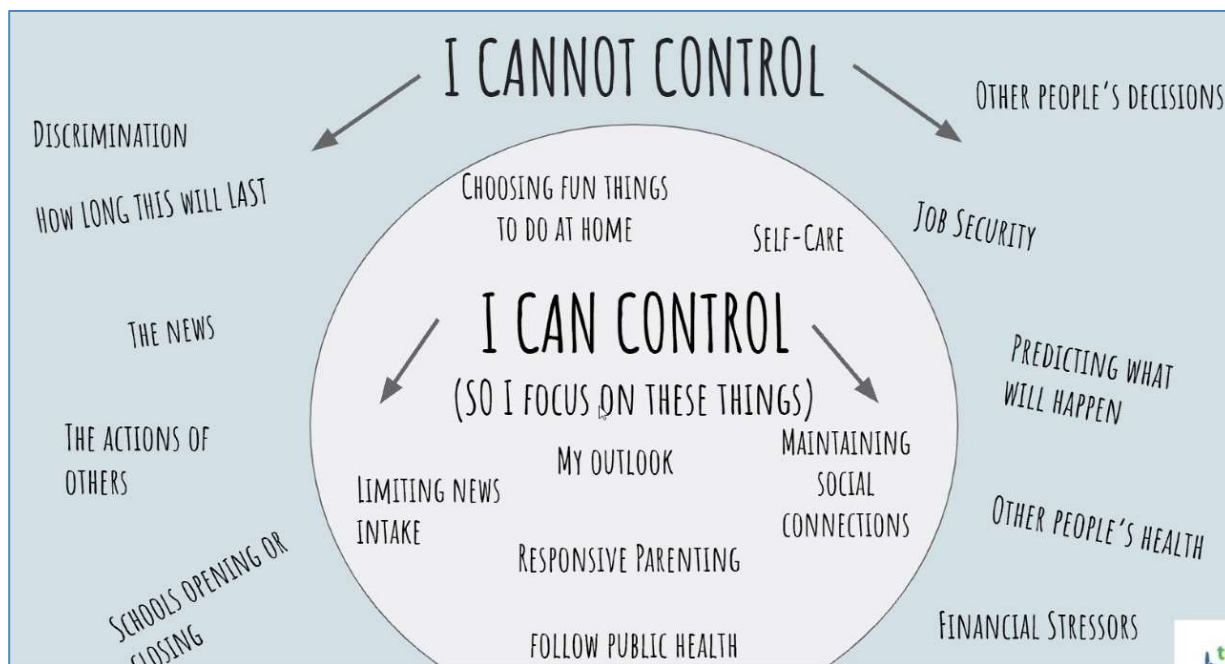
- iv. It isn't terrible to experience stress, sometimes we perform better with dealing with stress. Covid stress isn't all bad, it makes us be a little more diligent than in past, washing hands etc.
- v. The issue is when we hit the red zone of this stress, when we cannot cope anymore.
 1. "To be a good parent you have to take care of yourself first, and when we do the outcome is more positive for our children."
 2. Our children are able to pick up on parents' stress



○ Topics Covered

i. How to take care of yourself to help limit stress

1. Take Care of your body
2. Take Movement Breaks
3. Taking care of your mind
 - a. Engage in enjoyable activities
 - b. Limit negative news
 - c. Connect with others
 - d. Practice gratitude
 - e. Practice forgiveness and self compassion
 - i. Check out Kristin Neff: Self-Compassion
 - f. Practice positive self-talk
 - g. We cannot control everything and have to be ok with that. Need to ruminate less on what we cannot control but what we can control
 - i. Make a list with your family like the circle below



4. Mindfulness – Mindful minute activity

a. Mindful minute

- i. Name 3 things you see
- ii. 3 things you hear
- iii. 3 things you feel
- iv. Then do with 2 things
- v. Then do with 1 thing

b. Deep breathing

c. Visualization

d. Progressive Muscle Relaxation

ii. Virtual Connections for you and your family

1. Playdates

- a. Freeze dance
- b. Draw each other
- c. Play an instrument
- d. Read a book
- e. Show and tell
- f. Simon says
- g. Listen to music
- h. Write a story together
- i. Sing
- j. Baking
- k. Have a fashion show



