

REPORT OF THE STUDENT ADVISORY COUNCIL (SAC)

2020 November 25
4:00-6:00 p.m.

Student Trustees: M. Dhaliwal, N. Keller, T. Rahman

Students Senators: A.B. Lucas SS: K. Ding, B. Maudsley, H Cator; London Central SS: A. Haq, H. Satheeskumar; Central Elgin CI: Clarke Road SS: K. Doxtator, W. Slade; College Ave SS: J. Cote, J. Jawad; East Elgin SS: S. Shelly; Glencoe SS: C. Metivier, L. McFadden, J. Nicholls; Glendale HS: E. Mitchell; H. B. Beal SS: E. Deagle, J. Classen, L. Huston; Huron Park SS: P. Patel, M. Stuart, M. Panchel; Ingersoll DCI: J. Underwood; London South CI: Lord Dorchester SS: C. Zavitz; Montcalm SS: E. Shadbolt; Oakridge SS: D. Fosterdelmundo, J. Fan; Parkside CI: A. Master, C. Golding, M. Moore; Saunders SS: D. Antone, K. Burke, K. Ellis; B. Saidam; Sir Frederick Banting SS: R. Sharma, R. Hossian, H. Carr; Sir Wilfrid Laurier SS: J. Andre, K. Karout, A. Morales; Strathroy DCI: West Elgin SS: D. Fletcher; Westminster SS: N. Fayadh; Woodstock CI: M. LeConte, R. Gilbert.

Administration and Others: L. Pizzolato (Trustee), S. Builder (Superintendent), S. Hines (Assistant to the Trustees).

1. INTRODUCTIONS, APPROVAL OF AGENDA AND MINUTES

Student Trustee Rahman called the meeting to order at 4:02 p.m. and Student Trustee Dhaliwal acknowledged the traditional territory on which the Student Advisory Council meeting is held. Student Trustee Rahman reviewed the agenda items.

2. INTRODUCTION ICE BREAKER

The Student Trustees and Student Senators introduced themselves by way of letting the group know what flavour of ice cream they liked.

3. EQUITY WORK

Student Trustee Rahman shared that the Student Trustees would like to see the Student Senators keep in mind equity as they move forward this year as equity does govern the work that the Student Advisory Council is involved with. The goal is that all students have equal opportunity and has the resources available to them.

4. STUDENT CENSUS SURVEY

Student Trustee Dhaliwal shared that the Board will be inviting all students from grade 7 through to 12 to complete the Every Student Belongs survey in early December. The purpose of the survey is to learn the background of our students so the Board can provide them with the supports they require. The survey will be linked to student email addresses and the information gathered will be kept confidential. The survey is voluntary and will be offered online, but be offered on paper, over the telephone and in several different languages. Students will be given time during the school day to complete the survey which will take approximately 10 minutes. Student Senators were asked to what for the survey on social media and to share this information with the students in their schools.

5. JAMBOARD ACTIVITY #1

Student Trustee Rahman introduced the next activity regarding assessments. She explained that she understands the work that students put into preparing for test and completing school tasks, but students do not get the results that they desire, because sometimes assessing skills through written tests is not always the best route to take. Many of the Students are auditory, visual or practical learners and boxing a student's strength in to one category can take a toll on a student's performance and mental health. In this activity the students shared what they would like their assessments to look like using a JamBoard. Discussion was held and questions were taken on what was posted to the board. Attachment.

6. JAMBOARD ACTIVITY #2

Student Trustee Dhaliwal introduced the second JamBoard activity which focused on mental health and wellbeing. A couple of guiding questions were: 1) what made you smile today; 2) what do you think about when you hear the words mental health; 3) what initiatives would you like to see happen involving mental health this year. The activity was completed and discussion was held on what was posted to the board. Attachment.

7. WELLBEING SURVEY

Student Trustee Dhaliwal explained that this year is a special year and asked the Student Senators to give themselves a pat on the back for how well they have embraced the changes that have come.

Wellbeing is a person to person issue there are many factors that affect it. It is important that student voice is heard to ensure everyone is kept safe. A student survey will be released as the student trustees wanted a safe and confidential platform for students to voice their comments and thoughts. The Student Trustees would like to have a sense of what students thoughts are on how school is going. The Student Trustees would like to release a position paper on how the student body is affected this year. Student Trustee Rahman explained the survey and explained that they are looking for input from the Student Senators. The survey was reviewed and explained that it was is a check in with the students from grade 9 to fifth year students. Discussion was held on tweaking the questions making them more equitable and suggestions taken.

