



MINUTES

ATTENDEES

Randi Falls (Principal), Kami Bourgeois (Chair), Kimberley Rogers (Co-Chair), Mark Loria (VCPAC Rep), Deidre Murphy (Secretary), Karen Hanneson (Member at Large), Kathryn Robertson (Member at Large), Gabriela Hirt, Nancy Mabey, Catrin de Groot, Hazel Currie, Kelly McClaren, Mark Redchurch, Heather Stokes, Kelli Mulley, Anne Grimm

TERRITORIAL ACKNOWLEDGEMENT

The traditional territories of the Lekwungen-speaking people on whose lands we are meeting were acknowledged.

WELCOME AND INTRODUCTIONS

APPROVAL OF AGENDA

Approved

REPORT FROM THE CHAIR

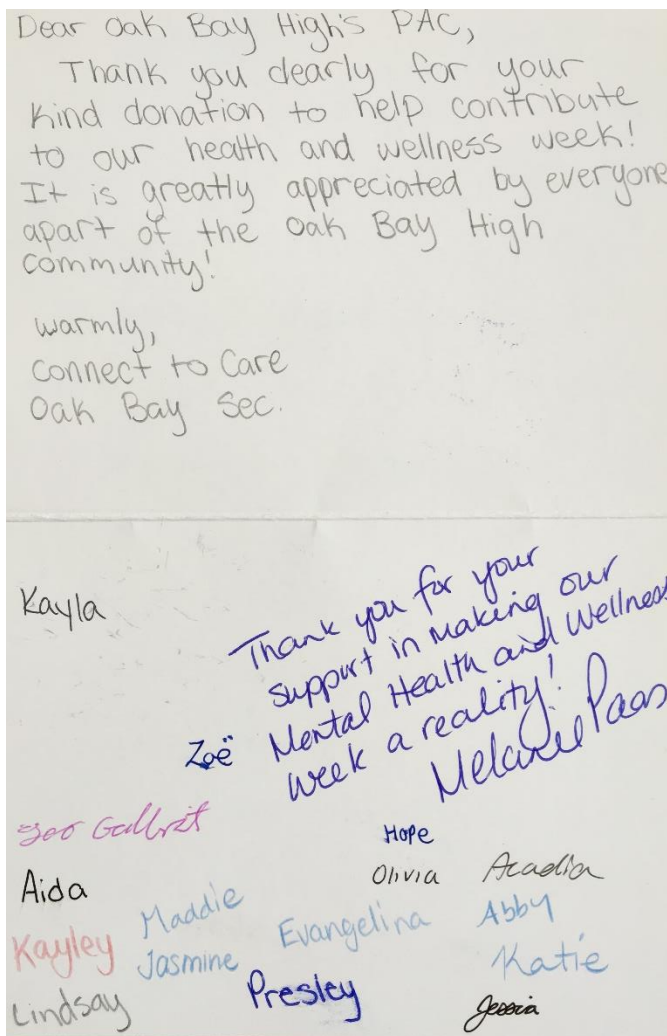
- The PAC has supported a number of initiatives this year, including a new parent survey to determine parent priorities for the PAC, guest speakers, school events such as the Halloween dance and the Staff Appreciation Lunch, among others.
- The PAC was able to fund a greater number of student activities due to funds generated by the Parent Contribution Fund, including support of the student-led Connect to Care mental health and wellness week.
- This year also saw the introduction of a streamlined process for meetings, to reduce time spent on administrative matters.
- Fellow members of the PAC Executive were thanked for their time and contributions to the PAC.

REPORT FROM THE VICE-CHAIR

- No report
- A reminder that the school is doing MMR immunization boosters on May 24th and the PAC is providing support. A request for volunteers to help on the 24th in the morning will be sent to parents and guardians next week.

REPORT FROM THE TREASURER (Absent)

- It was noted that Christine will not be continuing in the role of PAC Treasurer for the 2019/2020 school year. Kami expressed thanks and appreciation to Christine on behalf of the PAC for the work she has done for the PAC, including the incredible job she has done organizing PAC financial documents and sorting out the banking.
- In Christine's absence, Kami delivered the Treasurer's report.
- A number of cheques will be issued prior to year's end; these will be reflected in June's financial report
- Melanie Paas (Vice-Principal) and students from the Connect to Care Group expressed their appreciation to the PAC for funding the screening of the documentary on anxiety ('Angst') as well as the contributions to the speakers organized for the student Mental Health and Wellness week (see copy of card from Melanie Paas and students, below).



Thank you card from Melanie Paas and students from Connect to Care to the PAC for their support of the Mental Health and Wellness week.

REPORT FROM THE SECRETARY

No report

VCPAC (Victoria Confederation of Parent Advisory Councils) Report

- Additional open houses will be held on May 14th at Macaulay and Doncaster Elementary Schools from 7 – 8 pm to discuss the catchment boundary review.

