

Committee of  
School Councils

# Meeting Agenda

[Virtual Meeting: Zoom](#)

Wednesday, Feb. 2, 2022

6:30 p.m.

Time	Agenda	Presented by
6:30 p.m.	Opening remarks and welcome	Lesley Bowman, COSC Chair
6:31 p.m.	Roundtable introductions	All
6:33 p.m.	Additions to the agenda and agenda approval	Lesley Bowman, COSC Chair
6:34 p.m.	Approval of minutes	Lesley Bowman, COSC Chair
6:35 p.m.	Board Report	Trina Boymook, EIPS Board Chair
6:45 p.m.	ATA Report	Deneen Zielke, President, ATA Local No. 28
6:55 p.m. 7:05 p.m. 7:10 p.m. 7:12 p.m. 7:15 p.m.	<b>For Information</b> <ul style="list-style-type: none"> <li>a. ASCA Update</li> <li>b. Returning Student Registration</li> <li>c. Caregiver Series: February</li> <li>d. School Council Grant: Approvals</li> <li>e. School Council Grant: Update</li> </ul>	Jacquie Surgenor & Krista Scott, ASCA Directors Mark Liguori, EIPS Superintendent Lesley Bowman, COSC Chair Lesley Bowman, COSC Chair Lesley Bowman, COSC Chair
7:20 p.m. 7:30 p.m.	<b>New Business</b> <ul style="list-style-type: none"> <li>a. COVID-19 Update</li> <li>b. Alberta K-12 Curriculum: Part 1 of the EIPS School Council Grant Speaker Series</li> </ul>	Mark Liguori, EIPS Superintendent Amy von Heyking, Associate Professor, University of Lethbridge and curriculum expert
8:20 p.m.	<b>COSC Sharing</b> <ul style="list-style-type: none"> <li>a. Share the positive work happening in your school</li> </ul>	Devon Marshall, COSC Chair

## Handouts

COSC Minutes: Jan. 12, 2022

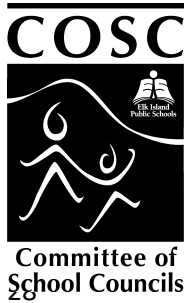
Board Highlights: Jan. 20, 2022

Caregiver Series

## Next Meeting:

Wednesday, March 2, 2022

virtual meeting



UNRATIFIED

# MEETING MINUTES

Elk Island Public Schools, virtual meeting

Jan. 12, 2022 | 6:30 p.m.

## In Attendance

### SCHOOL COUNCIL EXECUTIVE

**Chair:** Lesley Bowman, Pine Street Elementary

**Vice-Chair:** Devon Marshall, SCA Elementary

**Secretary:** Michelle Uytterhagen, Fultonvale Elementary Junior High

### SCHOOL COUNCIL MEMBERS

Ken Allan, A.L. Horton Elementary

Jackie Anderson, Ardrossan Junior Senior High

Heather Bayne, Ardrossan Junior Senior High

Aileen Bozic, SCA Secondary

April Childs, Lakeland Ridge

Nadine Fricke, James Mowat Elementary

Cara Kern, Pine Street Elementary

Kimberly Scott, Westboro Elementary

Krista Scott, Bev Facey Community High, Fultonvale Elementary Junior High

Sheena Singleton, Sherwood Heights Junior High

Jacquie Surgenor, Salisbury Composite High, Sherwood Heights Junior High

Brian Vick, Brentwood Elementary

Sara Witholt, Heritage Hills Elementary

Caitlyn Zabrick, Fort Saskatchewan Elementary

### ELK ISLAND PUBLIC SCHOOLS BOARD OF TRUSTEES

Trina Boymook, Chair

Colleen Holowaychuk, Vice-Chair

Cathy Allen, Trustee

Randy Footz, Trustee

Don Irwin, Trustee

Susan Miller, Trustee

Jim Seutter, Trustee

Jaqueline Shotbolt, Trustee

Ralph Sorochan, Trustee

### ELK ISLAND PUBLIC SCHOOLS

Mark Liguori, Superintendent

Deneen Ziekle, ATA Local No. 28 President

Corrie Fletcher, Communications

## CALL TO ORDER

The meeting was called to order at 6:30 p.m.

### AGENDA

COSC Chair Bowman called for additions or deletions to the agenda.

MOTION | The agenda be adopted, as circulated.

*MOTION CARRIED*

### APPROVAL OF MINUTES

COSC Chair Bowman called for approval of the Nov. 3, 2021 meeting minutes.

