

Prince Edward Island Home and School Federation Inc.
Minutes (Draft) of the 64th Annual General Meeting - Saturday, April 8, 2017
Rodd Charlottetown Hotel, Charlottetown, PEI

Call to Order

President Lisa MacDougall called the meeting to order at 8:51 a.m. opening with a silent viewing of a Vimy Ridge video to remember the 100th anniversary of the Battle of Vimy Ridge.

Marion Murphy acted as Parliamentarian. Heather Mullen acted as Recording Secretary.

President Lisa MacDougall introduced the head table, members of the PEI Home and School Federation (PEIHSF) executive in attendance as well as invited guests. She reported there were 97 delegates registered from 37 schools.

Lisa invited Cambee Dorrington, President, Nova Scotia Federation of Home and School Associations and Leola Langille, President, New Brunswick Federation of Home and School Associations to bring brief greetings.

1. Adoption of Agenda 2017

MOTION: That the 2017 AGM agenda be approved as presented.
Moved by Shelley Muzika. Seconded by Krystal Mayne. **MOTION CARRIED.**

2. Approval of Annual Meeting Minutes 2016

MOTION: That the minutes of the 2016 Annual General Meeting be approved as presented.
Moved by Leah Munro. Seconded by Nathan Jay. **MOTION CARRIED.**

3. President's Report

Lisa MacDougall provided highlights from her report on Page 18 of the 2017 Book of Reports.

MOTION: That the President's Report be approved as presented.

Moved by Peter Rukavina. Seconded by Jackie Ellis. **MOTION CARRIED.**

4. Financial Report

Treasurer Shelley Muzika presented a report on the financial position of the PEIHSF, referencing the financial information on Pages 21-24 of the Book of Reports.

MOTION: That the Financial Report be approved as presented.
Moved by Shelley Muzika. Seconded by Cory Thomas. **MOTION CARRIED.**

5. Other Reports

President Lisa MacDougall encouraged all in attendance to read the Book of Reports collaboratively with their respective Home and School Associations in an effort to be more informed and to gain insight into the work of other local Home and School Associations.

6. Resolutions

Heather Mullen, PEIHSF Director, Morell Family of Schools, chaired the resolution portion of the meeting.

PEI HOME AND SCHOOL FEDERATION PROPOSED RESOLUTIONS

RESOLUTION 1-2017 SCHOOL COUNSELING SERVICES

Submitted by the Englewood Home and School Association

- WHEREAS** according to the Canadian Mental Health Association, 70% of adults with mental illness report that their symptoms first appeared in childhood and adolescence, and an estimated 10-20% of Canadian youth are affected by mental illness or disorders; and
- WHEREAS** the most common mental health disorders affecting children - anxiety and depression, Attention Deficit Hyperactivity Disorder (ADHD) and eating disorders - affect students' quality of life and the ability to benefit from their school experience; and
- WHEREAS** research has shown that early intervention, diagnosis and treatment of mental health disorders can reduce negative outcomes and allow children to develop the resilience needed to cope with life's difficulties. Without early intervention, the potential results of mental illness – serious impairment, substance abuse, unemployment, homelessness, poverty and suicide – can be costly to the individual and society; and
- WHEREAS** one of five interconnected strategic priorities in PEI's new Mental Health and Addiction Strategy is "Invest early – focus on children, young people and families"; and
- WHEREAS** school counsellors may be the only resource available to students and their families in rural communities and are often the first point of contact in identifying problems that need immediate or more intense treatment; and
- WHEREAS** the current allotment of school counselors in Prince Edward Island schools (1 per 400 students) is insufficient to address the mental health needs of Prince Edward Island school children. School counsellors are forced to be reactive rather than delivering programs aimed at preventing mental health issues and building resilience; and
- WHEREAS** counsellors in PEI schools can spend as little as two days per week in a school, making it difficult to establish familiarity with the student body and develop relationships needed for success. Teachers, administrators and staff deal with students' mental health needs on

days when school counselors are not present. This places additional stress on the teachers who lack the time and training to deal with serious issues of mental health and puts the child at risk if imminent problems are unaddressed; and

WHEREAS mental health needs of students has been a topic of discussion in meetings of the newly established PEI District Advisory Councils; and

WHEREAS the Province just signed a new Health Accord with the Federal Government in which 20.5 million is allocated for mental health initiatives over 10 years; and

THEREFORE BE IT RESOLVED that the PEI Home and School Federation request the Minister of Education and Early Childhood Development and the Minister of Health and Wellness improve access to counseling services in Prince Edward Island schools, with an emphasis on providing proactive programs to support children and youth mental health and wellness in schools and communities; and

BE IT FURTHER RESOLVED that the PEI Home and School Federation request the Department of Education and Early Childhood Development to demonstrate its commitment to youth mental health by establishing a target of one School Counsellor to 250 students.

