

# URSULA FRANKLIN ACADEMY



All Parents are Welcome to the

## **UFA Parents Council Meeting**

**on Tuesday 29th Apr. '25 @ 7PM**

**the Media Room (across from the main office)**

### **Executive Team**

Peter Reynolds, Chair  
Ruslin Valeev, Secretary  
Dhruv Chandra, Communications  
Pilar Espinal, Ward 7 Rep  
Noel Morgan, Ward 7 Rep  
Sholeh Fabbri, Ward 7 Rep

### **Agenda:**

1. Welcome and Land Acknowledgement
2. Vice Principal's Report/ Recap
3. Effective natural strategies for better sleep – by Lucinda Sykes MD

### **Lucinda Sykes MD**

A retired Canadian doctor and longtime mindfulness teacher. More than 6000 patients were referred to attend medical programs of stress

reduction at her Toronto clinic, Meditation for Health. She teaches effective self-care – simple strategies from sleep science, psychology, integrative medicine. She aims to help you find your own path to the healthy sleep that's best for you.

Since retiring from medical practice, Lucinda continues her life's work through public speaking, and individual sleep coaching for women over 50.

4. Update from Ward 7 Representatives
5. Update from UFA Anti-Oppression Committee (Noel)
6. Update from Petal Farquharson, Principal

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***We welcome all opinions and questions, but please remember that all communications should be done respectfully.***

For further info contact [ufa.sac@gmail.com](mailto:ufa.sac@gmail.com)