

# PAC General Meeting - Minutes

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**November 27, 2019**

## ATTENDEES

Chelsea Duhs, Steph LeComte, Masoud Majlese, Sabrina Fan, Dan Ciocan, Melaine Miao, Tania Pan, Cindy Nairne, Sarah Yassami, Saiko Tachibana, Dina Daraee, Monique Schelle, Kate Simon, Lisa Black, Julia Kutlubay, Sydney Smith-Patchell, Michelle Ross, Tara Zielinski, (not signed in on paper, spoke at meeting) Michelle Morgan, Betty E.

### 1. CALL TO ORDER (Lisa B.)

Meeting called to order at 9:02am by Lisa Black. Lisa B. thanked everyone for attending.

1st. Julia K, 2nd. Dina D.

### 2. APPROVAL OF AGENDA (Lisa B.)

1st Kate S., 2nd Monique S.. Approved.

### 3. APPROVAL OF MINUTES OF October 9th 2019 (Lisa B.)

1st by Steph L., 2nd Kate S.. Approved.

### 4. BUSINESS ARISING FROM THE MINUTES (Lisa B.)

None

### 5. PRINCIPAL'S REPORT (Tara Z)

#### **FSA-Foundational Skills Assessment**

Tara Z. welcomed and thanked everyone for coming to today's meeting. She explained that the FSA's are now finished. She shared that the students did really well. FSA Booklets have not all returned but she is happy with the results so far. Noted by Lisa B. that in previous years the FSA Booklets have been tucked into the Student Report Cards. Tara Z. added that they would not be sent in the Report Cards.

## **FESL-Framework for Enhancing Student Learning**

Tara Z. reminded everyone about the 1st Parent Education Session on December 5th. (7 to 8 pm). Email sign up. Dr. Lysyshyn a Medical officer for Vancouver Coastal Health, will be sharing his data and research around sleep and mental health. The data collected was done in a self reporting survey from grades 4,7,9 students on the North Shore. Focused on pre-teen and teen sleep, mental health and their views on these and other similar topics. Lisa B. added that the data collected from our local area was of interest to compare to the data collected province wide. To see where our students need support and to see continued achievement.

Tara Z. explained that this ties into the school's FESL. She explained the 3-part goal was to have students demonstrate social, emotional and executive function skills to effectively respond and contribute to the community. The FESL Goal and Objectives are now up on the School Website to read over and Tara Z, encouraged the group to check that out. The goals will educate students to be able to problem solve and self regulated within their social norms that are appropriate for their age group. Tara Z briefly went over the outline of the 3-part school goal.

Objective #1. To develop and apply problem solving strategies in a variety of contexts. (She notes that she has seen an inability in some students)

Objective #2. To increase student understanding and use effective self regulation strategies to support their emotional well-being. (Tara Z. shed light on some struggles with this goal's topic. This goal will look different between Primary VS. Intermediate students. Tara Z. and her team are working on this with students.)

Objective #3. To effectively utilize executive function skills to foster ownership and developmentally appropriate independence.( Tara Z. touches on the lack of some independence especially with Kindies. She adds that many students in this age group are able to do simple tasks that do not require parent help and thrive when they achieve this independently. She also shared that older students can use this goal effectively when approaching homework or school projects independently

Tara Z. and her team will be working with the Objectives on up-coming Pro D days. Tara Z. asked the table if there were any questions or comments. There were none. She reminded parents at the table that the information was on the School Website. A Parent information session will be held December 3rd, 7to 8pm.

## **School Mission Statement**

The Goal in the new year is to revisit the School Mission Statement and Code of Conduct. Tara Z. talked about building a small school team of students, teachers and parents to enhance and to simplify the Code of Conduct and Mission Statement. The Goal would be to have a more accessible, effective and updated, maybe condensed into an acronym, Statement and Code. She mentioned West Bay School has a fast and simple message in an acronym called R.O.C.K.S. RESPECTFUL, OPEN-MINDED, COOPERATIVE, KIND, SAFE. The attendees agreed that this was a good one and joked that we should adopt it ourselves. She added that the educators and staff at that school could easily ask students if they were following R.O.C.K.S. accessing the various parts to correct or encourage student behavior.

## **Cirque**

Tara Z. reported back that the students really had a great time and enjoyed the event. The Quebec based group was well received.

## VSO

Tara Z. extended many thanks to Mme. Dixon who is already so busy, has had a huge part in the organization of this event. Mme. Arrafi and Mme. Dixon did a great job facilitating this wonderful opportunity for Grade 4-7 students to experience the Arts at this event. Tara Z. was aware that many parents vocalized the need for students to have exposure to the arts and was happy that this would enhance education on this topic. Kindies will also attend the VSO, their opportunity will take place in February.

