



**The Board of Education of School District No. 61 (Greater Victoria)  
Education Policy and Directions Committee Meeting - Monday, October 1<sup>st</sup>, 2018 @ 7:00 p.m.  
Tolmie Boardroom, 556 Boleskine Road**

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**AGENDA**

**Estimated  
Times**

**A. COMMENCEMENT OF MEETING**

*The Greater Victoria School District wishes to recognize and acknowledge the Esquimalt and Songhees Nations on whose traditional territories we live, we learn, and we do our work.*

- |                |   |  |
|----------------|---|--|
| 7:00 - 7:05 pm | <b>A1. Approval of the Agenda</b>   | (pg. 1)  |
| 7:05 - 7:10 pm | <b>A2. Approval of the Minutes</b><br><br>a) Approval of the Ed Policy and Directions Minutes<br>of September 10 <sup>th</sup> , 2018 | <br><br>(pgs. 2-5)   |
|                | <b>A3. Business arising from the Minutes</b>  |  |
|                | <b>B. PRESENTATIONS TO THE COMMITTEE</b>  |  |
|                | a) None   |  |
|                | <b>C. NEW BUSINESS</b>  |  |
|                | <b>C1. Introduction of Student Representative</b><br>None   |  |
| 7:10 - 7:50 pm | <b>C2. Counselling Supports</b><br>(PowerPoint Presentation)  | Harold Caldwell/<br>Jennifer Chambers/<br>Monique Moore<br>(pgs. 6-31) |
|                | <b>D. Notice of Motion</b>  |  |
|                | <b>E. General Announcements</b>   |  |
|                | <b>F. Adjournment</b>   |  |



**Education Policy and Directions Committee  
September 10<sup>th</sup>, 2018 – Tolmie Board Room**

**MINUTES**

**Committee Members Present:** Deborah Nohr - Chair, Tom Ferris, Peg Orcherton, Ann Whiteaker

**Other Trustees Present:** Diane McNally, Rob Paynter, Jordan Watters

**ADMINISTRATION:** Shelley Green - Superintendent, Deb Whitten - Deputy Superintendent, Colin Roberts - Associate Superintendent, Greg Kitchen - Associate Superintendent, Harold Caldwell, Director, Learning Support Team, Pam Halverson, District Administrator - Learning Support Team, Carey Nickerson, District Vice Principal - Learning Team, Louise Sheffer, Director - Learning Team, Sean McCartney - VPVPA Representative, Ilda Turcotte - GVTA Representative, Jane Massy - CUPE 947 Representative, Audrey Smith - VCPAC Representative, Jeanette Alexander - ASA Representative

The meeting was called to order at 7:02 p.m.

Chair Nohr welcomed everyone to tonight's meeting.

Chair Nohr also recognized and acknowledged the Esquimalt and Songhees Nations, on whose traditional territories we live, learn and do our work.

**A. COMMENCEMENT OF MEETING**

**A1. APPROVAL OF THE AGENDA**

*It was moved by Trustee Ferris*

That the September 10<sup>th</sup>, 2018 Education Policy and Directions agenda be approved with the following amendments:

**C5. Title change from Monthly Reports Re Special Needs Students to Reports to Trustees on Inclusion / Exclusion Practices;**

Add **C6. Motion by Trustee Whiteaker - Reports for Special Needs Students,**

Add **C7. Motion by Trustee Whiteaker - Surveying Schools Regarding Space Pressures.**

**Motion Carried Unanimously**

**A2. APPROVAL OF THE MINUTES**

*It was moved by Trustee Whiteaker*

That the June 4<sup>th</sup>, 2018 Education Policy and Directions Committee meeting Minutes be approved.

**Motion Carried Unanimously**

**A3. BUSINESS ARISING FROM THE MINUTES - None**

**B. PRESENTATIONS TO THE COMMITTEE**

a) None

## **C. NEW BUSINESS**

### **C1. Literacy for All (PowerPoint)**

Louise Sheffer, Pam Halverson and Carey Nickerson provided highlights of their *Literacy for All* PowerPoint presentation.

Trustees asked questions of the Learning Team and Inclusive Learning Team presenters.

### **C2. Parent Education Fund (PEF)**

Deputy Superintendent Whitten presented a memo and backup information in regard to last year's Parent Education Fund grants and school participation. Ms. Whitten stated that the PEF grant applications will also be made available to school parent advisory committees for the 2018-19 school year.

