

Hairstylist Articulation Committee

MINUTES

BRITISH COLUMBIA COUNCIL on ADMISSIONS AND TRANSFERS (BCCAT)

Institution/Location: ONLINE VIA ZOOM

Meeting Date(s): June 4, 2020

Present:

Member Institution	Representative	Email
	Maurita Graham	
Abbotsford School District 46	Nadia Moore	nadia.moore@helpwerx.ca
Selkirk College	Luree Gould	lgould@selkirk.ca
Coast Mountain College	Corry Johnson	corryjohnson@coastmountaincollege.ca
Vancouver Community College	Gary Franceschini Julie Wright Louise Dannhauer Nona Coles	gfranceschini@vcc.ca jwright@vcc.ca ldannhauer@vcc.ca ncoles@vcc.ca
Vancouver Island University	Joanne Slocum	Joanne.slocum@via.ca
	Kim Ateah	
Blanche MacDonald Center	Renata Trebacz	renatajj@msm.com
	Starlette Tolver	
Marc Anthony Academy of Cosmetology	Launie Morgan	Launie@maacademy.ca

Recorder: Julie Wright

Welcome from: Gary Franceschini, Interim Chair

1. Meeting Called to Order: 4pm
2. Introductions/welcome:

- Gary Franceschini
- Open introduction and welcome

2. **Guest Speaker** – Nona Coles, Department Lead for Counselling Services at Vancouver Community College
Supporting Students Working Remotely During COVID – Power Point Presentation

Anxiety is Contagious!

- ‘Uncertainty triggers the Fear Centre in our Brains
- ‘Nervous Systems affect each other
- ‘Mirror Neurons

Regulate Yourself First

- ‘How are **you** managing?
- ‘Notice:
- ‘Thoughts
- ‘Feelings
- ‘Behaviors
- ‘Body Sensations

Wise Mind (Observer)

Thoughts, Feelings, Sensations, Behaviour

Self-Regulate – activate the Parasympathetic Nervous System

Calming Activities:

- ‘Bi-Lateral Movement (biking, walking, tapping)
- ‘Eye Contact (connect with others)
- ‘Animals can Calm us
- ‘Stretching
- ‘Cold water on face

Regular Routine

- ‘Start & End the Day
- ‘Shower, get dressed, eat, take breaks, exercise
- ‘Sleep = Memory

Supporting Students in Distress

‘SHOW CONCERN

‘Ask to speak in private & share your observations (eg., *“I notice you have been more quiet than usual”*)

‘LISTEN AND INQUIRE

‘Listen without Judgement

‘Keep Professional Boundaries

‘Ask what would Help

‘Reflect Back what you Hear

‘INFORM AND SUPPORT

‘Provide Resources for Emotional Support

‘FOLLOW UP

“Keep it Real”

- ‘Be yourself – share personal stories from your day
- ‘Use humor
- ‘Make **Personal** Connections with each student

‘Stay Calm

‘Watch for ‘Zoom Fatigue’

‘Address the ***Elephant in the Room - COVID***

‘Ask Students about their Fears & Challenges

Be Easy on Yourself

‘Compassion for you and your students

‘Do not expect Perfection

“Life isn’t about waiting for the storm to pass. It’s about learning how to dance in the Rain”

Vivian Greene

Comment: Thank you for the presentation. Yes we have to support our students but we also need to support ourselves. Often working in isolation is challenging especially because you don’t have anyone to bounce things off on. Zoom is great to be with students but it can also be lonely at the same time.

The presentation has come at the right time. Students need to hear this message too. The connection on zoom is different, it’s like you’re talking to the TV and often doesn’t feel real. We have a lot of students that struggle with mental health so it’s important to have this at the forefront. Sometimes the technical skills don’t matter; students have to be mentally and physically well and able to go out into the salons.

Nona Coles: We need to lower our expectations of what we might have expected a hairstylist to do prior to all this. Just managing what’s going on around you, even physically wearing a mask, it’s changing your breathing and how much oxygen you’re getting. There is so much more now on top of just doing hair. How are students doing with everything?

Comment: For some it’s good, getting back into the world but for others especially if they have compromised immunity, it’s fearful. Some students can ask for help but others just don’t know what they are afraid of. They are afraid because things are scary right now.

Nona Coles: This is called body memory. Memories don’t always come in the form of thoughts; they come in just a sense, particularly if they’ve had physical illness or trauma. Pacing themselves is going to be important, maybe less clients. In the beginning I got a lot of zoom fatigue, I trouble connecting with students on the personal sessions, it’s also a little harder with a group. We are trained to read body language, we can still assess them that way but what might be helpful is to start each zoom session with some grounding exercises to bring them into the present moment. For example, start by asking them to look around the room and find something square, breathe in and smell, feel the chair underneath you.