MOTION | The minutes be approved, as circulated.

*Motion CARRIED*

# Board Report

Board Chair Trina Boymook presented the Board report.

## RECENT EVENTS

- Throughout November, trustees took part in the EIPS Assurance Reviews. Chair Boymook thanked the school council representatives who participated.
- On December 5-6, trustees took part in a Board retreat to discuss the Board's direction, priorities for the 2021-25 term and work plan for the 2021-22 school year. A third day is planned for January 13.
- Recently, the Division updated its [EIPS Operation Guidelines 2021-22](#). The most up-to-date version is available online, along with additional information for families.
- On January 6, the Division launched its inaugural Year in Review 2020-21: Stakeholder Confidence Survey. The survey assesses the community's confidence in the Division and its strategic direction. The Board will use the results to help inform the Division's key priorities, goals and outcomes, resource allocations and supports. The survey closes on January 18.
- On January 17, the Alberta School Boards Association's hosting its fourth curriculum engagement session, which Chair Boymook looks forward to.
- On February 1, kindergarten registration and the returning student registration process open. EIPS families are asked to confirm their child's enrolment in a school for the upcoming year by completing the online Returning Student Registration Form—available by logging in to the [PowerSchool Parent Portal](#). Using the form, families can indicate the school their child plans to attend and apply to attend a non-designated school, if applicable. Requests to attend a non-designated school must be completed during the returning student registration process to be considered for the next school year. Schools with [closed boundaries](#) in the 2022-23 school year:
  - Ardrossan Junior Senior High;
  - Davidson Creek Elementary;
  - F.R. Haythorne Junior High;
  - James Mowatt Elementary;
  - Sherwood Heights Junior High; and
  - SouthPointe School.
- At the January 20 Board meeting, trustees:
  - will finalize the EIPS Division Calendar for the 2022-23 school year—the Division conducted a survey about the calendar December, which received 2,170 survey responses, and Chair Boymook thanked all those who completed the survey;
  - will set the school fee parameters for the upcoming year; and
  - Trustees will consider a budget reallocation.

## K-6 CURRICULUM

On December 13, a school board chairs meeting was held with Education Minister Adriana LaGrange to receive added details of the revised kindergarten to Grade 6 curriculum implementation. The Board's pleased the province is only implementing three subjects instead of all subject areas at the same time. It's equally pleased the Minister's open to a staggered implementation of the three subjects moving forward and that continued work will take place within the three subject areas to ensure it's age and developmentally appropriate as the province moves toward finalizing the curriculum. Following the meeting, the Board sent a letter to the Minister noting its appreciation. It also restated what needs addressing before implementation and the preference for a phased-in approach for implementing language arts and mathematics.

## EXTENDED CHRISTMAS BREAK

Multiple school board chairs meetings were held with the Minister of Education following the province's announcement to extend Christmas Break. The meetings were held on December 31, and January 5 and 6, which allowed school boards to better understand the supports provided by the province, express concerns and offer a picture of each Division's local context to best prepare for January 10. The EIPS Board appreciates

having access to the Assistant Chief Medical Officer and the Assistant Deputy Minister of Health on January 5. Both individuals answered health-related questions about the provincially supplied medical-grade masks and changes to isolation protocols.

## ATA Report

ATA Local No. 28 President Deneen Zielke presented the ATA report.

### HIGHLIGHTS

- School boards provincewide are experiencing serious teacher shortages and student absences related to illness. While teachers are doing their best, time will tell the impact of the fifth wave of COVID-19 and Omicron variant.
- The Local's pleased the province decided to change and delay the roll-out of the new draft kindergarten to Grade 6 curriculum. However, it still has concerns with curriculum content and implementation, including available resources, assessment documentation and appointments for the Advisory Committee—it's critical teachers have a seat at the table as they are curriculum experts.
- The province recently launched a new e-tutoring hub for students in kindergarten to Grade 9. Unfortunately, the site is substandard, and the lesson objectives don't align with grade outcomes.

## For Information

**ASCA UPDATE** – Krista Scott and Jacquie Surgenor, COSC members and ASCA Board directors

- The Alberta School Councils' Association (ASCA) didn't receive its provincial grant.
- Instead, it was offered a \$15,000 project-specific grant—only available to ASCA for a specific project.
- The ASCA Board of Directors made the difficult decision to transition the way ASCA operates—most staff were laid off.
- Currently, ASCA's transitioning to a new model and in discussions about next year's budget.
- The association still provides the services for a fee format—the Board will review the cost of this next year.
- The 2022 ASCA Conference will be a scaled-down version—in-person only. ASCA also hopes to offer a hybrid model of the annual general meeting. Both will take place the third week of April.

