

**A.Y. Jackson Parent Council**  
**February 27, 2017**

**Attendees:**

Sandra Blakely	Roxanne Venier	Lillian Neitzel
Susan Wehrmann	Diane McFaul Freeman	Paul Warner
Ruixue Huang	Antenhe Sahelli	Yodit Negusse
Marjorie Snider		

Meeting brought to order at 6:30 pm by Lillian

**Student Council Report** – No report

**Rideauwood Addiction and Family Service** – Nadine McLean, Angie Wellman

All Kanata schools, both in the OCDSB and OCSB, are having to deal with opioid use. There has been a rise in opioid use in the community. The Principals in all the schools (including the Catholic Board) are in continual contact.

There is a Rideauwood counsellor assigned to every english speaking school in Ottawa. They are in the schools once/week.

**What is an Opioid?** - Opioids are drugs that act on the nervous system to relieve pain when other painkillers do not work. Opioids include drugs like heroin, morphine, fentanyl, methadone and codeine. They can vary in strength and are designed to slow down the bodies functions. They are intended for short term use as continued use and abuse can lead to physical dependence and withdrawal symptoms. A person's tolerance to the drug rises quickly (a break in use will decrease a person's tolerance, which can be dangerous as the person will go back to taking the amount they left off at and this can result in an overdose).

Fentanyl is usually prescribed in a patch form as a painkiller. It is man-made and around 30 to 50 times more powerful than heroine 50 to 100 times more toxic than morphine. This makes the risk of accidental overdose much higher.

There are also different Fentanyl's being made illegally and sold on the streets. This **illicit fentanyl** is often made as a powder and mixed with other drugs (like heroin, cocaine or crack). It is also being pressed into pills and sold as things like 'oxycodone' (oxycontin, oxys, eighties) or other pills including speed and ecstasy/MDMA.

## **What's the risk with Fentanyl?**

When fentanyl is mixed with other opioids, alcohol, benzodiazepines, or stimulants like cocaine, it increases the risk of accidental overdose.

Illicit fentanyl is much more toxic than other pharmaceutical opioids. There is no easy way to know if fentanyl is in your drugs. You can't see it, smell it or taste it. Any drug can be cut (mixed) with fentanyl. Even a very small amount can cause an overdose.

When you are getting drugs from anywhere other than from a pharmacy or medical professional, like from a friend, ordering online, or a dealer, there is no way to be sure exactly what is in them or how toxic they may be.

It's important to know that drugs other than fentanyl can also cause an overdose!

**Carfentanil** is an opioid that is used by veterinarians for very large animals like elephants. It is not for human use. It is approximately 100 times more toxic than fentanyl and 10,000 times more toxic than morphine. This means Carfentanil can be deadly in extremely small amounts.

Carfentanil has been found here in Ontario. It is being cut in to other illicit drugs like heroin and counterfeit pills made to look like prescription opioids (including green pills stamped 'CDN' on one side and '80' on the other). There is no easy way to know if Carfentanil is in your drugs, you can't see it, smell it or taste it. It is extremely toxic and a very small amount can cause an overdose.

## **What is an overdose?**

An overdose happens when a person uses more of a drug, or a combination of drugs, than the body can handle. As a result, the brain is not able to control basic life functions. The person may:

- Pass out,
- Stop breathing,
- Have a heart attack, or
- Experience seizures depending on what drugs they have used.

**Anyone** can overdose: first time users, people who have been using for a long time, people who use regularly, people who only use once and awhile, seniors, young people, overdose doesn't discriminate.

- There is no exact formula for figuring out how much of a certain drug, or combination of drugs, will lead to an overdose. How strong a drug is (potency),

how a drug is taken- whether swallowed, snorted or injected, how much of a drug, and how often a drug is used all are factors.

- Factors like weight, health, and tolerance for a drug at that particular time all play a role.

- Overdose risk is higher when you haven't used** in awhile (whether you took a break, or were in treatment, hospital, or jail).

## **Overdose prevention- Reduce Your Risk**

### **If you are going to use:**

#### **Don't Use Alone**

- If you overdose when you are alone there will be no one there to help you.
- When using with someone else, don't use at the same time. Be sure your friend is willing to call for help, and make a plan for what to do if an overdose happens.
- If you do use alone, tell someone before you use. Leave the door unlocked and have someone come check on you.

