

MCI Parent Advisory Council

Minutes- January, 2023

Date | time Jan 16, 2023/ 7pm | *Meeting called to order by* Leighann Quiring

In Attendance

Mike Toews, Deanna Shurvell, Lloyd Shurvell, Kyle McKinstry, Leighann Quiring, Caroline Wiebe, Mark Borgfjord, Megan Romphf-Treloar, Elaine Kalberg, Karter Gurke, Emily Koldyk

Minutes

Minutes from October meeting circulated. Motion to approve minutes from November meeting be adopted as read-Moved by Kyle M, Seconded by Mike T.

Treasurer's Report

Both the opening and closing balance for November to January was \$79.04, with no banking activity happening in the period.

Motion made to accept the Treasurer's report as posted on MCI website. Moved by Deanna S., Seconded by Karter G.

Principal's Report

Principal Kyle M. presented his report.

- Remembrance Day Service - November 9
- Report Cards Emailed Home - November 21
- Parent Teacher Student Conferences - Triads - Thursday Evening November 24 and Friday am November 25.
- JV Girls Volleyball - Provincials @ Russell, MB
- JV Boys Volleyball - Provincials @ Hamiota, MB - 3rd Place finishers in the entire province!
- November 30th—Royal Manitoba Theatre Centre - Three Musketeers Performance - Grade 11 & 12
- December 1 - Story Stick Activity - Knowledge Keeper Angela Roulette - Student Council
- December 5 - Sources of Strength Training Staff am/Staff and Students pm

- Sources of Strength is a best practice youth suicide prevention project designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately preventing suicide, bullying. Sources of Strength is a best practice youth suicide prevention project designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately preventing suicide, bullying, and substance abuse. The mission of Sources of Strength is to prevent suicide by increasing help seeking behaviors and promoting connections between peers and caring adults. Sources of Strength moves beyond a singular focus on risk factors by utilizing an upstream approach for youth suicide prevention. This upstream model strengthens multiple sources of support (protective factors) around young individuals so that when times get hard they have strengths to rely on.

- December 20 - MCI Christmas Dinner - Formal
- MCI Classic & Christmas Activities

Proactive Strategies/Programs Running at MCI

- Robb Nash Mental Health - Currently Grade 9 to Grade 12, next year will be only Grade10 (social work)
- Safe Talk - Grade 9 (social work)
- Social Groups - Focused, ex: Anxiety (social work)
- Class presentations on various social emotional/mental health topics (social work)
- Sources of Strength (social work)
- Student Council (teacher)
- Monthly information bulletin board - different topic each month - presenters from different agencies come into give presentation to students/activities geared around theme - (social work)
- Monthly parent newsletter (social work)
- Indigenous Knowledge Keeper
- Transition to High School for Grade 9 - First day of High School (resource/guidance/social work)
- Grade 9 social/emotional needs assessment (guidance)
- Teacher and student directed clubs
- Big Brothers Big Sisters
- Individual 1-1 morning meetings/check ins (resource/guidance)
- Transportation plan
- PAC
- Breakfast/lunch cart (foods class/students)
- Masterchef bags when funding is available (foods class)
- Public Health Nurse - In school access to students
- DBT Skills Group - When time permits (social work)

Reactive

- Individual Counseling (social work)
- Crisis/behaviour management (social work/guidance)
- Knowledge Keeper/Cultural Consultant
- Exam Schedule: available to all students and on MCI website
- Ski Trip - Assissippi Ski Resort - Feb 2 & 3.
- Edsembl Parental Portal - Means for parents to stay connected with their child's school programming.
- If you have a question about your child's programming -contact your child's teacher.

Student Council

Student Council has had some highlights since November. These include:

- Remembrance Day Service- Nov 9
- Story Stick Activity with Knowledge Keeper Angela Roulette
- Sources Of Strength Training for selected staff and students (see Principals report for more info)
- MCI Christmas dinner, complete with Student Council/Staff Lip Sync competition- Dec 20
- Upcoming Events- Assissippi Ski trip- Feb 2 & 3
 - Pie in the Face event- opportunity for non-perishable food donations
 - Spirit Week
 - Wheat Kings vs Regina Pats game- February 24

Old Business

- Megan RT willing to let name stand as Vice President. Motion made to accept position. Moved by Mike T, Seconded by Deanna S.
- Outdoor Kitchen- Megan to contact Penny re: available grants that PAC can help with. Acknowledgement that cost estimate may need to be adjusted with increased prices of materials.

