**STUDENT LEADERSHIP COUNCIL of SD43**

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| **General Information** |  |
| Date | Tuesday, February 27, 2018 |
| Chairs of SLC | Sara Parker and Kelsey Stewart |
| Location and Room | Gallery Room, Winslow Centre |
| Guests (incl. Trustees) |  |

**MEETING ITEMS AND MINUTES**

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| **INTRODUCTION**  |
| **6:10-6:15** | Acknowledgement of territoriesReview of agenda |
| **TALK TO ME 5.0 – GLENEAGLE**  |
| **6:15-6:30** | Anne Youdell and Charles Lee from Gleneagle Secondary spoke about their Talk to Me 5.0 event. Goals of the event were:* To help end the stigma around mental health and illness
* Benefit the Canadian Mental Health Association

School-planned event available to community Guest speakers and a student speaker presented at the event |
| **MENTAL HEALTH PRESENTATION**  |
| **6:30-7:20** | Anna Lemmo and Rachel French delivered a presentation they intend to show to schools on mental health. Goals: * Mental Health Literacy
* Increasing coping skills
* Accessibility to help in the community

Stigma Busters: * Language (expand people’s vocabulary to use right and respectful language)
* Educate Yourself (basic understanding of mental illnesses)
* Be Kind (be available, show compassion)
* Listen and Ask (don’t need to know answers, invite them into a conversation)

Differences between mental health, mental wellness, mental health problems, mental distress, and mental illnessBrain Health = Mental Health“Healthy Mind Platter”* Focus time: when we closely focus on tasks in a goal-orientated way, taking on challenges that make deep connections in the brain
* Play time: Allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, which helps make new connections in the brain
* Connecting: Connect with other people, ideally in person, or take time to appreciate our connection to the natural world around us, richly activating the brain’s relational circuitry
* Physical: Move our bodies, aerobically if possible, which strengthens the brain in many ways
* Time in: Internal reflection, focusing on sensations, images, feelings and thought, heling to better integrate the brain
* Downtime: we are non-focused, without any specific goal, and let our mind wander or simply relax, which helps our brain recharge
* Sleep time: give the brain the rest it needs to consolidate learning and recover from the experiences of the day

Table discussions – how large are the portions on *your* mental health platter?  |
| **DISCUSSION** |
| **7:20-7:45** | How do we create conversation around positive mental health/stigma/common language? How to bring this back to schools?* Event with students from all over the district – connect groups that are doing this kind of work – bring awareness
* Followed by in-school seminars with grades or in-class stuff (e.g spoken word)
* Timing is key!
* Student-run would hold more appeal
* Incorporate in to school culture (e.g Centennial musicals – art programs) - This increases engagement as well
* Don’t necessarily tag it as “mental health” – collaborate
* Talk about it with creative expression
* Showcase coping strategies

Questions to think about: What are some ways you can be a little bit kinder/decrease the stigma around mental illness/improve your own mental health/talk about this more?How can you “ride the wave”? (Deal with mental stressors and become stronger) |

**MEETING ADJOURNED AT 7:45pm**

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