#### **Don't Mix Drugs**

- Don't mix drugs with other drugs or alcohol.
- Mixing with other drugs puts you at higher risk of overdose.
- If you are going to mix, use one drug at a time or use less of each drug.

#### **Go Slow**

- The quality of street drugs is unpredictable. Fentanyl is being cut (mixed) into both opioid and non opioid drugs (including marijuana):
  - Made as a powder and mixed into cocaine, heroin, and crack.
  - Made as pills and being sold as 'oxycodone' (eighties, oxys) or other pills including ecstasy/MDMA.
- You may not be able to taste, smell or see it. Even very small amounts can cause an overdose.
- Start using in small amounts and do "testers" (or test doses) to check the strength of what you are using.

#### **Carry Naloxone**

- Naloxone is a medication that can temporarily reverse an opioid overdose.
- Naloxone is available free to people who use drugs and their family and friends!

- Learn more about Naloxone and where to get a kit at [www.stopoverdoseottawa.ca](http://www.stopoverdoseottawa.ca)

## **Know your tolerance**

- Tolerance is the body's ability to 'handle' the effects of the drug being used. Tolerance to a drug develops over time.
- Drug tolerance will decrease when somebody has taken a break from using – whether intentionally or unintentionally (like while in treatment, hospital or jail).
- Your tolerance will also change depending on:
  - Weight,
  - Illness,
  - Stress,
  - Lower immune system (from hepatitis for example),
  - Lack of sleep,
  - Other drugs/medications being used, and
  - General health.
- Use less drugs when your tolerance may be lower.
- **Your risk of overdose increases if you are a new user or haven't used in 3+ days!**

## **Be aware**

- Drugs can be tampered with at any point. People buying or selling drugs may not be aware if it has been cut with anything before they sell it to you.

Please see the PDF attached with the minutes for a Opioid Overdose Signs and Symptoms sheet.

Angie Wellman from Rideauwood is at AY every Tuesday. If you know of a student that you are concerned may be doing drugs please let Mrs. Blakely or Guidance know.

It is important to note that neither the school or Rideauwood withholds information from parents or the police.

## **Signs and symptoms of an overdose**

An overdose may look different from one person to the next and depending on the drugs involved. An overdose is a medical emergency and the first step is always to call 911.

Type of drug	Common signs and symptoms of an overdose
<p><b>Opioids</b> (like heroin, morphine, fentanyl, methadone, oxycontin)</p>	<ul style="list-style-type: none"> <li>•Breathing is very slow, or irregular, or they may not be breathing at all</li> <li>•Fingernails and/or lips are blue</li> <li>•Body is limp</li> <li>•Deep snoring or gurgling sounds</li> <li>•Loss of consciousness/passed out (can't wake the person up)</li> <li>•Unresponsive (not answering when you talk to them or shake them)</li> <li>•Pinpoint (tiny) pupils</li> <li>•Vomiting</li> </ul>
<p><b>Stimulants</b> (like cocaine, speed, crystal meth, MDMA/ecstasy)</p>	<ul style="list-style-type: none"> <li>•Seizures</li> <li>•Pressure and tightness in chest</li> <li>•Foaming at the mouth</li> <li>•Racing pulse</li> <li>•Excessive sweating</li> <li>•Vomiting</li> <li>•Headaches/dizziness/ringing in the ears</li> <li>•Hard time breathing</li> <li>•Sudden collapse</li> <li>•Loss of consciousness/passed out (can't wake the person up)</li> </ul>
<p><b>Hallucinogens</b> (like acid, LSD, ketamine, magic mushrooms)</p>	<ul style="list-style-type: none"> <li>•Catatonic syndrome (person will be in a trance like state)</li> <li>•Psychosis (their reality is altered may be having hallucinations or delusions)</li> <li>•Nausea/vomiting</li> <li>•Seizures</li> </ul>

**Staff Report – Roxanne Venier**

**Music**

The AY Bands took part in the Capital Region Music Festival last week. Both the Senior and Junior Band took home Gold Standard (A **Gold Standard** signifies that an ensemble has achieved excellence in all facets of its performance) Graham and Lesley-Ann Rowland won scholarships by Audition. Graham won tuition to a summer camp and Lesley-Ann won a \$250 gift certificate to Long and McQuade.