Comment: Right now hairdressers are loved and hated. We have to charge people a little more because of the PPE. We don’t get danger pay but expected to go back to work, avoid our family members because we are being exposed and the public don’t really understand. I’m concerned about sending students into the world to do this.

Social Time- Current Events:

Gary: Question for Louise on what VCC is doing in preparation and safeguards for reopening. VCC has a COVID19 team who have been working hard to get the facility ready for reopening.

Louise: This has been interesting because we are doing this for the first time and we don't have a model to follow so we are trying to think of every single thing that needs to be taken care of to make sure that everyone is safe. The facilities department told each department what the capacity is according to the space, which for us is 27 so from there I built a schedule. Some of the thing we wanted to address was a student going in and out of the department so we had to limit student classes to three hours, which means they cannot leave for breaks. All students need to fill out a prescreening form on the same day they are coming to the college. There will be no time for theory or lectures; this time is used purely for the critical practice piece. The morning class is from 9-12 and the afternoon class is from 1:30 to 4:40. Facilities will come in during the lunch break to do a thorough sanitation cleaning on all of our high point touch surface areas. Originally we were looking to the college to give us guidance and I very quickly discovered that that we would never open if we did that, so we decided to put our own team together to create our own safety protocols, rather relying on people who don't know anything about our department. Most instructors are looking forward to going back to work but with that comes some anxiety. They are speaking with their students to organize who are coming in during the morning and afternoon but these numbers might also change last minute if students are not comfortable coming in. Also in regards to attendance, we have to let go of how view this now. Yes there is a certain amount of curriculum that still needs to happen but we have to be more lenient with attendance, we are not in the classroom all day so or expectation have to be lowered.

Maurita: Our school started back this week; the schedule is Tuesday, Thursday and Friday on site and zoom Monday and Wednesday. I have very few students coming in but if they do need help my CEA goes in and works with these students but I mostly work from home.

Gary: Some people are not going to be able to return to work for a variety of reasons; hopefully we have employers that are supportive of all the different circumstances. In my situation I chose to go back and out of 12 students, 6 have been with me every day and they are the top six students of the class. The students that do need me are the ones that stay at home.

Nadia: I am also back in the classroom and notice that the students who show up are the ones that are doing extremely well. The ones that are not doing so well, didn't do well before this started. It is almost impossible to give them the support they need especially when they don't get the support from home, which makes a big difference. It's also interesting working in a system where upper management does not know what happens in my classroom or the plan of what will happen in September. I have to have access to a budget and I can't wait for orders to be passed from person to person only to receive the items several weeks later.

Joanne: I have been teaching level 2 online, which is 12 weeks online and one-week face to face. I've been at the salon organizing spacing and products, which will work ok because there are only 8 students. When we bring in Foundation class in mid July and hopefully clients in August, we will have to organize things differently. In September we are thinking of staggering the classes, two days online and two days face to face.

Renata: Blanche McDonald have been notified us that we may be going back on June 16. There are many protocols that will be shared with us but I have not seen them yet. The school is planning on bringing back the students that are closer to graduation so that they can move on. The building has been prepared for social distancing and I'm excited to be going back.

Launie: I would like to ask questions about the Covid fee and is it taxable? We have incurred many additional costs for cleaning and plexiglass everywhere.

Gary: We decided to increase all our prices because we do an annual price increase anyway so we built the covid fee into our prices to cover all of these new expenses but I'm not sure if it's taxable.

Louise: Yes I believe you would add GST because it's a service but it does depend on the municipality or city. At VCC we will not be having clients coming into the salon or spa, it is just too difficult for us to mitigate and have proper prescreening, so the students will be working on mannequins or on each other. I think it's completely reasonable to be charging a little more to cover these expenses and if VCC was bringing clients back we would be reviewing all our prices

Gary: I want to share that I have formed a small group of people from different institutions because ITA has asked us to complete some worksheet of what can be taught online and what can be done face to face, so I will be sharing that with you once they are completed hopefully at our next meeting which is June 18.

Joanne: Dr. Sally Vinden will be presenting at our next meeting on engaging and creating connection and community online.

Louise: offered to share the VCC return to work document

Starlette Tolver: The American Union and Association have brought some guideline fro restarting, we should know by June 15 what our start date is going to be. I have also decided to run for a position on Beauty Council. I work with different government agencies. I would like to connect the right people and to try and get Red Seal mandatory in BC along with the rest of the country and then a separate licensing. Red Seal is a certification, not licensing and we need both. In a perfect world, Beauty Council could be the licensing organization and ITA the certification process.

Gary: Next meeting will be June 18th at 3:30pm

Meeting Adjourned 5:05