

Committee of  
School Councils

# Meeting Agenda

Virtual Meeting: Zoom

683 Wye Rd., Sherwood Park, AB

Wednesday, Nov. 2, 2022

7 p.m.

Time	Agenda	Presented by
7 p.m.	<b>Opening Remarks and Welcome</b>	Lesley Williams, COSC Chair
7:02 p.m.	<b>Introductions</b>	All
7:05 p.m.	<b>Motions</b> <ul style="list-style-type: none"> <li>a. additions to the agenda</li> <li>b. agenda approval</li> <li>c. approval of Minutes: Oct. 5, 2022</li> </ul>	Lesley Williams, COSC Chair
7:10 p.m.	<b>Board Report</b>	Trina Boymook, EIPS Board Chair
7:20 p.m.	<b>For Information</b> <ul style="list-style-type: none"> <li>a. ASCA update</li> <li>b. Caregiver Series: November</li> <li>c. School Council Engagement Grant</li> </ul>	Lesley Williams, COSC Chair Lesley Williams, COSC Chair Lesley Williams, COSC Chair Kendra Roemer, COSC member
7:35 p.m.	<b>New Business</b> <ul style="list-style-type: none"> <li>a. EIPS assurance review: What is it and how to read your school's result</li> <li>b. school council roles</li> </ul>	Sandra Stoddard, Associate Superintendent  Lesley Williams, COSC Chair
8:30 p.m.	<b>COSC Sharing</b> <ul style="list-style-type: none"> <li>a. school council meetings 2022-23—structure, focus areas, engagement</li> </ul>	Lesley Williams, COSC Chair Chelsea Pretzlaw, COSC Co-Chair

## Electronic Handouts

COSC Minutes

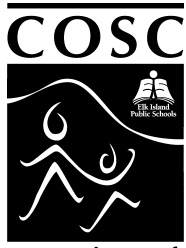
Board Highlights

Caregiver Series

School Council Engagement Grant

## Next Meeting:

Wednesday, Jan. 4, 2023



UNRATIFIED

# MEETING MINUTES

Elk Island Public Schools, in-person meeting

Oct. 5, 2022 | 6:30 p.m.

Committee of  
School Councils

## In Attendance

### SCHOOL COUNCIL EXECUTIVE

**Chair:** Lesley Williams, Sherwood Heights Junior High

**Vice-Chair:** Chelsea Pretzlaw, Ardrossan Elementary

**Secretary:** Ken Allan, A.L. Horton Elementary

### SCHOOL COUNCIL MEMBERS

Aileen Bozic, SCA Secondary

Meagan Bruce, Woodbridge Farms Elementary

Karli Butler, Davidson Creek Elementary

April Childs, Lakeland Ridge

Jennifer Dechaine, École Parc Élémentaire

Jennifer Fukuyama, Clover Bar Junior High

Lisa Harke, SCA Elementary

Melissa Manolescu, École Campbelltown

Natalie Manuel, Fort Saskatchewan Christian

Kim Birkigt, Ardrossan Junior Senior High

Jennie March, Ardrossan Junior Senior High

Tawnia McQueen, Wes Hosford Elementary

Tracey Nielson, Clover Bar Junior High

Christan Rasmussen, Westboro Elementary

Kendra Roemer, Mills Haven Elementary

Kim Scott, Westboro Elementary

Jacque Surgenor, Salisbury Composite High and  
Sherwood Heights Junior High

Nana Thaver, Woodbridge Farms Elementary

Brian Vick, Brentwood Elementary

Lynn Walker, Davidson Creek Elementary

Sarah Witholt, Heritage Hills Elementary

### ELK ISLAND PUBLIC SCHOOLS BOARD OF TRUSTEES

Trina Boymook, Chair

Cathy Allen, Trustee

Randy Footz, Trustee

Don Irwin, Trustee

Susan Miller, Trustee

Jim Seutter, Trustee

Jacqueline Shotbolt, Trustee

Ralph SoroChan, Trustee

### ELK ISLAND PUBLIC SCHOOLS

Mark Liguori, Superintendent

Candace Cole, Secretary-Treasurer

Sandra Stoddard, Associate Superintendent

Deneen Zielke, ATA Local No. 28 President

Corrie Fletcher, Communications

Emma Small, Communications

## CALL TO ORDER

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

### COSC ORGANIZATIONAL MEETING

Past COSC Chair Lesley Williams called the election for the position of Chair for the 2022-23 school year. Lesley Williams was acclaimed Chair. COSC Chair Williams then called the election for the position of Vice-Chair and Secretary for the 2022-23 school year. Chelsea Pretzlaw was acclaimed Vice-Chair and Ken Allan acclaimed the secretary.

