



MINUTES

ATTENDEES

Randi Falls (Principal), Tammy Sherstobitoff (Vice Principal), Kami Bourgeois (Chair), Nancy Mabey (Secretary), Christine McLaughlin (Treasurer), John Boehme (Member at Large), Catrin de Groot, Deidre Murphy (VCPAC Rep), Kathryn Robertson, Carrie Spark, Mark Loria (Member at Large), Gabriela Hirt, Jennifer LeVecque.

WELCOME AND INTRODUCTIONS

AGENDA

Approved

APPROVAL OF MINUTES

December 11, 2017 and January 15, 2018 minutes approved.

Tammy Sherstobitoff: Grad 2018 Update

- Soap for Hope is the grad fundraiser
- The end of month assembly will see a Valedictorian selected
- The Grad dinner and dance is hosted at the Laurel Point Inn on May 11, 2018 following the Block Party
- Parents (especially Grade 11 parents) are being asked to volunteer at the Block Party
- Grad Transitions course must be completed (hopefully by the end of April) before students can purchase tickets to the dinner/dance
- Grad Ceremony is June 6, 2018 at the University of Victoria
- This year's graduating class is comprised of approximately 280 students. Next year the graduates will number closer to 400. A new venue is being sought for the dinner/dance, as the Laurel Point Inn is not able to accommodate the increased numbers of graduates
- If you would like to support graduation as a volunteer please go to the Graduation page on the school website <https://oakbayhighgradpage.wordpress.com/>

PRINCIPAL'S REPORT

1. We had our TCO2 assembly for the grade 10 classes and a few grade 9 groups. I believe it was well received.
2. Be More than a Bystander presents Wednesday in period 6 to a number of grade 11/12 classes.
3. Our Advisory groups have been encouraged to challenge students to a 24 hr (or at least a school day) of device famine. No cell phones on March 6.
4. We have finished with course selection for our present students. A course fair on Feb 1 provided students an opportunity to ask teachers about different courses (both core and elective) and identified key program teachers for future queries.

5. School transfers are presently available. We have approx. 210 students “pre-transitioned” to us and expect to be able to accommodate 80 ish transfers. We visit the Middle schools (Central, Monterey, Lansdowne and Arbutus) the week of March 5.
6. Our Jr Girl’s Basketball season is finished. The Jr Boy’s and Sr Girl’s have qualified for the Provincial Championships. The Sr Boy’s compete for the Island Championships this weekend.
7. Harold Caldwell’s office is preparing a survey to be released by the end of this week to parents of students in grades 8-12 asking for information re Substance Use education and resources. Please watch for an email from us with a “survey monkey” link.
8. If you get a chance - please come by and see our “Anything Goes” Musical Theatre production - opening night is Friday.

Upcoming Dates:

Feb 23 - Pro D

Feb 28 - Valedictorian election

Mar 12 - Report cards released

Mar 17-April 3 - Spring Break

April 11, 18, 25, May 2, and hopefully May 9 - Safeteen (grade 9)

April 20 - Pro D (Ministry Curriculum day)

Additional information shared:

- The Healthy Relationship Committee at OBH meets regularly to organize wellness activities. The committee is comprised of teachers, counsellors, administration, and students.
- There is a plan to have a “Buddy System” in place for grade 9’s in September 2018. An application process is being developed for current students who want to be a mentor in September.

REPORT FROM THE CHAIR

- Call for nominations for Executive positions at AGM on April 23, 2018. Please see Kami if you would like further details on any of the executive positions.

REPORT FROM THE VICE-CHAIR - Position Vacant

REPORT FROM THE TREASURER

- The treasurer’s report and Financial statement is available upon request

REPORT FROM THE SECRETARY

- Thank you to everyone who helped with organizing the presentation by Dr. Mohapel, from assisting with the poster and Eventbrite site, to arriving early to direct, set up, and help with ticketing and greeting. The event was well attended, but the theatre was not completely full. Several ideas were put forth to ensure that future “sold out” presentations provide ample opportunity for unused seats to be filled with participants

OBSSEE REPORT – Position Vacant

NEW BUSINESS

- Randi is going to talk with Rich Fast, the head of athletics, about the idea of offering non-competitive recreational sports. We discussed perhaps utilizing parents as volunteer coaches
- Also discussed was the need for non-sport activities, like a board game group, for example
- The Neighbourhood Learning Centre runs a youth drop-in; many grade 9's like to participate

VCPAC REPORT

- Vancouver Island Parent Conference is Saturday March 3, 2018

OBH Health and Wellness Committee Meeting February 5, 2018

Attendance

8 parents plus Lorna Maximick, head counsellor of OBH.

Conversation summary

There was discussion on the many topics of concerns that parents have regarding teens. One topic was counselling time. It seems like the current number of counsellors at the school, and at other schools in the district, cannot adequately serve the growing number of students with mental health issues.

At OBH there currently are 2 full time school-based counsellors, Lorna Maximick and Linda Tate, 2 part-time counsellors, Allen York (.5) and Matt Staples (.3), and one full-time Youth and Family counsellor, Cari Tremplay. It would be great for substance use prevention and improved student health if we had more resources in this area.

The youth that are not involved at school are usually the ones at risk. Lorna and staff work hard to engage students and identify the disconnected ones. Staff and students refer students of concern to counsellors and administrators. Counsellors are trying very much to connect at risk students to school groups. How else can we get those kids more involved?

Lorna gave us an excerpt of the Workbook "Recognizing Resilience: A Workbook for Parents and Caregivers of Teens Involved with Substances" by VIHA, April 2016, which lists risk and protective factors for youth facing adversity. Attachment and bonding to caring adults at home, in the community or/and at school are key in helping youth overcome challenges.

http://keltymentalhealth.ca/sites/default/files/recognizing_resilience_april_2016.pdfOUTPUTS:

Outputs

We identified the following topics to focus on:

- Advocate at SD 61 and maybe Ministry of Education level for more counselling resources.
- Find out how IMinds can be more popular with teacher: View the IMinds curriculum and work with Lorna so she can provide this as a resource for teachers.
- Organize an educational event for parents.
- Improve school connectedness:
 - optimizing advisory was identified as a priority
 - the need for more communication between teachers and parents was highlighted
 - form recreational sports teams so more kids can be included in activities at the school
- Student input:
 - There are 2 Committees at OBH with student participation: 1) The Wellness Committee with teachers, counsellor, admin and students. This committee

meets on a regular basis to organize wellness activities. 2) A student committee that counsellor Linda Tate heads that was formed after 25 students attended a Mental Health Conference. Focus is to raise awareness of and acceptance of Mental Health.

- Organize a health and wellness day or week with and for students
- There are leadership groups at the school who come up with ideas. What happens with those ideas and how can we get input from those student leaders?
- Can we have a buddy system/mentors for the grade 9s? (Lorna likes to see leadership students take grade 9 students under their wings.)

Action

- Write letter to SD 61: Gabriela, Kami, Beate
- I Minds: Deidre, Mike, Lorna
- Event for parents and kids, talk to Randi Falls: Kami
- Improve school connectedness: Erika, Jeta
- Advisory, sports teams, buddy system: Gabriela, bring up at PAC meeting

NEXT MEETING: Monday March 12, 2018 at 7:00 pm

ADJOURNMENT