### COMMENTS AND QUESTIONS

**Question:** Where are we with funding today compared to two years ago?

**Answer:** Grants from the government dropped from \$654,000 to \$170,000 last year and to \$0 this year.

**CAREGIVER SERIES UPDATE** – Lesley Bowman, COSC Chair

- The [January Caregiver Series](#) schedule is now available.
- Offered through Alberta Health Services, the sessions are informative and valuable.
- Bowman encouraged members to review the [January Caregiver Series](#) calendar.

## New Business

**COVID-19 UPDATE** – Mark Liguori, EIPS Superintendent

- Superintendent Mark Liguori provided a COVID-19 update.
- He emphasized maintaining continuity for students.
- The [EIPS Operations Guidelines 2021-22](#) were modified given the extended Christmas Break to ensure the Division was fully prepared for a return on January 10. There was a delay in releasing the updated guidelines as the Division was waiting for input from the province. Superintendent Liguori expressed the importance of all staff and students maintaining good hand hygiene, wearing masks, and staying away from school if they feel ill or test positive for COVID-19.
- The Division received the shipment of medical-grade masks and at-home rapid test kits late this afternoon. It will distribute these to schools later in the week.

- Superintendent Liguori also took full responsibility for decisions made about suspending athletics—the Division wants to see the absence trends first, for both staff and students, in the first week. He said absences for both staff and students are trending up, but the number is not staggering.
- Superintendent Liguori also reiterated it's prepared if the Division needs to shift to online.

#### COMMENTS AND QUESTIONS

**Question:** Are you revisiting the trends next week regarding illness and absences in schools, and will EIPS possibly alter the restrictions on clubs and athletics?

**Answer:** On Monday, we will take a look at numbers to make a determination on participation levels for students—practice, league play or nothing.

**Q:** What are the parents doing who aren't sending their kids to school? Are teachers sending work home?

**A:** Some are using Brightspace. Some have enough resources at home. Some students are just staying at home preparing for exams—not diplomas as they're cancelled.

**Q:** Have there been any teachers who have quit their jobs because of not being comfortable in the working environment?

**A:** Not to my knowledge, that would go through Human Resources. Some have chosen to take a leave.

#### ANNUAL EDUCATION RESULTS REPORT 2020-21 – Mark Liguori, EIPS Superintendent

- Superintendent Liguori reviewed the [EIPS Annual Education Results Report \(AERR\) 2020-21](#) and [AERR Overview 2020-2021](#).
- The *Annual Education Results Report 2020-21* outlines the Division's Four-Year Education Plan, opportunities for growth and how the Division's supporting students. The report incorporates feedback from each of its school's education plans, identifies EIPS' key priorities and goals, highlights data from the Alberta Education Assurance survey and details strategies to enhance learning going forward.
- EIPS continues to do an outstanding job. Superintendent Liguori acknowledges there's room for improvement.
- He also reviewed the strategies for each of the priorities and goals under the "Priority Strategy for Education Plan" and some of the initiatives the Division has done to further help meet the goals.
- Lastly, he reviewed the Alberta Education Assurance Measures Summary—the data presented compares EIPS to the province.

#### COMMENTS AND QUESTIONS

**Question:** I am curious what strategies and initiatives the Board's looking at to increase parental involvement as it's at the intermediate level?

**Answer:** Surveys, COSC, continue to inform families about initiatives and events taking place throughout the division and professional learning sessions.

**Q:** What sort of assessments has Supports for Students been able to do for those grades that have been missing PATs and diploma examinations? EYE-TA is definitely a great assessment for early learners, but in terms of older grade students, are there any other assessments other than Star 360 or MIPI? Does EIPS have any assessments to replace or replicate data missing from the PATs and diplomas?

**A:** EIPS uses the Star 360 data, MIPI data, and the math department has developed evaluations and exams that are used across the Division.

#### YEAR IN REVIEW SURVEY 2020-21 – Mark Liguori, EIPS Superintendent

- The due date to complete the Year in Review Survey is January 18.