The Jazz Band Plays this weekend in the same Music Festival.

The Sr. Band is participating in Ignite 150, an event sponsored by the NAC, federal gov't and the City of Ottawa as part of the Canada 150 celebrations. To prepare for the event the NAC Orchestra is sending their timpanist (Feza Zweitel) to work with our students next Monday.

## **Ski Club**

The Ski Club has had 2 successful outings this year. Feb 7th they skied Mont Tremblant and just returned from a weekend trip to La Massif and Mont St. Anne. Even though it we had Thunderstorms here in Kanata, the conditions were great for the ski club near Quebec City.

The March 2nd trip to Tremblant has been cancelled due to lack of numbers.

## **Toonie Tuesday** is tomorrow, February 28th

Students are asked to bring \$2 to help other kids just like them. All the funds raised from this day go directly to the *Students in Crisis Emergency Fund*. This fund provides school supplies and food to students in need and pays for things like school trips and sports fees for students who need help financially.

## **Multicultural Buffet**

All money raised will go to Free the Children – this is through Me to We initiative – the focus is on Health Care in India.

**Progress Reports** coming home Wednesday, March 8<sup>th</sup>.

**Parent Teacher Interviews** will be held after March Break on Wednesday, March 23<sup>rd</sup>.

**Free Spinning Classes** continue every Tuesday after school through the Month of March in the spinning room.

**The Italy** trip leaves in 11 days...leaving March 9th and returning March 18th. This involves 42 students and 5 staff members. Parent meeting is scheduled for Wednesday, March 1st at 7:00 in the Library.

## **Drama**

“Tracks” - One Act Play is taking place at the Sears Festival April 3rd at Nepean HS  
“All My Sons” is our full length play, being performed April 6th, 7th and 8th here at AY at 7:00 in the evening. It is a Drama. Tickets will go on sale starting next week for \$10.00. Tickets can be bought at school or at the door the night of the play.....if it doesn't sell out.

**Literacy Test** will take place on March 30th.

All grade 10 classes will write a sample Literacy Test. Teachers will go through exemplars and talk about strategies on how to do well on the test.

Students that have been identified as needing more support and students who have been unsuccessful in past will be invited to a Boot Camp for extra preparation for the test.

Skills Canada Completion in Kingston April 1st

2 students are trying out next week in Animation

2 other students have already qualified for Video and TV

### **Graduates**

- Be sure community hours are complete and handed in
- Cap and gowns will go on sale the week after March Break
- Continue to refer to the guidance section of the AY web page for scholarship opportunities
- Students need to go onto Career Cursing or drop into guidance to let us know plans for next year – world of work, college, university or coming back to AY.
- If a grade 12 student is planning on coming back to AY next year they should fill in an option sheet.

### **Sports**

- Senior Girls Volleyball finished a great season by losing in the first round of the playoffs.
- Jr Girls Volleyball season underway. They played their second game today. The team finished 4th in a tournament last week.
- Sr Boys Basketball finished a very successful season last week. The team moved up to the OFSAA tier this year and made it all the way to the finals after beating Immaculata High School in a 64-60 close battle. The Game was played here at the school last Tuesday to a packed electric house. They lost in the finals playing against a stacked team from Ashbury College last Thursday at Carleton U. Many AY students were present to cheer on the team. The team lost 52 to 30 ....but this was the lowest number of points Ashbury achieved in a game all year.
- Badminton and Lacrosse tryouts start next week.
- Track and Field have practices Mon and Wed after school.
- Rugby practices are Tuesday and Thursday Mornings ... unsure at this time if the team will will run....we need a few more girls to sign up.
- Lacrosse Inter-murals are taking place now at lunch.
- Volleyball inter-murals will begin after the March Break.

Lisa Wicket, our Librarian, applied for a Discovery Box from the War Museum.

This box contained many original artifacts and reproduction from the First World War. It included war art, a trench periscope, gas mask, bullets, a wooden gas rattle and barbed wire. The box is now off to a school in Fort McMurray.