8. STUDENT THOUGHTS ON SCHOOLS

Student Trustee Keller let the group know that he was a full remote learner. He facilitated a discussion with the group using the following guiding questions: 1) regarding student thoughts as to how they were coping as a full remote learner or an in person learner; 2) how school as been for the Students Senators overall and what challenges the Student Senators faced this year; 3) which quadmester do you prefer sighting reasons why you feel the quadmester is good or not good; 4) how do you find the school environment; 5) have your teachers been supportive.

IMPORTANCE OF INDIGENOUS PERSPECTIVE

Student Trustee Keller spoke on teachings of Introduction to indigenous student voice in society. He spoke on the indigenous people who were the first people of North America; which indigenous people refer to as Turtle Island. Through Trustee Keller's research he found that the reason it was named Turtle Island is that the continent itself is shaped like a turtle and within the Indigenous culture a turtle supports the world and plays an important role within.

Trustee Keller told the group that the Canadian government has an obligation to uphold aboriginal and treaty rights. He explained that aboriginal rights are the aboriginal peoples prior and historical occupants of the land. Treaty rights are individual and asked that everyone keep in mind that we live on treaty land and the land within Canada is separated by different treaties and that each individual treaty if for each individual group of indigenous people. Both treaty and aboriginal rights are constitutional by which the Canadian Government has an obligation to uphold. For the indigenous perspective and voice within our society, we can see that within our own school board of Thames Valley we have an Indigenous Student Trustee represented by Student Trustee Keller and an adult trustee represented by Trustee Antone. It is important to mention that the CMO board motion was brought forward by Trustee Antone. This is the way that Thames Valley has brought indigenous voice into the board. Student Trustee Keller sighted that there still is much work to be done. Indigenous positions across Canada need to be implemented, otherwise you are not fulfilling that position. Student Trustee Keller moving forward, Student Trustee Keller says it's imperative that the board include Indigenous people in iPledge. Student Trustee Keller will continue with the teachings in the following meetings.

9. ADJOURNMENT

The meeting was adjourned at 6:10 p.m. The next meeting will be held on 2020 January 13 at 4:00 p.m.

M. Dhaliwal
Student Trustee
Co-Chair

N. Keller
Indigenous Student Trustee
Co-Chair

T. Rahman
Student Trustee
Co-Chair

Assessments

Better technology training for teachers creating online tests to prevent unnecessary lost marks

Longer assignments that you are able to build up throughout the course, with multiple stages. That way you have more opportunities and time to create your best work.

Tests and quizzes should be reduced because they often cause stress compared to assignments and projects.

I think students should also be able to fight for their marks after tests, if they have realised what's wrong and they now understand the right answer, they should be able to re-attempt their lost marks.

I can often overwhelm myself when studying and before taking tests, which causes me to not do as well as I know I could which can happen with a lot of other students as well. - Brienna

be a better reflection of knowledge, as it covers more material while providing the opportunity to learn while creating. Tests/verbal assessments are less accurate as students nerves or an off day can greatly effect

(cont.) can greatly effect their performance.

The weighting of all assessments are known **BEFOREHAND**

Instead of full marks from the tests, I think having students create reviews of their own for each test shows their understanding and allows them to work through the information in their own way.

marking styles. Even between the same school and the same department, some teachers have reputations to be easier or more difficult markers. It would be better if there was a consistent rubric that was always followed during

situations where students may do poorly on one evaluation but still understand most of the content. It would be better to have more opportunities to redo sections of tests or whatnot for mark improvement. - Ariyan

Learn from the Innovative Learning programs already in place! (Beal Innovates, Physimatics, etc.) ~ Jordan

Action-based assessments (applying knowledge to a task at hand)

Questions/instructions in written evaluations can often be misunderstood.

Providing more help to understand what is asked on these assessments. A teacher repeating exactly what's already written doesn't help me personally. - Maya

Variety in how a student is able to present their work, digitally, physically, etc.

timely assessments (quadmester concern) e.g. learning a whole advanced functions unit is one day with a unit test and then having another unit test the day after :(.... [yes this happened]

I think a common misconception is that assessments are 'permanent', so a quiz or test where a student doesn't do so well in their mind brings down their entire average.

A number of teachers in the remote learning environment have identified 'outliers' on a progress report and given students the opportunity to re-take them or complete a similar task.

Giving students who do full remote learning different ways to do assessments instead of google forms. - Maya

communication early with students falling behind on assignments, creating ways for extensions and make up. This provides opportunity for struggling students instead of trapping them in a loop of late assignments and

Consider scrapping final exams. It is a major source of distress for students at the end of the year clinch and it is often silly to cram entire courses into scantron sheets and a few pages.

loop of missed days and missing assignments.