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2. Storytime with grandparents
3. Family charades and gatherings
4. Video Recess

iii. Returning to remote learning

1. Every child will have a unique reaction
2. They can have mixed emotions
3. Check in Regularly
4. Let their questions guide you
5. Remain calm and reassuring
6. Be patient, honest and accurate
7. Help your children feel a sense of control
8. Stay connected with school personal
9. Give time to readjust to a new normal
10. Only when children get comfortable with changes and new routines, will they be ready to learn
 - i. It is going to take some time

iv. Challenging behavior

1. So many different reasons right now for a change in behavior
2. Take the time to learn what is behind the change





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i. Labelling Emotions

1. Assist your children in labelling feelings
2. Recognize and acknowledge their feelings are important
 - a. "I understand you are feeling this..." and meet that emotion need
 - b. Make a plan together how to deal with emotions
3. Big Emotions are to be expected, our children's worlds have changed too.
 - a. So many different reasons right now for a change in behaviour
3. Anticipating Behavioral Responses
4. Signs of Anxiety
 - a. Excessive crying and irritations in younger children
 - b. Irritability and acting out in teens
 - c. Returning to behaviors they have outgrown (i.e., Bedwetting)
 - d. Excessive worry, sadness, or fatigue
 - e. Unhealthy eating or sleeping habits
 - f. More refusal to cooperate than usual
 - g. Avoidance of activities enjoyed in the past
 - h. Unexplained headaches or body pain
 - i. Self-harm, feelings of hopelessness and thoughts of death
5. Supporting a child with signs of Anxiety
 - a. Encourage your child to face their fears
 - b. Support your child in their use of calming strategies
 - c. Reward progress in facing fears
 - d. Be aware of your own feelings
 - e. Be proactive and plan ahead for feared situations
 - f. Keep a routine, provide warning for changes in routine
 - g. This takes time and practice
6. Troubleshooting – Non-Compliance
 - a. Talk to your child about their feelings about returning to school
 - b. Give positive attention
 - c. Attend to positive behaviors
 - d. Reinforce compliance through praise
 - e. Ignore minor inappropriate behavior
 - f. Offer Choices
 - g. Give short and direct instructions with manners
 - h. Use when/then statements



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7. Setting limits

a. Advantages

- i. Helps keep children safe and healthy
- ii. Teaches self-disciplines
- iii. Learn to manage emotions
- iv. Shows you care, make child feel safe
 1. Pick your battles
 2. Set a screen time schedule and make part of a routine
 3. Self-discipline and when you do your chores/homework you can have this extra time



b. Weak motivation in online school

- i. Explore reasons why
- ii. User responsive and warm parenting approach
- iii. Praise and reward student's engagement
- iv. Monitor and help out with homework assignments
- v. Offer children choices
- vi. Emphasize persistence and effort more than ability


v. Quick tips

1. Organize the children's workspaces
2. Have lunch and recess all ready as if they were going to school (even put it in their lunch bag) so they can get it when they are permitted even if others in the house have different schedules
3. Have a homework basket ready/ activity basket for the week ready
4. Pre-plan activities
 - a. Create visuals so they know if you are available or not.

PRE-PLAN ACTIVITIES



- Pre-plan meals for the week
- Pre-plan activities during work meeting times
- Pre-plan the responsibilities among the adults in the house
- Create boundaries
- Consider using visual prompts





Working Remote - COVID 19 Principles

1. You are not "Working From Home", you are "At your home, during a crisis, trying to work".
2. Your personal physical, mental, and emotional health is far more important than anything else right now.
3. You should not try to compensate for lost productivity by working longer hours.
4. You will be kind to yourself and not judge how you are coping based on how you see others coping.
5. You will be kind to others and not judge how they are coping based on how you are coping.
6. Your team's success will not be measured the same way it was when things were normal.

o Additional Information and Resources

- i. See the PDF document that is linked in the Parent Council Page.