A project assigned to the grade 10 History classes is to make a scrapbook by researching a soldier. Students are encouraged to research a family member if someone in their family served during the war. One of our grade 10 students researched her Great

Grandfather and made many discoveries. Looking over her Great Grandfather's Attestation Paper – this is the legal document that soldiers sign when they enlist in the military – the student discovered that the signature of the witness for this document was AY Jackson!!!

### **Principal Report – Sandra Blakely**

Enrolment is approximately 750 for next year. There is interest in the new courses and especially the AP courses.

#### **School Greening Project**

- \$10,000 grant was given to replace the Ash trees
- trees were finally removed last summer
- garden beds need to be raised
- council gave \$3500
- hoping board will approve garden beds this time

Next week is Comfy week

The Battlefields trip next year has been approved (going to England and France). The China exchange was also approved. Trip will take place the end of March, beginning of April. The Washington trip has been put on hold. We are in the early stages of planning an alternative.

**OCASC** - no report

#### **OCDSB**

##### **Public Meeting - February 27th - Risks of Drug Use**

Last week, we highlighted the recent alert issued by Ottawa Police and Ottawa Public Health relating to the risks of prescription drug use. As we explained, [Ottawa Public Health has some great information - learn more about overdose prevention here](#) and read the joint [Alert](#) here. This week, the district has continued to work with our community partners to raise awareness about this important issue and develop a coordinated prevention strategy. Here is another good website for parents - [Parenting in Ottawa](#). There is a meeting scheduled for Monday, February 27th in Kanata to discuss the availability, use and dangers of opioid drugs. The meeting will be held at 6:30 p.m. at the Kanata Recreation Complex in Hall A, located at 100 Charlie Rogers Place.

##### **Toonie Tuesday - February 28th**

Did you know that 1 in 5 Ottawa children live in poverty? This is an unfortunate truth and an important reminder about the barriers to student learning and well-being. We can make a difference by supporting Toonie Tuesday and the work of the Education Foundation of Ottawa.

Toonie Tuesday is all about experiencing small acts that can make a BIG difference. On the



last Tuesday in February, **students at participating schools are asked to bring \$2 to help other kids** just like them. All the funds raised from this day go directly to the *Students in Crisis Emergency Fund*. Your spare change will open doors for students who would otherwise be cut off from countless opportunities to succeed in education. Learn more about the [Education Foundation](#) and take a moment to [GIVE](#).

## School Accommodation Review final Recommendations

### Western Area Review - Final Committee of the Whole Recommendation Highlights

#### February 13, 2017:

- Bell High School High School would become a grade 7-12 school;
- D. Aubrey Moodie Intermediate School (IS) would close;
- Bells Corners Public School, Lakeview Public School and Bayshore Public School would become K grade 6 schools, with Bells Corners Public School offering English(ENG) and Middle French Immersion (MFI), Lakeview Public School offering Early French Immersion (EFI), and Bayshore Public School offering ENG and EFI;
- Sir Robert Borden High School would become a grade 7-12 school;
- Greenbank Middle School (MS) would close;
- Leslie Park Public School would close and its students would attend Briargreen Public School;
- Grant Alternative School (AS) would close and its students would attend Regina Alternative School
- Merivale High School would become a grade 7-12 school and (upon certification) would offer the west end International Baccalaureate (IB) program;
- Century Public School would close and its students would attend Carleton Heights Public School;
- Regina Street Public School would become a K-6 Alternative School and its students could enrol in the Alternative Program or attend the ENG program at D. Roy Kennedy;

#### Committee of the Whole -February 14, 2017:

- J.H. Putman Public School would close coincident with the opening of a new intermediate wing at Agincourt Road Public School;
  - Agincourt Road Public School would become a K-grade 8 EFI school (coincident with the opening of a new intermediate wing) and its ENG students would be redirected to Pinecrest Public School;
  - Woodroffe Avenue Public School would become a JK-grade 8 school; and
  - Severn Avenue Public School would become a JK-grade 6 school for immersion students (starting with grades 1 to 3) expanding one grade per year with possible expansion to a JK-grade 8 structure as soon as critical enrolment is achieved to sustain an intermediate program.
  - The Woodroffe Avenue Public School EFI boundary would be changed; and
  - Severn Avenue Public School English students would attend Pinecrest Public School or D. Roy Kennedy Public School depending on their place of residence.
- Read the full recommendations [here](#).