Trustees asked questions of clarification and made suggestions in regard to this year's grant process and application form information.

### **C3. Strategic Plan**

Superintendent Green presented her motion and rationale.

Trustees discussed the motion.

That the Board of Education of School District No. 61 (Greater Victoria) direct the Superintendent to strike a committee to develop a process to review the Strategic Plan in the fifth year of implementation (2019-2020).

**Motion Carried Unanimously**

### **C4. Informing Parents Regarding Counselling**

Trustees Ferris acted as Chair of the Ed Policy Committee so that Trustee Nohr could present her motion and rationale.

Trustees discussed the motion.

After much discussion, Trustee Nohr withdrew her motion.

It was moved by Trustee Nohr and seconded:

That the Board of Education of School District No. 61 (Greater Victoria) direct the Superintendent to provide a report on school counseling processes, including the process for informing parents, and report out at the October 1<sup>st</sup>, 2018 Ed Policy and Directions meeting.

**Motion Withdrawn**

Trustee Nohr resumed her position as Ed Policy Chair.

### **C5. Reports to Trustees on Inclusion/Exclusion Practices**

Trustees McNally presented her motion and rationale.

Trustees discussed the motion at length.

That the Board of Education of School District #61 (Greater Victoria) direct the Superintendent to provide a monthly report to trustees on students with special needs that specifies the number of incidents, as per each point: 1. Being asked to stay home; 2. Being sent home; 3. Being dropped off late and/or picked up early by bussing services; 4. Being excluded from field trips; 5. Being sent out of the regular classroom to the Resource Room, or Sensory /Isolation Room, or other space, if no breakout room is available.

**Motion Carried Unanimously**

#### **C6. Reports for Special Needs Students**

Trustee Whiteaker presented her motion and rationale.

That the Board of Education of School District #61 (Greater Victoria) direct the Superintendent to ensure all absences be recorded appropriately for all special needs students, including absences due to being asked to stay home, excluded from class field trips, or sent home due to lack of appropriate care.

Trustees discussed the motion at length. A proposed amendment was made to the main motion.

It was moved by Trustee Orcherton:

That the Board of Education of School District #61 (Greater Victoria) direct the Superintendent to ensure all absences be recorded appropriately for all special needs students. ~~including absences due to being asked to stay home, excluded from class field trips, or sent home due to lack of appropriate care.~~

**Motion Defeated**

For: Trustee Orcherton, Whiteaker

Against: Trustee Nohr, Ferris

After discussions on item **C7.**, trustees returned to discussing the **C6.** main motion. A second proposed amendment was made to the main motion.

It was moved by Trustee Orcherton and seconded.

Chair Nohr called for a vote on the main amended motion.

That the Board of Education of School District #61 (Greater Victoria) direct the Superintendent to ensure all absences be recorded appropriately for all ~~special needs students~~ **students with special needs**, including absences due to being asked to stay home, excluded from class field trips, or sent home due to lack of appropriate care.

**Motion Carried**

For: Trustees Ferris, Orcherton, Whiteaker

Against: Trustee Nohr

### **C7. School Survey Regarding Space Pressures**

Trustees Whiteaker presented her motion and rationale.

That the Board of Education of School District #61 (Greater Victoria) direct the Superintendent to survey schools in November regarding space pressures and use of resource, sensory and breakout rooms.

Trustees discussed the motion and proposed an amendment:

It was moved by Trustee Orcherton and seconded:

That the Board of Education of School District #61 (Greater Victoria) direct the Superintendent to survey schools in **each** November regarding space pressures and use of resource, sensory and breakout rooms.

**Motion Carried Unanimously**

**D. NOTICE OF MOTION** - None

**E. GENERAL ANNOUNCEMENTS** - None

**F. ADJOURNMENT**

*It was moved by Trustee Ferris:*

That the meeting be adjourned.

**Motion Carried Unanimously**

The meeting adjourned at 9:10 p.m.

