

DPAC Meeting Minutes
February 28, 2019
Chatelech Secondary Library

1. Welcome and Introductions / call to order: 7:01pm
Jo Thomson, Amy Robinson, Susan Goddard, Rachel Wiseman, Udo Rosenburg, Patrick Bocking, Marilyn Baines, Megan Molnar, Maria Hampvent, Sharon MacKenzie, Myuki Shinkai
2. Approval of minutes from last DPAC meeting: Motion to approve as presented; Marilyn 1st and Rachel 2nd
3. Agenda for tonight's meeting: Approved by all.
4. **Presentation: Healthy Body Image in Youth**
Meghan Molnar – Public Health Dietician

Brought resource handouts. Can view online.
www.jessieslegacy.com

1. Raising Kids with a Healthy Body Image
2. Body Image and self esteem
3. Resilience and "Bouncing Back"
4. Media Literacy
5. Health and Wellness

And

Canada.ca/FoodGuide

6. Canada's Food Guide 2019 new release

- Has been offering support with presentations at schools. Most recently Pender Harbour Secondary.
- Students sometimes struggle with idea of losing weight, why it can be not good. Vs Health and well-being.
- Met with a Girls empowerment group at Pender high school that includes the participation of an Officer on duty.

- Early childhood and parenting determined by youth as a role model for their opinions of their bodies. (body image and how they need to act)

Suggestions:

Do not comment on weight. But rather talk and celebrate the natural differences in body types. Also active lifestyle.

Not to focus on looks but rather what they are good at. Such as arts, or sports for example

Also another important factor is healthy meals at home.

Encourage family meals together. Could even be a weekend time such a breakfast. The connection of a family meal is what important. (vs not what you are eating; doesn't have to be elaborate) Encourage family meals as bonding time.

Kids tend to eat better. Research shows kids that eat together are less likely to have risky behavior.

-There is a new Canada Food guide

-Guidelines for BC schools still relevant. Very little changes.

-Instead of amount they use proportions

-Tips/suggestions for meals.

Canada.ca/FoodGuide

Reminder:

Meghan Molnar is a resource for schools.

Can also help with hot meal programs for school lunches. Ideas on healthy eating options.

Discussion: Maria Hampvent

Q: foods Courses as Nutrition. Is the name of the class Nutrition valid if its baking or meal options do not focus on preparing more nutritious meals?

Comment: Sharon Mackenzie furthers discussion on Foods making donuts yesterday was made out of potatoes and yams. Discussion continues on ideas of healthy options for Foods Class and Budget for Nutrition courses.

Farm to school program

Funded by Ministry of Health

Program is a way of doing. Grant options for this program.

Elementary schools have received grants (all except Cedar Grove) Grant for anything to do with bringing action to growing food. Farm to plate awareness
Grants around \$1300-\$2000

Discussion: Rachel Eastman

Q: How do you feel about getting your child to eat? As a parent you don't want to force them.

A. Meghan Molnar: the more you stress the more they will refuse to eat. They will eat what they need. You do a great job without pushing. They may have eaten a big lunch and not be as hungry at dinner. Encourage child to listen to your body. If they are hungry they will eat. Do not have to overeat by forcing large meal at night.

- There are many healthy ways of eating.
- Feeding families can be tricky. But being consistent with nutrition will teach the child at their own time.
- Keep trying to put out the foods even if they don't like them. It is possible in time they will try it.
- Kids may also have more interest in food if they are invited to help prepare it.
- Family dinner routine is a great way to influence healthy eating patterns.

CATT training – Concussion awareness training tool

cattonline.com

Alison Public Health Lead

Wants to let everyone to recognize signs of concussion and know that that it is a brain injury and is very serious.

Discussion: Marilyn Baines

Vanessa White did state that sometimes if a child experiences a concussion at school they are not always notified or aware.

Kids don't know what is going on. They may not discuss it. It is important for parents to recognize signs and notify school if a child has a concussion.

5. Regular Reports

| **Chairs Report: Jo Thomson**

- BCCPAC spring conference May 3-5, 2019
- The conference is \$300 to attend plus \$159 hotel cost. Recommends one person to attend if DPAC is paying.

One day is conference. One day is AGM. Would like to see a DPAC rep to attend.

Miyuki interested to attend from DPAC.

***Motion to approve Funding to send Miyuki to BCCPAC Conference.**

-Funding amount for conference to include:

Registration, accommodation, travel cost. Approx \$800.00 in total

May 2/3/4 **Motion moved by Sharon Mackenze and Rachel 2nd all carried.**

- 'Partners in Learning Celebration' Chatelech March 7, 2019 5-630pm by invitation. We have been asked to have a table.
- Key program people and partners. To offer information on how your partnership benefits our School District.
- This is our 4th year. Showcasing how we make our community better.
- Jo Thomson has offered to be there and present a table on behalf of DPAC.

Treasurer's Report: Jo Thomson on behalf of: Aspen Wing

- – Gaming Account Balance: \$2989.00 (minus \$600 Cheque#123 to be cashed. Also Note: \$600 to be sent to Pender Harbour Secondary Parenting Teens Course)
- – Savings Account Balance: \$1114.72

Question will we be doing Gr7 transition? Total Cost for all 3 high schools: \$350

Money to be sent directly to Elphinstone PAC this year \$150

DPAC will pay and we will determine how to send payments.