Assessment marks should be able to be improved on later in our current quadmesters, as it is difficult to learn all the required material right away.

have more visual styled assignments like drawings and stuff

make assessments worth less. With the new learning model tests are worth upwards of 30% of our grade. We should impose a limit of how much one assessment can be worth.

There should be frequent, short assessments throughout the quadmester, rather

Always allow for improvement on tests. You should be allowed to learn from your mistakes on the test + submit corrected answers.

increase flexibility of how long you can take on an assessment and more opportunities to bump up mark afterwards as to offset

Weighting assessments more equally so if a student does poorly on one test it doesn't affect their mark as drastically.

think having options for students earn more marks or tests would greatly help the confidence and self-esteem of many students.

Another option instead of tests could be having students create a video of themselves teaching a lesson! If you know how to explain something, it means you understand and have learned.

Especially now, when semesters and material are shortened, we should have lots of opportunities to prove our knowledge so one bad mark doesn't bring everything down. - Josh

Something I believe should be changed is the actual weightings of tests as if you do poorly on one unit test can end up dragging your average down

Audio essays have recently become popular due to online learning and I think it could have a positive affect in school as well, taking pressure of students and teachers

two or three assessments the majority mark.

Teachers need to outline exactly they expect for online assignments. when

doing the test either on the computer or written on paper should be an option to all students -
Maija

I think that teachers should demonstrate and give more explanation. Then give some examples of the assessment.
Jeveriya

I think a lot of teachers need to change their minds about 100% "not being real." I've had teachers who say that they never give perfect marks because nothing can be "entirely perfect."

Having teachers record their lessons for those who are online. Just watching videos and reading textbooks doesn't help.

PROCESS MARKS

Honestly I love writing so I'm quite compatible with the system right now BUT I did a quick Google search and will attach what I like below.

Replace tests with summaries of what students learned

Add the option of an explanation to multiple choice answers.

More open book examinations. They do it a lot in university and we don't have any experience with it in high school and it would be amazing to get some skills beforehand!!

+ |

find that this ear has been really fast and it has been hard to really get an understanding and receive the knowledge that my teachers are trying to dish out. Having more time to talk things through with the

Should provide students with the option of written or auditory evaluations.

Assessments

I think an issue with assessments THIS school year has been the lack of time given to in school students to prepare/study (as higher-level classes tend to now have 1-2 tests a week)

sometimes teachers will take marks off if you answer questions in a different way then they would've. I would like if they made their expectations clear. If I could tell my teachers one thing about how they asses us is to

did more labs where our teacher asks us questions about what we are doing. This way we can physically practice what we would be doing in the real world. Also, many test questions are worded strangely and don't exactly relate to

Also, I think there are too many "essay" questions at least at my school which makes it really hard for people in say a science class who aren't very strong in english.

worded strangely and don't exactly relate to things we have practiced in class.

Having open-ended formats for projects help the class be much more interesting (video, presentation, up to the student to decide!)

GIVING students LONGER period of time for in class assessments or tests should be mandatory this year. I have a couple teachers who only give 30mins to an hour to complete tests, which seems completely unfair to me.



Something that made me smile today is my puppy when he yawned after waking up from a nap :)

I smiled today while having lunch with my little brother!

Many services for mental health are only available once it has gotten really bad, and there are

Schools don't have enough people to talk to about mental health, which often leads to people who need help not getting the help they require.

1.) What made me smile today was seeing the last jam board response because it made me feel not alone :) 2.) when I hear the word mental health what comes to mind is the lack of it

One of the main pillars of mental health is proper nutrition, many students who relied on meal plans have been left to fend for themselves in the pandemic

Something that made me smile was seeing that Timothée Chalamet is going to be hosting SNL

Something that made me smile was seeing my friends. We went for a walk ☺ together.

Mental health is taking care of your emotional well-being, but also physical and spiritual well-being.

A video of some dogs wearing cute Christmas sweaters made me smile.

When I think of mental health, I think of people reaching out to get help with serious problems and getting them resolved.

Something that made me happy today was learning that I finished accounting with a 100% :)

what made me smile: My favorite Taylor swift song came up on my playlist :)

I smiled today when my dad was making dumb jokes at breakfast.

I GOT A 90 ON MY CALCULUS QUIZ?? SO YEAH THAT MADE ME SMILE :)))

Eyy that's awesome! Congrats!! ngl I'm kind of worried about calculus

ok periodd^^

Not necessarily today, but what made me smile is seeing a close friend of mine finish up a tech project that he's been having problems with.

