

** DRAFT**

SD46 District Parent Advisory Council Meeting Minutes

ZOOM

September 24, 2020 | Meeting called to order by Chair: Jo Thomson 7:00pm

In Attendance

Jo Thomson	Miyuki Shinkai	Maria Hampvent	Lorena Ruth	Patty Shields
Patrick Bocking	Marilyn Baines	Karys Foley	Lynda Brisbois	Jen Halowenko
Amy Robinson	Ursula Dragowska	Sarah Joseph	Tracy Mclelland	Kate Kerr
Scott Davis	Udo Rosenberg	Paula Howley		

Approval of Minutes

Motion: To approve the minutes from last meeting May 28, 2020 via Zoom

Move to Motion: Miyuki Shinkai, Patty Shields 2nd

The minutes were accepted as presented

Agenda

Opening comments and approval of Agenda.

Motion to approve agenda: Miyuki Shinkai to add on agenda: Q&A

Move to motion of addition, Jo Thomson, Patty Shields 2nd

Presentation

Mental Health in Schools –

Kate Kerr, Director of Instruction for Inclusive Education

Karys Foley, Family support navigator

Sarah Joseph, Early Years support, SS, Kindergarten

2020-2021 Fall School District 46 Mental Health and Well-Being

We are here for the students, families, and staff.

- Monthly Wellness Newsletters
- DASH – Dedicated Action for School Health
- LifeSpeak Employee Resources
- SEL Overview Tiers of Support (SEL Embedded into School Communities)
- School District Website with links to resources. <https://sd46.bc.ca>
- Engage Mental health resource page

- Like growth rings of a tree we can see the climate of each year. Current climate Covid19
- A shared experience, worldwide, a human experience across the globe.
- This has brought forward the importance of mental health.
- We have excellent support in our District.

Resources provided on our SD46 website:

<https://sd46.bc.ca/families-and-students/health-supports-resources/>

Health and Well-being for Students

- Priority: Trauma informed approach relationship/engagement
- Social Emotional Plans for both Elementary and Secondary Schools
- Prioritizing Outreach for Diverse/Vulnerable Learners
- Mental Health Literacy for Secondary Students
- Social emotional plans are prioritizing outreach
- SEL overview tiers of support SEL embedded into school communities

Mental Health and Well-being for families:

- Fall ACES presentation with guest speakers Dr. Rob Lehman and Dr Gupta
- DPAC presentation Sept 24
- Collaborative Process with Community Partners
- Docs CYMH in Secondary Schools

Last year we were fortunate to be recipient of BC Children’s Health GRANT

Support Priority: Children and Youth Mental Health and Substance Use

Pathways to Care on the Sunshine Coast

Many partnerships worked together to put this together.

Collaborative work put into this document HUGE team effort

Familysmart.ca

Kelty Mental health resource center website and peer support

keltymentalhealth.ca

Karys Foley

A bridge between families with the school. Connecting families to community supports.

Helping parents navigate the school system. Helping parents to feel they have a voice in the school.

Mental Health broad subject. There is a lot of resources available.

- Complexity with parenting during pandemic many families feeling overwhelmed.
- Mental health is about emotional wellness & health.
- Support ways to help kids with emotional health.

- Kids need to feel safe and secure to learn.
- There are higher states of alarm with our nervous systems

Can impact eating and sleeping patterns

As well as connections. These points together can impact that children have anxiety.

More conflict, resistance, frustration are symptoms are feeling overwhelmed.

How to support our children

When we exhibit calm our children's stress levels will reduce.

We want kids to feel safe and that happens through our connection and our relationship with them.

We can send messages we are doing everything we can do be safe and that we are here for them

And make possible to shield them from the alarm around them.

Save overwhelming feelings for adult conversations. Allow our children to reset their alarm systems by not being a part of all content conversations.

Sarah Joseph, Early years support, SS and Kindergarten

Helping families navigate, finding resources and support they need.

There is a current reduced window of tolerance. Coping capacity more vulnerable.

Pandemic – high stress high change, coping capacity reduced means more behavioral challenges.

Adult side of things also limited. Patience and tolerance levels reduced.

What we can do:

Open the window with connecting, which will reduce stress levels.

Also, self-care. Have calm time. Find things to make us feel good to reduce stress level.

Also answer questions: with uncertainty our children can have more questions.

Tips:

Ask them what they know already. (get curious)

And fill in the gaps, age appropriate information

Ask that they understand what we are saying, ask for feedback.

Help find the answer or validate its ok we do not know. We can help create a basis for understanding

Help understand this time of uncertainty or fears.

Q: We the parents need to show calm. What are the resources available for parents?

A: 6-week series Parenting through difficult times. They will be recorded and be viewed or can still join in.