DESTINATION: Minister of Education, Early Learning and Culture
Minister of Health and Wellness
Public Schools Branch
Health PEI
Canadian Mental Health Association, PEI Division

MOTION: To amend Resolution 1-2017 to “ BE IT FURTHER RESOLVED that the PEIHSF request the Department of Education, Early Learning and Culture demonstrate its commitment to youth mental health by establishing a target of one School Counsellor for every school and schools with greater than 250 students receive an additional counsellor for every 250 students.” Moved by Rosie MacFarlane. Seconded by Rachel Lowther-Doiron. **MOTION CARRIED**

MOTION: To approve Resolution 1-2017 as amended. Moved by Andrea Richard. Seconded by Nathan Jay. **MOTION CARRIED**

RESOLUTION 2- 2017 SCHOOL FOOD GUIDING PRINCIPLES
Submitted by Prince Edward Island Home and School Federation

BE IT RESOLVED that the PEI Home and School Federation adopt School Food Guiding Principles to assist in the establishment of a provincial school food strategy for all students in P.E.I.; and

BE IT FURTHER RESOLVED that the PEI Home and School Federation requests the Public Schools Branch to adopt the PEI Home and School Federation’s School Food Guiding Principles to lead and assist in the establishment of a provincial school food strategy for all students in P.E.I.

DESTINATION: Public Schools Branch, Minister of Education
Minister of Early Learning and Culture
Minister of Agriculture and Fisheries
Minister of Health and Wellness
Premier of Prince Edward Island

MOTION: To approve Resolution 2-2017 as proposed.

Moved by Peter Rukavina. Seconded by Cory Thomas. **MOTION CARRIED**

**PEI Home and School Federation
School Food Guiding Principles (DRAFT)**

The **PEI Home and School Federation** is the umbrella organization of local “Home and School” and “parent council” organizations in 55 schools across Prince Edward Island.

We bring together parents, guardians, teachers, administrators and staff to promote the total well-being of children and the highest standards of education for each child in the province.

The Prince Edward Island provincial school food strategy will be a model for how all stakeholders in education can be brought together to promote their shared values for the benefit and wellbeing of all Island children.

The strategy will be developed and nurtured through a collaboration of students, parents and guardians, government departments, primary industries, cooks and chefs. The following principles will guide the implementation of the strategy.

1. We will create school environments that make healthy choices easiest for students.

Good food and authentic hospitality nurture the whole child and invite collaboration and success. We will create inviting and safe environments within schools and provide enough time for eating, discussion, sharing and learning around food. We will offer opportunities for students to open up to new, shared food experiences and local food possibilities.

2. We will create school food programs that are universal, inclusive and equitable.

We will provide adequate, nutritious food to all school-aged children in Prince Edward Island, regardless of their ability to pay, the availability of resources in the community, or the location of the school. We will ensure that hunger is not a barrier to learning for any child. We will serve a variety of foods in recognition of the diversity of the student population and we will create an environment of respect for every person’s inherent value and celebrate their potential to contribute to their school and community.

3. Young people will be given opportunities to drive the school food programs.

We will make schools a hub for food activity and emphasize developing the capacity of young people to advocate for their own needs. We will provide students with regular opportunities to collaborate with students from other Island schools.

4. We will provide opportunities for curriculum integration.

We will provide opportunities for hands on learning, service learning, citizenship and community projects, social entrepreneurship and articulation agreements with post-secondary institutions. Integration with the curriculum will allow students to prepare and grow food, make healthy choices outside school, think critically about the food system and media, and develop self-awareness and confidence.

5. We will work with local farmers, fishers and processors to emphasize the value of fresh, local, sustainable, seasonal food.

We will engage grassroots stakeholders and respect the assets and resources already available in schools and communities. We will place a high emphasis on local, seasonal food and we will aim for sustainability by building support and capacity at the community level.

6. We will secure additional funding and resources to ensure that programs are properly staffed and funded to be sustainable and create significant impact.