New Business

- Sound System for gymnasium- funding requested through North Norfolk Foundation
 - Students to be trained to run setup and production services, as part of use of school services.
- Fundraising Opportunities
 - Operation Red Nose- doable for this Christmas, with planning starting in September. All volunteers must have records checks done, and work in groups of 3-4. To be revisited closer to September.
 - Dance at end of Spirit week- dance put on by PAC to encourage community within student body. Karter will take to Student Council for approval and timing.
 - Chase the Ace 50/50- one student and one adult to run 50/50 at Chase the Ace on Thursday nights. Deanna or Megan to talk to Karla.
- Partnership with Community Building Youth Futures-
 - Group wanting to do mental health activities with students, including mindful meditation and massage. Megan to establish connection and send towards MCI

Next Meeting

Feb 13, 2023, at 7 pm at MCI.

Motion to adjourn at 8:00. Moved by Megan RT, Seconded by Kyle M



MacGregor Collegiate Institute

Box 160 MacGregor, Manitoba R0H 0R0

Principal: Kyle McKinstry Administrative Assistant: Sandra Peill

School: 204-685-2047 Email: mci@pcsdonline.ca

Mission:

MacGregor Collegiate will foster an educational community in which all members learn.

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Exam Week January 30-31 & February 1-3					
Last Day of Classes Friday, January 27, 2023					
Grade	Monday Jan 30	Tuesday Jan 31	Wednesday Feb 1	Thursday Feb 2	Friday Feb 3
9	Social Studies AM		Science AM		
10	English AM		Science AM		Make-Up
11		History AM			Day
12	ELA AM	Essentials AM	Pre-Cal 40S AM		

Kyle McKinstry - Principal MCI



Integrating Indigenous Perspectives – MCI 2022-2023

Targeted Outcomes stated: What are we hoping to achieve?

- Indicators of student success: How will we know we achieved our desired outcomes? What evidence (Strategies/Tools/Information) will we collect?
- Indicators of educator impact: How will we know we achieved our desired outcomes? What evidence (Strategies/Tools/Information) will we collect?
- Indicators of Elders, Knowledge Keepers, and community impact: How will we know we achieved our desired outcomes? What evidence (Strategies/Tools/Information) will we collect?

Knowledge Keeper Angela Roulette – 204-240-6259

½ Day Session \$100 Full Day Session \$200 Mileage from Portage \$40

December	-	2 Sessions	-	\$380
January	-	2 Sessions	-	\$480
February	-	1 Session	-	\$240
March	-	2 Sessions	-	\$480
April	-	2 Sessions	-	\$480
May	-	2 Sessions	-	\$480
June	-	1 Session	-	\$240

Allotted Budget \$2796.18 Estimated Cost \$2780

Thematic Teaching Once a Month Integrated Student/Classroom Support Once a Month (2) days

December	-	Story Stick Activity - December 1 st (.5 Day) Christmas Dinner - December 20 th (1.0 Day)
January	-	Medicine Wheel Teaching - (1.0 Day) – Date TBD Student/Classroom Support - (1.0 Day) – Date TBD
February	-	The Seven Teachings - (1.0 Day) - Date TBD
March	-	Circle of Courage - (1.0 Day) - Date TBD Student/Classroom Support - (1.0 Day) - Date TBD
April	-	Walking Together - (Well-Being) - (1.0 Day) - Date TBD Student/Classroom Support - (1.0 Day) - Date TBD

- May - TIPI Teachings - (1.0 Day) - Date TBD
 Student/Classroom Support - (1.0 Day) - Date TBD
- June - Student/Classroom Support - (1.0 Day) - Date TBD

<https://www.indigenousrelationsacademy.com/>

For the past 20 years, through our selection of [training options](#) our [Working Effectively with Indigenous Peoples® blog](#), [books](#) and [free resources](#), we've helped Canadians develop the skills to effectively, respectfully and meaningfully engage and work with Indigenous Peoples.



Indigenous Awareness - Self-Guided Training \$65.00

- 1 + Add to Cart

How much do you actually know about Indigenous Peoples and issues? Would you like to build a better understanding of some of the issues you hear in the news? Do you want to improve your cultural competence and work toward reconciliation?

If the answer is "yes!" then Indigenous Awareness training can be a helpful way to get off on the right foot.

What are your key challenges?

- Understanding how history impacts Indigenous Peoples
- Understanding how current Indigenous issues impact Indigenous communities
- Understanding Indigenous self-government
- Understanding the constitutional, political and legal context of Indigenous issues
- How Indigenous and western world views impact decision-making

Group Self-Guided Training - \$1500