- The survey provides an opportunity for families to respond on how they feel about what is being asked. The survey gives families opportunities to make informed comments and answers by providing links to direct information.
- Board Chair Boymook added this is the Board’s first attempt at this type of survey. She asked for feedback on how it can improve the survey next year—the Board appreciates any input from the group. To provide feedback, email Chair Boymook directly.

#### **SCHOOL COUNCIL GRANT – Mark Liguori, EIPS Superintendent**

- Each school council has the potential to receive \$500 from the province.
- It’s problematic to distribute the money to school councils as some do not have a bank account.
- There’s a letter included in the [January COSC meeting package](#) that explains the process school councils need to do to access the money.
- A [form](#) needs to be completed and submitted for approval. Once approved, EIPS will pay the bill on the school council’s behalf. The sooner the form’s submitted, the better.
- Leslie Bowman reviewed a recommendation speaker package, put together by Bev Facey Community High’s school council chair, Karen Tomnuk—thank you to Tomnuk for the research and putting together recommendations for potential speakers and presentations.
- There’s an opportunity to pool money together to collaborate on the initiatives Tomnuk researched.
- If a school council pools the grant, any parent can attend.
- The grant money needs to be spent in the 2021-22 school year. Otherwise, the funds are returned to the province.

#### **COMMENTS AND QUESTIONS**

**Question:** Will there be feedback on the logistical challenges of distributing or administering this grant sent to the Minister of Education?

**Answer:** Board Chair Boymook said feedback can be provided after the Division finishes working through the process. Waiting until after allows the Board to provide concrete information to the Minister of Education. Superintendent Liguori added EIPS did express the Division’s concern about the grant to the Deputy Minister.

**Q:** Can we donate whatever amount of the grant we want to ASCA?

**A:** No. You can’t donate the grant money directly to ASCA. You can use the grant money to pay for services from ASCA.

## **COSC Sharing**

#### **POSSIBLE WAYS TO USE THE SCHOOL COUNCIL GRANT – Lesley Bowman, COSC Chair**

- The topic was discussed during the School Council Grant section of “New Business.”

#### **ASSURANCE REVIEW EXPERIENCES – Lesley Bowman, COSC Chair**

- The agenda topic was tabled because of a lack of time.

MEETING ADJOURNED AT 8:38 P.M.

## **Next COSC Meeting**

**DATE:** Feb. 2, 2022

**TIME:** 6:30 p.m. to 8:30 p.m.

**LOCATION:** Virtual meeting, link available in the February agenda



JAN. 20, 2022

## Chair's Report

### RECENT EVENTS

Board Chair Trina Boymook highlighted some recent events:

- On January 13, trustees took part in another Board retreat to further discuss the Board's direction, priorities for the 2021-25 term, and work plan for the 2021-22 school year.
- On January 17, Chair Boymook attended a fourth curriculum engagement session, hosted by the Alberta School Boards Association. The focus: recent changes to the draft kindergarten to Grade 6 curriculum and its implementation. The association will submit a report to the province summarizing the feedback provided at all four engagement sessions.

### K-6 CURRICULUM

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## Superintendent's Report

### RECENT EVENTS

Superintendent Mark Liguori highlighted a number of recent events:

- On December 13, Superintendent Liguori joined Chair Boymook at the meeting with LaGrange about the changes to the draft curriculum and its implementation.
- On December 13 and 31, Superintendent Liguori attended a meeting with Deputy Education Minister Andre Tremblay, hosted by the College of Alberta School Superintendents (CASS). The focus: the recent provincial announcement about changes to the draft kindergarten to Grade 6 curriculum.
- On December 31, and January 5 and 6, Superintendent Liguori joined Chair Boymook at meetings with LaGrange and Tremblay about the extended Christmas break and the added measures to protect students and staff.
- On January 6, Superintendent Liguori met with Tremblay, hosted by CASS, about the extended Christmas break, distribution of medical-grade masks and rapid tests, and updated guidelines for school resumption.
- On January 13, Superintendent Liguori joined trustees at the Board retreat.
- On January 17, Superintendent Liguori attended Strathcona County's social framework leadership meeting. The focus: available wrap-around services and the reach members have with the larger community.



## Association and Local Report

### ATA LOCAL REPORT

The Board received for information the Alberta Teachers' Association (ATA) Local No. 28 report from President Deneen Zielke:

- School boards provincewide are experiencing serious teacher shortages and student absences related to illness. While teachers are doing their best, time will tell the impact of the fifth wave of COVID-19 and Omicron variant.
- The Local's Diversity, Equity and Human Rights Committee, which promotes diversity, equity and human rights in schools, launched a new interactive inclusion training kit to support teachers in Indigenous and intercultural education, sexual orientation, and gender identity and equity.

