

District Parents Advisory Council (DPAC) School District No. 46 (Sunshine Coast)
—DPAC MINUTES—
Thursday, May 28, 2015

Call to order: 7:07 p.m.

APPROVALS

- Motion to adopt minutes from Apr. 23, 2015 DPAC meeting: Marilyn Baines (first motion), Jo Thomson (second motion). Passed.
- Motion to adopt May 28, 2015 Agenda: Jo Thomson (first motion), Marilyn Baines (second motion). Passed.

DPAC CONSTITUTION & BYLAWS

- Short review of DPAC Constitution and Bylaws (as per discussion in previous meeting).
- Motion to approve new constitution: Marilyn Baines (first motion), Sharon Mackenzie (second motion). Passed.

ACEbc CONFERENCE FEEDBACK

- Andy Lewis (DPAC rep): an excellent conference—would have liked to be able to go to more of the workshops offered! Highlights included:
 - Coffee Table conversation with Mary Gordon, Sue Montabellow and Kimberly Schonert-Reichl which presented different research and points of view on Social Emotional Learning (SEL).
 - The Role of SEL in Building Community with Peter Dubinsky (Burnaby, SD#41), which examined the work of SEL in schools and how it can help enhance student and parent engagement in a school community.
- Trustee Lori Dixon: was happy to see so many local presenters (Betty Baxter, Barry Krangle, Ursula Hardwick, Kirsten Deasy, Christabelle Kux-Kardos)
- Board Chair Betty Baxter: kudos to the organizing team. She heard rave reviews from all involved.

GAMING FUNDS DISCUSSION

- Allyson Fawcus explains that we have \$1875 of the funding left, but that we can roll the funds over to next year or earmark it for spending next year.
- Requests for funding from the floor:
 - Stacia Leech: Mind the Gap Project (Handouts attached)
 - A 7-week-long mindfulness enhanced strengthening families program being offered at Roberts Creek Elementary (previously offered at Kinnikinnick) which provides an opportunity for parents and youth ages 10-14 to work with facilitators on core themes and come together to share a free meal together.
 - There are 12 spots per school session. Would like to see it increase in numbers and see it offered to other schools.
 - Motion to approve \$350.00 of DPAC's gaming grant to support the Mind the Gap Project: Sharon Mackenzie (first motion), Marilyn Baines (second motion). Passed.

- Trustee Lori Dixon: Would like DPAC to consider a future project, a potential district-wide event that would provide Aboriginal education for parents and give us (parents, students, staff) the opportunity to gather together and learn more about First Nations language, traditions and protocols (event would include First Nations canoes, speeches, singing) to better understand what it means to live in an area with two First Nations groups.
 - Allyson asks that Trustee Dixon keep DPAC updated as plans develop as they sound worthwhile and of importance to the membership.
- As no other specific funding requests are forthcoming, the remaining gaming funds (\$1525) will be rolled over to next year.

REGULAR REPORTS

DPAC Chair's Report: Allyson Fawcus

- Nothing to Report.

Treasurer's Report: Allen Stevenson

- Allen Stevenson unable to attend meeting tonight, but Allyson Fawcus confirms that there is nothing to report—no changes to account balances.

Board's Report: Trustee Dave Mewhort, SD46 DPAC Liaison (Trustee Report attached)

Highlights:

- SD46 has been hard at work on next year's budget. It is now available online as part of the May Agenda package for the Regular Board Meeting: http://www.sd46.bc.ca/files/14-15%20Board%20Meetings/051215_ReggAgenda.pdf
- The Annual Facilities Grant (AFG) Spending Plan has been discussed. Grant is approximately \$1,000,000 to be used for maintaining buildings. For specific details about how the AFG may affect your school, ask your principal or see the above May Agenda package.
- Marilyn Baines asks for clarification regarding the Asbestos Inventory line item in the AFG Spending Plan (\$20,000).
 - Trustee Mewhort explains that asbestos inventory is a preventative measure which is performed to assess where asbestos might found in existing buildings. Because asbestos is only harmful if it is disturbed/in the open air, the presence of asbestos is always checked before any major maintenance in the buildings is performed.

Additional Committee Reports:

Sunshine Coast Health Promoting Schools Committee Report: Marilyn Baines, DPAC Liaison

- Nothing to report at this time. Next meeting scheduled for June 2, 2015.

Education Committee Report: Allen Steveson, DPAC Liaison

- Tabled: Allen Stevenson is unable to attend meeting tonight.