# Counselling Supports

Learning Support Team

# LEARNING SUPPORT OPERATIONAL PLAN



# GOAL 2

**Support the mental health needs and well-being of all students within an inclusive learning model**





# LEARNING SUPPORT TEAM PHILOSOPHY

**We strive to work from a  
resilience, asset based perspective**

# COUNSELLING SUPPORTS FOR ALL STUDENTS

- School Based Counsellors in all schools
- Youth and Family Counsellor access in all schools
- Access to Discovery Counselling for all
- Referrals to Community Service Partners
- Learning Team support to School Based Team and referrals for collaboration

# ADDITIONAL COUNSELLING SUPPORTS

- Children in Care
- Aboriginal Students
- International Students

# Children in Care

- Children in Care App
- School Based Team
- Case Manager

# Human Nature School Program

- Nature Based Program offered at George Jay, Quadra and Craigflower
- Program Goal: To support the promotion and enhancement of physical and mental health outcomes amongst students, through Indigenous Ways of Knowing and nature based practices.

# Program Outcomes

Program outcomes:

1. increased school attendance and engagement
2. Increased positive connections with peers and staff
3. Increased self-regulation
4. Increased sense of student well-being and self-confidence



## Mental Health Protocols

# Learning Support Team Mental Health Initiatives for all School Staff (Including Counsellors)

- Counsellor Refresher series
- Counsellor Collaboration sessions
- Yearly Mental Health Focus for Counsellors (Counsellor Themes)
- Snapshots
- Yearly In-servicing for School Based Violent Threat Risk Assessment Teams (VTRA), and Critical Incident Response Teams (CIRT)
- SOGI Leads in all schools
- Mindfulness for Educators
- Social Emotional Wellness Advocates
- Community Service Provider Fair
- Unpacking Inclusion Series



# COUNSELLOR REFRESHER AGENDA

- **District Processes**
  - Ongoing
  - New
- **Resources**
- **Upcoming Events**

# GUIDING DOCUMENTATION

- **Infancy Act**
- **Duty to Report**
- **BC School Counsellor's Code of Ethics**

# INFORMATION SHARING PRACTICES

- **Right to Confidentiality**
- **Common Practice**
- **Consultation**

# COUNSELLOR COLLABORATION SESSIONS

- 4 Times a year (October, January, April , June)
- Focus is on opportunities for counsellors to collaborate, share case studies, discuss topics related to age specific youth.
- 2 Learning Sessions:
  - October: Duty to Report
  - April: Legal Issues for Counsellors

# COUNSELLOR THEMES

## Focus: Suicide Ideation Interventions

- Suicide Handbook (partnership with IMCRT, High Risk Team, and Pediatric Emergency Services)
- Presentation for all Counsellors (Tri-District) from Dr Mary Kay Nixon on Non suicidal Self Injurious Behaviours
- ASIST Training (partnership with Island Health) for all School Counsellors

# COUNSELLOR THEMES

## Focus: Anxiety Supports

- Workshop (Tri-District) on Cognitive Behavioural Therapy interventions for Anxiety
- CBT age specific manuals on Anxiety for counsellors
- Parent Meetings on Anxiety and strategies to support youth
- Anxiety Group in schools (Rockheights) – ongoing with focus on Middle schools
- Step Up to the Middle transition program
- SPRING Up to High School

# COUNSELLOR THEMES

## **Focus: Substance Use**

- Substance Use Forum (Tri District and partnership with CARBC (CISUR) and Discovery Services) 2017
- Substance Use Snapshot - monthly

## **Focus: Trauma Informed Practice**

- Counselling Workshop (Tent date Feb 2019) on Trauma Informed Practice with Dr. Linda O'Neill

# SUBSTANCE USE SNAPSHOTS





# SUBSTANCE USE SNAPSHOTS

## Strategies for 2018–2019

### ELEMENTARY

Additional Counsellors in schools (.5 or more)

Support for Social Emotional Learning Programs (Second Step and Taxi Dog)

Youth & Family Counsellor and access to Discovery Addiction Counsellors at all schools

Social Emotional Wellness Advocates

### MIDDLE

Mental Health Literacy Program for all Grade 8 students

SU Snapshots for Grade 8 students, staff and parents

Youth & Family Counsellor and access to Discovery Addiction Counsellors at all schools

Social Emotional Wellness Advocates

### SECONDARY

Odd Squad videos and resource material on Fentanyl.