## Business Arising from Previous Meeting

### NOTICE OF MOTION: ELECTORAL WARD 1

The Board defeated the following notice of motion: "... that the Board of Trustees undertake an internal review or study of dividing the area of Sherwood Park, Ward 1, into three election zones or areas."

## New Business

### POLICY AMENDMENTS

The Board approved the following Policy amendments:

- [Board Policy 4: Trustee Code of Conduct](#) – the changes strengthen the policy's clarity, language and readability. Edits were also made to the "[Trustee Code of Conduct Sanctions](#)," for the same reasons.
- [Board Policy 7: Board Operations](#) – the change relates to how many virtual Board meetings a trustee can attend annually—previously trustees could attend three meetings virtually. But, because of the pandemic and high transmissibility of the Omicron variant, that limit is suspended.
- [Board Policy 24: Personal Communication Devices](#) – the changes strengthen the policy's clarity, language and readability.

### DIVISION CALENDAR: 2022-23

The Board approved the Division calendar for the 2022-23 school year. Highlights include:

- first day of school – Aug. 30, 2022
- November break – November 7-11
- Christmas break – December 21 to January 3
- second semester starts – January 31
- Teachers' Convention – February 9-10
- spring break – March 24-31
- last day of classes – June 27, 2023.

To see the full calendar visit [eips.ca](https://eips.ca).

### BUDGET REALLOCATION: 2021-22

The Board approved a budget reallocation because of an unanticipated surplus of \$1.5 million. The Division will use the funds for the remainder of the 2021-22 school year to:

- hire two family school liaison workers, a consultant for the Specialized System programs and two occupational therapists;
- assist with implementing the new curriculum;



- support French Immersion and French-language programming;
- support the development of senior high common exams;
- develop a Division communication platform for staff and families and related dashboards;
- purchase Enterprise Level Division Form Solution software;
- create a report card in PowerTeacher Pro; and
- replace more than 1,500 Chromebook reaching end of life.

For more information on how EIPS plans to use the funds see pg. 47, "[Budget Reallocation for 2021-22](#)."

## RESERVE REQUESTS: 2021-22

The Board agreed to request approval from Alberta Education to access \$1.4 million in operating reserves.

Once approved, EIPS will use the reserves to:

- fund additional illnesses and Board-approved COVID-19 costs that arise between now and school year-end;
- complete facility condition assessments in all schools;
- install emergency strobe lighting in career and technology studies area to enhance safety;
- hire a support analyst; and
- replace the fire alarm panels at EIPS Central Services.

The Board also approved using capital reserves (\$292,385) to allow for office renovations and server upgrades.

## SCHOOL FEE PARAMETERS: 2022-23

The Board approved the school fee parameters for the 2022-23 school year. The parameters are based on the guidelines laid out within the *Education Act* and the Board's mandate for affordable school fees. Highlights of the 2022-23 school fee parameters include:

*Optional courses fees* – can increase by five per cent, at a cost-recovery rate—and up to seven per cent for food courses.

*Noon supervision fees* – can increase by five per cent, at a cost-recovery rate.

*Activity fees* – can increase by five per cent or more, at a cost-recovery rate.

*Extracurricular fees* – can increase by five per cent or more, if at a cost-recovery rate.

*Non-curricular travel fees* – can increase by five per cent or more, at a cost-recovery rate.

*Non-curricular goods and services fees* – can increase up to five per cent, at a cost-recovery rate.

## Committee Report

### POLICY COMMITTEE

The Board received for information a report from the two Policy Committee meetings held on December 16 and January 11. The committee reviewed several policies, including four that will come forward for amendments at the Caucus meeting in February.

## Report for Information

### SCHOOL STATUS REPORT: 2020-21

The Board received for information the School Status Report for the 2020-21 school year. The report identifies enrolment numbers, school utilization rates and per-student costs within the Division. The data is presented by geographic sectors and on a four-year comparative basis to ensure analysis is based on long-term trends and not isolated incidences (see pg. 66, "[School Status Report for 2020-21](#)"). Highlights from the report:

- The average cost per EIPS student is \$6,966, which is up from the previous year by \$41.
- EIPS currently has 22 schools operating above the \$6,966 average.
- The Division's utilization rate for 2020-21 decreased to 72 per cent—down by three per cent from the previous year.