### Eastern Secondary Review - Final Committee of the Whole Recommendation

## Highlights

### February 16

- Rideau High School would close and its Grade 9 to 12 students be redirected to Gloucester High School effective September 2017.
- Grade 9 to 12 Immersion program students residing within the Rideau High School attendance area be directed to Gloucester High School effective September 2017.
- The Immersion program students residing within the Rideau High School attendance area currently enrolled in schools (2016-2017) other than Gloucester High School be permitted to remain at those schools.
- The Board support the transition of Rideau High School students to Gloucester High School, by providing transportation; additional staffing; and in consultation with students, staff and community partners continue the creation of a room for students that is culturally friendly to FNMI and comparable to the Lodge at Rideau High School

The Committee also referred a motion to staff for further clarification regarding annual hat reporting to monitor the transition.

Read the full recommendations [here](#).

## Ottawa is bidding to host the 2021 Canada Summer Games

The Canada Summer Games are the largest multi-sport event in the country for young athletes. This two-week event takes place every two years, alternating summer and winter. The Canada Summer Games attract athletes from every province and territory in the country to compete in 20 different individual and team sports. The event is a key step in developing the next generation of elite Canadian athletes. The Games also leave an important lasting legacy in the host community in the form of new and upgraded athletic facilities that benefit athletes and the general public.

The 2021 Canada Summer Games would inspire, engage and transform our community in many ways, delivering legacy benefits that would endure beyond the event itself. They would:

- Promote accessibility, diversity and inclusion
- Leave behind enhanced and improved sustainable sport venues
- Involve the city's Indigenous Peoples, provide a stage for its arts and cultural communities, and engage its legions of volunteers
- Help our athletes, coaches, officials and sport leadership take a giant leap forward in their personal and professional development

Ottawa's bid to host the 2021 Canada Summer Games will only succeed if the local community demonstrates its support. Sign up to show your support at [Ottawa2021.ca](http://Ottawa2021.ca)

## Speakers' Speech Writing Contest

To commemorate the 150th anniversary of Confederation, the Speakers of the Senate and the House of Commons have launched a speech writing competition for Canadians aged 12 to 17. This national contest asks, "What does Parliament mean to you?" Young Canadians are invited to participate by submitting a written speech via the contest webpage. The contest closes April 21, 2017. Visit the contest webpage [here](#) or [here](#).

## Young Artist Award - Deadline for applications: March 10, 2017

The Young Artist Award is a project-based, mentorship-driven youth arts award established for the recognition and encouragement of young Ottawa-based artists, ages 14 - 17 years old, demonstrating exceptional potential and a commitment to excellence in any art form. The award recipients will receive funding in support of the creation and presentation of a proposed arts project. In addition, the Young Artist Award will provide mentorship support by pairing the award recipient with an established and qualified Ottawa-based artist working in the same field. A more detailed description of the award and the application procedure can be found [here](#).

## REMINDERS

### Ottawa Public Health (OPH) Immunization

A reminder that parents are required to report all immunizations done at the doctor's office to OPH. Under this *Act*, OPH has the authority to suspend students from school. Due to the size of our District, OPH is dividing its surveillance campaign into two phases. The first phase of notification letters to parents alerting them of missing documentation was sent out on November 15, 2016 and the second on November 22, 2016. Suspensions for the first group will commence on February 8, 2017 and for the second group on February 22, 2017 so it is very important to ensure your child's immunizations are up to date. Immunization protects children from many serious diseases that are easily spread in schools. Learn more [here](#).

### Updating your child's immunization record

Any time your child gets a vaccination or booster shot you need to update their record with Ottawa Public Health by:

- Completing the [Online Immunization Reporting](#) to Ottawa Public Health
- Fax: [613-580-9660](tel:613-580-9660)
- Mail: Immunization Program, 100 Constellation Dr., Ottawa, ON, K2G 6J8, 7th floor, mail code 26-44
- Phone [613-580-6744](tel:613-580-6744) Monday to Friday, 9 am to 4 pm
- ImmunizeCA App: [appottawa.immunize.ca](http://appottawa.immunize.ca)

CANImmunize has also launched an action comic, *Immunity Warriors: Invasion of the Alien Zombies*, to educate elementary school students about the immune system and the role of immunization in defending against illness.

