

# SPECIAL EDUCATION ADVISORY COMMITTEE

*Wednesday, January 6, 2021*

## 6:00 pm Teams Meeting

### WCDSB Mission Statement

*As disciples of Christ,  
we educate and nurture hope  
in all learners  
to realize their full potential  
to transform God's world.*

**CHAIR: Irene Holdbrook**

### MEMBERS

WCDSB Trustee – **Jeanne Gravelle**  
WCDSB Trustee – **Tracey Weiler**  
Waterloo Regional Down Syndrome Society – **Kim Murphy**  
Waterloo Regional Police - **John Gilbert**  
Autism Ontario – Waterloo Chapter  
CNIB – **Irene Holdbrook, Chair**  
Family and Children's Services of Waterloo Region  
Waterloo Region Family Network – **Sue Simpson**  
Members at Large – **Sarah Van Dyke**



**Waterloo Catholic  
District School Board**  
Quality, Inclusive, Faith Based Education

35 Weber St. W., Unit A  
Kitchener, ON, Canada N2H 3Z1  
519-578-3660  
info@wcdsb.ca



## SEAC Committee Meeting Agenda

<b>Date&amp; Time:</b>	January 6, 2021 at 6:00 p.m.
<b>Location:</b>	Teams Meeting
<b>Next Meeting:</b>	February 3, 2021
<b>Committee Members:</b> Kim Murphy, John Gilbert, Tracey Weiler, Jeanne Gravelle, Irene Holdbrook, Sue Simpson, Sarah Van Dyke	
<b>Administrative Officials:</b> Laura Shoemaker, Gerald Foran	

<b>1. Opening Prayer</b>  Welcome	L. Shoemaker
<b>2. Approval of Agenda</b>  Motion by: Seconded:	
<b>3. Declared Pecuniary Interest</b>	
<b>4. Approval of the December 2<sup>nd</sup> Minutes</b>  Motion by: Seconded	
<b>5. School System Operational Business</b>  5.1. Ontario Disabilities Employment Network (ODEN) presentation by Bob Vansickle	B. Vansickle
<b>6. Ministry Updates (10 min)</b>	
<b>7. SEAC Committee Functions</b>  7.1. Final invitation letter review	All
<b>8. Policy Advice to the Board</b>	
<b>9. Updates (20 minutes)</b>  <b>9.1. Association Updates</b>  <b>9.2. Trustee Updates</b>	

<b>10. Pending Items</b>	
<b>11. Adjournment</b>  Motion by: Seconded:	
<b>12. Action Items Place Holder</b>	



## SEAC Committee Meeting Minutes

<b>Date&amp; Time:</b>	December 2 <sup>nd</sup> 2020 at 6:00 p.m.
<b>Location:</b>	Teams Meeting
<b>Next Meeting:</b>	January 6 <sup>th</sup> , 2021
<b>Committee Members:</b>	Kim Murphy, John Gilbert, Tracey Weiler, Jeanne Gravelle, Irene Holdbrook, Sue Simpson, Sarah Van Dyke
<b>Administrative Officials:</b>	Laura Shoemaker, Gerald Foran
<b>Regrets:</b>	Laura Shoemaker, Sue Simpson, Jeanne Gravelle

<b>1. Opening Prayer</b>  Welcome	I. Holdbrook
<b>2. Approval of Agenda</b>  Motion by: Tracey Weiler Seconded: Karen Kovats	
<b>3. Declared Pecuniary Interest</b> N/A	
<b>4. Approval of the November 4<sup>th</sup> Minutes</b>  Motion by: Kim Murph Seconded: Tracey Weiler	
<b>5. School System Operational Business</b>  5.1. Mental Health Update	S. Porty

# SEAC Mental Health and Wellness Update

December 2020

Sharon Porty, MSW,RSW  
WDCDS Mental Health Lead

Not everything that weighs you down is yours to carry alone.