## Quebec Fundraising Efforts

Tara Z. conveyed just how proud she is of the Grade 7's this year. She explained they are quite active in the fundraising efforts for the Quebec Trip.

- Haunted House in October was a great success and the students were so organized. She said students sent her proposals, ideas and were really on top of it. Money was raised by a Haunted House by an entry fee of \$2.

- Bake Sale organized by the students raised \$500 Congratulations to them.

- Purdy's fundraiser was also successful and thanks to everyone who contributed to that. The numbers are being finalized and thanks to parent volunteer Linda Jando for organizing was extended.

## 2195 Gordon Avenue-Update

Tara Z. has been working closely with Mark Chan, Deputy Chief Administrative Officer/ Director of Corporate Services, to stay informed on the adjacent proposed building construction near the school. She reminded parents that this information can be accessed in the e-bulletin and on the West Vancouver District Website. [www.westvancouverite.ca/gordon](http://www.westvancouverite.ca/gordon)

## Vaping and the Ministry of Health

Tara Z. relays very important updates from the Ministry of Health on Vaping. She shared the information on the now updated stricter guidelines that are now in place. These groundbreaking guidelines in this field, will include Marketing, Sales and the actual tobacco products. These new laws will restrict vapour product access, flavours, nicotine content, packaging and advertising. Increased taxes on vapour products, to protect youth from the risks associated with vaping. B.C is a leading force in implementing laws to create a safer environment around use and age of use. The laws and restrictions should come into play in Spring 2020. Fortunately, Tara Z. has not seen much vaping use at PJ. She has also equipped herself with the education available to teach, lead and train teachers and students in the perils of Vaping.

The meeting attendees agreed this was an important subject. Thank you to Tara Z. for the leadership in that area. Tara Z. adds that the education surrounding vaping must come early and informs parents to be alert with the signs of this usage.

Tara Z. provided a web page for more information,

<https://news.gov.bc.ca/releases/2019HLTH0118-002192>

## Mental Health Series for Parents

A parent education night is scheduled for November 27th 7 to 9pm at Sentinel School, tonight. This free educational talk is put on by the Foundry, a community based group helping with education for 12-24 students and parents on Mental and Physical Health. The free community conversation called Having Difficult Conversations With Your Teen, keynote speaker is Christopher Burt who is trained Family Counsellor. The educational evening will provide parents a better avenue to engage in conversations with their children surrounding difficult topics. Including researched based insights on how to support students effectively during these challenging years. More info on the Foundry at <https://foundrybc.ca>

## Upcoming Special Events

Save the Date!-Intermediate Band and Choir Holiday Showcase: December 11th (6 to 7pm)

- Primary Christmas Concert: December 17th (5:30-6:30pm) at the Kay Meek.

Tara Z. noted the time change on this event was a better fit for the age group. The previous year had students that were quite tired causing some issues during the performance.

## 6.TREASURER'S REPORT (Saiko T.)

### BUDGET REVIEW

The attendees were able to view the printed out copy of the Budget to date. They were encouraged to take a look and raise any questions or concerns. Saiko T. began to inform the group of the current Budget Report.

1. FUN LUNCH- Is currently on track \$1,399.59 for September and October, which included Pizza Friday income was deposited. Last year's revenue for the same months was almost the same at \$1,332.88
2. PST REFUND From SD45- The PAC received the previous year's PST refund which was \$852.37
3. GELATO MONTHLY- 55 cups were found melted and re-frozen in the freezer that cost an estimated loss of  $1.2 \times 55 = \$66$  in loss. Saiko T. explains that we are unsure of how the Gelato's were left out and re-frozen. It's possible that a group using the kitchen may have accidentally ruined them. However Saiko T. adds the total income is \$400 and is still on track.
4. SCHOOL SUPPLIES- We received the budgeted money expected back at \$1,510 Thanks to Steph L. for leading that.
5. SPIRIT WEAR- Pink Hoodie sales went well and earned \$1,894.11. The Annual target of \$1,400 has already been achieved. Saiko T. extended big thanks to Julia K. and Lisa B.
6. DANCE-Saiko T. explained the Dance earnings were not yet on the paper copy of the budget as the numbers had just come in from the recent event. She reads the updated information and explains the earnings. The budget for the Dance was \$640, the total revenue was \$709.64. She explains the breakdown in cost of the DJ, freezies and accoutrements for the GLOW Dance Party. Thanks was extended to Jenny and Azita who hosted and led the event, they were not in attendance at the meeting.