## EVENTS AND REMINDERS

Places to Go... Things to Remember

**Elmdale Public School BookFest 2017** Friday Feb. 24th, 9:00 a.m. - 9 p.m. and Saturday Feb. 25th, 9am - 4pm Elmdale's iconic annual second-hand book sale is an opportunity to find a great read while supporting educational programs and community initiatives. With more than 25,000 titles and over 20 categories, there's something for everyone at very low prices. Raffles and bake sale too. Elmdale Public School (Gymnasium) - 49 Iona Street. <http://elmdalecouncil.com>

### Screenagers - Fisher Park/Summit Alternative - March 1st

On March 1st, Fisher Park/Summit Alternative (FPSA) Councils are showing the movie "Screenagers - Growing up in the digital age". This documentary explores the parental and

teenage struggles over social media, video games, academics and internet addiction and offers solutions to help kids find balance. Advance Ticket Purchase - Adult \$8, Student \$5 or Family Package \$25 (Good for a Family of 5).

Buy [Online here](#).

### Practical Tips and Tools for Supporting Girls - Navigating Life Online

Support girls facing digital & media issues with A Guide for Trusted Adults, made with [@YWCA\\_Canada #ProjectShift](#).

### Me-to-We Food Drive and Raffle

Roch Carrier's Me-to-We Club is hosting a food drive students, staff and community members can donate. At this time of the year items that are in high demand are coffee, soups, crackers, canned goods including;stews,vegetables and fruits. If you would like to participate you can drop off the items at the main office.

### Merivale HS - Graphic Design & Automotive Open House - Tuesday February 28 at 6:30 p.m.

School Council will host presentations and a tour for two of our programs; Graphic Design and the Auto Shop. Our guest speaker, Debra Ford, is a retired OCDSB principal who provides educational expertise at Algonquin College and the University of Ottawa. She will speak to our Special High Skills Major (SHSM) program. RSVP MHS School Council at [mbmcfaul@gmail.com](mailto:mbmcfaul@gmail.com) This event is supported by a PRO Grant from the Ministry of Ontario.

### Speaker Series

Parents, guardians and caregivers are invited to join us for our [free Speaker Series Presentations](#). The presentations will begin at 7:00 p.m. Please save the date; more details will be added to our website in the near future.

### First Nations, Métis and Inuit Student Well-being

Thursday, March 2nd

Rideau High School auditorium, 815 St. Laurent Boulevard

### Gender Identity and Expression

Thursday, May 8th

Sir Robert Borden High School auditorium, 131 Greenbank Road.

### CHEO Workshops on MindMasters 2 at Alta Vista P.S. - March 30th and May 11th

[MindMasters 2](#) is a free toolkit, developed by CHEO, for children from JK to Grade 3, to help children learn mindfulness, relaxation and positive thinking strategies that will help them manage emotions and cope with stress. Learn about the toolkit (including the free app for iPad) at a 3-part workshop series at Alta Vista Public School 1349 Randall Avenue in the Main Gym 7:00 - 9:00 p.m. on March 30<sup>th</sup> and May 11<sup>th</sup>. Attend any or all workshops. Child minding is available. These tools can be modified for all ages. More information can be found [here](#).

### 45th National Student Commonwealth Forum

Families are needed to welcome students into their homes for the 45th National Student

Commonwealth Forum. The Forum is a week-long youth leadership program for Canadian high school students, the first week of May in Ottawa. Students will discuss Canadian issues in the Senate Chamber and meet Members of Parliament and Commonwealth High Commissioners. If you would be interested in supporting this charitable program by billeting one or more high school students from out of town between April 30, and May 5 - more information can be found at [www.nscf-fnec.ca](http://www.nscf-fnec.ca)

### Sir Wilfrid Laurier Secondary School - 25 Year Anniversary and Reunion

The reunion is scheduled for May 27, 2017. All current and past student alumni and staff are welcome to attend. Check out the interactive website at <http://www.swl25.com/>  
Tickets for the event are on sale now.

### **ROUNDTABLE**

Any news on next years Prom?

In April's meeting we will discuss the Grad committee for next year.

Meeting adjourned 7:44 pm

Next meeting Monday, April 24<sup>th</sup>