**STUDENT LEADERSHIP COUNCIL of SD43**

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| **General Information** |  |
| Date | Tuesday, January 30, 2018 |
| Chairs of SLC | Sara Parker and Kelsey Stewart |
| Location and Room | Gymnasium, Winslow Centre |
| Guests (incl. Trustees) | Trustee Denison, Trustee Hobson, Trustee Cahoon |

**MEETING ITEMS AND MINUTES**

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| **INTRODUCTION**  |
| **1:10 – 1:13** | Welcome back! Acknowledgement of guests and territories.  |
| **DR. BUHR PRESENTATION: MINDSET II** |
| **1:13 – 2:20**  | * Go over last meeting’s presentation: fixed vs. growth mindset
* Four parts: thoughts, emotions, behaviors, physiology.
* Where does our brain go when we have a test? We have negative thoughts and we are not happy and very anxious.
* What situations effect our mindset?
* Mindset effects everything we do and think: thoughts, emotions, body reactions, and behaviors are all connected
* Avoid thinking traps, do NOT believe everything you think. Thoughts are not always facts.
* Self thought is very important! What you say to yourself can change how you act and how you feel.
* Challenge unhelpful thinking. Type, write talk out problems.
* Rule of thumb: Don’t say something negative to yourself that you wouldn’t say to someone else.
* Visualize yourself being able to do it, you will be more likely being able to do it.
* Mindfullness: Its being in the moment, being here and now instead of somewhere else.
* Try to take as long as possible to eat a chocolate – practice mindfulness and being present – sort of “recharge”
* Gratitude: think about what you’re thankful for.
* MINDSHIFT APP: All the applications you need to change your mindset and handle stress. Available on the App Store and Google Play
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| **CONCLUSION** |
| **2:20 – 2:35** | * Homework assignment: go back to your school and talk to your leadership class and figure out the best way to introduce or expand mindset at your school. Come back in February ready to do all the planning for this with help from SLC. Put together all resources and information necessary for February 27.
* SLC Retreat: Choose to Lead Conference (April 25) and SLC Retreat at Loon Lake (May 3-4). Total cost if $30, cheque payable to Scott Creek Middle School. If you have any questions, email maskew@sd43.bc.ca
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**MEETING ADJOURNED AT 2:35**

**Website:** [www.slcsd43.org](http://www.slcsd43.org)

**Email:** slc@sd43.bc.ca

**Instagram/Facebook/Twitter: @slcsd43**