- 6. Superintendent's and Board Report: Patrick Bocking**
- a. Strat Plan privilege to hear the feedback from each meeting. Talking with students and staff and what they would like to see for themselves or future students.
 - b. Survey Monkey available until the end of this week of March 8, 2019
 - c. Water- Ministry of Education requires water samples of Lead (every 3 years to be tested) 2017 mandate all schools to be flushed. With Vancouver Coastal Health we found an alternate plan. Combination of filtering and signage. Anything that is not drinkable to be signed. Potable to be signed as Green. All schools to be signed. Exciting new option working with Vancouver Coastal Health. Two types filters. Some underneath vs some on the tap. Washrooms to be signed not potable.
 - d. Student Fees: last year with Elem principals; two ways of getting students supplies for school supplies. List for parents vs 5 of 9 schools requested money cost of school supplies. Many families cannot afford to do this. Feels like a tax for parents to educate their children. We will be using our surplus to fund school supplies for students. It will come out of our budget. One conflict here is cost of band instruments at this time we have no plans to cover the cost of rentals. School supplies will be covered for both Elementary and high school. This plan is sustainable.
 - e. Regulations and rules are being reviewed. Presented to the Board. Commitment to bring it to parents: to be received: homeschooling; Parents to let the school know they plan to homeschool. We support and will supply textbooks. Regulation review on Policy for Volunteers. IE Privacy control of confidential information. Student interviews by RCMP we are expected to contact parent first and receive permission and that an adult stay with the student while waiting. (unless of course RCMP says otherwise)

Board Report: Maria Hampvent

-Review on Strat plan at each PAC meeting at every school.
Live survey online until March 8, 2019

Was at Kinnickinick meeting

Attended two conferences. Learn about MORE (bargaining) and Leadership

Miyuki request on information on: Dangers of online threat [Momo] thru whatsapp and Utube. Patrick Bocking confirms letter sent out to all schools. Notice from Ministry of Education

Vanessa White recent conversation with high school students; asked students if we should give our kids a phone, they replied no. Also noting they have been giving advice on better posture as device use is showing signs of vertebrae damage.

7. Report on Healthy Schools Committee – Marilyn Baines

Meetings have been increased to 4x per year. Next is April 2, 2019 from 2-3pm SD46 office

1. Immunization in schools: When students faint PHNs call home and only return the child to class when feeling well. When students “feel faint” PHNs asseses and send the student back to class when feeling well, but do not call home.
2. Concussion Awareness Training Tool. (CATT): As a precautionary measure, parents are encouraged to notify the school when a student has sustained a concussion or has needed to be assed for concussion. The tool is part of staff development in the schools as well as other facilities and sports organizations.
3. A pilot project for GR6 school immunizations designed to decrease student anxiety will start Sept.2019. The CARD (comfort/Ask/Relax/Distract) program will be utilized by PHNs. Students will do an in school online session. “Kids Boost Immunity” from the BCCDC Website.
4. Gibsons “Active Travel Project” studying barriers to travel such as cycling or walking for students of ESS and GES was outlined by guest presenter Chris Morse, EHO at VCH. A good

summary of findings are included in a Coast Reporter article Dec 27, 2018 available online.

5. Mehan Molnar spoke about the new Canada Food Guide. She outlined concerns Re:Apps available to support calorie counting, and online focus on eating oddities as well as negative aspects of body image. The Farm to School programs are busy.
6. SD46 – Cannabis and substance use GR7 panels are continuing. Train the trainer in Mental Health Literacy at ESS and Chat are underway. Also the 'Friends' program EASE on anti-anxiety is scheduled for Feb.6 and 7. MDI is underway. Naloxone training with Brent Fitzsimmons is happening at PHSS.
7. SCMHSU Local Action Team – SC Mental Health and Substance Use Resource document are in process. One titled "Youth Resources for the Sunshine Coast" is in brochure format and available now on the SD46 Website under Parents>Mental Health. The second is a more extensive 5-page listing currently being formatted so should be available soon.

Note: Vanessa White and Kate Turner to be taking over to keep all resources up to date.

Update: FamilySmart is producing a new webinar in March 2019

8. Jo Thomson review on Parenting Engagement Group Meeting

- Discussed Strat Plan and insights
- Discussed possibly of video of transition of video for Gr7 students entering high school

9. Announcement; Susan Goddard

- Newspaper clipping from Powell River DPAC and PAC write-up **Meet your District Parent Advisory Committee Executive**
- Asks if we could do something like that in (Coast Life magazine)
- And/Or Coast reporter BACK to SCHOOL Edition in August?
- Engagement Piece

10.Review:

DPAC Funding and Mandate Supporting parents in the District.
-We fund where we see there is a need.

DPAC sponsored Parents Education events:
“Parenting Teens’ Currently at Elphinstone Secondary.

****Registration open for ‘Parenting Teens’** workshop at Pender Harbour Secondary School

Sessions April 24-June 5 2019

Call CCRR at 604-885-5657 coastccrr@sccss.ca

11. FamilySmart Free Event for parents:

TITLE ‘Substance Use’ Relationship over Responsibility
It will help us as caring adults, learn how to make “Drug Education a Conversation”

Monday March 11, 2019

Chatelech Library 7-9pm Doors open at 6:30

RSVP: jill.shatford@familysmart.ca

DPAC Meeting Adjourned 9:04pm

**Next Meeting: April 25, 2019 Pender Harbour
Secondary Library**

**Guest Speaker: Kirsten Deasey ‘Early Learning and
Connection**