



Board Meeting Highlights



Date: Jan. 10, 2019

Student Showcase – Project Mental Wellness

- Mental health is one of the biggest challenges facing youth right now and can be an abstract and difficult topic to discuss.
- To help build students' understanding of mental health and remove some of the stigma, Mitford School partnered with Make Good in the Neighbourhood to launch "Project Mental Wellness".
- This 15-week initiative challenged a group of Gr. 7 – 8 students to think, act, and make like designers, and use their creative thinking skills to identify mental health supports that could improve mental wellness in school, at home and in the community.
- Students were organized into three Design Teams: The School Team, the Community Team and the Seniors Team.
- The School Team redesigned the Reboot Room, a place where students can go to find a sense of calm, and launched a monthly newsletter dedicated to mental wellness. This team also created a Mindfulness Centre complete with photos, music and sayings, some of which were printed in Stoney, that could help provide a sense of calm.
- The Community Team developed a podcast titled *Make Yourself Gooder*, and the Seniors Team organized a Trivia and Bingo Night and created art for the residents of Bethany Care.
- On Dec. 13, 2018, Mitford School hosted a showcase for students to share their design process, ideas and specific projects with the school community.
- This impactful project was recognized for helping to normalize mental health, promote the practice of self-care, and give students an opportunity to share some of their personal experiences in terms of mental health. It also helped the students grow as people and connect with one another and members of their community.

Accountability Report - Purchase Orders Over \$200,000

- In accordance with Administrative Procedure AP5201, Purchasing Limits of Authority and Procurement Requirements, all purchases exceeding \$200,000 must be reported to the Board of Trustees.
- On Jan. 10, 2019, Trustees were notified of 12 purchase orders issued between Sept. 1 – Dec. 1, 2018, with amounts over \$200,000.

Changes to PDLC Operating Procedures

- The Board of Trustees approved two minor changes to the Professional Development Leave Committee (PDLC) Operating Procedures.
- Changes recommended by the PDLC committee, which is required to review the operating procedures on an annual or an as-needed basis, were related to the submission of claims for approval of funding and the appeal process for claims submitted after the 60-day deadline has passed.