SU Snapshots for all students, staff and parents

Youth & Family Counsellor and access to Discovery Addiction Counsellors at all schools

Social Emotional Wellness Advocates

# SUBSTANCE USE SNAPSHOTS

## Substance Use Focus Snapshot Themes

<b>September</b>  Overview & Introduction	<b>October</b>  Marijuana Use & Implications of Legalization	<b>November</b>  Brain Development & Substance Use	<b>December</b>  Fentanyl	<b>January</b>  Addiction vs Recreational Use
<b>February</b>  Alcohol	<b>March</b>  Tobacco & Vaping	<b>April</b>  McCreary Report	<b>May</b>  Substance Use & Mental Health	<b>June</b>  Drug Glossary Names, Slangs & Descriptions

# Mindfulness for Educators

Fall 2018 Session Location TBD	
Monday, October 15	4 - 6pm
Monday, October 22	4 - 6pm
Monday, October 29	4 - 6pm
Monday, November 5	4 - 6pm
Wednesday, November 14	4 - 6pm
Monday, November 19	4 - 6pm
Saturday, November 24	9am-3pm
Monday, November 26	4 - 6pm
Monday, December 3	4 - 6pm
Classroom Support	
Monday, January 7	4 - 6pm
Monday, January 21	4 - 6pm
Monday, January 28	4 - 6pm

Winter 2019 Session Location TBD	
Thursday, January 17	4 - 6pm
Thursday, January 24	4 - 6pm
Thursday, January 31	4 - 6pm
Thursday, February 7	4 - 6pm
Wednesday, February 13	4 - 6pm
Thursday, February 21	4 - 6pm
Saturday, February 23	9am-3pm
Thursday, February 28	4 - 6pm
Thursday, March 7	4 - 6pm
Classroom Support	
Thursday, April 11	4 - 6pm
Thursday, April 25	4 - 6pm
Thursday, May 2	4 - 6pm



## Questions?

Contact Lisa Baylis  
250-382-9226  
[lbaylis@sd61.bc.ca](mailto:lbaylis@sd61.bc.ca)

*"I was shocked the first time I tried it. I couldn't believe that the ringing of a singing bowl and breathing three breaths could have such an affect. My learners (half of whom are very high energy) were calm and alert for 10 minutes. I know that this method is effective as I am seeing it in action!"*

PARTICIPANT WINTER 2017

## MINDFULNESS FOR EDUCATORS

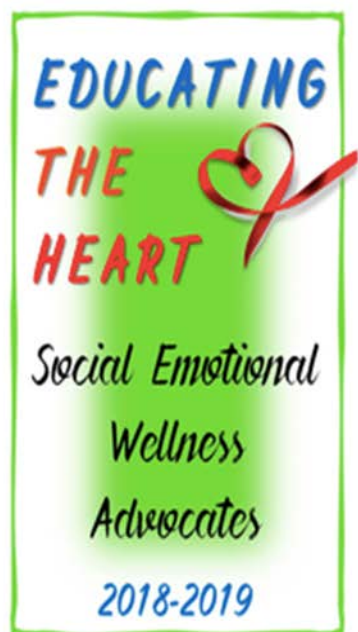


## Mindfulness

paying attention,  
on purpose,  
in the present moment,  
and non-judgmentally.

Fall 2018  
Winter 2019

# SOCIAL EMOTIONAL WELLNESS ADVOCATES



## Did You Know?

In the 2017-2018 school year Learning Support put out a call for Social Emotional Wellness Advocates. We had Advocates representing 28 of our schools this year. The role of the advocate is to create dialogue, share information and explore resources with their colleagues.

If you feel comfortable teaching SEL, are interested in furthering our own skills in SEL and notice that there is an interest at your school to learn more about SEL you would be the perfect fit for an Social Emotional Wellness Advocate for the 2018-2019 school year!

[How to become an Advocate](#)

# COMMUNITY SERVICE PROVIDER FAIR

- Richmond School Oct 4<sup>th</sup> 2:30 – 4:00pm
- **Audience:** Learning Support Teachers, Counsellors, Administrators
- **Presenters include:** CYMH, MCFD, Hulitan, Foundry, Island Health, Discovery, MYST, Family Smart, Boys and Girls Club, IMCRT, Queen Alexander, NEEDS2, YES, Island Sexual Health.

# Unpacking Inclusion Series

## 4-part series

- Increase our collective knowledge of research-based inclusive best practices
- Increase ability and confidence to develop programming that will include and engage ALL students in learning (physical, social, & emotional)
- Empower teams who come to support others in their school with implementation of inclusive practices



# Learning Support Team's Definition of Mental Health:

We view mental health as just one piece of a person's overall health. This means there is no "health" without "mental health." Mental health is more than the avoidance of mental illness - mental health is an important resource for everyday life.

- From Kelty Mental Health