



OTTAWA
CSPA·PIC

CSPA General Meeting Minutes

Wednesday, November 27th, 2024 @7pm

Location: St Patrick's High School

Welcome and Introductions

Steven Boucher, CSPA Vice-Chair

[Land Acknowledgement](#)

Claudia Wubs, CSPA Treasurer

[A Prayer for Enlightenment](#)

Approval of the Agenda

Marissa Fusaro, Immaculata HS

Tim Abbott, Divine Infant ES

The Importance in Empowering Student Engagement with Supportive Care. Implications for Families and the Community: A presentation on our 2024-2027 Mental Health and Well-being Strategy and yearly Action Plan

Dr Richard Bolduc, Mental Health & Well-being Lead

- OCSB Wellness Website has the entire action plan available online here: [Wellness – The Ottawa Catholic School Board](#).
- With a lot of mental health work being done in schools across the system, we focus on mindfulness. Finding a calm place. We bring students to a calmer place allowing the brain to rest, be calm and undergo the best learning.
- Well Being is composed of Mental Health, Physical Health, Social Health and Environmental Health, this could also include spiritual health.
- A tree analogy was presented with respect to mental health and wellbeing (please see slides)
- How do we promote wellbeing? Wellbeing is there to help us learn, give, connect, be active and take notice.
- Mental health is a state of well being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to
- As we work with children, we teach them about pity, sympathy, empathy and compassion and how the weight of their words can help in expressing feelings and showing compassion and empathy for others through their willingness to

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help.

- We aim to ensure that all students are flourishing, with a strong sense of belonging at school. We want to ensure they are confident in themselves with skills for managing academic and social/emotional challenges.
- In schools, we can reduce stigma, promote positive mental health, build student social-emotional learning skills, prevent mental health problems in high risk groups and identify students in need.
- When speaking about mental health, we want it to be associated with positivity as opposed to negativity.
- We like to focus on mental health as a dual continuum. A spectrum/continuum diagram was shared, please see slides.
- Students at grade 7-8 level are studying mental health and are learning about the continuum. Mental health lesson plans are shared from K-12. Every student is getting an understanding of mental health and wellbeing.
- Staff, parents, students all take part in the engagement commitment to truth and reconciliation and equity.
- Teaching staff are being exposed to mental health literacy more than ever. This includes mental health workers in some schools, professional development days, etc. Everyone has several skills already, but we are adding on to what they are learning.
- OCSB mental health services flow through a three tiered system.
- Annually, an action plan is developed in addition to the Engagement Strategy. This year, we are focusing on empowering the student voice. Students noted they wanted more leadership in the mental health action plan.
- Six areas of focus to empower student engagement with support and care include:
 - Organizational conditions - ensuring students and staff mental health and wellbeing remains a priority
 - From building capacity to implementation - offering OCSB staff more training
 - Fostering student empowerment and leadership - providing opportunities for student voice to facilitate leadership
 - Evidence informed practices and programs - implementing evidence based/informed mental health and well-being approaches and

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programs.

- Equitable and inclusive supports - focusing on the relationship with individuals
- Coordination of school, families and community partners - fostering community partnerships to ensure that students have resources they need to overcome challenges and obstacles.
- A grade by grade package of mental health and wellness strategies are available to teachers to use in their classrooms. It is included in the curriculum from K-12. It is blended into the work they are doing with students. Students are taught about mental health, mental illness and the relationship between them. Varying grade level modules were shared.
- Teachers are also trained in suicide prevention and life promotion literacy. Direct lines are available between the Board and CHEO to ensure no wait times and students receive support immediately.
- Teachers have been pleased with the Wayfinder and the strategies and have noted they are mostly comfortable with the incorporation of mental health education in their classrooms.

Board Meeting Update

Shelley Montgomery, Superintendent of Student Success, Elementary

- The Board met on October 29, November 12 and November 26, 2024
- A high level overview was provided
- Oct 29 - Record breaking donation from St. Brigid's Camp which was closing. The sale of the camp allowed them to donate \$500,000 to Catholic Education Foundation Organization where funds can be accessed to support students.
- Audit Committee meeting minutes were received
- OSTA minutes
- SEAC minutes
- Presentation of the opening of St. Giana school and the process of opening a new school.
- An international excursion presentation was provided by students about their experience in Greece and Rome.
- International excursions were presented
- The new spiritual theme, opening doors, building bridges and nourishing new beginnings were presented.