Volunteers are valued in schools, but sustainable funding and dedicated staff are vital. The provincial school food strategy will not be an added responsibility for school staff and volunteers. We will implement pilot projects that will aid in developing processes that clarify expectations for schools and school staff.

7. We will set achievable goals with clear targets and timelines to measure success.

Achievable goals will be set and progress toward these goals will be monitored. Evaluation measures will include indicators relating to, but not limited to, the availability of healthy food in schools, the wellbeing of students, food literacy, attendance and academic achievement, the cost of the program, amount of local food accessed by the school food program, the economic multiplier effect of local food procurement, and the time and resources required by school staff and volunteers. Successes will be celebrated!

RESOLUTION 3- 2017 SCHOOL HEALTHY SNACK TIME
Submitted by Spring Park Home and School Association

WHEREAS we know that making time for physical activity and nutrition in school does not detract from academics; it's an investment in higher academic performance, with studies showing that healthy kids get better grades, attend school more often and behave better in class, and

WHEREAS research on properly fueling your body supports the concept of consuming frequent healthy meals and snacks and drinking lots of water, five to seven times per day, as the best way to enhance cognitive performance and keep blood sugar levels constant, and

WHEREAS recognizing that students should have a nourishing snack and water every three to four hours, students would benefit from a 10 minute healthy snack time separate from recess to boost energy and facilitate learning;

THEREFORE BE IT RESOLVED that the PEI Home and School Federation requests the Public Schools Branch to develop policy for the purpose of implementing a 10 minute healthy snack time apart from recess in all schools in Prince Edward Island to contribute to overall student health and learning.

DESTINATION: Public Schools Branch
Minister of Education, Early Learning and Culture

Background:

http://www.communityhealthmagazine.com/community/new_york/why-students-should-be-allowed-to-eat-in-class/article_cc6e0c30-0c91-11e4-bad2-001a4bcf887a.html

<http://www.phecanada.ca/academic-performance>

<https://ccaeducate.me/blog/blog-post/17/eat-smart-how-to-improve-academic-performance>

https://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf

<https://hbr.org/2014/10/what-you-eat-affects-your-productivity>

MOTION: To defer Resolution 4-2017 to the PEIHSF board for further research.

Moved by Sheldon Opps. Seconded by Leslie Cudmore. **MOTION CARRIED**

Deferred.

RESOLUTION 4- 2017 SCHOOL LUNCH TIME FRAME **Submitted by Spring Park Home and School Association**

WHEREAS according to Statistics Canada, in 2011ⁱ, approximately one third of Canadian children between the ages of 5 and 17 were obese and given the amount of time children spend in school, we must recognize the school setting is one that significantly influences students' food choices and intakes and, consequently, affects their overall health and weight, and

WHEREAS healthy food choices and practices have been linked with learning readiness and academic success, as well as fewer discipline and emotional problemsⁱⁱ, and

WHEREAS a study out of Harvardⁱⁱⁱ found that when children had a school lunch period of less than 20 minutes, they consumed less of their entrees, vegetables and milk, and they were less likely to choose a fruit to go with their meal, and

WHEREAS the PEI Public Schools Branch states in their School Nutrition Policy

2.4.1 a) Schools SHALL allow a minimum of 20 minutes for students to eat lunch^{iv}. (Note: This should not include time to stand in line, travel to lunch areas, or prepare foods), and

WHEREAS the PEI Public Schools Branch also states in their School Nutrition Policy 2.4.1 b) In the elementary setting, encourage that foods are eaten after outside play, whenever possible and 2.4.1 c) Assure that lunch is eaten in a calm positive environment^{iv};

THEREFORE BE IT RESOLVED that the PEI Home and School Federation requests the Public Schools Branch to strictly enforce its policy of a minimum 20-minute school lunch eating time for all students keeping in mind that this is eating time only; and

BE IT FURTHER RESOLVED that the PEI Home and School Federation requests the Public Schools Branch to ensure that elementary students will eat their lunch after outside play, whenever possible, in a calm and positive environment to facilitate healthy eating in a relaxed atmosphere that is not distracted and hurried.

