



MEETING NOTES

Attendees

Tom Aerts (Principal), Kate Baker (School Wellness Coordinator), Kimberley Rogers (Chair), Carla Unger (Treasurer), Deidre Murphy (Secretary), Kelly McClaren (Member at Large), Terry Anne Lyon (Member at Large), Craig Hickie, Paula Marchese, Joanne Gemmill, Suse Prosser

1. Welcome, Introductions and Territorial Acknowledgement

2. Victoria Confederation of Parent Advisory Councils (VCPAC) Report – Paula Marchese, VCPAC Rep

VCPAC Meetings

All VCPAC meetings are held on zoom and everyone is welcome to attend. Paula will share the meeting link if anyone interested in attending. The next VCPAC meeting is the AGM on April 26, at which elections will be held for next year's board.

VCPAC Awards

VCPAC gives out a range of awards every year to teachers, staff, parents, and community members who have made a meaningful contribution to a school or PAC (e.g., outstanding teacher, community member, parent). Information, including the nomination form, is on the VCPAC website: [VCPAC Award Nominations](#). Contact Paula for more information.

School Board Budget

The Victoria School Board recently passed its budget for 2022-2023. One of the budgetary decisions that could potentially impact OBH concerns career teachers. To date schools have had three blocks of career prep time as well as a full-time career coordinator. The proposal put forth was to eliminate the full-time career coordinator position, but part-time staff decided to give up some of their time, allowing for two blocks of career education in schools. This will not affect scholarship education.

3. Treasurer Report – Carla Unger, Treasurer

Carla went over the budget, including the closing balance for each account.

- Gaming account: approximately \$12,500
- Parent Contribution Fund: approximately \$8,300
- Cash held by the School District: \$240
- A couple of outstanding cheques are remaining to be paid (approximately \$780)
- Total cash available for use: approximately \$18,000 (between the two accounts).
- A surplus balance of approximately \$8000 – 9,000 is expected (partly due to underspending during COVID), though there are still some items remaining (grad contribution and outstanding funding application payments)

- Carla and Tom will follow up with applicants who received PAC funding but have not yet submitted receipts (deadline is May 31).
- Tom will follow up with Mr Hamilton re the Coast Salish artist who was scheduled to come into the school. Funding for the artist's visit could be rolled over for next year if it didn't work this year.

4. Wellness Program Update – Kate Baker, School Wellness Coordinator

Kate Baker, the School Wellness Coordinator, provided an update on school wellness since the start of Semester 2. In response to one of the school goals (to create an inclusive school environment with a focus on learners' overall wellness), she has been tasked with developing a comprehensive, whole-school wellness program (for grades 9 – 12) to be implemented in September 2022. Currently the health curriculum follows the Ministry of Education's requirements for grade 9 and 10 PHE. A similar curriculum for the senior grades does not exist. Kate has developed a health and wellness curriculum for grades 11 and 12 that builds on the grade 9 and 10 curriculum. The program will be built into the senior grades through workshops and assemblies, and delivered by teachers and outside agencies. The idea is to revisit topics with different voices, and to have an age-appropriate focus.

The grade 9/10 curriculum was adapted from BC Ministry of Education Physical and Health Education Curriculum Guidelines. However, while students in grades 9 and 10 receive information related to health, students in grades 11 and 12 do not. Another concern is that students in the lower grades may not all be ready for the information they receive, while when they are ready (in the senior grades), they don't receive any health education. It is also the case that students' needs, experiences, and curiosities change as they get older. For example, while in grade 9 the curriculum might focus on what a healthy friendship looks like, in higher grades it may evolve into what healthy intimate partner relationships look like. Students in the senior grades are missing information to help them assess risk, solve problems and seek help when needed.

The solution put forward was to design a program for the senior grades that extends the learning students experience in grades 9 and 10. The program will be delivered through workshops and assemblies, with teachers and outside agencies, as well as Career-Life Education (CLE) and English teachers (as all students in grades 11 and 12 take English).

