



MINUTES

ATTENDEES

Randi Falls (Principal), Kami Bourgeois (Chair), Kimberley Rogers (Vice-Chair), Christine McLaughlin (Treasurer), Mark Loria (VCPAC Rep), Karen Hanneson (Member-at-Large), Kathryn Robertson (Member-at-Large), Gabriela Hirt (Member-at-Large), Hazel Currie, Joanne Gemmill, Nancy Mabey, Kelly McLaren, Mark Redchurch, Catrin de Groot

GUEST: Constable Sandrine Perry (School Liaison Officer)

WELCOME AND INTRODUCTIONS

GUEST SPEAKER

Constable Perry, Oak Bay High's School Liaison Officer, spoke about her role at the school and issues faced by teenagers now, and addressed questions raised by parents at the meeting.

Key messages:

- Being a teen is hard right now and she would like to help guide them through the difficulties.
- She has worked at building a good relationship with students so they feel they can talk to her.
- There is a box downstairs for students to send her messages anonymously. A regular in-school office time was problematic but may be tried again in the new year. She can also be contacted on her work cell or email.
- Parents should also contact her with questions or concerns. Or if parents know of an issue that may need addressing with the students, please bring it to her attention.
- A major issue at present is the passing of photos – photos can get sent with no ill intent, but circumstances can change, and the photos can be passed on to other people. Constable Perry is trying to impress upon students the consequences of sharing intimate photos. They are working on a talk to give to male students, and a separate talk for female students. And, of course, parents are encouraged to have these tough talks with their teens. What is put on the internet is there forever and can be shared. And not all the people you meet on the internet are who they say they are.

(*The Principal noted that these issues have been talked about in PE Classes, in presentations by Darren Lauer and in other presentations (more of which are to come).*)

- Constable Perry talks to students about drugs, using facts to give students the tools to make good decisions. Teens need to know the facts – for instance, what increased THC content means.

Other facts that make an impression:

- A drug charge will affect your driving license and there are serious consequences to driving while high
- A record will stop your ability to travel where you want
- Marijuana will affect your brain cells, which could stop you getting the grades you need for the future you want.

- Constable Perry has not noted a huge jump in marijuana use (among OB teens) since legalization. In fact, police now have the ability to do more enforcement when teens possess or buy marijuana.
- On December 14th, Constable Perry will be giving a talk to the Grade 9s and 10s re drugs. A key message is “it just takes once”. In February she is planning a visit to Grade 9 PE classes.
- The Oak Bay Police will have a table at the Parent-Teacher Conference evening on December 13th.

PRINCIPAL’S REPORT

1. A letter regarding Endurance Night (Grade 12 non-school event) will be sent out soon.
2. PE teachers are being re-trained in CPR and use of the Automated External Defibrillator (AED).
3. Parent-Teacher meetings are being held Thursday, December 13th. Approximately 20 community groups will have tables set up and be available to share information. Students will be dismissed at 12:25 pm that day.
4. December 21st is the last day of school before the break. The Polar Bear Swim will be held at Willows Beach beginning at about 7:30 am. The swim is followed by a Pancake Breakfast at the school.
5. At the January PAC meeting, Randi Falls will be talking about the new curriculum and about new courses in development.

VCPAC REPORT

- The most recent VCPAC meeting was spent talking about the need for more accessibility for students with Individual Education Plans (IEPs). Many students have been sent home from schools due to lack of assistants in classrooms.
- BCEd Access is looking at this issue.

MISCELLANEOUS

- Island Sexual Health is offering a new confidential, free text line for teenagers that provides answers to basic sexual health questions. The number is: **250-812-9374**.
- Texts are answered Monday – Friday between 3.00 and 5.00 pm. Messages received outside of these times will receive an automated response with resources, followed by an answer the next business day.
- The FAQ section <https://www.islandsexualhealth.org/resources/faq/> and resource pages <https://www.islandsexualhealth.org/resources/> provide answers to common questions, as well as additional resources.

MEETING ADJOURNED AND SOCIAL COMMENCED

NEXT MEETING:

- Monday, January 21, 2019, 7.00 pm
- Speaker: Randi Falls (Principal) on the new curriculum