

Presentations

Mindful Martial Arts



Trustees heard about a very exciting program at Haliburton Highlands Secondary School called Mindful Martial Arts. Partnering with Point in Time in Haliburton, this program takes athleticism and the discipline of martial arts and combines it with mindfulness, resulting in an initiative that has had a profound impact on participating students.

Presenters Linda Mintz and Michelle Wolfe Miscio from Point in Time, and HHSS teacher Martin Gage, shared a video describing the program which included testimonials from both

staff and students. Mindful Martial Arts is offered to Grade 9 to 12 students as a Learning Strategies class and helps students to deal with discomfort and an understanding of the difference between pain and discomfort. Topics include focus, change, the fight-flight-and-freeze response, letting go, and “thoughts aren’t facts.”

Evaluation of the program by Point in Time has included quantitative questionnaires as well as qualitative surveys. Results indicate that students demonstrate better emotional regulation, better attention, more empathy, and more accurate social perception. Interviews with teachers indicated a decrease in behaviour difficulties.

Funding for the program is provided by Integra. This organization is very firm about criteria for running the Mindful Martial Arts program. It must be a partnership between a school board and a mental health agency. There has been overwhelming response to a request for interest from other staff and schools in Trillium Lakelands District School Board interested in pursuing the program.

Administrative Reports:

Student Enrolment

Enrolment numbers for both elementary and secondary schools were presented by Superintendent Dianna Scates. The average daily enrolment (ADE) of our elementary schools is 10,695.45 students. An additional 12.1 teachers were added to the elementary system earlier in the school year due to an increase in enrolment compared to the projected number of students expected. The average daily enrolment (ADE) of our secondary schools is 6255.15 students. We are expecting a 3% decline in elementary and approximately 5% decline in enrolment in secondary schools for next year.

Superintendent of Business Bob Kaye presented enrolment projections for the next five years. The board anticipates ongoing enrolment decline with the percentage decline slowing down in later years. The projected numbers for next year will be used as the basis for developing the 2015-2016 budget, and for planning purposes with regard to facility use and maintenance.

Future Meetings:

MEETING	DATE	TIME	LOCATION
Committee of the Whole	February 10, 2015	6:30 p.m.	Bracebridge
Regular Board Meeting	February 24, 2015	6:30 p.m.	Lindsay
Regular Board Meeting	March 24, 2015	6:30 p.m.	Lindsay
Committee of the Whole	April 14, 2015	6:30 p.m.	Minden
Regular Board Meeting	April 28, 2015	6:30 p.m.	Lindsay
Committee of the Whole	May 12, 2015	6:30 p.m.	Bracebridge
Regular Board Meeting	May 26, 2015	6:30 p.m.	Lindsay
Regular Board Meeting	June 9, 2015	6:30 p.m.	Lindsay
Regular Board Meeting	August 25, 2015	6:30 p.m.	Lindsay
Committee of the Whole	September 8, 2015	6:30 p.m.	Minden
Regular Board Meeting	September 22, 2015	6:30 p.m.	Lindsay
Committee of the Whole	October 13, 2015	6:30 p.m.	Bracebridge
Regular Board Meeting	October 27, 2015	6:30 p.m.	Lindsay
Committee of the Whole	November 10, 2015	6:30 p.m.	Minden
Regular Board Meeting	November 24, 2015	6:30 p.m.	Lindsay
Organizational Meeting	December 8, 2015	6:30 p.m.	Lindsay

All meetings begin at 5:30 p.m. with the In-Camera agenda. The public portion of all meetings begins at approximately 6:30 p.m. Videoconference facilities are available in Minden, Bracebridge, and Lindsay with prior notice to the Communications Department. The live webcast of **Regular Meetings of the Board of Trustees** is found at www.tldsb.ca.