DESTINATION: Public Schools Branch
Minister of Education, Early Learning and Culture

References:

- i. <http://www.statcan.gc.ca/pub/82-003-x/2012003/article/11706-eng.htm>
- ii. <https://www.ednet.ns.ca/docs/foodnutritionsummarybackground.pdf>
- iii. <http://news.harvard.edu/gazette/story/2015/09/short-lunch-periods-dont-serve-students-needs/>
- iv. http://www.gov.pe.ca/edu/psb/wp-content/uploads/2016/12/602.1_Nutrition_in_Schools.pdf
<http://www.gov.pe.ca/edu/psb/wp-content/uploads/2013/03/wsb-Nutrition.pdf>

Related Articles:

- <http://www.today.com/health/does-your-child-have-time-eat-well-school-t43426>
<http://www.metronews.ca/news/calgary/2017/02/02/pilot-nutritional-program-helping-calgary-students-focus.html>
<https://foodsecurecanada.org/resources-news/resources-research/provincial-and-territorial-guidance-document-development-nutrient>
<http://www.todaysdietitian.com/newarchives/tdaug2007pg44.shtml>

MOTION: To approve Resolution 4-2017 as proposed.

Moved by Sheldon Opps . Seconded by Leslie Cudmore. **MOTION CARRIED**

RESOLUTION 5- 2017 PROVINCIAL SCHOOL FOOD STRATEGY
Submitted by Montague Regional High Home and School Associations

WHEREAS the Prince Edward Island Home and School Federation passed a resolution in 2015 calling for a universal provincial school food program, and

WHEREAS Public Schools Branch schools are required to follow the School Nutrition Policy^{i,ii} developed by the Prince Edward Island Healthy Eating Alliance, and

WHEREAS the food being served currently in Island schools does not follow the Public Schools

Branch School Nutrition Policy, and

WHEREAS the Prince Edward Island Home and School Federation has developed seven guiding principles for a provincial school food strategy, and

WHEREAS several schools, such as Montague Regional High School, are poised to establish independent school lunch programs which will replace processed foods with locally-grown freshly-prepared meals, offer a multitude of curriculum integration possibilities for students and build on the resources available in the community.

THEREFORE BE IT RESOLVED that the PEI Home and School Federation requests the Public Schools Branch to lead and assist in the establishment of a provincial school food strategy, beginning with pilot projects in several schools, that are guided by the Public Schools Branch School Nutrition Policy.

DESTINATION: Public Schools Branch
Minister of Education, Early Learning and Culture
Minister of Agriculture and Fisheries
Minister of Health and Wellness

BACKGROUND:

i. <http://www.gov.pe.ca/edu/psb/wp-content/uploads/2013/03/wsb-Nutrition.pdf>

ii. http://www.gov.pe.ca/edu/psb/wp-content/uploads/2016/12/602.1_Nutrition_in_Schools.pdf

MOTION: To approve Resolution 5-2017 as proposed.

Moved by Sharon Anderson. Seconded by Leah Munro. **MOTION CARRIED**

RESOLUTION 6-2017 MINISTER'S DIRECTIVE ON SCHOOL LIBRARIES
Submitted by Glen Stewart Home and School Association

WHEREAS the Public Schools Branch is undertaking a School Review Process - Better Learning for All, and

WHEREAS the Public Schools Branch states it is responsible to ensure students have equitable opportunities to learn and that resources be used effectively, and

WHEREAS research is clear that a culture of learning and student achievement is strengthened when schools have access to teacher-librarians and a school library program, and

WHEREAS many schools currently have eroded, minimal or no time allocated for teacher-librarians and a school library;

THEREFORE BE IT RESOLVED that the Prince Edward Island Home and School Federation request the Minister of Education, Early Learning and Culture and the Public Schools Branch revisit the Minister's Directive on School Libraries (2010) to strengthen its support for school libraries and teacher-librarians, with a commitment to meeting the Directive's staffing allocations based on school enrolment.

DESTINATION: Minister of Education, Early Learning and Culture
Public Schools Branch

Background:

https://www.lrs.org/documents/school/school_library_impact.pdf

<http://www.ncte.org/positions/statements/supportinglibraries>

Additional notes:

- Teacher-librarians help students develop a love of reading and life-long learning which is fundamental to their success as engaged citizens. They help students use digital technologies as well as print resources.
- Teacher-librarians help students learn independently and provide expert advice in locating and using high quality information.
- Teacher-librarians support classroom teachers with resources that enrich the curriculum and help support learners.
- An erosion of teacher-librarian positions in many schools across the province means many students do not have equitable access to library resources and the expertise of a teacher-librarian. This reality undermines access to resources for students and teachers and undermines opportunities to strengthen literacy across the K-12 system.
- The development of lifelong learners is at risk when schools experience inequities based on geography, school size and in many cases, insufficient staffing allocation. If we are to be truly committed to equitable long term literacy, schools with teacher-librarians and libraries must play a pivotal role.