# BOARD HIGHLIGHTS

## INTERIM SCHOOL FEE APPROVAL SUMMARY: 2021-22

The Board received for information a summary of fee changes for 2021-22. To date, the Division has received and approved 12 fee change requests (see pg. 98, "[2021-22 Interim School Fee Approval Summary](#)").

## Trustee Reports

### RECENT EVENTS

Trustees shared information and highlighted recent events:

- **Vice-Chair Colleen Holowaychuk** attended the January Committee of School Councils' (COSC) meeting, the Board retreat, and school council meetings for Bruderheim School and Lamont High—meetings for Andrew School, Mundare School and Lamont Elementary occur later this month. In December, she also helped with preparations for a school dinner at Lamont High—made possible through generous community donations.
- **Trustee Cathy Allen** attended the COSC meeting; the Board retreat; and school council meetings for F.R. Haythorne Junior High, Mills Haven Elementary, Pine Street Elementary and Strathcona Christian Academy (SCA) Secondary. She's attending the Glen Allan Elementary school council meeting tonight. Allen also thanked staff, families and students for their efforts in the return to school after the Christmas break. Hopefully, things look more normal by spring break.
- **Trustee Randy Footz** attended the January COSC meeting, the Board retreat and looks forward to several upcoming meetings throughout January and February.
- **Trustee Don Irwin** attended the COSC meeting, the Board retreat and École Campbelltown's school council meeting—meetings for his other schools take place later this month. He also thanked staff, students and families for their efforts to follow the Division's operation guidelines. It's a well-laid-out plan that aims to keep everyone within EIPS safer, healthier and better prepared for success throughout the pandemic.
- **Trustee Susan Miller** attended the Board retreat, the Policy Committee meeting and school council meetings for Uncas Elementary and Ardrossan Elementary. She looks forward to the Ardrossan Junior Senior High school council meeting next week.
- **Trustee Jacqueline Shotbolt** attended the January COSC meeting; the Board retreat; a Board book review session; and school council meetings for Fort Saskatchewan Christian, James Mowat Elementary, Win Ferguson Elementary and SouthPointe School. She also looks forward to the upcoming Edmonton Regional Learning Consortium stakeholder's meeting, which she'll report on at the February Board meeting.
- **Trustee Jim Seutter** attended the COSC and Board Caucus meetings, and school council meetings for Fultonvale Elementary Junior High, Lakeland Ridge and SCA Elementary. Next week he plans to attend the Heritage Hills Elementary school council meeting. Seutter also wished everyone the best in the new year.
- **Trustee Ralph Sorochan** attended the Board Caucus and COSC meetings, the Board retreat and his regular school council meetings. He expressed gratitude to staff, bus operators and custodians for their collective effort to make the return to school as seamless as possible. He thanked Superintendent Liguori and his team for facilitating an exceptional Board retreat. He also thanked families for their patience and interest in what's happening in the Division's schools. Lastly, he expressed his admiration to all staff and students for their perseverance to ensure quality educational experiences continue throughout the pandemic.

## Board Members

Trina Boymook, *Chair* | Colleen Holowaychuk, *Vice-Chair* | Cathy Allen | Randy Footz | Don Irwin | Susan Miller | Jim Seutter | Jacqueline Shotbolt | Ralph Sorochan

FOR MORE INFORMATION CONTACT:

**Trina Boymook**, *Board Chair* | P 780 417 8101

**Laura McNabb**, *Director, Communication Services* | P 780 417 8204

[www.eips.ca](http://www.eips.ca) | Twitter: [@eips](#) | Facebook: [elkislandpublicschools](#)

# Caregiver Education Team Newsletter

February 2022



AHS, in collaboration with **The Mental Health Foundation**, is proud to offer **FREE** online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