MOTION | To accept the positions the Chair, Vice-Chair and Secretary as acclaimed.

*MOTION CARRIED*

## **COSC PLANNING**

Members agreed to:

- Hold COSC meetings on the first Wednesday of the month—October, November, January, February, March, April and May.
- Hold meetings in person—with a virtual option during inclement weather.
- Hold all meetings 7 p.m. to 9 p.m.

## **AGENDA**

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

MOTION | The agenda be adopted, as circulated.

*MOTION CARRIED*

## **APPROVAL OF MINUTES**

COSC Chair Williams called for approval of the May 4, 2022, meeting minutes.

MOTION | The minutes be approved, as circulated.

*MOTION CARRIED*

# **Board Report**

Board Chair Trina Boymook presented the Board Report.

## **HIGHLIGHTS:**

- Over the summer and into September, Board Chair Boymook attended United Conservative Party Leadership events held within EIPS.
- In early August, Board Chair Boymook met with Jordan Walker, a member of the legislative assembly of Alberta for Sherwood Park, to speak on the Sherwood Heights replacement school. He asked to talk about curriculum implementation and respecting diversity. Trustee Cathy Allan and Board Chair Boymook also met with Nate Glubish, technology and innovation minister and member of the legislative assembly of Alberta for Strathcona-Sherwood Park, to speak on the Sherwood Heights replacement school and reserve cap.
- On September 1, the Board held a special meeting to approve making a request to the education minister to access \$1 million from operating reserves and \$1.1 million from capital reserves to offset the cost of replacing the storm water drainage pipes at Salisbury Composite High. The full cost of the project is estimated at \$4.1 million.
- On September 12 and 13, members of the Board attended a value scoping session for Vegreville schools as they consider options for the Board's capital plan requests.
- On September 19, the Board conducted its annual self-evaluation. The outcome of the evaluation will shape the Board's growth and focus for this Board's term.
- On September 20, EIPS administration held an information meeting with Andrew School families to discuss the school building's sprinkler system and roof conditions.
- On September 30, the Board met with the education minister. They used their 30 minutes to speak on capital project process and their concerns relating to Sherwood Heights, modular project requests and reserve cap.
- Board Chair Boymook discussed how trustee remuneration increases match the same percentage increases as classified staff. Refer to [Policy 7: Board Operations](#) for how increases to trustees' remuneration are determined.
- Board Chair Boymook explained how October 5 is World Teachers' Day. The theme for this year's day: The Transformation of Education Begins with Teachers. The theme pays tribute and recognizes the

commitment, professionalism and kindness teachers demonstrated through the unprecedented challenges they experienced for the last two years.

- Board Chair Boymook thanked everyone for supporting Read In Week, which ran from October 3-7.

## ATA Report

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

### HIGHLIGHTS:

- Zielke stated it was great to see everyone again and have a normal start up to the school year after a summer recharge for students and staff.
- The Local is disappointed in the province's lack of funding and a poorly designed and implemented curriculum.
- Acting on a resolution made at their Annual Representative Assembly in May, the Local and the Alberta School Councils Association (ASCA) have planned a wide-reaching campaign called Stand for Education. The campaign is meant to engage teachers, support staff, families, students, trustees and the public to stand together and make the education of children an issue that must be supported.
- The Stand for Education campaign starts with a one-hour rally at the Legislature at 1 p.m. on Oct. 22, 2022. There will be Park and Ride buses running every 20 minutes from Bethel Transit Station starting at 11:15 a.m. The Local has also arranged for buses to take members from Salisbury Composite High to the rally. Spots on the bus must be registered by October 10 and can be booked using their [sign-up sheet](#). There will be food trucks, music and speeches. No politicians have been invited to speak.
- Zielke offered to answer questions about the campaign and to share bookmarks with school councils and families.
- The Local's Executive Strategic Planning Work Session this fall largely focused on the Stand for Education campaign. The Local is also excited to offer members attendance to several events planned by their Women in Leadership Committee.
- The Local is planning their first teacher induction ceremony in three years to be held Oct. 14, 2022.