I think mental well being is affected greatly by physical factors such as sleep. I know a lot of my classmates who stay up till one or two in the morning everyday to study.



And they are tired in class. Their body not keeping up can make them frustrated.

When I hear mental health, I think of the happiness a person feels throughout their waking time and their thought process throughout the day.

I think we need more resources for lesser known but very destructive mental illness, such as OCD, eating disorders (other specified), personality disorders.

+1
Something that made me smile is a meme I saw on Reddit

Something that made me: Facetiming with one of my best friends.

When I hear about mental health I think of self care and remembering to love yourself.

called upon for mental health check-ups. From my experience, I have only ever seen students who miss a lot of school, have these done. I think many students who seem to have no issues with attending

This year our school won't be holding our wellness fair but I think our student council should still organize an event or fundraiser that will make up for it.

one thing that made me smile today was the wall of tarantulas and scorpions, and various other animals in my biology classroom like snakes, mice, fish, etc. (yes they are all alive and there is ALOT)

mental health to me is how healthy your thoughts are, whether your mind is in a good or bad place, and whether you still feel happiness or not

Something that made me smile is coming home from school and being able to just relax for the day and talk to my mom :)

Playing with my cat, he always makes me smile.

Something that made me smile today was seeing my friend really happy as she has been having problems with her mental health and is trying so hard to improve upon it

Every year my school always has a mental health week. We do different things like bringing in therapy dogs. I would like to see a Covid friendly version of that this year.

This year, I'd love to see recommendations for films or books or anything that inspire people to stay strong through hard times

younger siblings when they came home from school. What comes to mind when I hear "mental health" is school. I would like to see teachers be more aware of student's mental health and realize we have lives

illness, I don't really think of positives which I think is due to how society is today. We seem to live in a pretty negative world. I think to start we need to look at more support systems in place. I'm not really sure what there is that we could put in

something that made me smile today was watching my favorite show

my dogs made me smile today

I think, when discussing mental health, the first idea that comes to people's mind is merely dealing with everyday stress, but it's MUCH more than that

Having the official tvdsb instagram put out recommendations for books/movies/poems that have inspired them to stay strong or give great advice mental-health wise

Suicide prevention (calling 911 if you are concerned for someone's safety whether or not you know their location)

We need to teach teachers and staff how to recognize and support students in difficult situations at home. We also should teach students how to cope in destructive environments.

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what factors contribute to people's well-being and how it affects all aspects of their lives. Some people go through a lot in their daily life which deteriorates their mental health and affects all aspects of their lives such as

the first thing that comes to mind when speaking of mental health is a safe space to have an open dialogue with others and developing BLS to adequately support our peers.

Some initiatives I would love to see is advertment around the school (posters etc) reminding students of the oppertunity to talk to their guidance counsillers about stressers.

raising more awareness for the existing TVDSB mental health resources, on top of creation new ones

Providing resources and education on mental health and any disorders for people to read/watch

If someone thinks that their friend is suffering from any mental health-related illness, resources could be provided as to what they should do in that situation

think of things like peer support hotlines^^ maybe reaching out and learning some things that volunteers are trained in and possibly creating learning modules for students and staff to use?? e.g. LGBT Youthline

Therapy dogs available during different times throughout the year!!

I think activities that raise school SPIRIT would then positively affect mental health. A lot of students have lost spirit and are not looking forward to going to school :(

ie, if someone thinks their friend is self-harming, they can read an article on what to do in that situation or how they might know. Same with eating disorders, anxieties, depression

some initiatives i would love to see is promoting more mental health awareness and having mental health help

moving the school start times later; there is no good reason for secondary students to have to thrall to school early even when at our age our circadian rhythm is biologically out of wack and it negatively affects academic performance and

affects our mental health and academic preformance.

When I think of mental health I think of anxiety, depression, and other mental illnesses. Some initiatives I'd like to see are addressing that students may be struggling with depression or anxiety.

A lot of kids would benefit from better ADHD and learning disability supports. Many kids either are lost in the system or don't know they have a learning disability so they don't seek help.

**I smiled when
we got chai
coffee today**

**one thing that made
me happy today was
making other
people happy that
sounds so corny, but
it is so true**

**I smiled when
I went on a
walk with my
friend**

**When I hear
the word
mental health
I think of the
body, mind,
and spirit.**

**when I think about
the word mental
health, it makes me
think of the terrible
night I had four days
ago**

**The well-being of
teachers should also
be looked into, as
well as in class and
fully remote
students.**

**moving the school
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