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## SPECIAL EDUCATION ADVISORY COMMITTEE MEETING

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Thursday, April 16, 2020

Uber Conference Link: <https://www.uberconference.com/pvnccdsb>

6:30 P.M. – 8:00 P.M.

Chairperson: Arlene Godby

Vice-chairperson: Melissa Gillespie

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TRUSTEES/MEMBERS WHO ARE UNABLE TO ATTEND THE MEETING ARE ASKED TO PLEASE NOTIFY THERESA GREAVETTE, (705) 748-4861 ext. 1213
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### A. Call to Order:

1. Opening Prayer: Laurie
2. Land Acknowledgment:  
As we continue to learn together in these exceptional circumstances, I (we) would like to acknowledge, as we do at school, that this land on which we live and learn daily, is the traditional territory of the Michi Saagig (Mississauga) Anishnaabe. All of PVNC Catholic District School Board lies within the Williams Treaty territory and we are all Treaty people. We offer our gratitude to the First Peoples of this land who continue to care for, and share their teachings about, our earth and our relations. May we honour those teachings.
3. Motion to Approve Agenda
4. Declarations of Conflicts of Interest
5. Motion for Excusal from Attendance  
R.A. That, \_\_\_\_\_ be excused from attendance at the April 16, 2020 Special Education Advisory Committee meeting.
6. Motion for Approval of the Minutes of the February 20, 2020 Meeting.  
(March 26<sup>th</sup> meeting cancelled due to COVID 19)
7. Business Arising from the Minutes:

### B. Recommended Actions/Presentations:

1. Remarks: Chairperson (Arlene)
2. Remarks: Superintendent of Learning (*Laurie Corrigan, Superintendent of Learning/*

*Special Education)*

3. Update from Trustees:
4. Program Updates (Special Education & LSS) & Section 23 - Breakdown of Programs, Program selection (*Gerard Winn*)

**C. Discussion Items:**

1. Next steps from presentation

**D. Information Items:**

1. [COVID 19 Community and Mental Health Resources](#)
2. [PVNC Learn @ Home](#)
3. Reports from SEAC members:

**Kelly Smigielski  
Grandview Children's Centre**

- All sites of Grandview Children's Centre are currently closed. Their Facebook page is frequently updated with ideas and fun projects for the kids; as well as providing any updates and information surrounding Covid19 and Grandview.

**Shawna Belcourt  
Community Living Trent Highlands**

- Resources shared with families coping with COVID 19:
  - At home daily routine (see Appendix A)
  - List of COVID 19 Websites (see Appendix B)
  - COVID 19 Book (see Appendix C)

**E. Old Business:**

**F. New Business:**

**G. Next Meeting:**

1. **Next Meeting:**  
May 21, 2020  
TBD  
6:30 – 8:00 p.m.

2. Agenda Items:  
Transition Elementary to Secondary; Secondary to Community

3. Selection of Member for Opening/Closing Prayer:

**Future Meetings**

June 18, 2020	Budget & Spec. Ed. Staffing, Special Education Plan Review
Tour/PD,	To be determined

**H. Conclusion:**

1. Closing Prayer: Melissa
2. Adjournment.

# OUR DAILY ROUTINE

"IT'S ALL ABOUT FINDING THE CALM IN THE CHAOS"

## MORNING ROUTINE

- ☐ WAKE UP (7:00AM)
- ☐ BRUSH TEETH
- ☐ GET DRESSED
- ☐ MAKE BEDS
- ☐ PICK UP LAUNDRY
- ☐ EAT BREAKFAST
- ☐ 30 MINUTES FREE TIME
- ☐ 1 HOUR LEARNING / SCHOOL
- ☐ SNACK
- ☐ FREE TIME
- ☐ CHORES
- ☐ LUNCH TIME (11:45 AM )

## EVENING ROUTINE

- ☐ PLAY OUTSIDE
- ☐ 30 MINUTES QUIET TIME
- ☐ SNACK
- ☐ 1 HOUR LEARNING / SCHOOL
- ☐ FAMILY TIME - RIDE BIKES, BASKETBALL, BOARD GAME, MOVIE, WALK THE DOGS, ETC.
- ☐ DINNER
- ☐ SHOWERS BATH
- ☐ PAJAMAS
- ☐ BRUSH TEETH
- ☐ LIGHTS OUT (7:45 PM)

# OUR DAILY ROUTINE

*"IT'S ALL ABOUT FINDING THE CALM IN THE CHAOS"*

## MORNING ROUTINE

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## EVENING ROUTINE

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# OUR DAILY ROUTINE

*"IT'S ALL ABOUT FINDING THE CALM IN THE CHAOS"*



**7AM - 8AM**

WAKE-UP, GET DRESSED, BREAKFAST, BRUSH TEETH, MAKE BEDS, CLEAN UP LAUNDRY

**9AM - 10**

MOVEMENT (YOGA, GO FOR A WALK, STRETCH, PLAY OUTSIDE, ETC.)

**10 - 11AM**

LEARNING TIME (SCHOOL PACKETS, FLASH CARDS, ACADEMIC BOOKS, READING, ETC.)

**11AM - 12PM**

FREE / CREATIVE TIME (LEGOS, CRAFTS, MUSIC, PLAY DOUGH, BAKING, BUILDING, ETC.)

**12- 1:30PM**

LUNCH & QUIET TIME (PUZZLES, READING, TOYS, TAKE A NAP, LEGOS, ETC.)

**1:30 - 2PM**

CHORES (VACUUM, DISHES, DUST, CLEAN UP TOYS, SWEEP, LAUNDRY, ETC.)

