



MINUTES

Family Council Meeting

July 20, 2020 6:00pm-7:00pm

Via Microsoft Teams

Present: Cecilia Marie Roberts, Jayne Hembruff, Holly Sabara, Teresa Hatch, Linda Kelly

Regrets: Josh Kerns-Smith, Barbara Shortreed, Sonya Hoerd-Munn, Kate Bishop

Recorder: Anastasia Reznichenko

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| Agenda items discussed: |
| Check in |
| Webinar for Parents in August |
| <p>Back to school webinar for parents Content: prepare parents emotionally and mentally for returning to school process Date: August 27th 7-8:15 pm Holly and CM have been working on planning, Katrina Burch will help with technology. Ann Douglas will participate in the panel as an advocate for Children's mental health; looking to invite two members of the school board. Structure of the webinar: 10 minutes for each panel member After create a poll to interact with the audience offering them questions which they would like to focus on. For example:</p> <ol style="list-style-type: none">1. How to support children while working full time2. Separation & anxiety3. How do I know when my child is struggling?4. How to support a child with intellectual disability? <p>Goal: prepare parents to feel more equipped to support their children and handle the upcoming</p> <p>Linda talked about a Triangle: School-Home-Community Provide basis of understanding to parents who they should be connecting with if they see their child struggling (teacher – mental health team - ...) Linda: how are we going to deliver a message to parents that "it is okay that you and your children will feel anxiety"? Someone on the panel will describe the continuum of constant motion of the mental health</p> |

stages and will discuss the red flags parents should pay attention to.

Challenge: should we focus on parents who have children with mental health issues or focus on broader audience?

Teresa suggests to talk to a broader audience and build in information about mental health challenges.

There is an option to extend a webinar.

Parent on the panel: who do we want on the panel?

- Parent who has a child with mental health diagnosis
- Or a parent whose child has been showing anxiety recently due to new reality?

Group decided to continue the discussion and clarify more details.

Family council members were asked to promote this event and join further development of this event.

Meeting schedule: third Monday of the month; no meeting in August – provide email updates | 8 meetings a year | book one in October

Next meeting: September 21st 6pm