## For Information

### ASCA UPDATE – Lesley Williams, COSC Chair

- COSC Chair Williams encouraged school councils to become members of ASCA. This gives councils access to many resources, including engagement taskforce questionnaires and the ability to attend ASCA's provincial [School Councils Conference](#) in conjunction with ASCA's [Annual General Meeting](#) (AGM).
- 27 schools in EIPS have already joined ASCA's membership.
- School councils can contact EIPS [communication services](#) or their school administration to join. The cost to join is covered by EIPS.

### OPERATIONAL PROCEDURES – Lesley Williams, COSC Chair

- The [COSC Operational Procedures](#) are available on the EIPS website and the [COSC Facebook page](#).

### CAREGIVER SERIES UPDATE – Lesley Williams, COSC Chair

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

### **SCHOOL COUNCIL GRANT – Lesley Williams, COSC Chair**

- As was done last year, Alberta Education is providing \$500 to each school council to engage families and connect with parents.
- School councils interested in accessing funding must meet [Alberta Education’s School Council Engagement Grant Criteria](#). School councils can make their requests through COSC Chair Williams, by filling out and submitting the online [School Council Engagement Grant Request Form](#). All submissions that meet the grant criteria will be approved and announced at the COSC meeting during the “For Information” section, on a monthly basis.
- School councils can also work collaboratively with other school councils to pool funds for added value. Last year, several EIPS schools pooled their money to provide a speaker series that was presented online to all EIPS families.
- Another potential use for the grant would be for schools to engage ASCA professional development.
- One COSC member asked if schools could pool their money once again this year. COSC Chair Williams confirmed that this would be a possibility, potentially led by a committee for this purpose.

## **New Business**

### **EIPS THREE-YEAR ENGAGEMENT PLAN – Superintendent Mark Liguori**

- This plan comprises four projects around identifying areas where operations and capacity can be improved to best serve students and families.
- Information about these projects can currently be found online on the [Public Engagement: Programs, enrolments and boundaries](#) webpage.
- Superintendent Liguori stated that although EIPS has seen a relatively high number of schools built recently, many of the schools in Sherwood Park will soon reach capacity. At the same time, some schools in rural areas are under-utilized, which may require a redistribution of space when new construction is built.
- The goal is to best use schools and resources most equitably for the benefit of all students and families.
- External consultants Y Station and Western Management Consultants have been engaged to ensure transparency in the engagement process.

### **NEW CURRICULUM AND ASSESSMENT TOOLS – Associate Superintendent Sandra Stoddard**

- In response to concern from EIPS teachers over the new provincial curriculum, the EIPS Board of Trustees provided funding for 40-50 teachers to develop scope and sequencing for the new curriculum.
- The scope and sequencing have put the curriculum into consistent sequence for the entire Division, allowing more flexibility to move content up and down the sequence as needed.
- The EIPS Board of Trustees also provided funding to hire seven teachers to develop resources for the new curriculum.
- Resources for K-3 Language Arts, Math and Physical Education are now available for teachers to use. This includes Readers and Writers Workshop materials, skill competencies, and French-language versions.
- Teachers using PowerSchool will now make clear the outcomes tested in report cards, to ensure clarity to parents during the transition period to the new curriculum.
- COSC Chair Williams and other COSC members thanked EIPS for their efforts to provide additional resources for teachers.

## **COSC Sharing**

**SCHOOL COUNCIL MEETINGS 2022-23: Structure, focus, engagement** – Lesley Williams, COSC Chair  
Topic tabled because of a lack of time.

MEETING ADJOURNED AT 8:36 P.M.

## **Next COSC Meeting**

**DATE:** Nov. 2, 2022

**TIME:** 7 p.m. to 9 p.m.

**LOCATION:** EIPS Central Services building, boardroom.

OCT. 20, 2022

## Chair's Report

### RECENT EVENTS

Board Chair Trina Boymook highlighted several recent events:

