



# DPAC

District Parent Advisory Council  
School District 46 - Sunshine Coast

## April 2026 DPAC Minutes

Date: April 23, 2026 | Time: 7 pm

Location: (In person and via Microsoft Teams at the School Board Office)

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### 7:00 PM Greetings, Introductions + Land Acknowledgement

The meeting took place in unceded traditional land and sea of the Squamish Nation and Sechelt Nation.

**In Attendance:** Tamara Hedden (Chair), Miyuki Shinkai (Secretary & BCCPAC Rep/ESS), Devika Naidu (Vice-Chair/CGE), Shannon Rody (CSS, Spider), Melissa Lennox (Treasurer/GES), Jana Curl (Director at Large/ CSS), Jeniffer Roberts (SD46 Assistant Superintendent), Statia Leach (Trustee Rep), Sharon MacKenzie (CUPE 801 President), Kirsten Brackett (WSE), Jessica Wollen (CSS).

**Regrets:** Karla Shield (LES), Marissa Fisher (Director-at-Large/CGE)

**Absent:** Rep (SCAS), Rep (RCCS), Rep (PHSS), Rep (MPES), Rep (HMBE), Brair Teal (DBE), Jude Pelletier (GES), Ayren Debrett (KES), Scott Davis (Past-Chair).

### 7:05 PM Approvals:

· February 26, 2026, Meeting minutes available on the SD46 website (Miyuki/Melissa) m/s/c.

· April 23, 2026 Agenda Approval (Miyuki, Devika) m/s/c.

**7:05 -7:45 PM Guest Speaker: Jennifer Sinclair, local teacher and certified life coach, “Building Confidence in the Anxious Child“** Key Points Discussed:

- **Normalizing Anxiety:**
  - Anxiety is a normal experience for children and youth.
  - Important to openly talk about what anxiety feels like and the thoughts it may create.
  - Teach children to reframe thoughts (e.g., “I am going to be okay”).
- **Building Confidence Through Discomfort:**
  - Encourage children to **sit with discomfort** rather than avoid it.
  - Parents should **step back** and allow children to experience challenges.
  - Growth comes from working through stress, not escaping it.
- **Role of Parents:**
  - Act as **co-regulators**—model calm behaviour and coping strategies.
  - Support children by guiding their thinking and verbalizing coping processes.
  - Celebrate **small successes** and progress.
  - Reflect with children: “Remember last time? You got through it.”

- **Developing Resilience:**
  - Break challenges into **manageable steps**.
  - Focus on **effort and risk-taking**, not just correct outcomes.
  - Encourage trying new things and stepping outside comfort zones.
  - Experiencing and overcoming anxiety builds confidence for future situations.
- **Coping Strategies:**
  - Help children identify choices and coping mechanisms.
  - Encourage self-talk such as “I can try this” instead of “I can’t do this.”
  - Build **self-compassion** and acceptance of mistakes.
- **Age-Based Approach:**
  - **K–7:** Focus on supporting parents with strategies.
  - **High School Students:** Teach students directly how to manage and live with anxiety.
  - Emphasis shifts from reducing anxiety to **learning to function with it**.
- **Programs Offered:**
  - 10-week sessions available.
  - An upcoming **3-week program** offered by Jennifer at the community centre.
  - Separate sessions for **parents and youth**.
  - Topics include public speaking anxiety, perfectionism, and building coping tools.
- **Key Takeaways:**
  - Confidence is built through **experience and exposure**, not avoidance.
  - Encourage risk-taking and celebrate effort.
  - Teach children that mistakes are valuable for learning and growth.
- Contact [Jlsinclair@hotmail.com](mailto:Jlsinclair@hotmail.com) (BCOC in the subject line). Text: 604 657 8646 for more information.
- SD46 Parents’ resources: <https://sd46.bc.ca/resources-and-supports-for-child-youth-mental-health-and-substance-use/>

### **Regular Reports:**

#### • **Chair report: Tamara Hedden**

- Banking - Working on BMO signers change, still working on progress.
- Late Gaming Grant application approved \$2500 in late March. Reimbursement to two PACs (WSE and ESS) for the food safety completed.
- Events to be planned with the Gaming Grant. Your input is welcome.
- BCCPAC AGM on April 25-26, DPAC submitted a resolution regarding ‘Early Supports for Emerging Learning Needs and K-3 Education Assistance Commitment.’ (co-submitter: Chilliwack SD33 DPAC)
- DPAC Board of Directors Election is historically in October, with consideration of shifting it before the year-end.
- DPAC Executive will meet next week to discuss emerging businesses.
- Meeting with Foundry about a possible presentation for parents.