7. GIC- Currently at \$60,797.88. Dina D. met with TD bank advisor on behalf of the PJ PAC. Dina D. is going to update the group at the meeting later on in QUESTIONS/COMMENTS portion of the Agenda.

8. FUND THE NEED 2017 DONATIONS- The \$1,731.42 broken down into these groupings: Athletics \$91.18, Library \$881, Music \$429.24, Emergency Preparedness \$360 could be used this year. Lisa B. explains to the group about the FUND THE NEED. She explains that in lieu of a Gala/Large Fundraiser it was decided to run a donations board where parents could select the area in which their monetary donation could be used.

Lisa B. thanked Saiko T. for the report and asked if there were any further questions on the Budget. There were none.

## 7. UPCOMING EVENTS (Lisa B.)

### **Santa's Workshop**

Thanks to Kate S. and Betty E. for organizing and taking on the lead role for this event. Big thanks to new additional member Monique S. for jumping on board as well. The team updated the group on their current work already achieved. They explained that they already had the Art Room set up and have also readied the 'Bat cave' to start receiving the Workshop donations. The ladies explained the purpose for Santas' workshop to new meeting attendees. The children shop and wrap a \$2/per gift for their immediate family for holiday celebrations. This beloved event occurs the last Wednesday before the holiday break. Many volunteers are required to make this event special. Volunteer jobs explained include 'stuffie' washing, battery check, jewelry washing, sorting, setting up and day of volunteer work.

Cindy N. added that she finds the event quite magical and the children really love the event. She thanks the volunteers for all their hard work. Lisa B. makes clear that the 'donated gifts' are mostly gently used items and encouraged the attendees to 'regift' any unwanted gently used items to the Workshop. Betty E. continued by sharing with the group that the proceeds go to a chosen local charity. The charity this year will be the Foundry, a local group that helps teen students with any mental or physical health issues without judgement. The table agreed that it was a well selected charity.

### **PJ Babysitting and Home Alone Course**

Lisa B and Chelsea D. let the group know about the upcoming courses on January 24. For age groups 9-12. The cost of each course is \$65 where students receive a certificate of completion. This event runs on a Pro-D day and requires a lead parent to remain at the school to assist in sign in and out. Tara Z. adds that she will be off-site for part of the day attending pro-d day programming. The volunteer needed will also preload students on rules and expectations required to attend the course. Tara Z mentions that Mme. Susie and Mme Liz will be at the school as well for any needed support.

### **Gala**

The Gala organizers are currently working on the venue and have chosen two possible dates for the event May 2nd or 9th. Volunteers are still needed as well as possible auction items. More to come on that.

## 8. VOLUNTEER CALL (Lisa R.)

Lisa R. has organized the Google Sign up sheets for the current events that require volunteers. She touched on the already mentioned Santa's Workshop, Pizza Fridays. Also mentioned was Crepe Breakfast volunteer list hosted on February 11. Sydney S. the organizer lead on that event describes the work already happening. She shares with attendees that they are taking a more environmental approach to the decorations. Lisa R. thanked her for the efforts towards that and to all that have volunteered. Lisa R. also mentions that the PJ Community Garden is also looking to add more volunteers.

Michelle M. lead co-ordinator on the PJ Community Garden informs the group that the PJ CG has already had its first meeting and it was well attended. The ideas put forward at that meeting were to maintain and effectively utilize the CG. The CG Committee hopes to have teachers and students have a more active role in the use of the CG and hopes to facilitate that use with community outreach. Michelle M. explains the 3-point plan of the Community Garden.

1. Community outreach /First Peoples, seniors, neighbours
2. Education ,Teacher and student use of the CG. What teachers want to see as well as to help facilitate the use of the space. Including the Amphitheatre, garden boxes and healing circle.
3. Gardening including bi-annual weeding, garden box cleaning, before school student/ teacher gardening club.

Michelle M. asks if anyone is interested to please email her or the PAC.

## 9. WE DAY PRESENTATION (Mme Hall and students)

Lisa B. introduces Mme. Hall and her students who attended the WE Day event. Mme Hall explains the students are part of the ME to WE school Club. The club is open to only Grade 7 students and meets weekly. The students in the club each explained the excitement and importance of the club and event.