## Drop-In Series 6:00 – 7:30 pm

### SEEDS Growing Together

**Supporting Your Child with Structure and Routine**  
Thursday, February 3, 2022

**Managing Meltdowns and Shutdowns**  
Thursday, February 10

**Helping Our Kids Figure Things Out**  
Thursday, February 17

**Effective Consequences**  
Thursday February 24

**Mental Health and Resiliency**

**Strengthening Connections with Ourselves, Our Kids, Our Communities**  
Wednesday, February 9

**Positive Communication that Promotes Growth**  
Wednesday, February 23

## Lunch & Learns 12:00 – 1:00 pm

### Understanding Anxiety Series

**Part 4: Overcoming Avoidance**  
Wednesday, February 2

**Part 1: An Introduction**  
Wednesday, February 9

**Part 2: Calming Our Bodies**  
Wednesday, February 16

**Part 3: Settling Our Minds**  
Wednesday, February 23

**Keeping Scattered Kids on Track: Supporting ADHD**  
Part 1: Tuesday, February 1  
Part 2: Tuesday, February 8

**Mindfulness for the Family**  
Part 1: Tuesday, February 15  
Part 2: Tuesday, February 22

**More than Just a Bad Day Understanding Depression in Adolescents**  
Thursday, February 24

## Sessions at a Glance

### Caregiver Education Sessions 6:00 – 7:30 pm

**Resilience in Parenting**  
Wednesday, February 2

**Technology and the Teenage Brain**  
Monday, February 7

**Body Image and Eating Disorders**  
Tuesday, February 15

**Sleep and Your Family's Mental Health**  
Monday, February 28



Mental Health Foundation

**Alberta Health Services**  
Children, Youth & Families Addiction & Mental Health

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Caregiver Education Sessions

February 2022



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

## Resilience in Parenting Caring for the Caregiver

Being a parent or caregiver is both fulfilling and stressful. Our time, energy, and resources are spent ensuring that our children and youth are taken care of, but who takes care of the caregiver? In this session, we will learn more about parental stress and burnout, explore resilient parenting, and discuss why parental self-compassion and self-care are essential to your family's well-being. Strategies such as mindfulness and positive coping skills will be discussed

**Date: Wednesday, February 2, 2022**

Time: 6:00 – 7:30 pm

For caregivers of children/youth grades K-12; for adults only.

## Technology and the Teenage Brain Digital Wellness for Families

Technology is a huge part of our children's lives. Social media, video gaming, internet use, and cell phones may already be topics of debate within your family. Come together to discuss how modern technology can have an impact on the developing teenage brain. As we review some of the risks and benefits of technology use, parents and teens will reflect on ways to stay safer and more balanced in their use of technology to better support positive mental health.

**Date: Monday, February 7, 2022**

Time: 6:00 – 7:30 pm

For caregivers and youth grades 7-12 to attend together.

## Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parent Feedback:

“Well done! In these troubling times for both parents and children, we definitely need more of this! Thank you so much!”

“The presenters are very professional and very engaging.”

“The session time is long enough. Perfect.”



Mental Health Foundation



Children, Youth & Families  
Addiction & Mental Health

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)



# Caregiver Education Sessions



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

## Body Image and Eating Disorders

Struggles with self-esteem, body image and weight control are a common concern for both girls and boys. This session will explore some of the reasons behind these struggles, provide information on disordered eating and eating disorders, as well as discuss strategies for supporting teens towards healthier perspectives and habits.

**Date: Tuesday, February 15, 2022**

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12 for adults only.

## Sleep and Your Family's Mental Health

This session will look at the importance of good sleep quantity and quality for overall health, the factors that interfere with sleep, and sleep scheduling. We will look at healthy sleep hygiene strategies and sleep environments that can prepare our children for a good night's sleep.

**Date: Monday, February 28, 2022**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades 7-12; for adults only.

February 2022

## Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

[www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

## Parent Feedback:

“Thank you so much for your thorough presentation. It is also a huge blessing that it is free.”

“I find the overall delivery very clear, concise and the information very informative! Thank you!”

“Thanks for the extra time you took to answer our questions.”



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# Lunch & Learn Webinars

These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented as a series, sessions, participants can attend one or all sessions.

## Understanding Anxiety Series

These sessions will help caregivers better understand the difference between their child's normal worries and anxiety that is no longer productive. Signs that a child or adolescent is experiencing problems with anxiety will be discussed and strategies for reducing the body's stress responses, negative thinking traps, and anxious behaviours will be shared.

This month, we conclude our previous series with Part 4 on Overcoming Avoidance and begin the series again with Part 1, our introduction to anxiety in children and youth.

### Part 4: Overcoming Avoidance

**Date: Wednesday, February 2, 2022**

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

### Part 1: An Introduction

**Date: Wednesday, February 9, 2022**

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

### Part 2: Calming Our Bodies

**Date: Wednesday, February 16, 2022**

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

### Part 3: Settling Our Minds

**Date: Wednesday, February 23, 2022**

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades K-12; for adults only.

