



MINUTES

ATTENDEES

Randi Falls (Principal), Kimberley Rogers (Co-Chair), Christine McLaughlin (Treasurer), Deidre Murphy (Secretary), Gabriela Hirt (Member at Large), Karen Hanneson (Member at Large), Hazel Currie, Kelly McLaren, Mark Loria, Kate Beardmore, Carla Tadla, Angela Morrow, Kathy Dabrus, Heather Stokes

WELCOME AND INTRODUCTIONS

GUEST SPEAKER

Allen York, school counsellor, spoke to parents about strategies for addressing student stress and anxiety. Key messages:

- Work with the Counselling Department – let them know if your child is stressed/anxious, and what the cause of the stress/anxiety is; also let the school know if there are any changes or issues at home that may be affecting your child.
- All information will be kept confidential.
- Wellness Wheel Model – a guide for talking to young people about different aspects of their lives, including academic, physical, emotional, etc. with a view to helping them achieve balance
- Helping students identify their passions, what they're good at can alleviate stress, particularly in grades 11 and 12.
- Children today are overextended, which contributes to stress. It's important to allow them time to play, to be creative, to be inventive (referred to article by David Elkind, The Hurried Child)
- With reference to substance use, it's important to talk to children about the stress, anxiety, or pain they may be experiencing, as opposed to asking about alcohol or drug use (in line with Dr Gabor Mate's theories of addiction).
- Help your child learn to use strategies for dealing with stress (e.g. talk about it, plan and discuss solutions, help them keep things in perspective).

STUDENT LEADERSHIP – SHOEBOX PROJECT

A member of the Student Leadership team talked to the PAC about the Shoebox Project, a scheme designed to support local single mothers. Requests for items such as skin care products, gloves, socks, gift cards, etc. to be packaged in a wrapped shoebox, along with a message of support. Boxes can be dropped off in the office. More information available at: <http://www.shoeboxproject.com/home.html>

REPORT FROM THE CHAIR

- Absent, no report

REPORT FROM THE VICE CHAIR

- 260 parents responded to the PAC survey sent out in October

- Results on attached report; questions or comments welcome (in person at PAC meetings or via email to PAC committee members)
- As a result of the survey, the PAC has committed to:
 - Bringing in speakers on topics of interest
 - Looking at ways to improve communication with parents
- A suggestion was made to provide details re how to put items forward for PAC meeting agendas, and the question of how best to contact PAC members was discussed.
ACTION: PAC Executive to add information on how to put forward items for the agenda on the PAC webpage.
ACTION: PAC Executive to decide process and mechanism for responding to questions, requests.
- The question was raised as to what will be done with the survey results. PAC Executive will discuss and make decisions based on the results.

REPORT FROM THE TREASURER

- BC Government Gaming Grant received
- Payment made for presentation to grade 9 students on digital distraction
- Discussion re maintenance of PAC documentation (minutes) in terms of whether to keep minutes from past years, and if so where to store them. Paper versions are currently maintained and stored by the Treasurer.
- Motion made to destroy archival financial documents that are no longer relevant:
- Motion carried

REPORT FROM THE SECRETARY

- No report

VCPAC REPORT

- No report; next VCPAC meeting November 27th.

PRINCIPAL'S REPORT

1. We have been notified that our Trustee for our Family of Schools is Rob Paynter.
2. Fall sports are finishing up. I'm so pleased with our team efforts, winning BC Provincial Championships for Boys Cross Country and placing very well for all our other teams. Our Championship Boards (records of placings in Island and Provincial Championships) have been re-mounted following the move from the old building.
3. We had our students attend the Digital Distractions presentations last month.
4. Thanks so much to our parents for supporting our Halloween Dance. A huge success for all!
5. Several New courses will be offered at Oak Bay for September 2019:
 - Yoga for Mindfulness
 - History through Sport
 - Art History
 - Performance Sport – Basketball
 - Production Theatre (French language Drama and Theatre)
6. We have been able to secure an APRIL seating for PARTY programme. We will offer this to our Grade 10 students (first 40 will get to participate).

7. Report cards will be released soon. Prior to release, administration review electronically to determine students who may require additional supports. There will be no administrator comments or signature on the report cards.
8. Michael Sheffer has gathered the "Finance Committee" requests to PAC for Gaming Funds. I'm happy to try to arrange a date that works for all to review.
9. Melanie Paas is continuing her work with the District, the counselling team and our students to develop opportunities to discuss harm reduction, anxiety and healthy choices with our student body. We will be welcoming Cst. Sandrene Perry and her colleague from Esquimalt Fire on Dec 14 for a Focus block presentation to students.
10. We have a consent presentation for grade 12s in mid Dec and "Man Made" for grade 9 students. We are looking for a solid presentation for Grade 9 girls, as well.
11. Phil Pitre is working with our District Careers and Partnership team to arrange for visits to Camosun College campus in the spring.

HEALTH AND WELLNESS COMMITTEE

- Discussion around the potential use of curriculum resources developed by the Canadian Institute for Substance Use Research (CISUR) at UVic, known as iMinds. A new set of lessons has been developed in response to the recent legalization of marijuana. The question was asked how teachers can be supported to use the materials (lessons aim to develop students' ability to think critically about the effects of substance use; teachers are not required to have specific expertise on the topic of substance use)
- Randi explained the school has a team working with a VIHA nurse to create a toolbox for grade 9 and 10 teachers to use in the Health and Physical Ed curriculum.
- The point was made that materials sent out by the school (Snapshots, Talking Points) are very useful.

Endurance Night

- Endurance Night is coming up. In the past this has been an all-night party that culminates in a polar bear swim on the last day of school before the Christmas break. The school will send a letter prior to the event informing parents that it is a non-school sanctioned event, with no adult supervision.

Voluntary Parent Contributions

- Discussion re funds raised by voluntary parent contributions, including the need to ensure there are clear guidelines for the application process, and that distribution of funds is balanced across different areas (e.g. arts, athletics)
- The PAC will ask parents if they have any specific requests for funding

Staff Appreciation Lunch

- The annual Staff Appreciation Lunch will be held on Tuesday, December 18th. Heather Stokes is coordinating the event and will arrange for volunteers. A request will be sent out to parents shortly to sign up to contribute food/refreshments.

Grade 9 – My Blueprint

- Grade 9 students are all registered for My Blueprint – an electronic portfolio that allows students to maintain records on education and career-related activities (e.g. reflection piece on recent Take Your Child to Word Day); follows students throughout high school.

OAK Bay Family and Friends Reception (aka Grad Block Party)

- Plans are underway for the annual Grad Block Party, an event organized and hosted by parents (non-school sanctioned event) that provides an opportunity for families to participate in grad, take photos, etc.
- Approval from the city has been granted
- The event will be held at Willows Park (by the teahouse) with a view to making it more inclusive and easier to replicate in future

NEXT MEETING

- Monday December 10, 2018, 7:00 pm.
- PAC Social – light refreshments will be served
- Cst. Sandrene Perry, the new School Liaison Officer, will talk to the PAC at the start of the meeting.

ADJOURNMENT