**2 - 3PM**

LEARNING TIME

**3 - 5PM**

FRESH AIR & FAMILY TIME (BIKE RIDE, PLAY OUTSIDE, BASKETBALL, CHALK, GO FOR A WALK, ETC.)

**5 - 8PM**

DINNER, FAMILY TIME & BEDTIME ROUTINE

## **COVID-19 Websites**

Brain Pop:

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/?fbclid=IwAR3vp96Jkkg4pNefo-AVOLGKvAwCOLwf6YLA9-fW6nCon7Ykbq6NDsMhQ0A>

My Corona Virus Social Story: <https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html>

## **Mental Health**

[https://positivepsychology.com/the-crisis-kit/?fbclid=IwAR2EqfuspQmyd7stvnEzN9GWjpw\\_FbT7LNO44neoTTJgRkpzg0BK-EGicE](https://positivepsychology.com/the-crisis-kit/?fbclid=IwAR2EqfuspQmyd7stvnEzN9GWjpw_FbT7LNO44neoTTJgRkpzg0BK-EGicE)

<https://themighty.com/2020/03/online-events-for-people-stuck-inside-during-coronavirus-outbreak/?fbclid=IwAR1U-5uB88TVDDDeQcq3nZ1yAHqNhfGuxnkZxppNI0PPUxpwnJ4eT-Wpcxk>

