

**Parent Council Mar 21, 2023
6.30pm ERS Library**

**Chair – Trevor Rogers
Vice Chair - Marion Owens
Secretary - Vacant
Fundraising- Reinira Lankhuijzen
Treasurer- Joanna Burrell
Volunteer / Pizza Coordinator - Laurin Duncan
Grants – Anne as needed
Social Media- Mallory Kusterski**

Present	Absent
Brian Wityshyn, Reinira Lankhuijzen, Marion Owens, Laurin Duncan Trevor Rogers Joanna Burrell Nicole Skwara Lana Hettinga Dale Craig (virtual)	Anne Kontokosta Alison Burger Laura Moore Mallory Kusterski

	ACTION	By Whom
1	Call to order-(6:41 pm) A) Intro of new members- Lana Hettinga – Welcome!! B) Add to agenda- No C) November 29 Minutes Approved- Approved	Trevor
2	Presentations Adrienne Lawlor: OT, RFTS success coach at LGMS Adrienne loves books as both a practitioner and parent, but also knows that it's tough to get through them. Parenting is hard and any bit of support is helpful.	

	<p>She demonstrates a part of the Mind-up program (practiced at LGMS), by sounding a chime: Helps us co-regulate, calm and focus → get out of fight or flight state</p> <p>Book Feature: The Whole-brain child, by Dan Siegel and Tina Payne Bryson Summary "Refrigerator Sheet" as a great overview of the different chapters and strategies. Graphics are great nuggets to easily digest concepts.</p> <p>Recommended Resources:</p> <ul style="list-style-type: none"> • Visiting Feelings by Lauren Rubenstein: Feelings come and go. They don't stay. Research suggests that an emotion takes about 90sec to pass, as long as we don't layer other feelings on top of it. • The invisible string by Patrice Karst: Similar to the kissing hand • Bucket Filling from A to Z by Carl McCloud: We can't fill our bucket by dipping into others' • OT toolbox (website, Facebook page) • Dr. Becky Good Inside (book, Instagram, email newsletter, podcast) • Big Life Journal: Growth mindset book, weekly free printable activities <p>Adrienne will join us again for a presentation on Executive Function Skills. Re recommends Sarah Ward as a great resource.</p>	
<p>3</p>	<p>Past Business</p> <p>1. Action Items from previous meeting (see at the very bottom) A reminder to all to please ensure all action items are done; if things are blocked, please raise during the next meeting.</p> <ul style="list-style-type: none"> • Trevor to continue to seek feedback from parents during school events: Movie night, parent teacher interviews, Open House, etc. <p>2. ERS newsletter: Trevor to submit message from school council the last week of the month, for the next issue.</p> <p>3. Grant application with Town of Canmore coming up: Trevor is working with Anne on the application. We would like to pursue the Gaga ball pit.</p>	

<p>4</p>	<p>New Business</p> <ol style="list-style-type: none"> 1. Alberta School Council Association Engagement Grant - \$1,000 per council, via CRPS. Marion is in the process of getting the cheque issued. \$525 will be used for the upcoming workshop series The remainder can be put towards parent engagement activities, which are to be determined. <ul style="list-style-type: none"> • Invest in books (see Adrienne’s list) • Organize workshops to engage parents: snacks, baby-sitting, etc. <p>We will continue to discuss.</p> <ol style="list-style-type: none"> 2. We are okay to ask Grace to send reminders for council related things via text message. 	
<p>4</p>	<p>Principals report</p> <ol style="list-style-type: none"> 1. Thanks for the food provided to teachers during parent teacher interviews. Brian organized charcuterie boards and the teachers were very appreciative. 2. Leveled Readers have been ordered. Debbie ordered \$37K worth across the district. 3. Spring Concert of grades 1 and 2 takes place on March 23rd. 4. Indigenous Concert via Arts place takes place on March 24th. 5. PLNs: Group work across the district, eg. <ul style="list-style-type: none"> ○ Math Centers for grades 1-3 ○ Indigenous ways of learning/knowing ○ Science of reading (via Learning Disabilities AB) <p>→ Brian to include this in the next newsletter</p> 6. Elders prepared and delivered Bannock for all classes. Followed by discussions around how to make it and the history. 7. Ask: \$220 for potato bags for summer games <p>Future planning:</p> <ul style="list-style-type: none"> • CRPS is working on a refresh of the library/learning commons over the summer. • We will need new library chairs soon. • It would be good to get some adult sized tables and chairs for meetings. <p>Treasurer’s report</p> <ol style="list-style-type: none"> 1. Fundraising Account as of Feb 28th: \$58,680.51 <p>Outgoing:</p> <ul style="list-style-type: none"> • Monthly Pizza Day: \$1,795.99 • Movie Night expenses: \$737.97 <p>Incoming:</p>	

	<ul style="list-style-type: none"> • Movie Night: \$868.75 • Interest: \$17.84 <p>2. Casino Account: \$2.43</p> <p>3. Joanna suggested that if we can fill her role with a new member, she could help train them next year, while taking on the role of treasurer at LGMS.</p> <p>Fundraising report</p> <ol style="list-style-type: none"> 1. Community Pizza Fundraiser with Red Rock Pizza on March 24th. \$5 of every pizza go the council. The winner of the free pizza will be drawn on March 23rd. 2. Flower Fundraiser with delivery on May 24th 3. One more Save-on Foods Cards fundraiser 4. One more movie night in May (Facebook call for movie submissions) <p>Volunteer Coordinator/ Pizza report</p> <ol style="list-style-type: none"> 1. All is going well. The last call for volunteers helped! <p>Grants Coordinator report n/a</p> <p>Social Media report n/a</p> <p>Chair/Vice Chair report</p> <ol style="list-style-type: none"> 1. Next Council of Councils meeting on May 18th. We need to decide who should attend, as every council is limited to 2 people. Marion is leaving council next year, so perhaps someone else should go. <p>Meeting adjourned at 8:02 pm.</p>	
	<p>Next meeting April 18 2023 at 6:30 pm</p>	

Action Items to be completed by next meeting

Brian:

- Include info on what happens during PLNs in next newsletter

Nicole:

Trevor

- Next newsletter: Report on Adrienne's presentation during the March meeting
- May meeting announce Adrienne's presentation re Executive Function Skills (Sarah Ward reference)
- Ask Grace to send text message reminders before Adrienne's next presentation and council meetings.
- Once confirmed, move May meeting to 23rd.

Mallory:

- Submit your movie night suggestions – Facebook engagement
- Fundraising: upcoming Save on Foods cards (watch for the date)
- Set up Instagram account and start posting
- Fundraising so far/what we have bought:
- Next meeting date: April 18
- Volunteer opportunities: Treasurer for next school year
- Other:
- Thank you post for Red Rock Pizza after community fundraiser

Laurin:

Laura:

Allison:

Reinira:

Marion:

- Ask Adrienne to move next presentation to May

Anne:

- Grant application with Town of Canmore for Gaga ball pit, as an inclusive asset to the community as a whole.

Joanna: