



MINUTES

ATTENDEES

Randi Falls (Principal), Kami Bourgeois (Chair), Christine McLaughlin (Treasurer, Outgoing), Karen Hanneson (Treasurer, Incoming), Deidre Murphy (Secretary), Kathryn Robertson (Member at Large), Catrin de Groot, Heather Stokes, Hazel Currie, Mark Redchurch, Kelly McClaren

WELCOME

APPROVAL OF AGENDA

Approved

REPORT FROM THE CHAIR

- Thanked members of the PAC Executive for their work this year.

REPORT FROM THE TREASURER

Treasurer's Financial Report June (up to and including May 31, 2019)

A number of cheques will be reflected in the June bank statement prior to year-end. They include Athletics and Awards from the Gaming Fund and the Choir Workshop/Festival from the Parent Contribution Fund.

Treasurer's 2018/2019 Budget Report

Parent Contribution Fund

The PAC issued payments for the following from the Parent Contribution Fund:

- Instruments for the Band
- Festival and Workshop for Choir
- Equipment to maintain Bowker Creek for the Enviro Club/Sci 9/Bio 11
- Prizes for the Reading and Writing Contest

The Parent Education allocation and contingency allocation was not spent this year; a total of \$2,110.02 is remaining in the fund.

Gaming Fund

The PAC issued payments for the following:

- Connect to Care for a student workshop, including speakers and viewing of the "Angst" documentary
- Materials for the Chinese Calligraphy Club
- Books for the Reading and Writing Contest
- Competition fees for the Robotics Club
- Athletics
- Awards

Other funding requests from the Gaming Fund:

- The Grad Committee requested funds but did not require them

- Funds budgeted for Athletics was higher than actuals
- The BC Sports School Dues actual amount was \$2,513 less than budgeted
- Fees to participate in the Islands and Provincials Championships were \$1,718.50 less than budgeted. The point was made that it is difficult to anticipate the number of teams that will attend the Islands and Provincials. The total is \$4,231.50 under budget.

A discussion was held re the surplus funds and whether to spend the surplus money now. The following points were made:

- Athletic equipment was part of the original funding application; the application could theoretically be re-visited and approved retroactively.
- Providing the PAC adheres to funding rules, it's ok to keep surplus funds for the next school year. PACs have 36 months to spend funds; future funding will not be reduced if the money is not spent in that time.
- A total of just under \$5000 would be carried over if the money is not spent this school year.

Motion made, seconded and carried for the PAC to spend \$2723.63 of the surplus funds for extra-curricular equipment for athletics (badminton, volleyball, soccer, and field hockey).

Community viewing of "Angst" documentary (sponsored by PAC for "Connect to Care" Club's "Wellness Week" spearheaded by Melanie Paas, Vice-Principal)

- Melanie asked Christine to extend her sincere appreciation to the PAC for funding the screening as well as contributing to the speakers for the student Mental Health and Wellness week.
- Students viewed the "Angst" documentary throughout the student-led "Wellness Week."
- Melanie Paas organized the Community viewing event with support from club members on the evening of April 16th. The documentary presented information on:
 - The effects of anxiety on teens
 - Understanding what a person is experiencing
 - How the brain and body functions in a state of high and constant anxiety
 - What to look for
 - Overcoming stigma associated with mental health within the family and the greater community
 - How a person can be supported

The community was fortunate to have a panel discussion after the viewing, followed by a discussion and information on resources available to support students and families. The panel included:

- Dr. Lisa Van Burggen, Psychologist, Ledger House, Queen Alexandra Centre for Children's Health
- Charlotte Brown, Public Health Nurse, VIHA
- Jen Chambers, District Counsellor, GVSD
- Matt Staples, Counsellor, Oak Bay High School

The documentary is recommended by Christine, who also acknowledged her appreciation for the commitment and contributions of the "Connect to Care" students and Melanie Paas for organizing Wellness Week and the community viewing of "Angst".