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

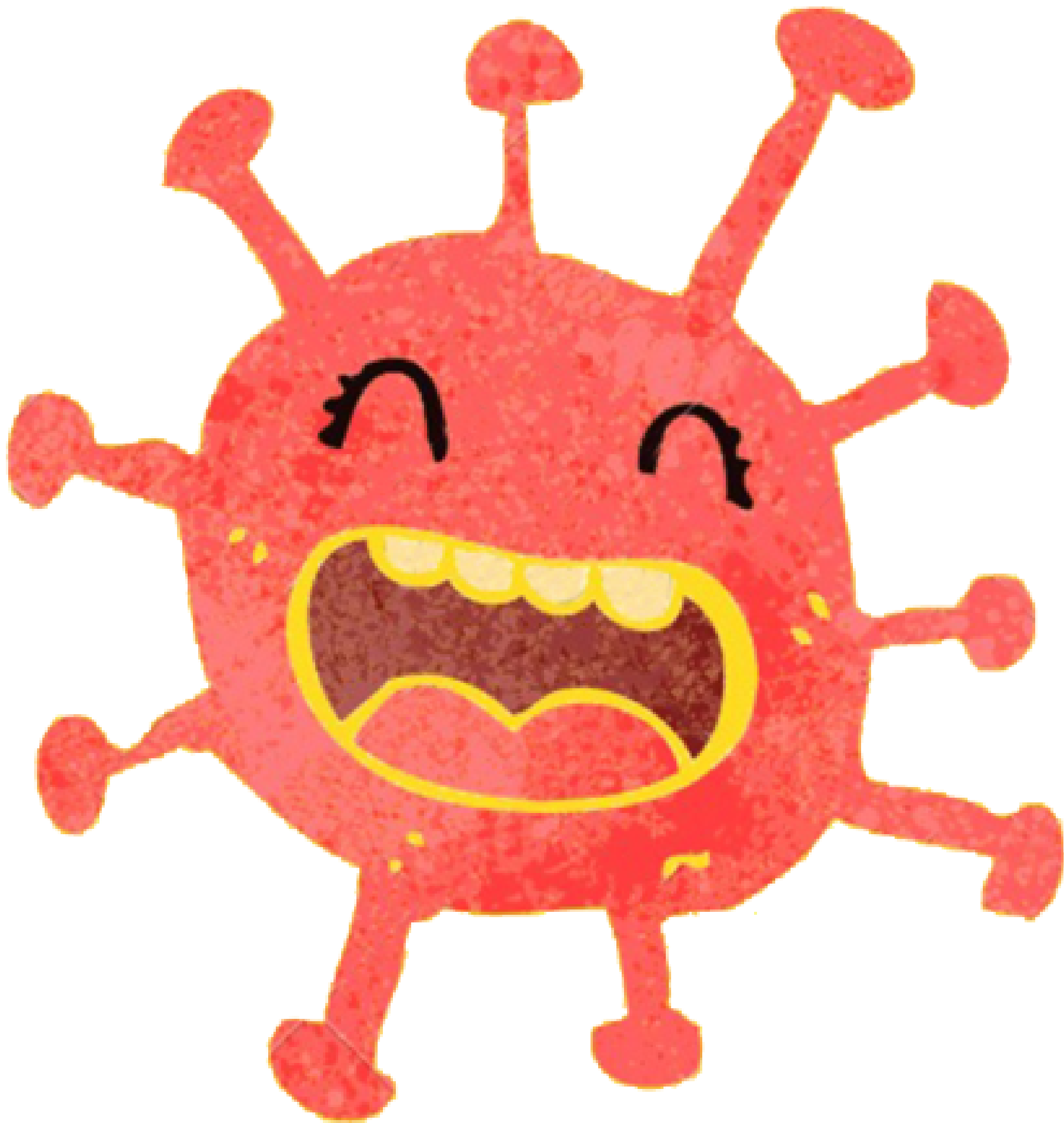
<https://bouncebackontario.ca/>

<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

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

# HELLO!

**I am a VIRUS,  
cousins with the Flu and  
the Common Cold**



## My name is Coronavirus

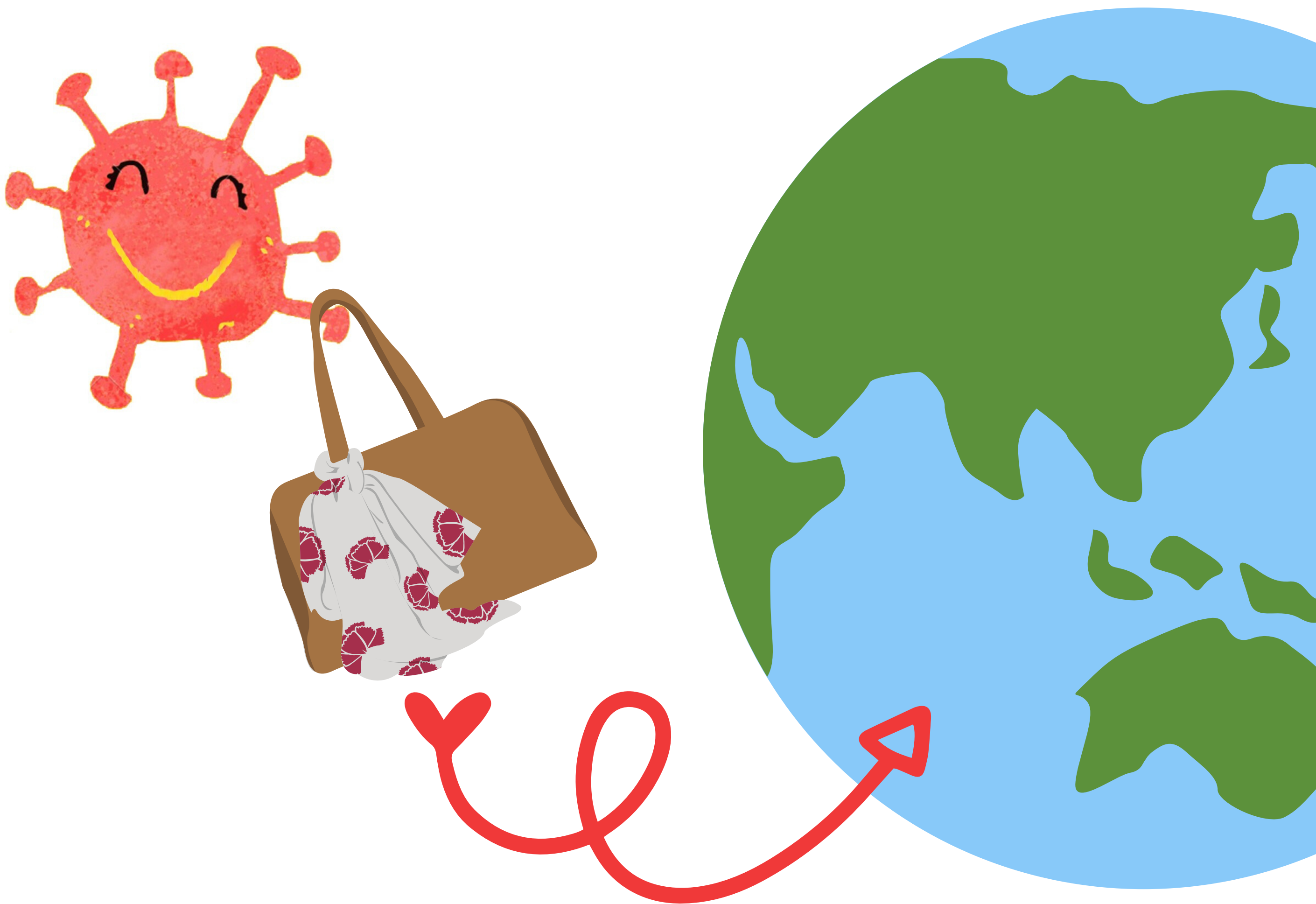
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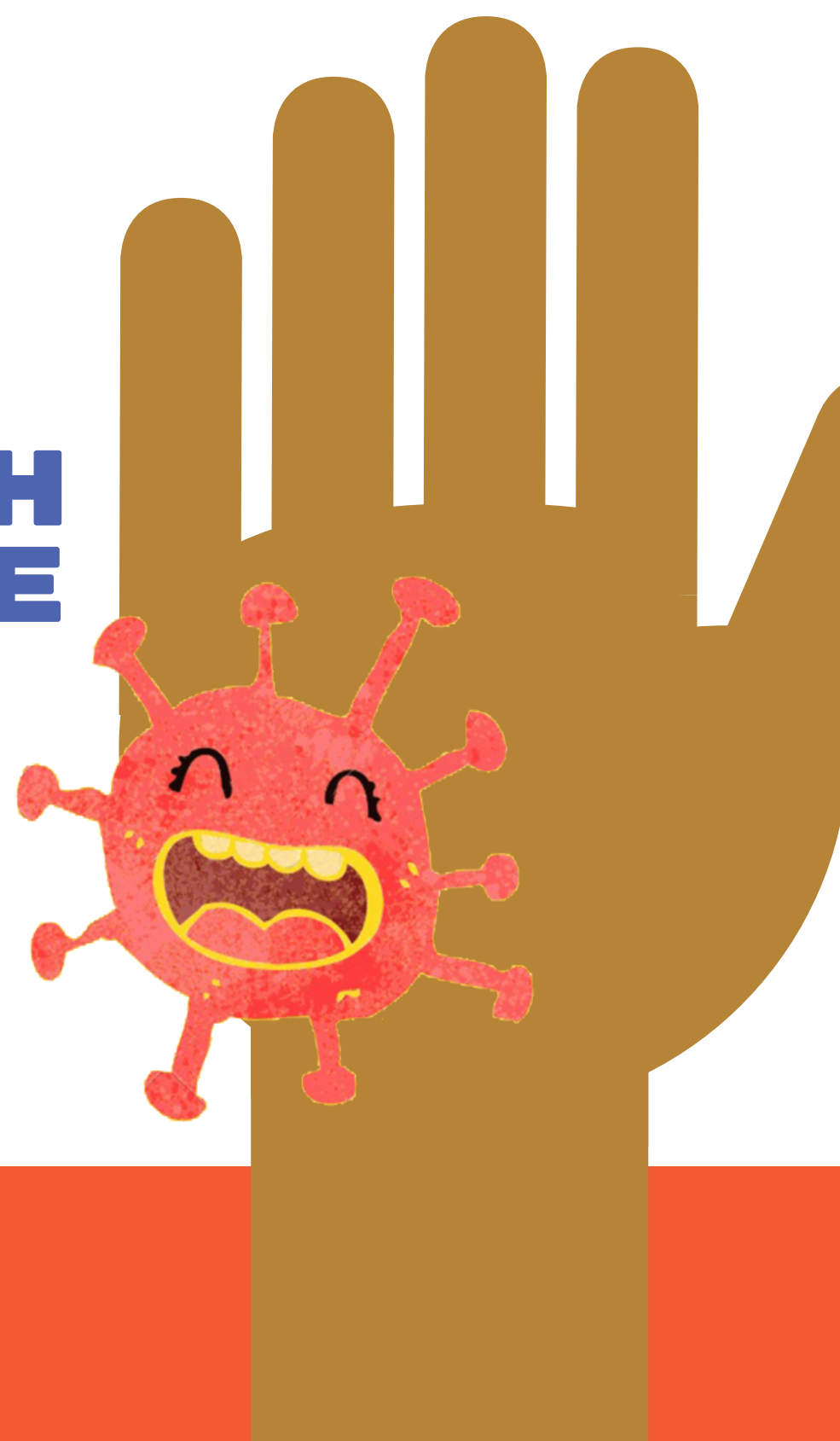


I love to travel...



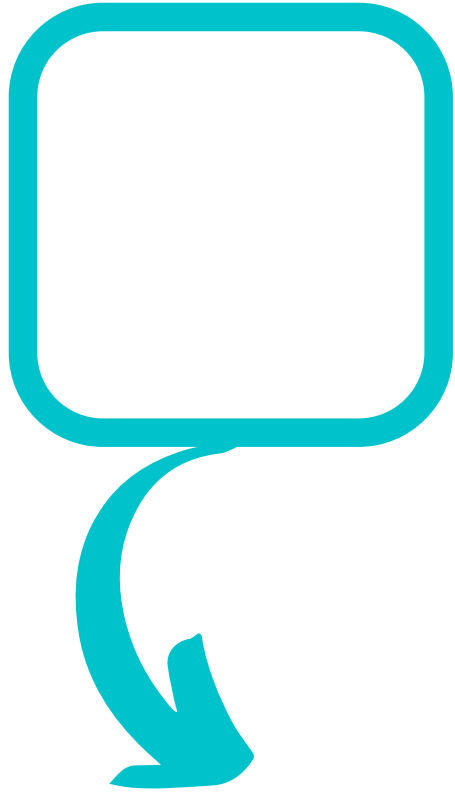
and to jump  
from hand to  
hand to say Hi

**HIGH  
FIVE**

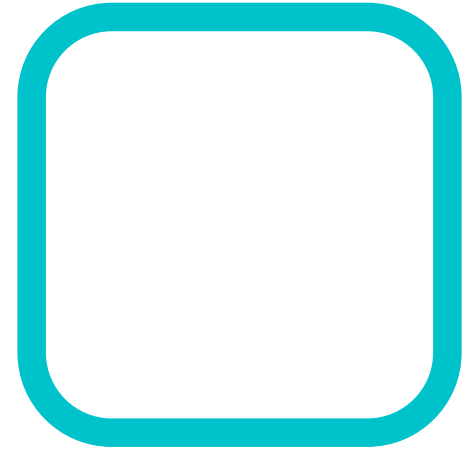


# Have you heard about me?

YES



NO



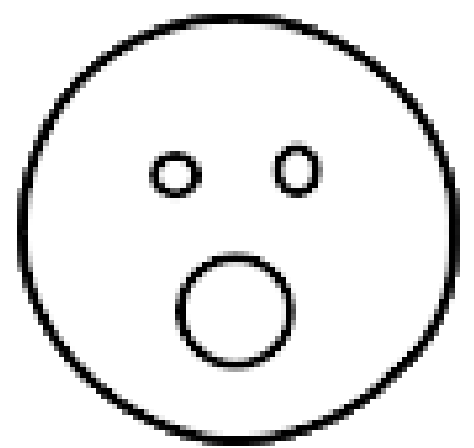
## And how do you feel when you hear my name?