IT'S OK NOT TO BE OKAY

We are here to help! If you need help from a school Social Worker to get connected to mental health supports talk your teacher.



Check out the new WDCSB Mental Health and Wellness webpage for info about how to proactively support wellness during Covid. [www.wcdsb.ca](http://www.wcdsb.ca)

If you need someone to listen call 1 (800) 668-6868 or text 'CONNECT' to 688688

Kids Help Phone

Get connected to mental health supports close to home. (GPI) 749-2982



If you are in crisis call Here 24/7. Anytime. Any day.



## ThoughtExchange Follow-Up

- Recognize signs of emerging mental health difficulties
- Reduce stigma
- Promoting “help-seeking” and clarifying pathways to support
- Enhancing access to information about proactive practices that can promote wellness

## Promoting Help-Seeking: Website Launch



Student Version

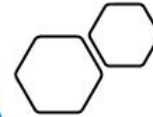


Staff/Parent Version

<https://www.wcdsb.ca/programs-and-services/mental-health-and-well-being-at-wcdsb/>

### Little things can make a big difference

Easy-to-implement, evidence-informed mental health  
practices for Catholic elementary classrooms



Explore by skill category



Stress  
management and  
coping



Identification and  
management of  
emotions



Positive motivation  
and perseverance



Healthy relationship  
skills



Self-awareness and  
sense of identity

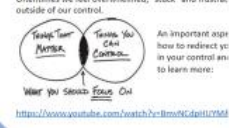





Critical  
thinking



**Faith and Wellness:  
A Daily Mental Health Resource**  
From School Mental Health Ontario and  
the Ontario English Catholic Teachers' Association

<https://smho-smso.ca/fw/>

<p><b>Wellness Tip #2: Focus on What You Can Control</b>  Oftentimes we feel overwhelmed, "stuck" and frustrated outside of our control.</p>  <p><b>Wellness Tip #1: Buffering Against Chronic Stress</b>  How do we maintain wellness when we are in a period of ongoing chronic stress? How can we create times of restoration in spite of the need to push through incredibly challenging times? What kinds of practices can help buffer against burnout?</p> <p><b>The Spectrum of Psychological Health</b></p>  <p><small>Check out this website from our IAP provider (homebased): The Secret Wave and Your Mental Health <a href="https://www.youtube.com/watch?v=3kHnE7Uv8t8">https://www.youtube.com/watch?v=3kHnE7Uv8t8</a></small></p>	<h2>Layering Key Messages</h2> <ul style="list-style-type: none"> <li>• Mental Health and Wellness webpage <a href="https://www.wcdsb.ca/programs-and-services/mental-health-and-well-being-at-wcdsb/">https://www.wcdsb.ca/programs-and-services/mental-health-and-well-being-at-wcdsb/</a></li> <li>• Weekly Wellness Tips for staff</li> <li>• Recorded staff wellness presentation</li> <li>• Targeted team presentations (i.e. SET's, Student Services)</li> <li>• Twitter</li> <li>• School Messenger</li> <li>• Wellness themes woven into Anti-Bullying Week</li> <li>• Spiritual Formation Day – addressed important themes of both wellbeing and equity</li> </ul>
<h2>Pursuing Nourishment</h2>  <p><i>"Nourish yourselves so you can nourish others"</i></p> 	
<p>Q&amp;A</p> <p><b>6. Ministry Updates (10 min)</b>  N/A</p>	<p>G. Foran</p>
<p><b>7. SEAC Committee Functions</b></p> <p>7.1. Invitation Letter Review</p> <ul style="list-style-type: none"> <li>• Content change suggestions</li> <li>• Add organizations represented by the current members to the letterhead</li> <li>• SEAC pamphlet to be included with the letter</li> </ul> <p>7.2. Gerald's proposition for the presentation was accepted. (ODIN and/or KW Rehab). Gerald to inquire about possible dates.</p>	<p>All</p>
<p><b>8. Policy Advice to the Board</b>  N/A</p>	