Friendly amendment to add "former" minister's directive. THEREFORE BE IT RESOLVED that the Prince Edward Island Home and School Federation request the Minister of Education, Early Learning and Culture and the Public Schools Branch revisit the former Minister's Directive on School Libraries (2010) to strengthen its support for school libraries and teacher-librarians, with a commitment to meeting the former Directive's staffing allocations based on school enrolment.

MOTION: To approve Resolution 6-2017 as amended.

Moved by Carrie St. Jean. Seconded by Jane Ledwell. **MOTION CARRIED**

**RESOLUTION 7-2017 INCREASE TO 5 PERIOD DAYS FOR HIGH SCHOOL BY
DECREASING CLASS LENGTH TO 60 MINUTES**

Submitted by Westisle Parent Council / Home and School Association

WHEREAS an all around education includes opportunities to explore interests through elective courses and students that are able to do this would be better equipped to make informed choices for post-secondary education, and

WHEREAS the number of mandated classes was increased in 2015 to include a grade 10 physical education class as well as a career exploration class and a creativity and innovation class, and

WHEREAS the current high school programming is a semestered system with four 75 minute classes per day for 2 semesters to give a total of 24 credits over 3 years, 20 of which are needed for graduation with 12 that are mandatory, and students pursuing certain programs like advanced sciences and French immersion have little room for elective courses over the three years, and

WHEREAS it is felt that 75 minute periods are too long to keep students engaged and productive, and

WHEREAS the French School Board has already implemented a 5 period/day semestered system and have adjusted curriculum and graduation requirements accordingly, and

WHEREAS the Department of Education is stressing career planning by making the Career Explorations course mandatory for high school students, it has decreased the opportunity for students to explore through other elective courses i.e. music, foods, computer science;

THEREFORE, BE IT RESOLVED that the PEIHSF request that the Department of Education, Early Learning and Culture review its current semestered system and consider switching to a five period day of 60 minute classes and adjust curriculum and graduation requirements accordingly.

DESTINATION: Minister of Education, Early Learning and Culture
Public Schools Branch

MOTION: To approve Resolution 7-2017 as proposed.

Moved by Nora Dougan. Seconded by Kelly Shea Raynor. **MOTION CARRIED**

NOTICE OF MOTION

To be presented to the PEI Home and School Federation Annual General Meeting, April 8, 2017 by Shelley Muzika, Treasurer

MOTION: To increase the PEI Home and School Federation Membership Fees as follows: \$100 for schools having under two hundred students and \$200 for schools having over two hundred students.

MOTION: To approve Notice of Motion as proposed.

Moved by Shelley Muzika. Seconded by Heather Mullen. **MOTION CARRIED**

7. Nominating Report/Elections:

Peter Rukavina, Chair of the Nominations Committee provided an overview of the roles and responsibilities of Federation board members. The report was presented with a call for nominations to fill vacant positions. A slate of officers was nominated to fill vacant positions as follows:

| EXECUTIVE | | TERM EXPIRES |
|---|------------------|---------------------|
| Treasurer | Heather Mullen | 2019 |
| Secretary | Donna MacLeod | 2019 |
| <u>REGIONAL DIRECTORS: Families of Schools</u> | | |
| Bluefield | Karen Clare | 2019 |
| Kensington | Bev Campbell | 2019 |
| Souris | Krystal Jamieson | 2019 |
| Three Oaks | Jana Weatherbie | 2019 |
| Westisle | Andrea Richard | 2019 |

MOTION: To approve the PEI Home and School Federation board of directors for 2017-2018 as presented. Moved by Peter Rukavina. Seconded by Nathan Jay. **MOTION CARRIED**

NOTE:

The Kinkora position is now vacant and will be filled post-AGM by the Federation Board.

The new PEI Home and School Federation Board will be inducted by Marion Murphy during the luncheon.

8. New Business

No new business.

9. Adjournment

MOTION: To adjourn the AGM business meeting.

Moved by Sandy Nicholson. Seconded by Sheldon Opps. **MOTION CARRIED**

Lisa MacDougall declared the regular business portion of the meeting concluded at 10:55 a.m.

Respectfully submitted,
Heather Mullen
Recording Secretary