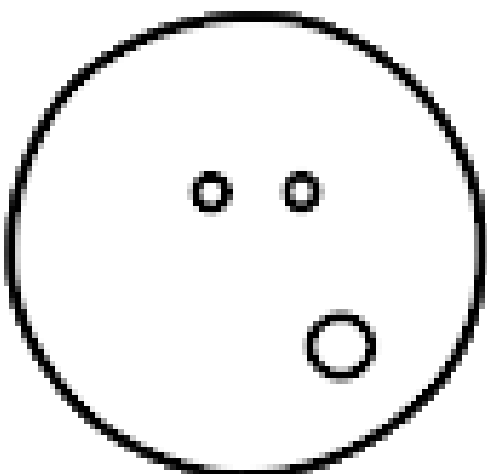
Relaxed



Confused



Worried



Curious

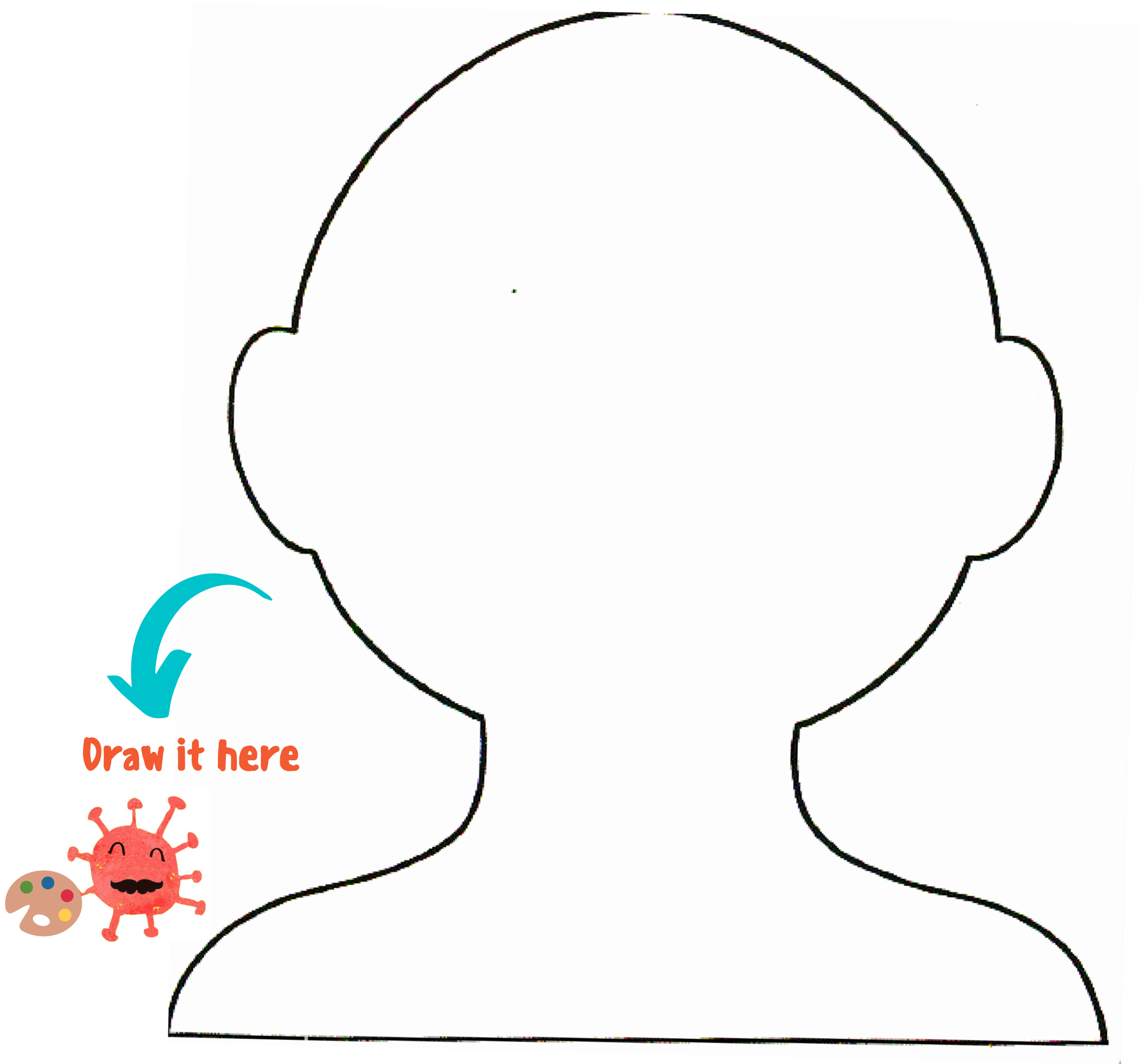


Nervous



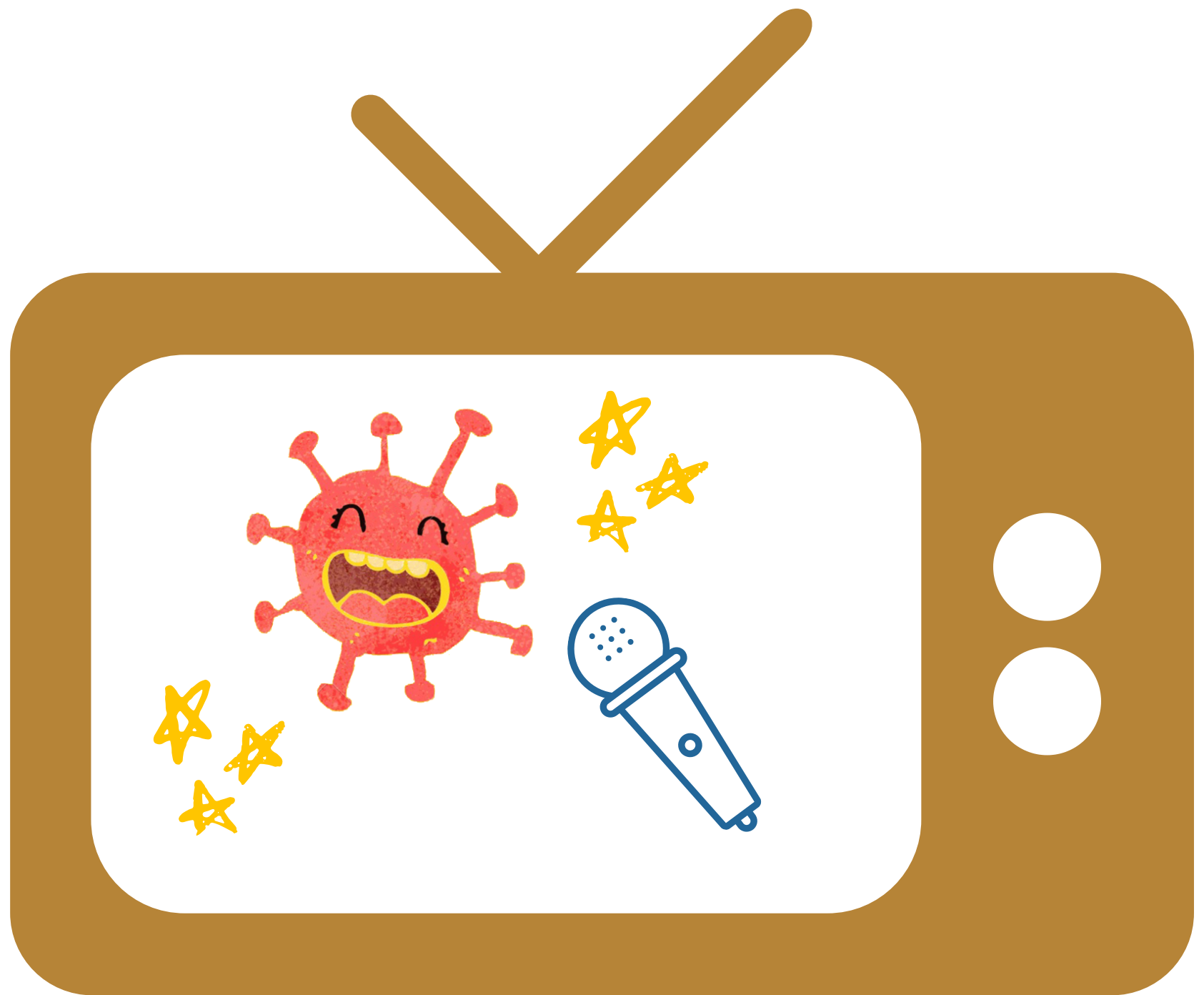
Sad

**I can understand you  
feel...**



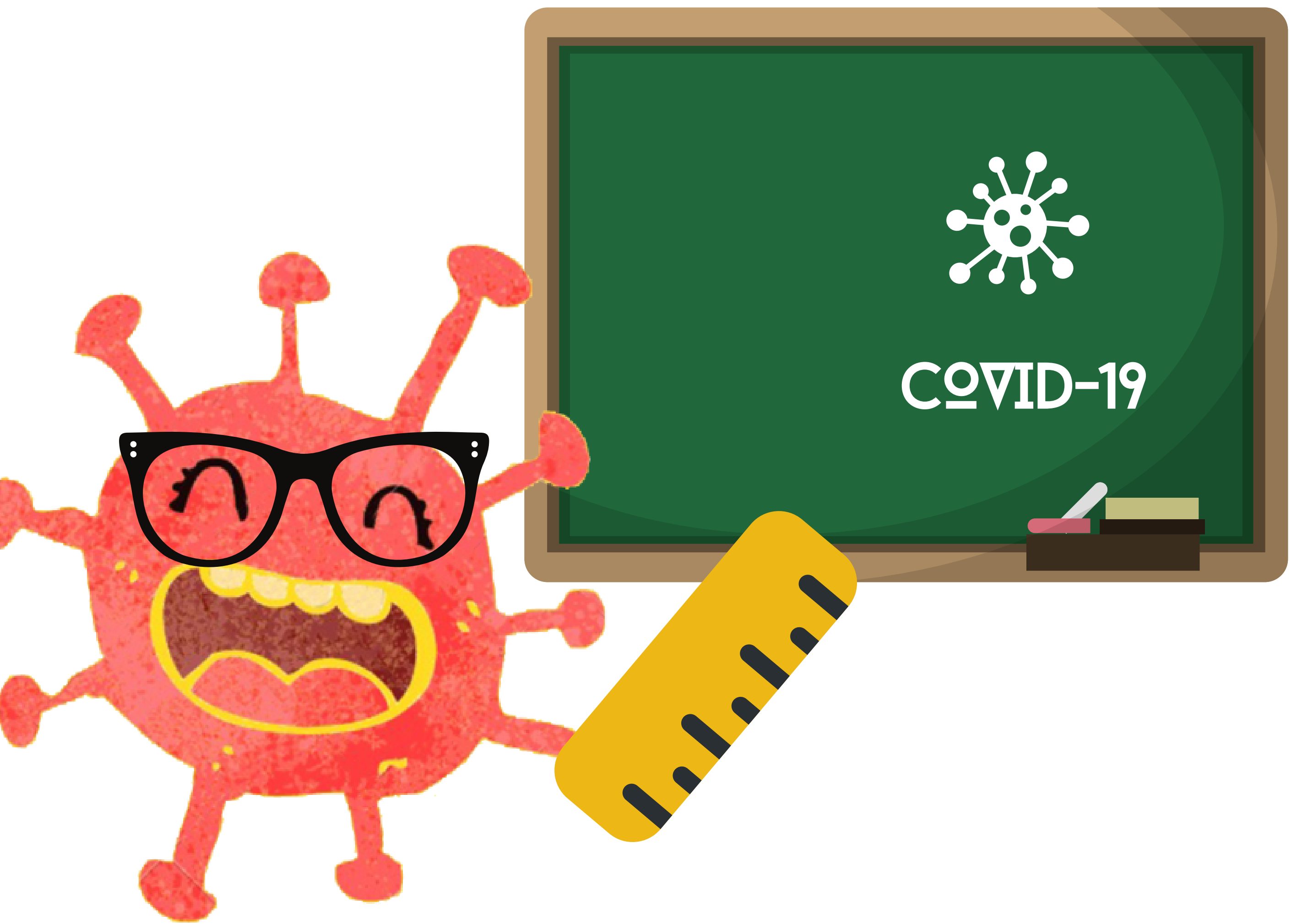
**...I would feel the same way**

Sometimes adults get  
worried when they read  
the news or see me on TV





**But I am going to explain  
myself...**

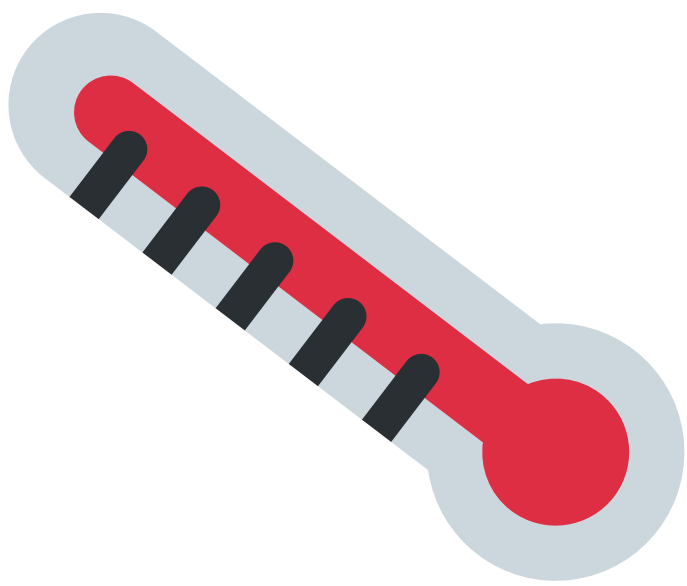


**So you can understand...**

**When I come to visit, I bring...