**Spending Motion:** Fund \$350 for Parents’ Night before summertime - Sexual Health Workshop for parents with Jessica Wollen. All in Favour. (Miyuki/Melissa) m/s/c

Discussion Points:

- **Purpose of Workshop:**
  - To support parents in addressing gaps in **sexual health education**.
  - While PE teachers are required to deliver curriculum (e.g., STIs, birth control), additional support for families is needed.
  - The workshop aims to provide **comprehensive, practical information** for parents.
- **Key Topics Covered:**
  - Sexual health education (STIs, contraception)
  - Safe practices and awareness
  - Substance use and misuse (including risks of drugs and powders)
  - Reducing reliance on technology and encouraging open communication
  - Rising health concerns in the community (e.g., infections on the coast)
- **Student Safety & Awareness:**
  - Emphasis on ensuring students have **safe plans for summer**, including transportation (e.g., getting home safely by bus).
  - Information about **accessible clinics and health services** for youth.
  - Reinforcing the message: *"We care about you and your safety."*
- **Workshop Format:**
  - Approximately **1.5 hours**, with time for **parent questions and discussion**.
  - Includes **tips, shared resources, and take-home materials** for families.
  - Interactive elements (e.g., QR codes for additional resources).
- **Additional Programming:**
  - Proposal for **podcast-style sessions** over two days in June.
  - Potential expansion to include **educational staff**.
  - Survey to be conducted to determine preferred dates (May/June).
- **Next Steps:**
  - Miyuki and Jessica to send proposed dates for scheduling.
  - Dates to be coordinated with **CSS and ESS calendars**.
  - Gauge interest and finalize session planning.

• **Treasurer Report: Melissa Lennox**

**Gaming Account \$2,652.69 (As of April 14<sup>th</sup>, April 1, 2026 - \$2,500 Gaming Grant for 2025/2026)**

**Operating Chequing Account \$190.20 (As of March 31)**

- BMO Financial institution fee \$1.50 e-transfer
- Melissa is working on transferring the bank to SCCU
- The report was adapted. (Melissa/Miyuki) m/s/c.

**8:00 PM**

Board reports

- **Trustee report: Stacia Leach**

<https://sway.cloud.microsoft/zvIHrJQXKRafqtl?ref=email>

- Update provided on **BCSTA (British Columbia School Trustees Association)** activities.
- Discussion of **Active Travel Motion (MoTT)**:
  - Focus on promoting **safe transportation options** for students (walking, cycling, and public transit).
  - A **student trustee spoke** in support of the motion.
- Ongoing considerations:
  - Student access to **bus passes**.
  - **Safety concerns** for bus riders and students using bicycles.
- **Trustee Engagement:**
  - Trustees continue to attend school/community meetings upon request.
  - Identified challenges with **role clarity** between trustees and school administration.
  - Need to establish **clear guidelines for new trustees** beginning in October.
  - Clarification needed on:
    - Responsibilities of **principals (school operations)**
    - Responsibilities of **trustees (governance)**
- **Administrative Coordination:**
  - Meeting bookings to be arranged via email through **Stephanie and Shelley**.
    - **Superintendent's Report: Jennifer Roberts**
    - <https://sway.cloud.microsoft/9Qd9giTAt6oC2Jdb?ref=Link>.
    - <https://sway.cloud.microsoft/9AVPrDjVVcV32mV?ref=email>
- **Strategic Plan Implementation:**
  - Strategic planning is being actively implemented across all schools.
  - Focus on aligning goals and initiatives within each school community.
- **Professional Development:**
  - **Education Assistant (EA) training** took place over spring break.
  - Focus area: **Restorative justice practices**.
- **Experiential Learning:**
  - Continued support for **experiential learning opportunities**, including **travel club programs**.

#### 8:20 PM Committee reports:

- **Healthy Schools by Jessica Wollen** (attached) Gymnastics in the Rec centre, YMCA job opportunity, tool kits, active travel, seed saving, vaping, foundry collaboration, more youth receiving vaccine, youth to be more comfortable about clinic visit, Tumbler Ridge trauma, Betty Baxter's book, preventing violence in high schools, SOGI awards in May, Outdoor play. What is the youth thinking? Homework club pilot, outdoor garden. VCH regulation and poster.
- **Family Engagement by Miyuki Shinkai**
- National Day of Mourning for workers who are killed and injured at work – April 28<sup>th</sup>, 11 am at Dougall Park in Gibsons and Spirit Square in Sechelt. Everyone is welcome.

- Spirit Rising – Japanese Canadian Voice of the Coast Exhibition in SC Museum & Archives till next summer. Field trips are welcome. For more info, please reach out to Miyuki. [elphinstonepac@gmail.com](mailto:elphinstonepac@gmail.com)

• **Active School Travel by Miyuki Shinkai / Tamara Hedden**

Active Travel Kids Committee meeting at 9:15 am on May 11, hosted by VCH. Please contact Miyuki if you would like to sit on the committee.