PRINCIPAL'S REPORT

- Dinner Dance for grads was well attended and it appeared students were enjoying themselves. UVic Commons block was decorated by a team of parents with a coordinator - the venue looked great!
- Our Health and Wellness week was successful and plans to continue this are in place. Thanks go to the PAC for supporting this event including the "Angst" movie. We think rather than a week of events that we would place different opportunities through-out the month of April.
- We are presently developing our course schedule (timetable) for next year. At this point, all our continuing contract teachers remain with us, temporary teachers will be applying throughout the district for positions

starting in June and through the summer. We have 2 retirees: James Bell (Sr Math) and Erica Dabrowski (Sec Clerk).

- We have our Co-Presidents for student council selected: Tania Dodo and Dani Puli will stand for the 2019-2020 school year.
- Our Band and Choir programs have participated in a number of adjudicated festivals and have received excellent feedback and outstanding results! The teachers in these programmes (Jeff Weaver, Nathan Jacklin, Tina Horwood and Steve Price) are creating wonderfully creative learning spaces.
- We have our Evenings of Dance this week (Tuesday through Thursday). It's wonderful to watch the support the students provide for each other as they perform.
- Rugby, Tennis, Golf, Sailing, Track and Field and Girls' Soccer are all underway. The Senior Girls' Soccer won the Islands today and qualify for the Provincial Championships at the end of the month.
- I will be going to the Annual Victoria Kiwanis luncheon for exceptional high school students. We have invited: Jack Carson, Diego Maffia, Mackie Forrest, Alexa van Cuylenborg, Jasmine Lee and Leah Smith to join the teams from the other District High Schools. Each student is briefly introduced to the Kiwanis members and one of our students will share some insights into high school and hopes for the future.
- 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:
 - May 16 – District transition day (early dismissal for grades 9-12)
 - May 16 – Grade 10 Camosun Interurban Campus day
 - May 22 – English 12 MOCK Provincial exam
 - May 28 – Grad Assembly
 - May 29 – Release Grad regalia at lunch
 - May 31 – Dynamic Lockdown (letter to be released next week)
 - June 5 – Grad Ceremony

ELECTION OF EXECUTIVE MEMBERS FOR THE 2019/2020 SCHOOL YEAR

Elections were held for the members of the PAC Executive for the 2019/2020 school year. According to the PAC Constitution, Chair positions are valid for a period of two years. Election results as follows:

- Co-chairs – Kami Bourgeois (Continuing) and Kimberley Rogers
- Secretary – Deidre Murphy (Continuing)
- Treasurer – Karen Hanneson
- VCPAC Rep – vacant
- Members-at-Large positions – Kathryn Robertson (Continuing); 3 positions vacant

OTHER

Grad Block Party – Information for Next Year's Organizing Committee

- Site (Willows Beach) fees payable to the Municipality of Oak Bay, as well as for insurance
- Retain a water supply company if possible
- There was a lack of seating at the site
- Ensure an evacuation plan is in place

Report and Information on the Community Viewing of 'Angst' Documentary (April 16th)

The documentary presented information on:

- The effects of anxiety in teens
- Understanding what a person is experiencing, what to look for, and how to support
- How the brain and body functions in a state of high and constant anxiety

- Overcoming the stigma associated with mental health

A panel discussion was held following the viewing; the panel included:

- Dr. Lisa Van Burggen, Psychologist, Ledger House at 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

Information on resources available from the school, the School District and the community to support students and families was presented:

- School or District Counselor
- Family practice doctor
- The Foundry (provide a wrap-around support; access to many professionals and other agencies). Serves individuals 25 years of age and under.
- 911 (ask for the Integrated Mobile Crisis Centre)
- The Crisis Line

Resources (youth)

- Anxiety Canada <https://youth.anxietycanada.com/>
- Booster Buddy <https://www.islandhealth.ca/learn-about-health/children-youth/mental-health-children-youth/boosterbuddy-mobile-app>
- The Foundry <https://foundrybc.ca/victoria>
- 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>

Resources (parents)

- Anxiety Canada <https://www.anxietycanada.com/>
- Family Smart Society for Kids' Mental Health [FamilySmart Society for Kids' Mental Health](#): 1 (855) 887 8004
- Integrated Mobile Response Crisis Response Team <https://www.islandhealth.ca/our-services/mental-health-substance-use-services/integrated-mobile-crisis-response-team-imcrt>

Other resources:

- Resources for Children & Youth Mental Health <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>
- [24-hour Vancouver Island Crisis Line](#): 1 (888) 494 3888

NEXT MEETING: Monday, June 10, 2019, 7:00 pm PAC Social

ADJOURNMENT