- On September 20, Trustee Jaqueline Shotbolt, on behalf of the Elk Island Public Schools (EIPS) Board of trustees, attended a Division-hosted meeting with Andrew School families. The meeting focused on needed repairs to the school building—the fire suppression system and roof.
- On October 3-7, EIPS celebrated Read In Week, a divisionwide initiative that takes place annually to promote a lifelong love of reading in students. Chair Boymook thanked EIPS schools for inviting trustees to be part of the week. It's always special to read to students and celebrate the power of storytelling.
- On October 5, the Board and Division celebrated World Teachers' Day. Boymook thanked teachers for their commitment to students and the incredible professionalism shown throughout the pandemic.
- On October 5, trustees hosted a Meet-and-Greet with the Committee of School Councils (COSC), followed by the first COSC meeting of the school year. The Board was pleased with the turnout, and Chair Boymook thanked the executive for their work leading the group. The Board looks forward to another great year of discussions with COSC members.
- On October 6, trustees attended the Sherwood Heights Junior High's inaugural Student Wellness Conference, which was excellent in terms of project displays, resources and student turnout.
- On October 6, trustees attended EIPS Connect the Fort, a community event highlighting Fort Saskatchewan-based EIPS schools, programs, supports and services for students and family members. Chair Boymook thanked the schools for inviting the Board to the event.
- On October 14, Trustee Randy Footz represented the Board at the Alberta Teachers' Association Local No. 28 Induction Ceremony to welcome first-year teachers to the Division.

### Board Evaluation

On September 19, trustees took part in a Board Self-Evaluation Report workshop. In November, the Board will reconvene to finalize the evaluation recommendations before approving it at the next Board meeting.

### Public Engagement

The Board attended several public engagement sessions as part of its Three-Year Public Engagement Plan:

*James Mowat Elementary* – enrolment pressures engagement; September 22.

*Northeast Sherwood Park* – junior high attendance boundary engagement; October 3

*Logos Christian Program* – program enrolment concerns; October 6.

Chair Boymook thanked the school community for participating and for their feedback. Trustees will use the input gathered to help inform decision-making.

## Superintendent's Report

### RECENT EVENTS

Associate Superintendent Sandra Stoddard highlighted several recent events:

- On October 5, the Division celebrated World Teachers' Day. Associate Superintendent Stoddard thanked all staff for their commitment and the work they do to support students.
- On October 5, the Board hosted a Meet-and-Greet with COSC representatives. The first COSC meeting followed. At the meeting, the Division discussed new EIPS-developed resources being used to support the rollout of the new kindergarten to Grade 6 curriculum. Overall, members were pleased with the quality of resources and how they weave in the competencies.



# BOARD HIGHLIGHTS

- On October 3-7, schools throughout EIPS participated in Read In Week, a divisionwide initiative that takes place annually to promote a lifelong love of reading in students and enhance literacy awareness among students, staff, families and community members. It's always rewarding to watch students as they engage in storytelling and witness where stories can take them.

## Public Engagement

Associate Superintendent Stoddard highlighted recent public engagement events—all part of the Division's Three-Year Engagement Strategy.

### James Mowat Elementary

On September 22, the Division held a public engagement session about James Mowat Elementary's enrolment pressures. The Division collected feedback about introducing a random selection process for new students, starting in the 2023-24 school year.

### Northeast Sherwood Park

On October 3, the Division held a public engagement session about potential changes to the junior high attendance area in Sherwood Park—redesignating regular program junior high students living in Lakeland Village, Summerwood and Summerwood North to Clover Bar Junior High.

### Logos Christian Program

On October 6, the Division held a public engagement session about EIPS' Logos Christian Program. The Division's exploring ways to ensure it continues providing high-quality educational experiences to students enrolled in the Logos program.

## Association and Employee Relations Reports

### ASBA ZONE 2/3 MEETING

Trustee Jacqueline Shotbolt presented highlights from the Alberta School Boards Association (ASBA) Zone 2/3 meeting held on September 23. Two key highlights:

- The generative discussions were both informative and productive.
- The fall general meeting takes place November 20-22.

### ATA LOCAL REPORT

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

- On October 4, the Local held its second in-person council meeting of the year. In attendance was Jason Shilling, the ATA President, who spoke about the Stand for Education and the upcoming rally—all are encouraged to attend.
- On October 14, the Local hosted its annual Induction Ceremony to welcome first-year teachers to the association. She thanked Trustee Footz for attending and welcoming new teachers to the Division.
- Currently, the Local is busy working on plans for the Stand for Education Rally, taking place on October 22. Throughout the last month, the Local connected with members, teachers, classified staff, retirees and community members to invite them to attend the rally. The local also secured four buses to transport individuals to and from the rally—all are full. Zielke is looking forward to a strong showing to ensure education is a top priority in the next election.