**



**Difficulty breathing**



**Fever**



**Cough**

**But I don't stay with  
people for long, and almost  
everyone gets better**



**Just like when you get a  
scrape on your  
knee and it heals**

**BYE BYE...**



**Dont you worry!**

**The adults who take care of you:**

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**will keep you safe**





# And you can help...

1



**By washing your hands  
with soap and water  
while singing a song**



**You can sing your favorite song,  
the happy birthday song, or the  
alphabet song**

2



**By using hand sanitizer  
and letting it dry on  
your hands**



**Without moving them count to 10**

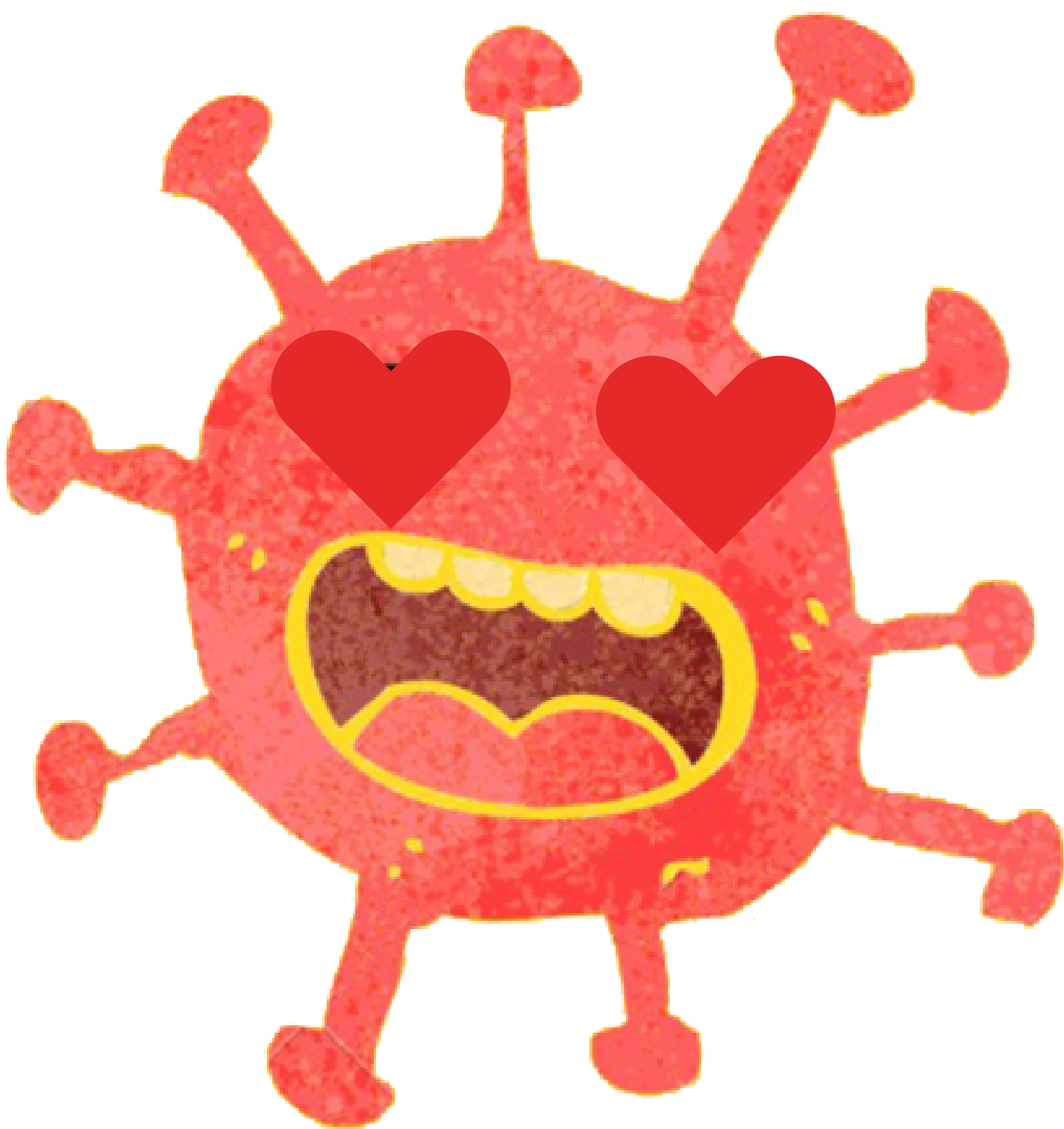
**1, 2, 3, 4, 5, 6, 7, 8, 9, 10**

**Once your hands are dry you can get  
back to playing!!**

**If you do all that  
I will not come to visit**



**while the doctors work to find a vaccine  
that will allow me to say hi  
without getting you sick.**

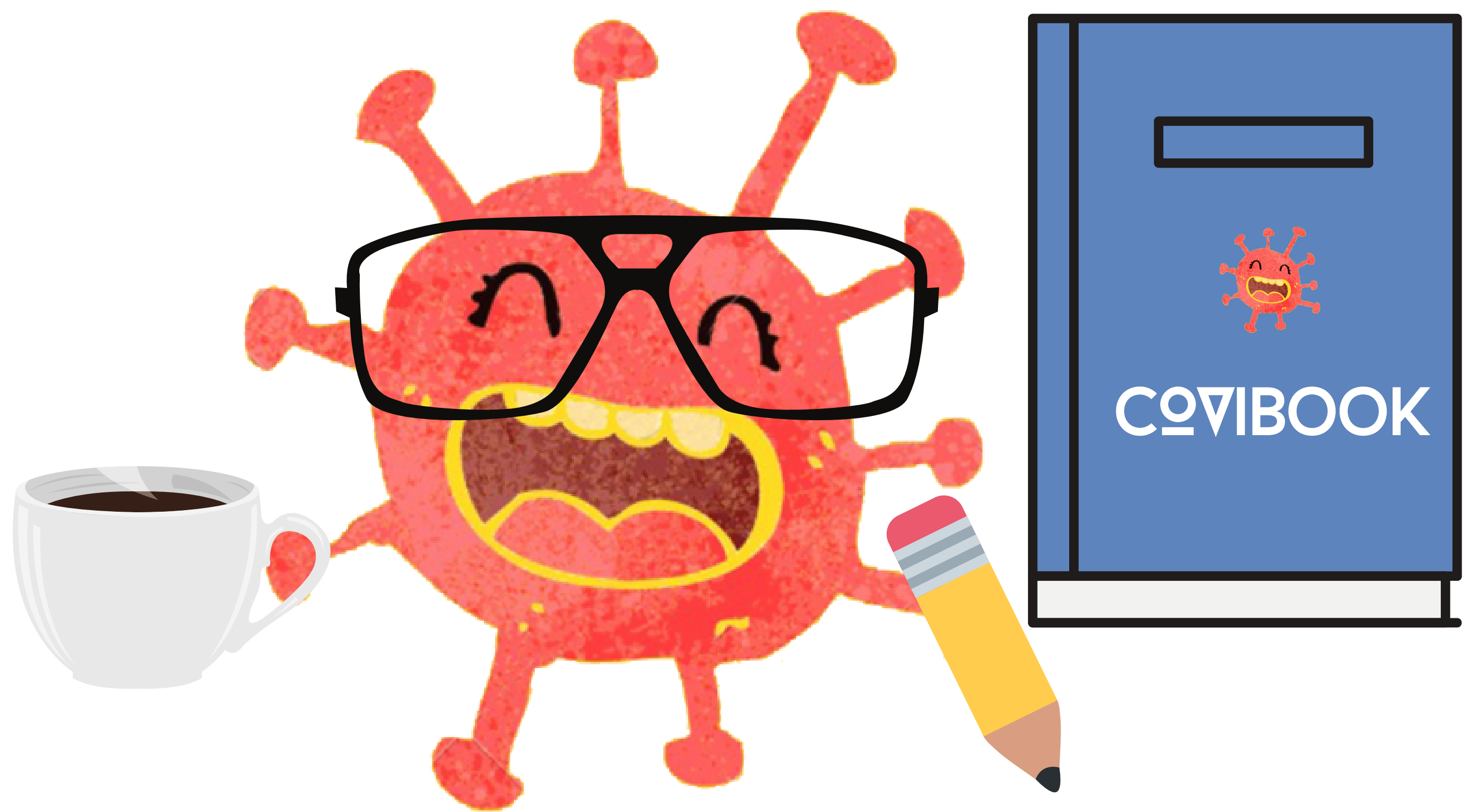


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# THE END



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