



MINUTES

ATTENDEES

Randi Falls (Principal), Kami Bourgeois (Chair), Nancy Mabey (Secretary), Christine McLaughlin (Treasurer), John Boehme (Member at Large), Catrin de Groot, Deidre Murphy (VCPAC Rep), Erika Goetz-Lad, Alastair Chesson, Rhiannon Cockayne, Carrie Spark, Mark Loria (Member at Large), Heather Stokes (Member at Large), Gabriela Hirt, Heather Thomas (Member at Large), Beate Schmidtke, Oliver Schmidtke, Meg Thompson, Mark Redchurch, Jennifer LeVecque, Allison Patterson.

WELCOME AND INTRODUCTIONS

AGENDA

Approved

APPROVAL OF MINUTES

December 11 minutes to be amended and submitted for approval at February 15, 2018 meeting.

SPECIAL GUEST – Oak Bay Police Constable Lueder. School Liaison Officer

- Students and parents/guardians educate yourself first. Many websites exist to provide up-to-date information, for example The National Institute on Drug Abuse <https://www.drugabuse.gov/>
- Parents/guardians are encouraged to talk to their teens about making “wise choices” as opposed to the “drug talk”
- Cst Lueder sees a big disconnect between parents and teens these days because of digital communication
- The nature of digital media means kids are constantly exposed, and do not take enough breaks
- A lot of substance and alcohol use occurs between 3:00 pm and 6:00 pm outside of school
- Cst Lueder wants students to know that his first priority is to extend help and support
- Cst Lueder speaks with all grade 9 students at Oak Bay High (presentation)
- Cst Lueder would be happy to answer any questions you may have, or to provide you with additional resources

PRINCIPAL'S REPORT

Principal's Report

1. We are preparing for Course Selection for the 2018-19 school year. The “new” Grade 10 curriculum will be in place with the most significant changes appearing the Language Arts curriculum. Grade 10 English will be broken into 2 segments, with all students at Oak Bay taking “Literary Studies” and students will select the other portion of the curriculum: Composition OR Creative Writing OR New Media OR Spoken Language Grade 11 Language Arts will allow student to choose a specific thread to explore in depth. Grade 12 next year will still hold English 12 or Communications 12. Students will have an assembly Jan 31 where course forms will be released. A “course fair” will be held on Feb 1 where

electives in particular will be highlighted and all forms must be returned to the office by Feb 9. After Feb 9 any forms coming in will be “date stamped” as we begin to enter student selection data.

2. Student learning survey for Grades 10 and 12 will occur Monday Feb 5 and Tues 6 Parent survey link will be sent via OB Nation newsletter in mid-February.
3. We have a Pro-D evening planned at UVic on Thursday. We will be at the First Peoples House where an Elder will work with us to understand better the Aboriginal history and traditions from a local perspective. Healthy Relationships and other initiatives update - Jan 16 - Julie Green – Discovery Youth and Family Services Addictions Counselor. Jan 23 – Discovery and CISUR (Canadian Institute for Substance Use Research) presentation at Reynolds Feb 6 – TCO2 (taking care of ourselves, taking care of others) - Grades 9/10 Feb 21 – BC Lions – Don’t be a Bystander – Grades 11/12 TBA – Safeteen – Grade 9s
4. Upcoming Dates:
Jan 23-25: Evenings of Dance
Jan 29 – ProD
Feb 12 – Family Day
Feb 15 – Band Concert
Feb 19 – PAC

REPORT FROM THE CHAIR

- Deb Gaul has resigned from the Vice-Chair position. We wish to thank her for all of her work over the past two years

REPORT FROM THE VICE-CHAIR - Position Vacant

REPORT FROM THE TREASURER

- The treasurer’s report is available upon request
- A motion was made to open a PAC general account at the TD bank – Approved
- A motion was made to move the Grant account to the TD bank - Approved

REPORT FROM THE SECRETARY

- Volunteers requested to help out on the evening of Feb. 6. Those who are available may contact Nancy at nmabey@telus.net

OBSSEE REPORT – Position Vacant

VCPAC REPORT - No report

NEW BUSINESS

- The draft minutes will be distributed by email to those in attendance at the meeting
- Once the draft minutes are approved, they will be circulated to the general parent/guardian population

CONCERNED PARENT COLLECTIVE – update

Meeting on Substance Use with Harold Caldwell, Director of Learning at School District 61, principal Randi Falls, and OBH PAC members Gabriela Hirt and Beate Schmidtke:

- SD has been working with CISUR (Canadian Institute on Substance Use Research, Victoria) on “What is it we and our educators need to know to support youth with substance use.” They work together to develop strategies. They sat down together to look

at the research. Also work closely with Discovery Youth and Substance Use Services, Victoria.

- SD wants to make sure schools are getting and providing the same messaging district wide on substance use.
- “We know that substance use is a symptom of something else (anxiety, mental health....)”
- SD has a two fold approach: - the general school population
 - vulnerable students (3%)
- “We are concerned about the 3%.”
- Alternative to Suspension has been tried without success.
- Harold conceded that the “SD hasn’t done enough on Harm Reduction.”
- Next steps to include that missing piece: Inviting student body into conversation and providing each school with ways how kids can support their friends (How do I use Naloxone? How can my friend get help?) “We want schools to be consistent in that.”
- There should be a guideline to all schools before end of school year. Urgency because of opioid crisis.
- Identified the need for earlier intervention: Next year there will be min 0.5 more counsellors at very elementary school in the District.
- What has been done to educate teachers?
- The education program Iminds (designed by CISUR to encourage students to understand drug use and its role in society) is available to all the teachers, but up to them if they use it.
- Mental Health issue has been a big topic for Pro D Days.
- Substance Use (alcohol still being #1) is a topic in all High Schools in the District. Oak Bay High being one of them.
- SD can inform parents but doesn’t see it as their role to educate parents.
- In Conclusion our impression was:
The District takes substance use seriously and is working together with experts from the community on developing ways to improving student’s health; All High Schools have substance use issues; Xanax is a concern because counterfeit and potential of Fentanyl content; In light of that development of Harm Reduction strategy is priority right now; The focus is on the 3% vulnerable students, not so much the others. Counsellors play the most significant role in dealing with substance use. (reactive versus pro active) There doesn’t seem to be much directive to schools on how to be more health promoting as a preventative measure. Prepared by Gabriela Hirt.

Motion: to approve the Healthy Student Committee – Approved

Motion: to send a letter to parents/guardians with information about why we have organized the Healthy Student Committee and extending an invitation to join - Approved

NEXT MEETING: Monday February 19, 2018 at 7:00 pm

ADJOURNMENT