Q: How do parents access the support of Karys Foley or Sarah Joseph?

A: Connect through your school

Treasurers Report

Scott Davis Reports:

Gaming Account Balance: \$2792.62

Savings Account Balance: \$1205.44

Deposit from Langdale returned - Laurie Beesting 'Bridge the Gap' math event.

The gaming grant was not applied for last year. We can still apply.

Aspen Wing has volunteered to help Scott Davis apply

Committee Report

Jo Thomson –

BCCPAC membership, \$75 each PAC

Ministry of giving the DPAC a license for Zoom.

Each school has ZOOM license. Principals can set it up individually.

If PACS need zoom access contact school principle.

New Executive DPAC members welcome. Jo is available to train for new Chair for election next year.

Superintendent and Board Report

Patrick Bocking

Has visiting most schools and all staff outstanding in the professional measures of adapting to working in these times. Learning plans and support plans with incredible support from principals.

Four options for students:

A little less than 1% homeschooling. Separated from sd46 Not a huge change from normal.

Sunshine Coast online 5% wholly online, Sheila, Karys and Christa Rive organizing from RCES

11% Transition phase, with intention to return by November

In class 83% Its good for kids to be in school routines. Mental emotional support with structure and routine.

Town hall meeting today many questions addressed with S46 VCH Coastal Health

4-5 p.m. Dr. Mark Lysyshyn, Deputy Chief Medical Officer Chief VCH Coastal Health

Recorded and available on our sd46 website and Facebook page.

International trips cancelled

Funds have not been returned.

Individual policies, the school district does not have the ability to do much legally, but we are advocating for the families and will continue to try.

Regulation 1230 -Process for administrative regulations

Having clear processes to develop regulations ensures all community members can discuss and provide input for our district obligations.

Process for administration

DPAC an important member for contributing to changes.

New regulation or revision developed by Superintendent of schools, revision to relevant board committee.

Regulation presented to board of education

Draft regulation circulated and posted by management at all centers for input. PACs, DPACs CUPE, SCTA and all school sites.

Input in writing received for 6 weeks.

- This consideration of 6 weeks in question for DPAC, is it a good amount of time to review with DPAC a regulation.

This Question addressed to DPAC –

Response from Jo Thomson – open to discussion with DPAC

Udo Rosenberg suggests 10 weeks and will allow communication, feedback with PAC to two full meetings.

DPAC all in agreeance.

Q: Are there any regulations in question to be reviewed.

A: There is nothing specific to be addressed urgent at this time.

For example: Personnel. What is reasonable access for staff currently? This is an idea of what could come up for question. If it is relevant to parents, it will be brought forward at DPAC.

The principals or DPAC can bring this information to the PAC meeting.

DPAC is an open meeting for parents to communicate with superintendent and trustee.

Here at DPAC parent voices can be heard. This is the official form for that open communication channel.

Q: Marilyn Baines

Re: Federal funding for covid19

Is there a working group around the funding?

A: The board and Treasurer Nick Weswick are the lead. It is not a committee decision but a staff decision. 1.1 million Government funding, cleaning, transportation, classroom support, online support, diverse learners, indigenous learners.

Q: Scott Davis

Nick Weswick stated there was a surplus last year.

Is there any extra budget?

A: Patrick Bocking surplus gets rolled back into schools. For example, a fund set aside 200K set for musical instruments. Some other times are more formal requests.

Maria Hampvent

- Transportation review, seeking input
- Looking forward to West Sechelt expansion

Healthy Schools Committee

Marilyn Baines Report:

2020 Meeting:

Discussion/updates: Healthy schools meeting Oct 6 report next meeting.

Discussion

Miyuki Shinkai, Vision Grant

Highway crossing has been a discussion at Langdale PAC hosted by YVR coastal health and Langdale PAC

Did not receive the Grant because they wanted us to go back to Ministry of Highways as a collaborator.

They offered to host a public information event.

Reverse the trend of Backseat Generation

October 29, 2020 7:00 – 8:30 p.m.

Register for the webinar: <https://tinyurl.com/activetravelforkids>

Presentation and Q&A with international experts Mariana Brussoni and Guy Faulkner on the current research on the importance of active travel and active play to child mental and physical health and development.

For more information contact:

lianne.carley@vch.ca

nadia.fourik@vch.ca

Zoom Weekly Meeting

Parenting Through Difficult Times -How to Thrive rather than just survive

Sarah Joseph, Certified Positive Discipline Trainer and Family Therapist

Elementary: Mondays 8:00 p.m. Starting September 21, 2020

Secondary: Wednesdays 8:00 p.m. Starting September 23, 2020

Register with school district and zoom invite will be sent to you

Meeting adjourned 8:34 p.m.

Next Meeting

October 22, 2020 7:00 p.m. Zoom