### EMPLOYEE RELATIONS GROUP REPORT

The Board received for information the Employee Relations Group (ERG) report from Dulcie Jarvin, the committee's Chair:

- This year's EIPS Classified Professional Learning Day Conference takes place on May 5.





# BOARD HIGHLIGHTS

- The theme: “With Diversity Comes Opportunity.”
- The keynote speaker: Tina Varughese, a nationally renowned motivational speaker and leading expert on cultural diversity and inclusion.
- Jarvin also thanked Steve Schaar, the Director of Human Resources, and Kaurie Landry, the Human Resource Assistant, for their work in rolling out the Division’s new professional learning web page.

## New Business

### BOARD POLICY AMENDMENTS: POLICY 8

The Board approved an amendment to [Board Policy 8: Board Committees](#). The change allows community members on the Audit Committee to apply to serve additional two-year terms—removing a maximum of serving two consecutive terms.

### MODULAR CLASSROOM REQUEST: 2022-23

The Board directed EIPS administration to request funding from Alberta Education to address needed changes to several modular classroom units in the 2023-24 school year. If approved, the Division will:

- relocate two modular classrooms to SouthPointe School from École Campbelltown;
- add two new modular classrooms to SouthPointe School; and
- demolish three ageing modular classrooms at Uncas Elementary—followed by a site reclamation.

The Board also directed administration to explore the viability of adding new modular classrooms at James Mowat Elementary. EIPS hopes a decision from the province comes before the end of the 2022-23 school year.

### DIVISION CALENDAR

The Board approved the Division calendars for the next two upcoming school years (see pg. 43, “[2023-24 and 2024-25 Calendars](#)”). Highlights include:

2023-24	2024-25
<ul style="list-style-type: none"> <li>• first day of school – Aug. 31, 2023</li> <li>• November break – November 6-10</li> <li>• Christmas break – December 25 to January 5</li> <li>• second semester starts – February 1</li> <li>• Teachers’ Convention – February 8-9</li> <li>• spring break – March 25-29</li> <li>• last day of classes – June 26, 2024</li> </ul>	<ul style="list-style-type: none"> <li>• first day of school – Aug. 29, 2024</li> <li>• November break – November 11-15</li> <li>• Christmas break – December 23 to January 3</li> <li>• second semester starts – January 30</li> <li>• Teachers’ Convention – February 6-7</li> <li>• spring break – March 24-28</li> <li>• last day of classes – June 25, 2025</li> </ul>

## Committee Reports

### POLICY COMMITTEE

The Board received for information a report from the Policy Committee meeting held on October 6. The committee reviewed Policy 8. The recommended amendments were approved by the Board during this meeting in the New Business section.

### STUDENT EXPULSION COMMITTEE

The Board received for information a report from the Student Expulsion Committee meeting held on October 18. The committee reviewed all submitted information and upheld school administration’s recommendations.



# BOARD HIGHLIGHTS

## Reports for Information

### UNAUDITED FINANCIAL REPORT

The Board received for information the Unaudited Financial Report for the 2021-22 school year—September 1 to August 31. The Division ended the 2021-22 school year with an overall operating deficit of \$1.76 million, which was less than budgeted by \$4.58 million. The primary reasons the deficit was lower than budgeted: cautious budgeted COVID-19 costs, changes to grant funding, and school and department surpluses. The planned deficit was offset by operating reserves to cover costs to support schools and departments, post-pandemic recovery efforts and the new curriculum work (see page 49, "[Unaudited Financial Report](#)").

### UNAUDITED ACCUMULATED SURPLUS

The Board received for information the Unaudited Accumulated Surplus Report as of Aug. 31, 2022. The Division's accumulated surplus totals \$22.69 million, which includes investment in Board funded tangible capital assets (\$5.97 million); unrestricted surplus, operating reserves (\$15.01 million); and capital reserves (\$1.71 million). Included in the operating reserves is the Division Unallocated Reserve, which EIPS maintains to cover emergent issues, price fluctuations and stabilize funding in the future. The Division Unallocated Reserve is at \$10.11 million. (see page 65, "[Unaudited Accumulated Surplus at Aug. 31, 2022](#)").

### EIPS ENROLMENT: 2022-23

The Board received for information the Division's Enrolment Report for the 2022-23 school year. Enrolment numbers were collected from the PowerSchool database on Sept. 29, 2022. In total, 17,460 students are registered within EIPS—an increase of 336 students from fall 2021.