Hayden shared that he enjoyed the experience and event that hosted over 18,000 students at Rogers Arena. He added that famous people performed and spoke at the event and that their voice has a huge impact on the world. Jonathan said it made him feel 'not alone' that the group is a real community and can see that the groups \$10 monthly donation makes a difference. The \$10 donation is selected by each student to help a cause they believe in. Ariana shares that their school campaign WE SCARE HUNGER was a big success. She is also excited to participate in the WE WALK FOR WATER school campaign. She explains that it raises awareness of the difficulties that communities in Africa face to just getting water. Meghan was excited to attend the event and also shared that the WE SCARE HUNGER campaign was very rewarding. She said she felt very welcome and even got to carry some of the food donations boxes into the selected charity.

Mme. Hall expressed how proud she was of the students in the club. She described the WE Club origins, a group started by two brothers. She shared that her sibling was able to join a WE Club in grade 12 but missed the experience herself. She shared that Teachers are given a curriculum to follow. She tells the attendees that the children select causes and the club's goal is to give service to the community. Mme. Hall continues by telling the group about the WE ARE SILENT campaign, to shed light on girls around the world who cannot attend school because they are girls. Although there is some fundraising the focus is more about action. The \$10 donation mentioned is a donation "allowance" given to each student, by high net-worth donors, to use on their chosen charity. Mme Hall illustrates that many charities write back, email and even call!

Michelle M. asks about the WE WALK FOR WATER campaign. Mme. Hall explains that the students carry buckets or tubs of water around the school field 5 times approx. 400 meters. She describes that many 'full' buckets were too heavy to carry and it gives the children a real visual on how much water you can carry and how heavy it is.

The table thanked Mme. Hall and students for their efforts and expressed PJ pride by applauding their achievements. Well Done WE Club!

## 10. NEW BUSINESS (Lisa B.)

Lisa B. informed the group that the School Supply Company gave the PJ PAC a \$600 voucher for purchase of more school supplies. Steph L. shared that the donation was given to a more in-need school, Admiral Seymour School.

Lisa B. explained the ticket sales for the Dance was a little bumpy. She described that the process to sell tickets was supposed to be simplified through the Foodie Kids site but later found the Kindie parents don't yet have access to the site. She shared that lessons were learned and can make improvements for the next dance. She thanked the volunteers for the hard work and added the drop off format worked well and was easier to create a safer environment. Also a big thank you to the communications team who saved ticket sales by their marketing. Noted by Lisa B. is that if you volunteer you must stay the entire time as well as find a substitute if you are unable to do your shift.

Lisa B. talked about the West Van Place for Sports track rebuild at West Van High School. The group is looking to rebuild the track as well as added community use spaces such as a soccer field. This would alleviate the stress on the already busy Ambleside fields. She describes the 'donations match' that the West Van District is having on till December 31st. A \$100 donation will equal \$200, she expresses that is a great way to make a bigger impact on donations.

## 11. QUESTIONS/COMMENTS (Lisa B.)

Lisa B. opened the table to any questions or comments. Michelle M expressed disappointment in the change to the new drop off policy at the dance and movie nights. She feels that the movie night is a great Family event and hopes that they could change that policy. Tara Z. voiced that for safety issues they really needed to change the dynamics of the event. The respect was extremely low and it created an unsafe environment that did not meet school expectations. Lisa B. added that many actual parent volunteers felt too uncomfortable disciplining students with the student's parents there. The PAC has worked with Tara Z. and Mme. Dixon to create a safer more respectful event. Lisa B. adds that administration donates their after school time to facilitate these events and expectations are to be upheld. Julia K. notes that the new format has not yet been attempted. Lisa B. also suggests that the event becomes quite a bit of work after not only for volunteers but for the Custodians. Betty E. suggests a student preload of information to set guidelines and rules. Tara Z. explains that she does make an announcement at school day of, but maybe a further preload needs to be added. Steph L. added that perhaps a ban on or phone call to parents to continued trouble makers. Cindy N. shares an idea about a quick movie made by older students to show before the movie to peer mentor students about the required expectations of the event. She adds her daughter might love to do that with friends. Tara Z. will look into that further. A parent (dad) at the meeting thought maybe a clearer role description for volunteers may be easier to get volunteer work done properly. That volunteers would have a job title for the lead volunteer to assign. Lisa B. agreed but it is difficult to 'boss' around other parents without sounding pushy. Michelle R. added perhaps a pre-event email to describe the role and expectations required. This format may be more digestible for parents.

Dina D. commented that she did meet with the TD money advisor and the GIC has the potential to make more money with more flexibility. Dina D. expresses that further discussion at the next PAC Exec meeting will be needed to address this topic.

## 12. ADJOURNMENT (Lisa B.)

Meeting Closed at 10:10am. Lisa B. closed the meeting and thanked everyone for attending. Julia K seconded the Adjournment. Thank you extend to Melaine M. for the coffee and treats.