February 2022

## Registration:

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## Parent Feedback:

“Virtual delivery ran smoothly, pleasant to listen to presenters, a reasonable length of time to invest.”

“Information was great, and I have several new tools to help my kids...”

“Content was a good reminder to remember the stresses felt from the perspective of teens.”



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# Lunch & Learn Webinars

February 2022

These free 60 minute sessions are intended to provide parents, caregivers, and community members with information regarding mental health challenges that can affect children and youth. When topics are presented as a series, sessions, participants can attend one or all sessions.

## Keeping Scattered Kids on Track Supporting Children and Adolescents with ADHD

These sessions will discuss common signs and symptoms of Attention Deficit Hyperactivity Disorder (ADHD), ways that ADHD can affect all areas of life, and strategies for supporting success in children and youth with ADHD.

### Part 1: Tuesday, February 1, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades 7-12; for adults only.

### Part 2: Tuesday, February 8, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades 7-12; for adults only.

## Mindfulness

### Benefits for the Whole Family

In this session, we will continue to explore mindfulness as an evidence-based way of supporting empathy, optimism, attention, and self-regulation skills in our families.

### Part 1: Tuesday, February 15, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades 7-12; for adults only.

### Part 2: Tuesday, February 22, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades 7-12; for adults only.

## More than Just a Bad Day: Understanding Depression in Adolescents

This session will help caregivers increase awareness about adolescents who might be experiencing sadness and depression. Strategies for support will be discussed.

### Date: Thursday, February 24, 2022

Time: 12:00 – 1:00 pm

Notes: For caregivers of children grades 7-12; for adults only.

## Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

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## Parent Feedback:

“I can definitely apply this to my own children and classroom. Hope to be a part of more of these!”

“The more sessions I attend, the more I will be able to guide my child.”

“It provides really great basic information, tools and strategies to implement and use in everyday life.”



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# Drop-in Series

February 2022

## SEEDS Growing Parenting Skills

The Support, Education, and Engagement Drop-In Sessions (S.E.E.D.S) are 90-minute drop-in online interactive workshops for parents and caregivers who are looking to strengthen their foundational parenting skills, address parenting challenges, and support their child's social and emotional development. Caregivers will receive practical information, share tips, and participate in group discussion.

## Supporting Your Child with Structure and Routine

Learn how household structures and routines support our child's daily transitions and promote healthy child development.

**Date: Thursday, February 3, 2022**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

## Managing Meltdowns and Shutdowns

This session will help parents better understand meltdowns and shutdowns, and provide strategies to help children regulate.

**Date: Thursday, February 10, 2022**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

## Helping Our Kids Figure Things Out

This session looks at some simple steps for helping children reduce frustrations and find solutions using problem solving skills.

**Date: Thursday, February 17, 2022**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

## Effective Consequences

In this session, we will discuss different ways to address your child's challenging behaviours and how consequences can be a learning tool when offered compassionately and consistently.

**Thursday, February 24, 2022**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

## Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

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## Parent Feedback

"Today's session was very helpful. There was a lot of information that I didn't know."

"I thought it was an excellent session, presented very professionally, and packed full of information!"

"Thank you for all your amazing seminars, that helped me a lot and my family."



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# Drop-in Series

## Mental Health and Resiliency Series

This FREE parenting program is for parents and caregivers who are looking to strengthen their family's ability to 'bounce back' from life's challenges. In these 90-minute introductory-level information sessions, we look at strategies that can help you and your children learn to be more resilient in the face of stress and anxiety. As part of a 7-session series, parents are welcome to attend one session or join us each week

## Strengthening Connections with Ourselves, Our Kids, and Our Communities

We discuss the importance of fostering a healthy parent-child relationship, building a community of support for our child, and taking care of ourselves through it all.

**Date: Wednesday, February 9 2022**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

## Positive Communication That Promotes Growth

In this session, we will look at how we can use the communication tool of praise to support our child's healthy need for attention, reinforce helpful behaviours, and encourage our child to engage with others in positive ways that foster resilience.

**Date: Thursday, February 10, 2022**

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

February 2022

## Registration

Sessions are offered online through the Zoom conferencing application.

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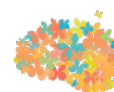
## Parent Feedback

"Found the teachings were easily understood and hit on key factors that parents struggle with. Love it."

"Really enjoyed it, love the mix of the teaching, participation, videos and all the strategies."

"Today's topic provided a lot of information!"

"Liked this session and will keep on watching in the future!"



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