## 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](https://twitter.com/eips) | Facebook: [elkislandpublicschools](https://www.facebook.com/elkislandpublicschools)

# Caregiver Education Team Newsletter

November 2022



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

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.

## Caregiver Education Sessions

### Building Executive Functioning Skills

*Supporting Success in Learning*

For parents and caregivers of children in grades K-6

#### Part 1:

Tuesday, November 8  
12:00 – 1:00 pm

#### Part 2:

Tuesday, November 22  
12:00 – 1:00 pm

### Understanding Self-Injury

For parents and caregivers of youth in grades 7-12

Wednesday, November 9  
12:00 – 1:00 pm

### Technology and the Teenage Brain

*Digital Wellness for Families*

For parents and teens in grades 7-12 to attend together

Wednesday, November 16  
6:00 – 7:30 pm

## Adult Education Sessions

### More than Just a Bad Day *Understanding Depression*

For adults, and for caregivers supporting youth in grades 7-12

Wednesday, November 23  
12:00 – 1:00 pm

### Substance Use *A Harm Reduction Approach*

For adults, and for caregivers supporting youth in grades 7-12

Wednesday, November 30  
6:00 – 7:30 pm

## Participant Feedback

*"I think the virtual sessions are a fantastic way to reach people and get information out especially now when everyone can use the help."*

*"Was a good session, great reminders of the need for balance and reminded me of things I need to work on as a parent as well as my successes. Thank you."*

## Sessions at a Glance



AMH Education Services  
Addiction & Mental Health  
Edmonton Zone

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

# Caregiver Education Sessions

November 2022



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

## 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)

## Participant Feedback:

*"I thought this was great... so happy I signed up."*

*"I love the lunch time opportunities to learn about how to better help myself and my teen. Thank you!"*

*"I appreciate the presenter's skill level. I enjoy the 1-hour webinars, good use of information in 1 hour."*

*"Thank you so much. Looking forward to the next one."*

## Building Executive Functioning Skills Promoting Success in Learning

In these Lunch & Learn webinars, we will review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

**Part 1: Tuesday, November 8, 2022**

12:00 – 1:00 pm

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

**Part 2: Tuesday, November 22, 2022**

12:00 – 1:00 pm

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

## Understanding Self-Injury

In this session, we will explore various motivations in youth who are intentionally harming themselves and factors behind self-injurious behaviour. Strategies to support youth who may be engaging in self-injury will be discussed.

**Date: Wednesday, November 9, 2022**

Time: 12:00 – 1:00 pm

For caregivers of youth in grades 7-12; for adults only.

## Technology and the Teenage Brain Digital Wellness for Families

Technology is a huge part of our children's lives. Come together to discuss how modern technology can impact 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: Wednesday, November 16, 2022**

Time: 6:00 – 7:30 pm

For caregivers and youth (Grades 7-12) to attend together.



AMH Education Services  
Addiction & Mental Health  
Edmonton Zone

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

# Adult Education Sessions

November 2022



These free adult sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

## More than Just a Bad Day

### Understanding Depression

In this **one-hour Lunch & Learn session**, we will discuss what mental health is, the difference between sadness and depression, and common signs and symptoms of depression. Treatment options and supportive strategies for coping and support will be shared.

**Date: Wednesday, November 23, 2022**

Time: 12:00 – 1:00 pm

For adults, and caregivers supporting youth (grades 7-12).

## Substance Use

### A Harm Reduction Approach

The experience of substance use is different for each person. Learn about some common substances used by youth, the spectrum of use, and the science behind addiction. Discover the basic principles of harm reduction and why it is beneficial for those who use substances. Learn strategies to support loved ones who may be using substances through courageous conversations and harm reduction strategies.

**Date: Wednesday, November 30, 2022**

Time: 6:00 – 7:30 pm

For adults, and caregivers supporting youth (grades 7-12).