There will be two separate programs:

- 1) G 9 – 10 (delivered in PE)
- 2) G 11/12 (delivered during English lessons, CLE, and grade-wide assemblies)

Grade 11 program

- 1) Sexual health literacy – Questions and answers with Island Sexual Health presenter. Driven by student needs/questions.
- 2) Substance use and misuse – MADD presentation and follow-up activities
- 3) Consent and healthy relationships – Step 1 workshop with Project Respect – designed by the Project Respect team out of the Victoria Sexual Assault Centre.
- 4) Mental health literacy – Stigma Free Society <https://stigmafreesociety.com/> (student mental health tool kit)
- 5) Anti-bullying – Be more than just a Bystander Program with the BC Lions

Grade 12 program

- 1) Sexual health literacy – Questions and answers with an Island Sexual Health presenter. Driven by student needs/questions.

- 2) Harm reduction – Scenarios and solutions workshop with the school police liaison officer. Due to Covid, many students may not have been in large-group settings such as parties, and so may not know how to navigate them (or the attendant pressures they present). The school police liaison officer has put together a series of common scenarios she’s come across in the community involving high school students. Students will go over the scenarios in small groups and discuss potential solutions/ways to respond. Kate and the police liaison officer are conducting a dry-run of the workshop in a couple of weeks with a Psych 12 class, as well as a girls’ PE 11/12 class. Revisions will be made to the materials based on student feedback.
- 3) Step 2 of Project Respect – small groups workshop (Victoria Sexual Assault Centre)
- 4) Mental Health Literacy – Stigma Free Society - presentations by people with lived experience
- 5) Substance use and misuse – ICBC presentation

safeteen program

The school would like to offer the safeteen program <http://www.safeteen.ca/#special-offer> to students in grades 9 – 12. Run across BC, the program aims to ‘transform the youth culture of emotional survival and fear, into a culture of empowerment and safety in all schools and communities across the globe’. The program includes learning on the following topics, among others:

- Assertiveness and empowerment skills
- Fear and anger management
- Bullying
- Sexual harassment

The plan is to offer Level 1 of the two-level safeteen program to grade 9s from September 2022 (which would be approximately half the cost), or to offer Levels 1 and 2 to both grades 9 and 10.

The safeteen program is expensive (\$475 / hour per class), so the school would need to look at ways to fund it. Many of the other workshops, activities, and resources that comprise the wellness curriculum are free of cost (or minimal cost – eg donations), including Project Respect, ICBC road safety speakers, and the Stigma-Free Society.

Discussion / questions re ways to fund the safeteen program:

- Could a fee for the program be a line option on school cash online?
This is a possibility but would need to consider how to phrase it so parents would know what they were contributing to. Could raise awareness of the program, e.g. through a town hall.
- Could the school contribute along with the PAC?
It would be a big commitment for the PAC; along with funding for athletics, it would take up the entire budget)
- Is there opportunity for outside funding or grants? Is Oak Bay leading the way in terms of development of a health and wellness program for grades 11 and 12?
We’re making something concrete for all four grades. No other school has created a program like this – others have developed one-offs, but not an entire program.
- Could do a fundraising campaign with Connect to Care to offset the cost of the safeteen program.
- Could we get UVic or other institutions involved to look at the impact of the program?
Kate has been in touch with UVic. Students there have to complete a consent workshop. Kate will share the program with the person at UVic again and get her feedback.

Other questions

- Could the information/workshops students receive be given to the PAC?
This could be discussed. In the meantime, parents can have access to the scenarios (described above), and the school police liaison officer is coming to the May PAC meeting, so parents can ask questions then.

- Is the party program still offered? Where do they get their funding from?
It's been a couple of years. Research shows that presenting students with a lot of fear-based information may not work. Funding is from ICBC. The party program is for grade 10.
- Will current grade 12s get anything this year?
The school is hoping to offer information sessions for current grade 12 classes before the end of the year (e.g. harm reduction).
- Do all PE teachers approach the wellness curriculum in the same way?
It's up to individual teachers. They have access to the materials/curriculum. Not all teachers are comfortable with all aspects of the curriculum. One of the ideas behind safeteen is for experts/others to come in and deliver the curriculum. Hoping that with time and the supports that are offered that teachers will become more comfortable.
- Could the program be delivered during Advisory?
Advisory isn't the best time, as teachers only see the students for 20-30 minutes a week, and grade 12 students often don't attend Advisory.