Information and resources

Who to contact for help:

- School or District Counselor
- Family Practice Doctor
- The Foundry - provide a wrap-around support; a single source for access to many professionals and other agencies. Call to book a window. Services for 25 years of age and under.
- 911; ask for the Integrated Mobile Crisis Centre
- The Crisis Line

Tips

- APPs – Booster Buddy, Mindshift
- Online relaxation videos - choose what works for individual
- Internet searches on anxiety (e.g. anxiety.com)

Resources posted with the last meeting minutes:

For youth:

<https://youth.anxietycanada.com/> and Booster Buddy: <https://www.islandhealth.ca/learn-about-health/children-youth/mental-health-children-youth/boosterbuddy-mobile-app>

The Foundry: <https://foundrybc.ca/victoria>

For parents: <https://www.anxietycanada.com/>

Getting help during a crisis: <https://www.islandhealth.ca/learn-about-health/children-youth/mental-health-children-youth/getting-help-during-mental-health-crisis-children-youth>

Phone:

24-hour Vancouver Island Crisis Line: 1-888-494-3888

FamilySmart Society for Kids' Mental Health: 1-(855) 887-8004

IMCRT: <https://www.islandhealth.ca/our-services/mental-health-substance-use-services/integrated-mobile-crisis-response-team-imcrt>

Other resources:

<https://www.islandhealth.ca/learn-about-health/children-youth/mental-health-children-youth/resources-children-youth-mental-health>

Back to school tips to combat anxiety: <https://www.islandhealth.ca/news/news-releases/back-school-tips-combat-anxiety-stress>

PRINCIPAL'S REPORT

- We will be welcoming 290 new grade 9 students to our school in September. Many of these students spent May 16 with us during the District transition day. Great activities and tours were organized for the students.
- We have identified Grade 9 transition as a major goal for our school for the 2019-20 school year. The month of September will have several events involving the grade 9s and their grade 11 ambassadors. The first Thursday of the month we have an event from 3:15 - 7 pm for the grade 9 – forming teams and building community.
- Ultimate Frisbee and Senior Girls soccer finished 8th and 9th respectively in their provincial games. Our Track and Field finished second in the province and Rugby finished 4th. Tonight we have our Track and Field dinner in the cafeteria.
- The Grad ceremony was outstanding. The students were on point and the full events went smoothly. We will be meeting with staff to discuss the format and the dinner dance venue this month.
- June 14 we have our Awards ceremony in the big gym. We will have Blocks E and a portion of "F" and then begin at 10 am promptly.
- June 17-20 we have our double block schedule for final assessments. Class times are 2.5 hours – but teachers may release students after 1.5 hours if their tasks are complete.
- REMINDER – all Grade 10 and 11 students will write the provincial NUMERACY ASSESSMENT JUNE 21. This is a requirement for graduation. This is the last year for the English 12 Provincial Exam and French Immersion Language Provincial.

Upcoming Dates:

- June 24 – Eng 12 Provincial (9-12)
- June 25 – FRAL 12 Provincial (1-4)
- June 27 – Report cards 10-11

In response to a question re the recent Lockdown exercise, the principal reported it went very smoothly, with staff and students responding very well. Over the summer a team will come in and identify safe spaces in classrooms and other rooms.

There was a brief discussion re the new numeracy assessment for grades 10 and 11. The principal explained students can take the exam up to three times.

SPEAKERS AND GUESTS FOR 2019/2020

The results of this year's parent survey (indicating speakers or topics of interest) were re-visited with a view to informing guest speakers for this year, as follows:

- 72% - information about exchanges and post-graduation opportunities
- 66% - health and wellness (quite a bit done on this school year)
- 51% - substance use and awareness
- 50% - new curriculum (information session held this school year; could revisit)
- 46% - promoting healthy relationships
- 33% - Oak Bay Police Liaison role within the school community

The following names were suggested for sessions on dealing with anxiety:

- Dr Kristin Buhr
- Dr Magali Brulot

The UVic Speaker Bureau was mentioned as a potential resource for speakers. Other suggestions for topics:

- How to communicate with school administration and teachers; understanding roles and accountabilities; how to resolve problems with teachers
- Emotional intelligence and academic success – Leacock
- Learning to use Naloxone – Aids Vancouver Island
- Information sessions for parents – Aids Van Island, Brothers and Sisters

The question was raised as to whether the PAC should survey parents again next year. It was decided that as the survey was initiated due to the establishment of the Parent Contribution Fund, that it wasn't necessary to repeat it this year. Could look at doing it every couple of years.

A discussion was held re how to welcome and support parents new to the school. Suggestions included:

- Setting up smaller tables to make it easier for people to connect at the first PAC meeting
- Not assuming everyone knows what everything is
- Having a welcome/orientation event for new parents at the start of the year, with information about the PAC (purpose, what we do) and the school (e.g. an overview of what happens in the school over the year, Remind app).
- **Action: Kelly to send list of ideas/questions for new parents to Kami**
- First PAC meeting of the year to start with a social for parents to learn about the PAC and the school

NEXT MEETING: Monday, September 16, 2019, 7:00 pm

ADJOURNMENT