



St. Luke Catholic School

Called For More

School Council Meeting Minutes January 17, 2022

Attendance: Melissa Orr-Langner, Brenda Watmough, Meghan Ferguson, Cathy Hinger, Shelby Mistecki, Jenna Bracken (Mental Health Capacity Builder), Erin Crawley, Char Faragini

Meeting Start Time: 6:37 pm

Prayer & Reflection

- Opening Prayer – Cathy Hinger

Land Acknowledgement – Done by the students of St. Luke

Welcome & Introductions – Cathy Hinger

- Welcome to our Mental Health Capacity Builder, Jenna Bracken

School Update

January Wellness – Cathy Hinger

- This month we are focusing on wellness. This includes student wellness, staff wellness and a few different mindfulness pieces.
- We have an Unwind Your Mind bulletin board set up for students and we are also discussing the “5 Ways to Wellbeing”. We talk about the importance of making connections and ways students can connect with their classmates.
- The chapel has been converted into a Zen Den for staff and we are also focusing on outdoor play for students.

Recap of Events – Cathy Hinger

- Father Mario visited on November 30th
- Elder Doreen continues to do her virtual visits with students to discuss the Seven Sacred Teachings.
- During the month of December, we had our daily Advent celebrations. Each day we focused on a different piece of the Jesse Tree. We had different classes participate in the readings and hang symbols on the tree.
- Our Leadership Group was busy in December. All the food and toiletry donations were given to the Tofield Food Bank. They were overwhelmed and very grateful to be receiving the donations from our community. The Leadership Group also made cards for each student in the school and put that together with a healthy snack.
- The Advent concert was filmed and produced by Mr. G.
- The basketball teams participated in their first tournament before Christmas.

Assurance Cycle – Cathy Hinger

- This year marks the end of our four-year Assurance Plan Cycle.
 - December 1 – Thought Exchange Survey went out for parents, staff, and students
 - January 25 – Administrative Meeting to discuss/prioritize thought exchange data
 - February 16 – Approval to be done at Board Meeting
 - March 1 – Public Release

Upcoming Key Events – Cathy Hinger

- January 26 – Bell Let's Talk Day
- January 31 – Professional Development Day for staff – No school
- February 1 – School Registration for 2022-2023
- February 1 – Adoration Week at St. Luke (Mass date TBA)
- February 4 – Report Cards are released. In addition to having reports cards available on PowerSchool, they will also be emailed to parents through School Messenger.
- February 4 & 5 – Basketball Tournament

Teacher's Corner – Jenna Bracken, Mental Health Capacity Builder

- I am going to go over the programming I have been able to provide so far at the school.
- For the kindergarten to grade three classes, we have been doing Kimochis. These are different animal characters with fun names (i.e. Lovey Dove) and they all have their own stories, teach different lessons and provide different tools to parents and teachers. The Kimochis teach kids to identify nonverbal components of feelings. It also builds emotional literacy and provides the ability to identify, understand and respond to emotions.
- I've been able to work with the grade five and six split class on the MindUp program. This program focuses on social and emotional awareness as well as enhancing physiological well-being. We learn about our brains and emotions and how they work. We also do a lot of mindfulness discussion.
- With the grade seven and eights, I've been doing the Mental Health Literacy program. We talk a lot about stigma, and we learn more about language use. We look at understanding how to maintain good mental health and the importance of understanding mental illnesses. We also talk about how to decrease stigma and increase help seeking efficacy.
- We have also been working through the Five Ways to Wellbeing since we have decided to focus on wellness in January.
- Mrs. Hinger and I are looking at putting together an online Family Game Night for the St. Luke community. We hope to host this at the end of January. Keep an eye out in the S'MORE and on the Facebook page for more information. If anyone is interested in helping with this, please feel free to send me a message.
- The Strathcona County Winter Program Guide is out. There is a lot of free programming for children, youth, families etc. Here is the link for anyone who would like to see what is available:
<https://www.strathcona.ca/community-families/learning/online-program-guide/>
-

Meeting Adjourned: 7:06 pm

Next Meeting: Monday February 7th, 2022