

General Information	
Date	Wednesday November 7 th , 2018
Chairs of SLC	Trinity Wolfe and Stuart Vickaryous
Location and Room	Scott Creek Middle School, Multi-Purpose Room
Special Guests	Assistant Superintendent Reno Ciolfi Curriculum Coordinator Michelle Ciolfitto

Time	Introduction
1:05PM	<ul style="list-style-type: none"> • Introductions of Executive Council and Special Guests • Acknowledgement of the Territories • Logistics and making sure everyone signed in

Time	Icebreaker
1:07PM	<ul style="list-style-type: none"> • “House of Cards” activity started • Groups of 3-4 people from school groups work together
1:15PM	<ul style="list-style-type: none"> • Students then discuss and reflect on the activity

Time	Activities
1:20PM	<ul style="list-style-type: none"> • The students are read the novel “Oh the Places You’ll Go” by Dr. Seuss, which has a theme of resiliency
1:30PM	<ul style="list-style-type: none"> • Reflection questions are handed out for the students to answer based on the novel
1:35PM	<ul style="list-style-type: none"> • Students are then split up and put into “colour groups” based on the colour of their duo-tangs • Second icebreaker (share your name and favourite hobby) • Share-out with the group on the reflection questions • Then students share their responses to the entire group and reflect on them
1:47PM	<ul style="list-style-type: none"> • Tarp activity – students work in groups to flip a tarp and test their levels of resiliency
2:03PM	<ul style="list-style-type: none"> • Debrief on the activity is conducted after • Students then share their group’s responses to the entire group about challenges, struggles and strategies
2:13PM	<ul style="list-style-type: none"> • Video on how our brains use resiliency is shown to give students more knowledge on the topic • As a group, students then talk about what resiliency is
2:25PM	<ul style="list-style-type: none"> • PowerPoint about resiliency, the steps to be resilient and importance of it is shown • Group discussion on how resiliency was used in the meeting and activities today • Duo-tangs collected, and everyone is thanked for coming to the meetings

