



**Parent Advisory Council Meeting
Principal's Report
Valleyview Secondary School**

December 2, 2020

What has been happening at Valleyview Secondary:

- Leadership activities for students
 - theme days every Friday
- Quarter 2 started on November 17
- Basket Ball skills and training is starting this week
- PBIS Behaviour Matrix has gone through student advisory, staff committee group and is being further tweaked
- VTRA (Violent Threat Risk Assessment) training for administration and counselling is taking place over the next few weeks. This training happens every 2-3 years and is intended to support our most vulnerable and complex students.
- Aboriginal Boys and Girls groups are now up and running.
- Staff will be engaged in learning about Trauma-Informed practice on December 7 ProD day Kerri Petrie and Jennie Egyed from the Ministry of Children and Family Development will be presenting.
- Canuel Catering will be open for business next week. Students will be able to purchase food and drinks from the canteen
- Remembrance Day recognition was well-received. Drama and Band contributed to the presentation which was filmed and then all classes watched at 8:45 on November 10.
- Tightening up on masks in common areas: Students are asked to eat/drink in their classrooms so they do not have to remove their masks in the hallways.



Mark on your calendar:

- Nov 30 Report Cards posted
- Dec 7 ProD Day
- Dec 7-11 Interim Week
- Dec 10 Parent Teacher interviews & early dismissal
- Dec 21-Jan 1 Winter Break

Our School Goals this year:

These school goals are something that the staff and I are committed to working on this year, and in order to do that, we will be doing some new learning during our professional development time as well as during our staff meetings once per month. These goals are based on international research from the OECD which is an organization that looks at influencing factors on economic development. I think many would agree that how well our students do in school really will have an impact on the Canadian economy. From this research then are our goals:

1. **Putting learners at the centre:** This means we are working at designing learning environments that focus on students' cognition and growth. It means exploring inquiry-based and co-operative learning experiences and it means developing self-regulated learners
2. **Building horizontal connections:** This means we are working at designing learning environments that focus on the core competencies that focus on thinking, communication and personal and social awareness that can be transferred to other new situations. It also means connecting the classroom environment to the wider environment and society.

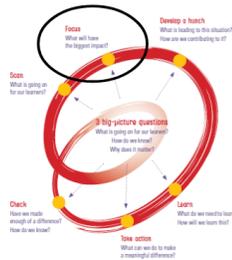
Evidence of our work on these goals:

Using the [Spiral of Inquiry Framework](#), we have identified two inquiry questions that we will do some more learning about and work to implement new strategies to address our curiosities!



Our school-wide Inquiries for this year.

1. What would happen if we incorporated mental well-being strategies in our school community?
2. How can a sense of belonging and feelings of connectedness be improved in our school community?



These inquiry questions are directly tied to *putting learners at the centre*. We are realizing, however, that we need to do some new learning in order to better understand how to create classrooms that cultivate well-being and belonging. Some of this includes Jennifer Katz' research from "Ensouling our Schools". Here is the Framework she uses to describe the ingredients for well-being:



A Framework for Well-being (Ensouling our Schools, Katz)

INTRAPERSONAL

- Intellectual
 - Critical thinking
 - Perseverance
 - Meta-cognition
 - Positive self talk
- Physical
 - Body image
 - Nutrition / exercise
 - Self-regulation
- Emotional and Psychological
 - Joy & happiness
 - Self-worth
 - Sense of purpose
 - Set and meet goals
 - Distress tolerance

INTERPERSONAL

- Intellectual
 - Engage in social issues
- Physical
 - Touch
 - Participation / engagement
 - Sensual / sexual
- Emotional and Psychological
 - Belonging
 - Cultural connection
 - Positive relationships
 - Social coherence by finding your social circle
 - Altruism / service / social contribution

SPIRITUAL / EXISTENTIAL

- Finding meaning & purpose
 - Who am I?
 - Why am I here?
 - What is my gift?
 - Where does my joy lie?
- Recognizing Interconnectedness
 - Where do I belong?
 - How does my existence impact:
 - Others?
 - The planet?
 - History?
 - How do I fit in the web of life?