

**Dallington School Parent Council  
Meeting #3**

Agenda – Thursday February 8th 2018  
6:30pm. School Library

In attendance:

Jackie Chau (Chair)  
Yalena Zuluaga (Secretary)  
Scarlett Wong  
Marwa Gouda  
David Hawker-Budlovsky

Vanessa Sandy (Treasurer)  
Susan Piter (Principal)  
Mustafa Tezcan  
Mahnaz Ghalib (community)  
Jeremy Schwartz

Elvis Prifti (Treasurer)  
Adam Sommer (VP)  
Ozlem Kuscu  
Melanie Lam

**1. Welcome and Introductions:**

Katerina: Public Nurse (guest speaker)

**2. Current Fundraising events and volunteering updates:**

- **Book Fair** - 2nd book fair next week: Feb 12-16 in Library (French heavy). Thanks to everyone who signed up, just a few spots left
- **Move-a-thon:** April 13th at the school, will be sending out pledge forms about a month earlier (before March break) hoping to have something set up for on line donation
- **Movie Night:** in mid-May (finalizing dates): x2 movies again based on student voting.
- **Entrepreneur Club:** Grades 2 to 5 every Friday after school. This is the first time the school is running such a program, and the children will be able to sell their products during movie night.

**3. Public Nurse – Katerina:**

STRESS:

- How is it relatable to kids?
- Do you think children experience stress?

Kids experience stress, a lot and they may not be aware of it. How can we tell if your kid is stressed?

Body:

- Mind: a children's mind is developing, it can affect their thinking.
- Feelings: Tummy aches, head aches, hard to express feelings
- Behavior: Changes in behavior, especially if they are less than 5 years old.

What stresses children:

- Tests/education expectations
- Family expectations/personal expectations
- Financial stress
- Material things children want
- Technology and Video games (BIG one)

Stress: is normal, it builds resilience and it is very important to communicate to your children that life is real, we all make mistakes; all mistakes can be resolved and can be talked about.

Worry: We all worry about things, even little things. It is normal to worry, but it is not normal to over worry about things.

Anxiety: Children can worry about things happening in their lives, especially at home and they need support. Anxiety is a very common mental disorder among teenagers.

**Sunnybrook and SickKids offer programs for stress, anxiety and over worrying for children.**

**• Recreational Cannabis: The effects of THC –**

THC when abused and consumed at an early age it can affect the brain development.

**What can**

**parents do?**

- Look
- Listen
- Love
- Communicate with the School
- Speak with family doctor
- Love your kids unconditionally

**Consider:**

- Cultural differences
- Family relationship
- Change of Schools
- Academic Pressure
- Difficulty making friends
- Health Issues

**4. Financial Update:** - Updated financial sheet handed out

- Biggest Revenue: Pizza Lunch
- PAC and School banking account merging
- Potential forecast - \$35k

## **5. Long Term Outdoor Project:**

Presentation of Updated Master Plan: Phase 1

- Triple Hoops
- Accessibility
- Basketball Court
- Line Games
- Engaging Students

## **6. Dallington Pollinators – Rain Water Structure Update**

Upcoming Events & Projects:

- Planning for the Garden:
  - + Planting fast growing lettuce and radishes in majority of the garden's beds
  - + Converting unused beds to raised bigger beds
  - + Recruiting Volunteers
- Community Seed Exchange:
  - + Thursday April 14th at the Fairview Library
  - + Citywide events to promote the sale/exchange of native seeds & vegetable crops
- Workshops:
  - + Links available on the FB Page
  - + Organized by DPCG in collaboration with local partners
- RWH update:
  - + Delayed project, waiting to hear from partners to sign off construction agreement.
- Tree for Me:
  - + Collaboration with the City of Toronto
  - + Tree planting & advocacy groups, businesses, organizations, and residents of Toronto to come under one umbrella and work together to reach 407 canopy goal.

## **7. Principal's Updates and Comments:**

- Upgrades to the school – painting, new audio/bell system installation
- Staff change at the end of February
- Head Caretaker leaving, new one coming
- Professional learning for the staff – 4 more times until the end of the school year
- March 2: - Winter Olympics Grades 4 and 5. – Winter Carnival K-G3.
- Host Ward Meeting: March 5th at 6:30pm
- Eco Team: Battery recycling
- TDSB – Registration online for donations, events, and other school related events
- Report Cards: February 13th – Parent/Teacher meetings on February 14 & 15. Book Appointments.
- New Colour-Coding Zone of Regulations:
  - + Green: Joy
  - + Yellow: Silly
  - + Blue: Sad
  - + Red: Angry

**NEXT MEETING: THURSDAY, APRIL 12<sup>TH</sup> AT 6:30PM**