• **School Board's Education, Operations, Committee of the Whole - 4th Tuesdays.**

Typically, there are three separate committee meetings from 9:30 am to 3:30 pm at the SBO, each lasting an hour and a half. If you can attend one of these meetings, please don't hesitate to contact Miyuki or Tamara for more information. PAC reps and DPAC members are welcome to attend. No March meet, next one is on April 28<sup>th</sup>.

– **Lifeguard Scholarship Proposal:** Melissa Lennox - Table it. Melissa shared:

- Lynda Brisebois is retiring from GES, and staff changes.
- The Trustee Remuneration Committee wrapped up, and the report will be delivered at the next DPAC meeting.

-Shannon shared the Spider Potluck poster at Porpoise Bay Park on May 11, from 4:30 pm – 7:30 pm.

**8:40 PM Meeting to Adjourn (Tamara/Miyuki) m/s/c**

**Next meeting:** Microsoft Teams, May 28 @Sechelt Early Years Learning Centre, the last meeting for this school year. The guest speakers: BCCPAC 101 by the BCCPAC directors.

## Healthy Schools Committee Meeting

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**Date:** April 7<sup>th</sup>, 2026 | **Inclusion Support Services, Kinnikinnick Elementary**

**Present:** Kate Turner, Meghan Molnar, Laurie Chiasson, Christa Rive, Eva McKenzie, Carol McGuire, Sally McBride, Khoya Craig, Sue Bailey, Jessy Wollen

Regrets: Jessy Wollen

**Agenda:**

1. Welcome and Introductions
2. Land Acknowledgement
3. Roundtable Updates | All
4. Screen use and Protective Factors Follow up- Meghan and Sally

5. Review SD46 Regulation 3125 | Immunization: <https://sd46.bc.ca/wp-content/uploads/3125-Immunization-.pdf>
6. DSLT- Student Forum- December

### **Next Meeting Dates:**

- Tuesday, June 2<sup>nd</sup>, 2025 | 9:00am-10:30am
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### **Minutes:**

#### **1. Roundtable Updates**

##### **Sunshine Coast Regional District - Khoya Craig**

- Spring Break Camps concluded successfully, offering two programs: Gymnastics (fully enrolled) and a Youth Improve Camp for older youth. Positive feedback, with plans to run similar camps this summer.
- Summer camp registration opens April 20th, with a camp planned for Pender.
- YMCA is recruiting a part-time Coordinator (3 days/week).
- Increased hours at the Pender and Sechelt Pools and Gyms (8.5 extra hours in Sechelt, 9 in Pender).

##### **Vancouver Coastal Health - Meghan Molnar**

- Healthy Schools BC resources are now available through HealthLink BC, including the Toolkit, Learning in Motion, and Teach Food First.
- Active Travel Week: Last week of May and first week of June, with road safety campaigns. ICBC engaging with high schools regarding the graduated licensing program.
- May 8th Pro-D Day: Outdoor, land-based learning sessions at GES with hands-on cooking, seed-saving workshops, and discussions about food with children.

##### **Vancouver Coastal Health – Eva Patterson**

- School-based vision clinics are underway this week.
- “Stepping into K” annual event scheduled for May 27–28 in Sechelt and June 9–10 in Gibsons.
- Collaboration with Foundry on both facility and program planning.
- School-aged clinics experiencing high demand, particularly with more youth receiving vaccines at clinics rather than schools.
- Evening clinics in Sechelt and Saturday clinics in Gibsons to expand vaccine access.

##### **Jessy Wollen**

- Working 0.1 FTE as Sexual Health Teacher for Grades 10–12. Needs assessment conducted in the fall by DSLT around sexual health topics.
- Plans to collaborate with VCH regarding STI and birth control education.

### **SD46 – Sue Bailey and Christa Rive**

- Focus on critical incidents, particularly in the two weeks surrounding holidays; the Tumbler Ridge incident has required significant crisis response resources.
- May 8th Pro-D Day: Request for MDI/YDI data sharing sessions, hoping for strong classroom teacher participation.
- Betty Baxter will present on sport development in Canada and her new memoir, with a launch event at Roberts Creek Legion (Thursday, 6:30pm).
- PreVenture Program: End of third-year pilot; undecided about continuation or replacement. Implementation varied: elementary (Year 1), Grade 8 (Year 2), returned to elementary (Year 3).
- RISE Program at Elphinstone: Senior students led violence prevention sessions for Grade 9s (four sessions), plus three sessions at CSS for Grade 8s.
- SOGI: Julia Sinclair-Palm awarded Robert Quartermain Excellence for SOGI work; will work with the district SOGI committee and students this upcoming May.
- Youth resource posters have been updated and will be distributed to secondary schools.

