**Martensville School Community Council Meeting**

Thursday, February 1, 2018

Lake Vista Community Meeting Room

6:30 - 8:00 pm

Minutes

**VMS SCC Present**: Rhonda Toth, Bonnie Hope, Chelsea Choponis, Mike Cox, Garth Harrison, Adrienne Wiker, Joannie Maclean, Christina Gray.

1. Welcome and Introductions for each person.

2. SCC Highlights. Each SCC shared what they are working on and / or successes they have accomplished.

3. School Resource Officer Sean Nave presented on current trends with students and mental health.

- Our children are two connections away from any drug deal at any given time.

-Social media causes a lot of issues for our children. We need to teach our children to wait a second before hitting the send/post button. A lot of situations make "mountains out of mole hills". There is no empathy when posting and using social media. Kids taking phones to bed causes anxiety, 80% do it.

-VITRA (violent threat risk assessment) is used by Sean in school situations. He tries to "think out of the box" when dealing with our children, does not just arrest, does a thorough assessment.

-Marijuana legislation is still up in the air. There are several forms that marijuana is consumed.

-Parents need to be educated on what is going on with their children. Kids will find ways around parents rules (ie. second accounts for apps, use old phones to access internet).

4.School Counsellor Patsy Ippolito (counsellor for Lake Vista and Venture Heights) presented on "The Healthy Mind Platter". *http://www.drdansiegel.com/resources/healthy mind platter/*

-There are several parts to the healthy mind platter. They are sleep time, physical time, focus time, time in, down time, play time, connecting time. Schools help bring all of these parts into our children's lives. Think of them like the pieces in the Canada food guide.

-The counsellors in our Martensville schools stay in close contact and are required to do suicide assessments very frequently, almost a daily basis.

- Our kids need us as adults, to be the adults so they can be kids. We do not need to be their best friends. If we are not available for our children, they will then seek help from their peers.

Two books that are a good resource that were referenced:

"Hold on To Your Kids" by Gordon Neufeld.

"Selfie" by Michelle Borbac

Next meeting at Valley Manor is Monday, March 19 at 6:30p.m.