Kate also discussed how staff wellness is supported across the school. Currently there are activities being offered for staff wellness week every two weeks. Staff are encouraged to volunteer their time/skills for a range of activities/interests, including: walk/run club, finger sandwiches and tea, Wordle podcasts, yoga, bike-riding – everyone can take part. So far the opportunities have been very well received.

PAC suggestion: the staff appreciation event for next year could support staff wellness.

Coming this spring:

- Harm reduction – scenarios and solutions
- ICBC presentation – grade wide assembly May 18

5. Administration Report – Tom Aerts, Principal

- **Report cards** will be distributed on Wednesday (April 27th)
- The school will have a **lockdown run-through** on Thursday afternoon. Students have been informed. The purpose is to enable everyone to practice what to do in the event of a lockdown. There are two different lockdown scenarios:
 - **Hold and secure** – outside threat (e.g. robbery next door, fatal accident outside the school, powerline down, cougar)
 - **Lockdown** – active threat inside the building – students are taught where to go, to be silent, etc. Students can use their phones, though they must be on silent, with no light. The school asks that parents do not come to the school during an active lockdown.
- **Curriculum completion and numeracy/literacy assessment day** is on Friday (April 29th). Grades 10 and 12 will also be sitting the provincial numeracy and literacy assessments. There is only one more sitting of these assessments (in June), which are a graduation requirement.
- **Parent teacher interviews** are being held on May 3rd, in person.
- **Graduation** – students have to complete the grad Google form by May 5th. All students must complete their Capstone Project in order to attend the dinner dance at the Delta Hotel on May 20th. Guests may be allowed depending on numbers.
- **Grad ceremony** – June 23. Two tickets per grad. Grads can apply for extra tickets through a lottery system. Indicate need for extra tickets on the grad Google form.
- **Finalized timetable** – the school is going forward with a semester timetable in September 2022, based on very clear feedback from parents and students. Staff are increasingly on board.
- Tom is moving to the District Board office in his new role as associate superintendent.

- Sean Boulding will be the new principal. He is currently the principal at Mt Doug Middle School, and was a vice principal at OBH several years ago.
- **Budget**
 - Cuts to the budget include school supply allocations. Secondary schools have been asked to supplement school supplies for one year only. This will reduce money for approving expenditures, though the school won't know the impact immediately.
 - Career centre coordinator (reduction in hours from three to two per week. See above).
 - Funding for teacher collaboration time has been removed. Typically schools are given money to allow teacher collaboration each year. This will mean it is less likely that departments or teachers will be able to collaborate.

Parent questions

- A parent asked a question about Cash Online; specifically, how teachers organizing school trips and activities do not have access to the list of students who have paid for trips/activities. In this instance, while they had filled out a form and paid for a school trip when the call for interest went out, their child's name was not on any of the lists.
Teachers don't have access to the School Cash Online system. They would need to actively seek out the list of students who have paid / have not paid from the accounts clerk, which would take too much time.
- A question was raised re communication between parents and teachers re Covid.
The school district is no longer sharing any information with the school re Covid cases. The school only knows about cases if a parent contacts the school, and even then they are not in a position to share that information.
- A parent asked a question about how to secure (extra) grad tickets.
Extra tickets will be distributed on a first-come, first-serve basis, according to who paid first (payments are time-stamped).

Next PAC meeting is the AGM. **Call for nominations for next year** for the following positions on the PAC:

- Chair
- Vice-Chair
- Secretary
- VCPAC Rep
- Members-at-Large

If anyone is interested in any of these positions, or would like to learn more, please talk to a member of the PAC Executive (email addresses on the PAC webpage: <https://oakbay.sd61.bc.ca/parent-info/oak-bay-high-school-pac/>)

AOB

The Social Justice 12 class is organizing two online campaigns and a walk to the legislature for May 12: the Red Dress campaign and the Moosehide (against violence against women and children) campaign. Question: How might we involve parents (especially men)? A walk around the neighbourhood? A suggestion was made to add information on the Moosehide campaign to the school newsletter.

Adjournment

Next meeting: AGM Monday May 16, 7 pm

- PAC Executive elections
- School Police Liaison Officer - Constable Natalie Mishrigi