



MEETING NOTES

Attendees: Christine Alevizakis, Shawn Boulding (Principal), Mercedes Calvert, Hazel Currie (Member at Large), Scott Davis, Marnie Emes, Craig Hickie (Member at Large), Molly Lawlor, Paula Marchese (Member at Large), Karen Meyer, Will Moore (School Counsellor), Carolyn Neil, Kris Nichols (Co-Chair), Ela Obronski, Amanda Ouellet, Kalina Popova (Member at Large), Kathryn Robertson (Co-Chair), Karin Sweeney (Secretary) Carla Unger (Treasurer), Florie Varga

1. Welcome, Territorial Acknowledgement and Introductions: Kris Nichols (PAC Co-Chair)
 - Welcomed attendees to the October PAC meeting and gave the territorial acknowledgement
 - Attendees all introduced themselves
 - Decision to approve minutes from September 26, 2022 PAC meeting - Majority approved
 - Kris discussed opportunity for parents to share ideas for PAC funding and speakers; gender inclusivity was raised as one issue to address

2. Guest Speaker: Will Moore (Oak Bay High School Counsellor)
<https://oakbay.sd61.bc.ca/student-info/counseling-center/>
 - Provided background on his professional experience and time at Oak Bay High
 - Explained that there are 4 counsellors divided up to the student body alphabetically; students are also encouraged to choose school counsellors that they may relate to
 - Sign-up sheet available at the school counselling centre for students to reach out; counsellors connect with students through text message or whatever works best; can meet before school, lunch or focus time
 - Counsellor teams meet every Tuesday in conjunction with the wellness coordinator to get into classrooms to discuss course loads, stress, and life skills (such as personal health, consent, healthy relationships)
 - Teachers meet once/week to discuss students that are struggling
 - Counsellors also link families to services outside of school and connect with personal psychiatrists and additional counselling teams
 - Students have the option to let teachers know what is going on or remain private
 - School has only so much capacity to help and parents may need to look outside of school for further services
 - Question about themes counsellor's are seeing? Stress, friendship challenges, substance use
 - Question about how the counselling office and learning support centre work together? Students in learning support or the inclusive education department can have a counselling snapshot go out to their teachers
 - Comment about student who are comfortable receiving support and other students who do not reach out or who may feel more lost; importance of seeing kids and acknowledging them by name; also component of self-discovery
 - Question about peer support? Has been phased out
 - Question about destigmatization resources for boys around mental health? Suggestion
<https://headsugguys.org/about-us/>

- The Career Centre Coordinator and Advisory teachers are also available and build strong relationships with students
- Suggestion made for new student orientation for older grades
- Question about the need for parental support at the counselling centre? Snacks are always popular
- Kathryn mentioned that the PAC is hoping to bring in more speakers on the topic of student wellness this year

4. Update: Shawn Boulding (Oak Bay High Principal)

GENERAL

- OBH continues to struggle with the size and the population at the school; using spaces that may not be classrooms and exploring other options

WELLNESS

- School goal around student wellness, particularly since Covid
- Last year Kate Baker presented a wellness program; this year is the realization of her work in coordination with the other counsellors and school police liaison
- PE also includes health education component for all students in grades 9 and 10; absence of this program for grades 11 and 12
- Funding directed towards areas of bullying, sexual health, harm reduction, etc.
- OBH has signed up for a new tool this year around emotional/social wellbeing that will hopefully provide a lot of excellent feedback information
- Wellness program will be implemented through English classes in senior year
- Grade 12 will be provided with a workshop on consent education and given a survey before and after; consideration to build this into other areas of the school, such as sport groups
- Question about knowing details about what is happening at the school? Look at calendar and email message that comes out to families on a weekly basis

MINISTRY OF EDUCATION (MOE) INDIGENOUS EDUCATION CONTENT

- Question around MOE mandated indigenous education content component for grades 11 and 12 and curriculum requirements? Staff trying to figure out how students will meet these requirements; Board Authorized Courses also require approval from Songhees and Esquimalt First Nations
- Move towards a less hierarchical structure/circle-based approach with invitations to various student leadership groups e.g. band, Sno'uyuth group, athletics, arts, student council, etc.
- School has two Indigenous teachers to work with the wider school group

PROVINCIAL STUDENT AFFORDABILITY FUND

- Province has announced a student affordability fund and OBH will get a substantial portion to support families in need; the school will have to make decisions about where this money will be prioritized and spent; food and clothing will be at the top to support families; school will also look at the vulnerability index based on the student population
- Funds need to be spent by end of school year

OTHER

- Invigorating the Halloween dance this year October 27th; need to sell 150 tickets; will have parent volunteers and a DJ
- Question about graffiti at the school? Working on it. Also more issues with garbage this year
- Winter Formal for grade 12s; finding a venue is difficult; survey went out and still in discussion

5. Co-Chair Report: Kathryn Robertson (PAC Co-Chair)
 - PAC website has been updated
 - PAC Exec will meet to discuss funding proposals
 - Would like to encourage more Grade 9 and 10 parents to come to PAC

5. Treasurer's Report: Carla Unger (PAC Treasurer)
 - Gaming grant in the bank, have not received parent contribution component yet, six applications for PAC funding so far; Shawn to send a reminder out
 - Application for PAC funding is the end of October
 - Explained that teachers, clubs, and student groups can apply for PAC funding by submitting an application form to the PAC for review; applications must meet at least one of the four school pillars (community, sports, arts, leadership) to be eligible
 - Application deadline is the end of October but there is a buffer if anything else comes up
 - Not all monies will be allocated in this round as some will be saved for later in the year

6. School District Level PAC Report
 - Victoria Confederation of Parent Advisory Councils (VCPAC) meets monthly (via Zoom)
 - Paula Marchese attends on behalf of OBH but others are welcome (contact Executive for more information)
 - VCPAC website is a great resource for conversations that other schools bring forward such as music, food programs, and other things that could be of interest to OBH
 - We will provide a standing update at every PAC meeting
 - VCPAC minutes will be posted on the OBH website

6. Any Other Business
 - Kalina Popova asked to become a Member at Large and was approved

8. Adjournment
 - Majority in agreement to adjourn meeting.

9. Next PAC meeting
 - Monday, November 21, 2022 @ 7 PM
 - Oak Bay High Liaison, Police Constable Natalie Mishrigi will be here