**Ken Lister Ward Forum February 12, 2018**

**Sloane Public School**

1. **Welcome Remarks**
* Ken Lister welcomes parents and guests
1. **Sleep as Part of Well Being – Saleem Haniff, Mental Health and Well-Being Lead**
* Knowledge is not power; it’s potential
* Overarching mandates on well-being: foundational knowledge and understanding
* Registration for Parents as Partners conference on March 28 opens on March 1st
* Definitions:
	+ mental illness: mood/thinking/behaviour that negatively impacts our lives, such as depression or anxiety
	+ Mental health: coping with stresses and challenges, feel good about yourself and relationships
	+ Well-being: holistic view of mental and physical health
* It’s possible to be mentally healthy and have a mental illness; it is also possible to be mentally unwell without any mental illness
* Mr. Haniff speaks on the importance of sleep for mental health: it is currently the only known bodily function that cleanses the brain; during deep sleep, cerebral spinal fluid 'flushes out' the brain
* It is important to create a routine to better sleep quality, which matters as much as the amount of sleep itself
* It is best to avoid consuming alcohol before sleep, as it decreases quality of sleep
* Avoid smartphone usage right before bed, as they signal the brain to be more awake. Additionally, social media can complicate sleeping efforts by altering emotional states
* Regular caffeine drinkers are vulnerable to withdrawal
* Power naps: naps under 30 minutes are ideal, but beyond 30 minutes will result in grogginess
* Tips:
	+ Stick to a schedule
	+ Keep bedroom cool
	+ Exercise daily to tire yourself out
	+ No electronics in the bedroom
1. **Enhancing Equity Task Force, specialty programs, gifted, optional attendance**
* The director came back with high-level recommendations regarding the equity report; staff will continue to work on the details.
* It is now confirmed that special-needs and gifted programs will **not** be eliminated or phased out
1. **Transportation:**
* The Toronto Catholic District School Board (TCDSB) has been inconsistently applying its transportation policy; an article in the Globe and Mail quoted a TCDSB trustee saying that the reason for this inconsistency is to prevent students from going to TDSB schools
* The TCDSB is far more generous in allowing bussing for its general-population students than the TDSB, while the TDSB allocates more resources to transporting gifted and French immersion and French extended students
1. **Greenland PART - underway**
2. **New Superintendent Andrea Alimi until March 31**
* For Cherokee, Brian, Shaughnessy, Greenland, Rene Gordon, George S. Henry, Three Valleys, Don Mills CI, and Donview Middle Schools
1. **African Heritage Month February, launched February 1**
2. **Chinese Heritage Month February, launched February 1**
3. **Ward Boundary Review**
* Changes to Greenland will be going to board 4 weeks from now,
* Voted last week on new boundaries for next election: minimal change to Don Valley East; one new school: Norman Ingram; losing O’Connor School
1. **Integrity Commissioner SCM**
* Position created by trustees to address complaints about trustees
* Board upheld recommendation to censure trustee \_\_\_\_\_
1. **Recent Repairs**
* Coming repairs: Seneca hill, forest manor and Shaughnessy will be getting new windows;
* Cooling stations to be built at Sloane, Brian, Mearhead, Cassandra, Lescalm, and Seneca Hill
* Roof under construction at Don Mills Collegiate Institute
* Lockers at Pleasantview Middle School
1. **Newsletter Coming Soon**
2. **PIAC – Aretha Philips**
	1. PIAC meeting on February 22 on Monte Casino, 6:00-9:00 and will feature minister of education
	2. PIAC event calendar posted on torontopiac.com and TDSB website
	3. Consultation on transportation on TDSB homepage; next one will be on fundraising later this spring
* Superintendent Salmon:
	+ The board made a motion to not allow staff to travel to US, as students are not guaranteed to be allowed entry; students competing in international competitions are an exception;
		- Question if a student is denied entry: what happens?
			* Everyone turns back and the trip is cancelled
		- Question on how to ensure students are actually able to go beforehand?
			* Teachers always check before the trip actually starts

**Next Ward Forum will take place on March 5 at Dallington on the budget and March 19 – at Seneca Hill to discuss gifted program**

**Questions:**

* Question on Transportation: what is the point of the comparison with the Catholic board? Is the intent to even out funding between boards, or to improve own system?
	+ To highlight issue with payment system on busses: both boards pay half of the cost, but there is an imbalance in the usage by both boards
	+ TCDSB gives transportation spots to students in spite of own policy, which complicates the logistics of system-sharing between boards
* When was the last time that the TDSB looked at transportation policy?
	+ Unsure, but the 7-year contract itself started about 3 years ago

Ken Lister thanks everyone for coming, and wishes everyone a safe drive home.