<p><b>9. Updates</b> (20 minutes)</p> <p><b>9.1. Association Updates</b> N/A</p> <p><b>9.2. Trustee Updates</b></p> <ul style="list-style-type: none"> <li>• Committee of the Whole Board Meeting Monday, November 9, 2020 – <a href="#">Meeting Agenda Package</a></li> <li>• Public Board Meeting Monday, November 23, 2020 — <a href="#">Meeting Agenda Package</a></li> </ul>	
<p><b>10. Pending Items</b> N/A</p>	
<p><b>11. Adjournment</b></p> <p>Motion by: Kim Murphy Seconded: Tracey Weiler</p>	
<p><b>12. Action Items Place Holder</b></p>	





**Date:** January 6, 2021  
**To:** SEAC  
**From:** Director of Education, Superintendent of Learning: Special Education  
**Subject:** Ontario Disabilities Employment Network (ODEN)

**Type of Report:**  Decision-Making  
 Monitoring  
 Incidental Information concerning day-to-day operations

**Type of Information:**  Information for Board of Trustees Decision-Making  
 Monitoring Information of Board Policy **XX XXX**  
 Information only of day-to-day operational matters delegated to the CEO

**Origin: (cite Education Act and/or Board Policy or other legislation)**

**Alignment to the MYSP:**

*Nurturing Our Catholic Community:*

*Faith is lived and witnessed in community:* To strengthen and cultivate school, parish and home relationships.

*Students and Staff are healthy in mind body and spirit:* To strengthen system commitment to school, student and staff spiritual health.

*Everyone is included, respected and welcomed:* To increase improved awareness respect of differences within our school communities.

**Special Education Plan:**

p.102, Appendix 12.1, Special Education Staffing, 5.9 - Community Transition Support Officer

p. 111, Staff Development, "Facilitating Independence" professional development

**Background/Comments:**

WCDSB is currently reviewing the Community & ACTIVE Living Programs and created a Thought Exchange to solicit input from key stakeholders (e.g., Secondary Administrators, SEAC, Special Education Visioning Committee, Special Education Department Heads, Guidance, SETS, EAs, parents, students, community partners). A large part of the Community and ACTIVE Living Program is preparing students to transition to the workplace or the community. Feedback from the Thought Exchange highlighted the need to have a greater focus on preparing students for the transition to the workplace and the community.

Bob Vansickle from Ontario Disability Employment Network (ODEN) presented at the January 2020 Regional Special Education Council (RSEC) and shared the resource "Job Path" which has been implemented in numerous



school boards to date. Job Path is a comprehensive instructional resource that supports students with special needs in preparing to transition to the workplace.

This resource has been purchased for all WCDSB secondary schools and selected staff at each school have received training in the implementation of Job Path. This will be a consistent resource across all schools to assist students in preparing for co-op placements and the workplace.

Bob Vansickle hosted the Job Path training for WCDSB staff. In both his presentation at RSEC, as well as his Job Path training in-service, he emphasized the importance of building independence in students from a young age to assist with the transition to the workplace and community. Bob regularly presents to parent groups and SEAC members on the topic of building independence. This message is also in full alignment with the WCDSB Special Education initiative of building independence in our students and fading support where possible.

**Recommendation:**

Presented for your information.

**Prepared/Reviewed By:** Loretta Notten  
Director of Education  
Laura Shoemaker  
Superintendent of Learning: Special Education

\*Bylaw 5.2 "where the Board of Trustees receives from the Director of Education a monitoring report that flows from a responsibility delegated to the Director under Board Policy – **except where approval is required by the Board of Trustees on a matter delegated by policy to the Board** – the minutes of the Meeting at which the Report is received shall expressly provide that the Board has received and approved of the Report as an action consistent with the authority delegated to the Director, subject in all instances to what otherwise actually occurred."