4. Bedford Administrative Update & Town Hall – Mme Pitre & Ms. Berger

o Thank you

- i. to everyone that is here tonight.
- ii. Our virtual learning transition has been very smooth thank you to the parents. You have been great at being organized and ready to go.
- iii. Our Teachers have also been very organized and ready.

o Grade 8 challenge

- i. What to do when we are not together
- ii. Magic Carpet Challenge
 1. Susan is going to challenge the students with a magic carpet challenge (Ab Workout) – stay tuned on twitter

o Focus for January/February

i. Grade 8

1. Course selection for high school, learning codes etc. More information to come on this
2. Information about virtual open houses
3. Course selection due mid-February
4. Optional Attendance due end of January

ii. Student leadership team

1. Grade 4-8: weekly meetings virtually
2. Initiatives coming in February



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○ Facilities

- i. Work for the summer is still underway
 1. Boiler system being replaced
 2. Gym floor being replaced
 3. Fitted for water bottle filling station (trying to have one on each floor) – starting with one and will go from there.
 4. Air quality testing – Ron and Andrea came in and mapped each class for testing, it is ready but waiting for kids to be in school to test.

5. Parent Council and Committee Updates – Anita O'Connor & Janet Stone

○ Parent Council Updates – Janet and Anita

- i. Keeping with the theme of community/engagement, looking to pilot different virtual activities:
 1. JK-SK: Fitness and movement
 2. Grade 1-3: Yoga and breathings
 3. Grade 4-6: Virtual Art
 4. Grade 7-8: TBD
- ii. Pilot will be a first come first serve bases for February to gauge the involvement and if something that will continue for the remainder of the year (Approx. one per month)
- iii. Using all local vendors
- iv. 50% of the cost per student will be paid by Parent Council and 50% to be paid by parents (Approx. \$10 per child total)
- v. An email and more details to come to come this week
- vi. This is for In-School and Online Students

○ Committee Updates

- i. Social / Communications – Insta Campaigns – Gillian and Lesley
 1. Looking to host a Survive/Thrive campaign
 - a. Share a picture of home workspace and Bedford spirit
 - b. Will create a slideshow to share with the community through our social media avenues
 2. Will be sharing details for a February event soon also.
- ii. Outreach – Samara and Jen
 1. Continuing the focus on gratitude, we are looking to run a local community outreach:
 - a. Grade 5 & 6 students to write a letter to seniors in our community to Teddington Seniors Residence
 - b. Also, looking to see if other homes in the area to send letters to as well



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- c. Looking to have it sent around valentine's day
(Letter's will be placed into quarantine before shared with residences)
- 2. Valentines for vet's – looking to provide addresses if anyone would like to send a letter on their own and put in the mail. We are unable to do this as a group and deliver to Sunnybrook, it all has to be sent to an address in PEI for distribution.
- iii. Budget – Janet F
 - a. We have \$42,000
 - b. Have spent \$3,240 so far
 - i. \$1500 allocated to grad fund
 - ii. \$650 RAZ kids' program
 - iii. \$850 for teacher's enrichment
 - iv. \$240 on the flowers for the gardens

6. Closing Remarks

- Next PC Meeting dates will be in the Blues and the Parent Council website.
- Parents are encouraged to email Parent Council at any time at the email address: bedfordparkpc@gmail.com

7. Meeting Adjourned at 8:15pm

8. Attendees

Beth Lauer	Cindy McKay	Amanda Wang	Minh-Hien Le
Judy Lin	Cristiane Ce	Emily	Tara Quigley
Roger Thorpe	Michelle Borthwick	MG	Andrea Gilbert-Clark
M Huang	Lucy	Amy Fuller	Sidney Kim
Alison Hayman	Natasha Ryde		