Superintendent's Report: Patrick Boeking (Full Superintendent's Report is available on the SD46 website: <http://www.sd46.bc.ca/index.php/superintendents-desk>)

Highlights:

- Report will be brief as much time and effort has been spent on developing the Strategic Plan, which is next on the agenda!
- Recent Committee of the Whole meeting looked at a Policy Review—the role of the Trustee, Trustees volunteering/donations, and the role of the Chair. A committee was struck to review policies and report back to the Board. Next Board Meeting is June 9.
- Visited Schools with Board Chair Betty Baxter, including Chataleah, WSE, Kinnikinnick. It is rewarding to see students engaged in many diverse opportunities!

DRAFT STRATEGIC PLAN PRESENTATION: Patrick Bocking, Superintendent, and Betty Baxter, Board Chair

- The draft is online at the SD46 website and feedback is welcome! They are presenting an ambitious Strategic Plan for 2015-2019, both in its desired outcomes and the goals needed to achieve them.
- Timeline:
 - May 12: draft approved by Board (was reworked following comments).
 - June 3: last day to receive feedback.
 - June 9: final approval at Board Meeting.
 - Summer months: presentation of Strategic Plan will be polished and an implementation plan confirmed.
 - September: distribution to schools.
- SD46's mission has not changed: to be engaged in lifelong learning and educational excellence. The Board firmly believes that our students can excel. Our goals:
 - Early Learning
 - Reading at grade level
 - Achievement of mathematical skills
 - Social and emotional skills
 - Mental and physical health
 - Music/fine arts program
 - Experiences in the natural world / environmental education
 - Education with the support and knowledge of technology
 - Indigenous education and recognition of diverse cultures
 - Graduation with life skills
- Chair Baxter comments that a lot of the goals/programs in the Plan are already happening, such as the music program. We aren't necessarily starting from scratch! By the end of 2019 it is entirely possible to achieve all these goals. The indicators of success and the communication plan can be found in the Operational Plan.

COMMENTS FROM THE FLOOR

- Trustee Lori Dixon: would like to note that the organizations in our community help us to be ambitious about what we can accomplish.
- Marilyn Baines: would like to see the Strategic Plan include parents, as community stakeholders, wherever possible (such as in Early Learning). Also would like to bring forward the possibility of addressing restorative justice in implementation plans.

Next Meeting: September, date and time TBD

Meeting adjourned: 8:39 p.m.

Roberts Creek Community School

Building bridges for youth in transition

You are invited to participate in a unique FREE family program offered by the Roberts Creek Community School Mind the Gap Project
Mindfulness Enhanced

STRENGTHENING **Families PROGRAM** for parents and youth 10-14

For the first time on the Sunshine Coast parents will have the opportunity to participate in this highly acclaimed, skills-building curriculum designed for families and youth aged 10 – 14.

- Strengthening Families Program has the best track record in reducing youth drug and alcohol use reports the World Health Organization after conducting a meta-analysis study of 6,000 prevention programs.

The course includes short lectures, videos, discussions, skills practice, fun learning games, family projects and at home practice designed to:

- Strengthen Parenting Skills
- Build Family Strengths
- Building Teen Resiliency

Research on the Mindfulness Enhanced Strengthening Families Program:

- 10% reduction in symptoms of depression & anxiety among girls 5 years after participating in the program.
- 58% less aggressive behavior in boys 4 years after participating in the program (4 & 6 year follow-up evaluation surveys).

Core themes include- Using Love & Limits; Using Empathy- Parent to Youth and Youth to Parent; Rules / Responsibilities to reach goals; Expressing appreciation to family members; Open & Clear communication, Links community resources.

Seven weeks, Tuesday nights at RCCES. Starting in October 6th 2015

- 5:30-6:10 Free family dinner
- 6:15-7:25 Separate parent and youth sessions
- 7:30-8:30 Family session (together)

Strengthening Families Program is FREE! Sign up by September 18
Childcare is available for younger siblings.

Registration or inquiries email mindthecoop@eastlink.ca or call 604-885-3481 and talk to Stacia.



