



Meeting Minutes

Wednesday, November 8, 2017

Hollywood Road Education Services

9:00 am – 10:30 am

9:00 am Coffee/Networking

Welcome/Introductions

Confirmation of Agenda

Attendees:

x	Al Lalonde (Chair, District Principal – Student Support Services)	x	Rick Euper (Kelowna Fire Dept)
x	Rolli Cacchioni (School Trustee)	x	Magda Kapp (BrainTrust Canada)
	Chris Gorman (School Trustee)	x	Gerry Guilteneane (Crimestoppers)
x	Kevin Kaardal (Superintendent of Schools/CEO)		Lori Holand (Crimestoppers)
	Peter Molloy (Director of Student Support Services)	x	Leslie Smith (RCMP – School Resource Officer)
x	Curtis Schreiber (Middle/Sec Principals, CNB Middle)	x	Federico Angulo (RCMP School Resource Officer)
	Scott Sieben (Elem Principals, Ellison Elem)	x	Fred Arnold (RCMP - School Resource Officer)
x	Jared Birkeland (Elem Principals, N.Glenmore Elem)		Kelly Boudreau (RCMP–School Resource Officer)
	Dave Cavezza (District Health & Safety Mgr)	x	Ryan Donn (City of Kelowna Council)
	Gregg Weavers (District H&S Supervisor)	x	Rusty Ensign (City of West Kelowna Council)
x	Dave Gibson (Traffic Safety Officer)	x	Penny Gambell (Dist of Lake Country Council)
	Susan Bauhart (COTA)	X	Toni Jestadt (SD23 DBS Team/Counsellor)
x	Lori Dawson-Bedard (COTA)		
	David Teather (CUPE)		
x	Deannie Dacosta Zahara (COPAC)		

Al Lalonde (Chair)

- Asked the partner group to go around and introduce themselves.
- Introduced our presenter: Toni Jestadt
District Behaviour Support Team (Central Families of
Schools and Counsellor
School District No.23

Presentation: Trauma Informed Practice

The following website provides additional information: <http://tonijestadt.wixsite.com/sd23sss>

Psychological Trauma:

- All traumatic events are stressful, not all stressful events are traumatic.
- Social & emotional learning
- More knowledge available now on how our brains respond to stress, etc.
- (Al) explained about student behavior and how we, as adults, respond. DBS (District Behaviour Support). In the last 18 months the District Behaviour Support team have been working with support staff and counsellors on in-service training on: Self-Regulation, Collaborative Proactive Solutions (lagging skills), Mental Health First Aid, Pyramids of Intervention, and Trauma Informed Practice. Looking at various ways to examine why students behave the way they do and what skills and strategies educators can help them develop/use. Behaviour is a form of communication and we must look beyond punishment and rewards. Looking at multiple ways to figure out why students behave a certain way.
- Psychological trauma is caused by experiences that are perceived to be life-threatening or overwhelming, and that exceeds one's ability to cope with that experience.
- Toni had us break into groups and state which we think are the top two events that could be perceived as traumatic for students. Some of the big "T's" (trauma) are abuse and neglect or a violent act (shootings) and all the way down to bullying, which would be a small "T".
- Talked about stress response and what triggers it. Our body physically reacts to events.

Adaptations:

- Fight, Flight or Freeze
- Freeze can cause more potential damage than fight or flight. Traumatic experiences are really stored in the body and are recalled as an experience. Will come at you randomly, triggered by almost anything.

Stress staircase:

Vigilant (here they are closer to flight/fight/freeze)
Alert
Engaged
Calm

- Compared a mature adult brain with a child's brain: Logical brain, Emotion & Relational brain, Survival brain.
- Developmental trajectories and maltreatment/trauma: typical development, developmental trauma, early/persistent maltreatment and how it increases from pre-natal through to adult. Most of our intense programming is available within a small window in time; from the child age to teen age.
- One quarter of students have experienced significantly adverse experiences.
- **Kindness, Compassion and Empathy** is what we need to work with for our students.

