



OAK BAY HIGH SCHOOL

Parent Advisory Committee (PAC) Meeting

Date: October 16, 2023 | 7:00 PM | Cafeteria

MEETING MINUTES

Attendees:

PAC Co-Chairs: Kalina Popova and James Chaney (as approved)

PAC Treasurer: Wendy Fung Graham (as approved)

PAC Secretary: Karin Sweeney

PAC Members at Large: Michelle Appleton, Beth Boyd, Craig Hickie, Kathryn Robertson, Kim Smit

VCPAC: Nyssa Temmel

Principal: Shawn Boulding

Regrets: Hazel Currie (Member at Large)

School Community: 15+

1. Welcome, Territorial Acknowledgement and Introductions

- Kalina welcomed everyone and gave a territorial acknowledgment
- Round table introductions

2. Adoption of Agenda

MOTION: *Be it resolved that the Agenda for October 16th be approved* - Approved

3. Adoption of Meeting Minutes

MOTION: *Be it resolved that the Meeting Minutes from September 18th be approved* - Approved

4. Administrative Report (Shawn Boulding, Principal)

- School is busy with a number of activities including sporting events, concerts, international trips, and the hosting of Provincial championships to come
- The turf is one of ten fields that has become problematic in the School District due to plastic particles being shed from the field. The school is working with the Friends of Bowker Creek and the District to remediate this issue; new fill will be put in in the spring
- Parent-teacher interviews are tomorrow night; please email the teacher if you did not get a spot and would like to discuss your student's progress
- Report Cards: moving away from letter grades for K-9 students, 10-12 continues with both. Two report cards per semester: one at mid-term and one at the end of the semester

5. Oak Bay High Counselling Department (Will Moore and Mary Klovance)

- There are four full-time counsellors at Oak Bay High and one part-time counsellor
- Each counsellor is responsible for an alphabet portion of the student population

- Oak Bay High Wellness Website: <https://obhcounselling.wixsite.com/oak-bay-high-wellnes>
- To make an appointment with your counsellor please send them an Email or come directly to the counselling area to check in; Derek Horton (A-E); Will Moore (F-Q); Mary Klovance (R-Z); Youth & Family Counsellor: Kristina Lane (All students)
- “Alpha” counsellors work with students on anything from course changes to crisis intervention and prevention
- Students can talk to any counsellor that they feel most comfortable with, regardless of who is assigned to them
- Students scan a QR code with their phone to schedule an appointment or can just pop in
- Food is a big part of the counselling department with many students coming in for a piece of fruit and then staying for a conversation
- Other items available are condoms, menstrual products, resource cards, and access to a community bulletin and outside resources
- Counsellors aim to help students advocate for themselves using solution-focused therapy and a strength-based approach
- Neurodiversity affirming care: you are not broken, the system is and how can we change that? Idea of building “ramps” instead of stairs (ramps work for everyone - need to make all systems accessible)
- Focus on building relationships with students through active listening
- Counsellors will meet kids where they are at, even off campus or by email
- Counsellors try to be as visible as they can and create opportunities to get in front of kids
- Leadership and volunteer opportunities are options for students that don’t fall under athletics or fine arts
- Counsellors can also advise on coursework - for example a check on credits needed for graduation
- Part-time work outside of school is another way for kids to build self-esteem
- Approaches that the team is using for kids in various grades:
 - Grade 9: Counsellors go into classes to tell students how to access the counselling department
 - Grade 10: Kate Baker and mental health; Vancouver Island Sexual Health; Mobile Use Services Team
 - Grade 11: Reinforcing healthy relationships with teachers and friends
 - Grade 12: Social awareness workshops using scenarios
- Family Smart offers free workshops every month <https://familysmart.ca/>
- Foundry offers free medical support and same-day counselling <https://foundrybc.ca/victoria/>
- Oak Bay High Student Services <https://oakbay.sd61.bc.ca/student-info/counseling-center/>

6. Co-Chair Report & Treasurer Report

- New PAC funding form. Deadline for 2023/2024 requests Oct 30 (extended to November 5th)
- Gaming Grant recently received \$27,424.84 - this is awarded according to the number of students in the school and is transferred to the PAC
- \$8600 residual in PAC account
- PAC School-Cash-Online contributions so far = \$5,290
- Next PAC meeting speakers confirmed: Foundry - Naloxone training

7. Vacant PAC positions

- The Co-Chair updated on the process to seek nominees for key positions on the PAC - particularly another Co-Chair and Treasurer
- The PAC Executive discussed this; two people have volunteered for these roles

MOTION: *Be it resolved that Wendy Fung Graham is elected by acclamation as Treasurer for the Oak Bay High PAC for the 2023/24 school year. The Treasurer may be added as a signatory to the Oak Bay High PAC bank account and in official documentation* - Approved

MOTION: *Be it resolved that James Chaney is elected by acclamation as Co-Chair for the Oak Bay High PAC for the 2023/24 school year. The Treasurer may be added as a signatory to the Oak Bay High PAC bank account and in official documentation* - Approved

8. PAC Constitution Update

- Kathryn Robertson will take the lead in revising the PAC constitution
- Goal to have a draft out and ratified by the end of this school year
- One issue identified in initial review - "School Planning Council". People in the meeting updated that this was mandated years ago and in the School Act. Constitution says that It is to be comprised of three PAC members, the principal, one teacher, and one student
- Propose that further analysis of current version of the Constitution be brought to the next PAC meeting. This will include a review of structures included in the current Constitution. Nyssa Temmel indicated interest in being involved in reviewing revisions

9. School Safety Sub-Group

- Victoria School Board voted to end the police liaison program in schools earlier in 2023
- PAC has some authority to bring safety issues to the school
- The goal of the Sub-Group is to create awareness and open up a discussion
- Bill will take the lead and invite other interested parents

10. Victoria Confederation of Parent Advisory Councils (VCPAC) Report (Nyssa Temmel)

- VCPAC is the parent voice that advises the school board <https://www.vcpac.ca/>
- Hybrid meetings once/month on Tuesdays; open invitation to any parents who wish to attend
- The focus this year is on rebuilding, documentation, and how to represent PACs at the District level
- Issue this year about classroom textbooks being out of date and accessibility issues with fees
- VCPAC will be inviting the BCCPAC to present PAC 101 <https://www.vcpac.ca/> in the District this year
- VCPAC is compiling a list of resources to support families that could be added to and updated

Next PAC meeting: Monday, November 27