### **Vancouver Coastal Health – Laurie Chiasson**

- UBC teacher candidate is reviewing PreVenture program implementation; expansion likely in Lower Mainland as the Ministry encourages this program.
- Prevention education on vaping and nicotine delivered district-wide to all Grade 6/7s—positive engagement and focus on destigmatization.
- Responded to vaping incidents at Elphinstone; looking at alternatives to punitive measures. Exploring collaboration with Gibsons Fire Chief to reduce alarm-triggered calls and associated costs.
- Opportunity identified for policy updates around substance use and vaping.
- Discussion: Preventing vape sales to youth remains challenging; a need for upstream, prevention-based strategies, and bylaw support. Vaping is highly normalized among youth.

### **Other Updates**

- Outdoor Play Grant: Funds received from the Sunshine Coast Foundation; further information on grant process will be shared.

### **2. Review of Immunization Regulation**

- Awaiting VCH feedback on SD46 Regulation 3125.

### **3. District Student Leadership Team (DSLTT) – Student Forum Update**

- In November, the YDI toolkit was workshopped with 50 youth, focusing on sexual health education and toolkit feedback. Youth selected and refined preferred activities for toolkit inclusion through follow-up meetings.
- YDI survey will include questions specific to toolkit engagement and community event participation, allowing for evaluation in May.
- Fall and winter “Connecting Community” events were included in the toolkit as examples of engagement.
- Schools implementing student-led initiatives:

- Pender: Monthly Breakfast Club fosters connection, with an option to extend into reading time.
- Chatelech: Homework Club pilot launched in April; full program to begin September, offering after-school teacher and food support in the library.
- ESS: Oasis Room development and gardening activities planned; outdoor teaching area
- SCAS: Participatory music/dance group supported by Maggie Bose (VCH).
- Sexual Health Workshop: Included game-based, station-style sessions covering healthy relationships, birth control, values/relationship expectations, and knowledge gaps. Valuable feedback for future programming. The Indigenous learning team is seeking a similar workshop for the Spring Forum, emphasizing youth leadership and in-class participation to ensure inclusive attendance.

**Next Agenda Items:**

- “Smoke Pit” discussion.
- Outdoor Play Grant update.
- Immunization regulation feedback.

**Action Items:**

- VCH to provide feedback on SD46 Regulation 3125.
- Distribution of updated youth resource posters to secondary schools.
- Provide further information on the Outdoor Play Grant process.

**2026 BCCPAC AGM Resolution Submission – Part 4**

**Proposers**

SD46 District Parent Advisory Council, School District 46 Sunshine Coast

**Co-Submitter**

SD33 District Parent Advisory Council, School District 33 Chilliwack

**Title**

Early Supports for Emerging Learning Needs and K–3 Education Assistant Commitment

**Type of Resolution**

Ordinary Resolution

**Resolution**

**Be it resolved that the BC Confederation of Parent Advisory Councils advocate to the Ministry of Education and Child Care to:**

1. **Increase and stabilize funding** to support students demonstrating significant learning, developmental, behavioural, or social-emotional needs, including those awaiting formal assessment or designation.
2. **Provide targeted K–3 funding for early identification and intervention, and urgently fulfill and publicly report on the 2024 commitment made by the Government of British Columbia under Premier David Eby to staff every Kindergarten to Grade 3 classroom with a dedicated Education Assistant.**

3. **Improve access to timely psycho-educational, developmental, and behavioural assessments** by reducing wait times and expanding service capacity across regions.
4. **Provide sustained funding and provincial guidance for educator professional development** to support early identification and inclusive practices for neurodiverse learners.
5. **Establish clear provincial expectations for Education Assistant assignment and redeployment** that prioritize designated students and classrooms, limit redeployment to exceptional circumstances, and require standardized, proactive, and timely communication to parents and caregivers when supports are interrupted, including the reason, expected duration, and plan for restoration of services.

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### **Proposers' Position Statement**

Schools across British Columbia are seeing a growing number of students entering Kindergarten through Grade 3 with significant learning, behavioural, developmental, and social-emotional needs. Pandemic-related disruptions reduced access to early learning and early intervention, increasing the complexity of needs in early primary classrooms.

Wait times for psycho-educational and developmental assessments have increased across the province. Because targeted funding is often tied to formal designations, many students remain without adequate support while awaiting assessment, creating inequities during critical early learning years.

The Government of British Columbia committed in 2024, as part of its provincial platform, to staffing every K–3 classroom with a dedicated Education Assistant. However, implementation gaps remain, including staffing shortages and redeployment practices that can interrupt consistent support for vulnerable learners.

This resolution calls for earlier and more equitable access to supports, full implementation and accountability of the K–3 Education Assistant commitment, and clear, standardized communication to families when supports are disrupted. These actions are essential to supporting inclusive classrooms, reducing learning gaps, and improving long-term student outcomes.