



**REGIONAL CATHOLIC PARENT INVOLVEMENT COMMITTEE MEETING  
Monday, March 25, 2019 – 7:00 pm – Boardroom**

- Present:** Carol Luciani (Trustee), Lindsay Blasdell, Paula Bryan, Orazio Caltagirone (Principal), Holy Colaiacovo, Lerryn Fennell, Megan Flexman, Lindsay Greene, Charmaine Hanley (Principal Lead), Erin Hope, Rebecca Johnson, Tamara King, Lori Martisius, Ashley Malo, Melanie Montague, Terri-Lynn Ovens, Marion Perras, Colin Phee (Chair), Diana Ribeiro, Stéphane Rouleau (Co-Chair), Anita Santos, Michelle Shypula (Superintendent of Education), Marie Teskey, Lindsey Valletta, Greg Wilson
- Guest(s):** Jennifer Charnish (Student Achievement Consultant: STEM), Sarah Conway (System Itinerant Teacher: STEM), Carmen McDermid (Student Achievement Lead: Special Education), Nancy Mulroy (School SERT), Miriam Petrella (System Itinerant Teacher: STEM), Nancy Smykaluk (Itinerant SERT), Tara Spangenberg (School SERT)
- Regrets:** Colin Phee (Chair)
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**1. Opening Prayer**

Charmaine Hanley, RCPIC Principal Lead and Principal for Christ the King School opened the meeting in prayer using Christian Meditation.

**2. Welcome and Opening Comments**

Superintendent Shypula welcomed Trustee Luciani to the group and introduced Chair, Colin Phee (who could not attend tonight) and Co-Chair, Stéphane Rouleau who will be acting Chair for the meeting. Superintendent Shypula welcomed the group and led a round of introductions for the benefit of all members and guests in attendance.

**3. Approval of Agenda**

Moved by: Rebecca Johnson

Seconded by: Tamara King

THAT the RCPIC approves the agenda of the March 25, 2019 meeting.

**Carried**

**4. Declaration of Interest- Nil**

**5. Approval of Minutes – October 29, 2018**

Moved by: Megan Flexman

Seconded by: Paula Bryan

THAT the RCPIC approves the minutes of the October 29, 2018 meeting.

**Carried**

**6. Business Arising from the Minutes- Nil**



**7. Presentation – Self-Regulation: Building Your Toolkit**

Carmen McDermid, Student Achievement Lead: Special Education, introduced the presentation by providing the historical background on the inception of self-regulation being a targeted focus of the Special Education Department since 2016. An overview of the work completed to date was shared, including the purchase of the book, 'Zones of Regulation' for each school, as well as providing resources to every elementary and secondary school to support the creation of a calming room or calming spaces within classrooms.

Nancy Smykaluk, Itinerant Special Education Resource Teacher (SERT), provided an overview of the definition of self-regulation. A series of video clips were shown that explained the emotions of the four coloured zones of self-regulation which are; Blue, Green, Yellow and Red. Activities ensued that allowed members to reflect on personal emotions within the four zones of regulation. Nancy Mulroy, School SERT, shared techniques that she implements within classrooms such as the 'exit slip'. The 'exit slip' is based on visual cues and expressions that can demonstrate how a student is feeling when transitioning between classrooms. Nancy Mulroy offered a strategy on how to address certain situations with students by having them identify the size of the problem and who is being affected by their behaviour/actions. Nancy Smykaluk and Tara Spangenberger defined 'reframing behaviour' to the group based on the "Anger Iceberg" and how underlying emotions can be the root cause of the behaviours. Tara shared ideas on how communication using specific wording through 'Speech Bubbles' can help parents and teachers when speaking to their children and students. The presenters discussed calming areas created within schools and described many of the helpful tools/resources used to assist students. They shared the effects of screen time with children and students and how this can affect behaviours. Guests were invited to explore and build self-regulation items/tools that are used within our schools.

**8. BREAK**

**9. Science, Technology, Engineering and Mathematics (STEM) Update**

Jen Charnish, Student Achievement Consultant: Science, Technology, Engineering and Mathematics (STEM) provided parents with an overview of the STEM program within the Board. STEM is now being offered to all 28 elementary schools across our district and each class is receiving 100-minute blocks of instruction. Jen introduced Miriam Petrella and Sarah Conway both System Itinerant Teachers for STEM and invited members an opportunity for a hands on exploration of STEM tasks. Some of the tasks provided were, hoop gliders, designing tin-foil boat that would hold weight, coding, playing rock/paper/scissors on a Microbit, Lego WeDo and the Makey Makey. Each centre focused on tasks that are currently offered within the Early Years (K-grade1), Junior (grades 4-6) and Intermediate (grades 7-8) streams (See Appendices A, B and C).



**10. Catholic School Advisory Council (CSAC) Survey Feedback: Discussion and Next Step Considerations**

Charmaine Hanley, Principal Lead for the Regional Catholic Parent Involvement Committee (RCPIC) and Principal for Christ the King School, updated on survey results that were sent out to all Catholic School Advisory Committees (CSAC) across the district in January 2019. The seven-question survey was to seek input and feedback from our CSACs. Questions were as follows;

1. What elements of the November System-Wide Catholic School Advisory Council Skype meeting did you find helpful in supporting your child(ren's) well-being?
2. What can we do to improve the effectiveness of our System-Wide Catholic School Advisory Council Skype meeting?
3. What is the best day of the week for the district to host the System-Wide Catholic School Advisory Council Skype meeting?
4. What is the best hour of the day to host the System-Wide Catholic School Advisory Council Skype meeting?
5. How might we increase the number of parents who participate in the System-Wide Catholic School Advisory Council Skype meeting?
6. What can we do to improve the effectiveness of our Regional Catholic Parent Involvement Committee (RCPIC) meeting?
7. How might we increase the number of parents who participate in the Regional Catholic Parent Involvement Committee (RCPIC) meetings?

This survey data will be used to assist in developing RCPIC goals for 2019-20. Discussions ensued about the day of the week, time and location for upcoming meetings and a suggestion for an additional survey to be sent out for the upcoming May meeting.

**11. Closing Remarks/ Adjournments**

Superintendent Shypula thanked members and guests for their continued support and for taking the time to bring their valuable input to the meeting. The meeting adjourned at 9:10 pm.