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- Tom D'Amico provided a presentation on Artificial Intelligence and how OCSB is embracing AI.
- A math achievement plan presentation occurred including goals on improving math.
- November 12 meeting:
 - Annual General Meeting
 - New chair and vice chair were elected - Mark Mullen and Cindy Simpson
 - There were no major changes in the committees and chairs
 - Designation of signing officers for the Board.
 - The Board's auditor, legal firm, and bank were reaffirmed.
- November 26 meeting
 - Presentation from St. Elizabeth highlighting deep learning initiatives around partnerships. Highlighted how students created their own ice cream brand and sold on a Saturday and Sunday through a local ice cream store - deep learning and core memories for these students
 - Nominations for learning disabilities representatives and SEAC were received.
 - OSTA minutes were received.
 - De-streaming updates re: grade 9 math, science, french, english and geography subjects have been de-streamed. A presentation was given to show how destreaming is going and how teachers are being supported. Grade 10 has not yet been de-streamed at OCSB, however, the Ministry of Education has made it an option.
 - Critical thinking on AI presentation about expliciting teaching two critical thinking lessons this year to embrace AI given how fast it is moving
 - Finance and planning facility presentations.
 - Approved for 3 new schools and a large addition at a school in Richmond. A bylaw for borrowing was shared
 - Year end financial statement read
 - School renewal budget and recommended work asking Trustees to take money down an accumulated surplus.
 - Portables have become expensive, however, they are now coming air conditioned and a more appealing learning environment. \$4.3M in portables were approved last night. Each portable is around \$250K.

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SEAC Update

Traci Clarke, SEAC Chair

- Two new members for the Learning Disabilities Association of Ontario Ottawa Chapter were approved at the November 26th meeting.
- Last month, new members for the Down Syndrome Association and Autism Ontario were approved.
- Thank you to CSPA for their continued support in assisting with our recruitment campaigns, posting on social media, newsletters and school council distributions. We are still looking for the following:
 - Autism Ontario, Alternate
 - Brain Injury Association of Ottawa Valley, Alternate
 - Association for Bright Children (ABC), Alternate
 - Fetal Alcohol Spectrum Disorder Group of Ottawa, Alternate
 - Epilepsy Ottawa, Representative and Alternate
- This month the Director of Education gave a presentation on [Advocating for a Child & Dealing with Conflict](#). Lots of great tips for parents to advocate for their students even if they do not require special education support. Points on dealing with conflict can also be helpful to parents and school council.
- Next meeting is December 18th at 6:30 p.m. All are welcome to attend. Email SEAC@ocsb.ca for more info and the link.

School Council Update

Erinn Ladouceur, CSPA/PIC Chair

- Our final PRO Grant application deadline is coming up on Saturday, November 30th. We had a successful first review and e-mails and final e-mails for those will be going out this week. There were a number of applications that were incomplete, or the vision was not fully thought out. We received 21 applications, with another 10 being submitted for this final deadline. So up from last year!
- All schools have received the PIC Grant Budget Number, received in October. All School Councils should be in full swing in planning this spending.
- We ask that all School Councils review their Constitutions this year to ensure that it has been updated in the last 3 - 5 years, and there is nothing glaring that needs to be updated. We are seeing a number of schools with Constitutions that are out of date. You can find a [Sample School Council Constitution](#) on our website.
- Reminder that CSPA is here to support School Councils and parents throughout

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the year with any ideas, issues or concerns. Always looking for parents/guardians to join us as well! Please reach out anytime! We appreciate your patience as we got our new members settled.

- CSPA Voluntary Admin Fees have been coming in, thank you. You can send that \$20 by cheque to Ottawa CSPA c/o Sandra Falcomer, 570 West Hunt Club Road. This can be sent through the internal mail at your school ("The Pony"), no need to send it via Canada Post. Be sure to put a contact name and e-mail address on the cheque so our Treasurer can send your School Council a receipt.
- Next CSPA Meeting is January 29th at 7pm and the topic will be on Math Education at the OCSB.
- We have a new Treasurer (Claudia Wubs), who will be settling into her new role in the next couple of weeks as we get banking transferred. Claudia can be e-mailed at info@ottawacspa.ca.
- Volunteer Appreciation - Saturday, April 12th at Notre Dame High School

Event Update

Erinn Ladouceur, CSPA/PIC Chair

- The Evolution of Inclusion, with Shelley Moore - December 5th *virtual
- The Power of Relationship & Play, with Hannah Beach - December 11th *St Bernadette (Stittsville) with Child Minding Available
- Coming in 2025
 - Math Matters (Intermediate) - February 20th *virtual
 - Cafe Francais - February

Merry Christmas and Happy New Year!

Next CSPA General Meeting: January 29th, 2025 at 7pm, Google Meet
Register for meetings and events via [EventBrite](#)

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