Strategies for results:

- Regulation before you Educate
- Suspend Judgment
- Reframe Language
- Respect Role, Scope and Mandate
- Be Aware of the Therapeutic Bookends (caregiver attachment and stress reduction)
- Next week we will offer first full day of training on this and will use pro-d days for this also. Training is a priority at this point.
- SD23 is connected to a variety of boards, and organizations that can help students and families to needed resources, i.e. The Foundry – a place that brings together multiple support (presented last year to our group). Finding that they need more support in the form of counsellors, clinicians.

PARTNER GROUP UPDATE:

Rusty Ensign (City of West Kelowna Council)

- Expressed condolences to RCMP for the recent Abbotsford incident.
- Shannon Lake bridge is now open.
- Asked Dave G. to maybe look at the 3-way stop at corner of Bylands Rd, Old Okg Hwy and Daimler.

Rolli Cacchioni (School Trustee)

- As we are having an early winter, making sure sidewalks are plowed for safe routes to school. Discussed this earlier with Ryan.

Dave Gibson (Traffic Safety Officer)

- Business as usual. Not a lot of earth-shattering calls for service.

Curtis Schreiber (Middle/Sec Principals, CNB Middle)

- Do not have a police liaison on the Westside. (SRO is on leave). (AI) said they are working on a solution for that. *Cst. Sherri Lund (former SRO) has been temporarily assigned as the West Kelowna SRO.*

Kevin Kaardal (Superintendent of Schools/CEO)

- Asked if anyone had questions for him.

Jared Birkeland (Elem Principals, N. Glenmore Elem)

- Asked Dave about a meeting regarding crosswalk safety program with Leslie Smith (RCMP).
- Will ask Operations Department to send letter about "Demos" around schools to the various municipalities

Gerry Guilteneane (Crime Stoppers)

- Nothing to report.

Penny Gambell (District of Lake Country Council)

- Was grateful for the presentation today on Trauma Informed Practice

Ryan Donn (City of Kelowna Council)

- City of Kelowna now has youth development grants available (middle/high schools). *AI sent to Middle/Secondary Principals*
- IH overdoses – a big topic. Recently was a presentation to council. No solutions! We need more empathy in our community.
- Some daycare funding is coming. Are we ready in our community for this.
- Will contact Jared about 'demos' around schools.

Lori Dawson-Bedard (BCTF)

- District H&S advisory committee: how is it coming together. (Kevin) said they should hear something soon.

Federico Angulo (RCMP School Liaison Officer)

- Private schools and their roles as SRO: will talk to AI about this.

Lesley Smith (RCMP School Liaison Officer)

- Nothing to report.

Fred Arnold (RCMP School Liaison Officer)

- Mental health – vapor products are rising. Want to be ahead of the action and be proactive.
- (AI) asked about the RCMP having the ability to pull in a mental health assessment. (PAC) is a partnership between a police officer and a nurse. Constable Craven is the member involved.
- Said to call 911 when there is a crisis, even if it is a mental health issue.

Deannie Dacosta Zahara (COPAC, PAC RAY)

- Re: Policy 645R video surveillance. Make sure the district follows the regulations, consultation with the school community has taken place and PAC has approved the installation plan.
- Construction / road improvements projects surrounding schools is apparently only an issue in Kelowna (West Kelowna, Peachland & Oyama keep the district informed of construction projects). COPAC asked reps from each school to prepare a written submission to the City of Kelowna. (Jared) asked if there was a process that should ask whether schools have been notified of any projects. He will contact Mitch Van Aller regarding this.
- COPAC has a family contact for Magda (BrainTrust) regarding their request for youth and adults for their new initiative committee.

Meeting adjourned: 10:35 a.m.

Next Meeting: December 6, 2017 – HRES – Room #2 or 3

An integrated team of professionals, parents and community members who maintain a high community profile by providing strong leadership in the area of school and community safety.

Our Mission is to positively impact school and community safety within School District No. 23 by:

1. providing an effective venue through which safety concerns of parents, students, staff and community members can be voiced,
2. increasing public awareness of safety related issues, initiatives and resources,
3. formulating safety related recommendations for school and community members, and
4. reviewing models and research data related to school and community safety.