### 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)

### Participant Feedback:

*“The session today was informative, and I know that I will use some of the techniques discussed today...”*

*“I am so happy this session was available. Many great tools were offered and will be used. Very thankful for the succinct and useful information.”*

*“Fantastic session, thank you!”*



AMH Education Services  
Addiction & Mental Health  
Edmonton Zone

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



Tracking Spreadsheet	Granted	Allocated to		Spent on		Remaining		To Be	Total before	Allocate out	Potential
		Central	Allocated for	Central	Spent on	(Central)	(School)	Granted	allocated	"pooled	Total for
		Presentations	School Use	Presentations	School Use				pooled funds	funds"	Year
A.L. Horton Elementary	500.00	500.00					-	500.00	500.00	46.93	546.93
Andrew School	500.00		500.00				500.00	500.00	1,000.00		1,000.00
Ardrossan Elementary	500.00	500.00					-	500.00	500.00	46.93	546.93
Ardrossan Junior Senior High	500.00	500.00					-	500.00	500.00	46.93	546.93
Bev Facey Community High	500.00		500.00				500.00	500.00	1,000.00		1,000.00
Brentwood Elementary	500.00		500.00				500.00	500.00	1,000.00		1,000.00
Bruderheim School	500.00		500.00				500.00	500.00	1,000.00		1,000.00
Clover Bar Junior High	500.00	500.00					-	500.00	500.00	46.93	546.93
Davidson Creek Elementary	500.00		500.00				500.00	500.00	1,000.00		1,000.00
École Campbelltown	500.00		500.00		(200.00)		300.00	500.00	800.00		800.00
École Parc Élémentaire	500.00	500.00					-	500.00	500.00	46.93	546.93
F.R. Haythorne Junior High	500.00		500.00				500.00	500.00	1,000.00		1,000.00
Fort Saskatchewan Christian	500.00		500.00				500.00	500.00	1,000.00		1,000.00
Fort Saskatchewan Elementary	500.00		500.00				500.00	500.00	1,000.00		1,000.00
Fort Saskatchewan High	500.00		500.00				500.00	500.00	1,000.00		1,000.00
Fultonvale Elementay Junior High	500.00	500.00					-	500.00	500.00	46.93	546.93
Glen Allan Elementary	500.00		500.00				500.00	500.00	1,000.00		1,000.00
Heritage Hills Elementary	500.00	500.00					-	500.00	500.00	46.93	546.93
James Mowat Elementary	500.00		500.00				500.00	500.00	1,000.00		1,000.00
Lakeland Ridge	500.00	500.00					-	500.00	500.00	46.93	546.93
Lamont Elementary	500.00		500.00				500.00	500.00	1,000.00		1,000.00
Lamont High	500.00		500.00				500.00	500.00	1,000.00		1,000.00
Mills Haven Elementary	500.00	500.00					-	500.00	500.00	46.93	546.93
Mundare School	500.00		500.00				500.00	500.00	1,000.00		1,000.00
Next Step (Sherwood Park								500.00	500.00		500.00
Pine Street Elementary	500.00	500.00					-	500.00	500.00	46.93	546.93
Rudolph Hennig Junior High	500.00		500.00				500.00	500.00	1,000.00		1,000.00
Salisbury Composite High	500.00	500.00					-	500.00	500.00	46.93	546.93
Sherwood Heights Junior High	500.00	500.00					-	500.00	500.00	46.93	546.93
SouthPointe School	500.00		500.00				500.00	500.00	1,000.00		1,000.00
Strathcona Christian Academy Elementary	500.00	500.00					-	500.00	500.00	46.93	546.93
Strathcona Christian Academy Secondary	500.00	500.00					-	500.00	500.00	46.93	546.93
Uncas Elementary	500.00		500.00				500.00	500.00	1,000.00		1,000.00
Vegreville Composite High	500.00		500.00				500.00	500.00	1,000.00		1,000.00
Wes Hosford Elementary	500.00		500.00				500.00	500.00	1,000.00		1,000.00
Westboro Elementary	500.00	500.00					-	500.00	500.00	46.93	546.93
Win Ferguson Elementary	500.00		500.00				500.00	500.00	1,000.00		1,000.00
Woodbridge Farms Elementary	500.00		500.00				500.00	500.00	1,000.00		1,000.00
Pooled				(6,796.00)		704.00		-	-		-
	<u>18,500.00</u>	<u>7,500.00</u>	<u>11,000.00</u>	<u>(6,796.00)</u>	<u>(200.00)</u>	<u>704.00</u>	<u>10,800.00</u>	<u>19,000.00</u>	<u>29,800.00</u>	<u>704.00</u>	<u>30,504.00</u>
							<u>704.00</u>		<u>704.00</u>		
						TOTAL REMAINING BALANCE Aug 31/22	<u>11,504.00</u>		<u>30,504.00</u>		