STRENGTHENING Families PROGRAM for parents and youth 10-14

An evidence-based parent, youth, and family skill-building curriculum that provides the structure, guidance and other behavioral problems a comprehensive parent, youth communication skills development process in youth development and aggressive behavior at home and at school.

www.extension.iastate.edu/strp/

The World Health Organization named Strengthening Families Program: For Parents and Youth 10-14 the **#1 prevention program out of 6,000 programs analyzed for long-term effects on substance use and misuse.**

"Disappointing results from school-based programmes have encouraged interest in family interventions. The one with the best track record is the U.S. Strengthening Families Program: 10-14, an approach now being tried in Britain." David Foxcroft, Oxford Brookes University (Cochrane Collaboration Systematic Review, 2002). Foxcroft, Ireland, Lister-Sharp, Lowe and Breen

Program Features

- Developed for parents and youth ages 10-14
- Designed for a group of 7-10 families
- Consists of seven two-hour sessions with graduation
- Led by three certified facilitators with separate sessions for youth and parents and then families together
- Builds communication and allows parents and youth to practice skills with learning games and family projects
- Provides four optional booster sessions that may be held 3-12 months later
- Implemented in all 50 states and more than 18 countries



Evidence-Based Program

- Part of a random/control study
- Listed as a model or promising program with:
 - Department of Education
 - Blueprints for Violence Prevention
 - NREPP
 - SAMHSA
 - CSAP
 - NIDA
 - OJJDP

Benefit-Cost Analysis –

For every dollar spent on SFP 10-14, \$9.60 comes back to the community as benefits in the form of less jail time, less time off work, and less time in treatment.

Source: Spoth, Guyll, & Day (2002). Journal of Studies on Alcohol, 63, 210-228.

Our participants say it best...

From Our Youth:

- "I learned to deal with peer pressure."
- "I realized my parents have stress too."
- "My parents love me."

From Our Parents:

- "I learned to listen to my child and their feelings."
- "I can set rules and consequences and still show love."
- "This is the first time since my son was born that my husband and I have been on the same page."
- "Since there was a court order for my son to do this, we both felt it was a waste of time – we were wrong!"

From Our Facilitators:

- "I firmly believe in this program. I hope the parents find the tools, skills, and strategies helpful."
- "All families can learn from this program. Families all have needs and challenges."
- "Our family did the program and the peer pressure steps helped them choose a great group of friends."



Youth Risk and Protective Factors Addressed

Risk Factors:

- Aggressive or withdrawn behavior
- Negative peer influence
- Poor school performance
- Lack of pro-social goals
- Poor relationship with parents

Protective Factors:

- Positive future orientation
- Peer pressure resistance skills
- Pro-social peer relationships
- Positive management of emotions
- Empathy with parents

SFP 10-14 Delays Initiation of Substance Use by Over Two Years

	Prevalence Rate	Control	SFP 10-14
Lifetime Alcohol Use w/o Parent Permission	40%	14.4	170*
Lifetime Drunkenness	35%	15.3	175*
Lifetime Cigarette Use	30%	15.7	179*
Lifetime Marijuana Use	10%	15.5	178

*p < .05 for test of group difference in time from baseline to point at which initiation levels reach the stated levels—approximately half of 12th grade levels—in control group.

Source: Spoth, Redmond, Shin, & Azavedo (2004). Brief family intervention effects on adolescent substance initiation: School-level curvilinear growth analyses six years following baseline. *Journal of Consulting and Clinical Psychology*, 72, 535-542.

... and justice for all

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Trustee Report
DPAC- May 28, 2015

First and foremost, the Board's Operations Committee received a new and improved 2015- 2016 Preliminary Budget. The Committee reviewed the budget and a recommendation was put forward to adopt it. It was adopted in the amount of \$39,976,565.00 at the May 12th Board Meeting.

Similarly, the Annual AFG Budget was also adopted:

AFG SPENDING PLAN

AFG 2015	\$907,785
Budget	\$907,785
Spent	\$908,000
Contingency	\$215

Project	Budget	Location
Roofing	\$300,000	PHSS, CGE, RCE
Consultant reports	\$20,000	ESS, PHSS Seismic
COP (BC Hydro)	\$30,000	CSS, ESS
Asbestos Inventory	\$20,000	All
Grounds Upgrades	\$40,000	All
Flooring	\$50,000	SBO, WSE, CSS
DDC Upgrade	\$20,000	LES
Windows/Doors	\$60,000	LES, ESS
Gym Floors	\$38,000	KES, SLC, WSE, LES
Exterior painting	\$110,000	CSS, MPE
ESS/RCE Interior reno	\$140,000	RCE, ESS
Energy Efficiency	\$30,000	TBD
ESS Abatement	\$20,000	ESS
Fire Alarms	\$10,000	LES
Paving	\$20,000	WSE, SLC

Dave Mewhort
DPAC Liaison