

DPAC Meeting Minutes
October 25, 2018
Chatelech Secondary Library

In Attendance

Jo Thomson, Deb Reeve, Matt Rockall, Dave Mewhort,
Patrick Bocking, Udo Rosenberg, Aspen Wing, Susan
Goddard, Miyuki Shinkai, Patty Shields, Sharon MacKenzie,
Amy Robinson, Maria Hampvent, Jill Shatford
Late: Scott Davis

Approvals:

Motion to approve minutes with amendments: 1st Matt
Rockall, 2nd Patti Shields

Motion to approve Agenda with amendments: 1st Susan
Goddard, 2nd Miyuki Shinkai

Presentations:

Vanessa White – Counselors

1. Counseling change in schools

- Traditional old model visit school 2-3 times per week.
- Student to see them once a week & typically have youth removed from classroom to have access
- Drawback: Limited communication, limited support network after visit and possibly creating barrier to access resources.

New model:

*Counselor visits classroom and educates all students and staff.

*This builds awareness on health and well being in terms of personal safety, sexual health and mental health.

*Giving students more skills.

*Creates peer network

*Anxiety preventative measures.

*Whole class has language and tools.

*Connects school counselor to every student in school.

*Teacher access to counselor by hearing what counselor can offer in terms of support and access them ongoing throughout year.

*Teachers address whole grades.

Some cases one on one. But more time focused on all students.

Can tailor to each teacher and each new class.

Last year all the counselors were educated to be roots of Empathy Facilitators. They now bring that knowledge to the classrooms.

Online Course for Mental Health Literacy:

<http://teach.educ.ubc.ca/developing-students-and-educators-mental-health-literacy-makes-a-difference/>

2. Stan Tucci -wrote **Mental Health Literacy Curriculum** and Curriculum called “How to be a “go-to” Educator”

-3 staff received training.

-NOV 27-PRESENTATION at Elphinstone

Secondary “Go-To” educator with 10 Staff.

-Will train each school – Targeting grade 9 in all schools (Hope to include Grade12 in Spring2019)

-Want to teach kids differences in Mental Health issues & social issues VS Grief or anxiety

-Educate on difference between Self-Diagnose vs

Diagnosis

-Taking this course to give skills to determine which kids need help with Mental Health

-Parent training available, will train students and send out information for parents.

RESOURCES – TAB available on SD46 website
>parents>mentalhealthsupport

Local resources and city resources, helpline and website

SD46 Counseling team would like to present to us, and also offer to do parent education.

3. SOGI123: Hoping to see on DPAC, (Want to see it approved).

DPAC usually in other districts add the information if the district is in support of the education

4. Meghan Molner (nutritionist) interested to present as guest speaker. “Picky Eaters” or “Healthy Lunches”

Contact: meghan.molnar@vch.ca

5. **MedTalks coming up Nov15** Chatelech High School Theater 7-9pm for parents SEE COAST REPORTER title “Anxiety, pain and Mary Jane”

Register: sh.foundation@vch.ca

-Jill Shatford - Offers her time to present information and or tie into Med talks presentation on behalf of Family Smart.

6. **Family Health Expo **Decided as group to postpone for one year ****

-Finding attendance low at evening presentations

-Want to find better way to reach parents

-Searching for ideas how this could be.

- Such as webinar
- How can it be accessible? Asking parents.
Survey?
- Pop up booth at school events

School counselor groups happy to volunteer their time as speakers and presenters.

Regular Reports

Chairs Report -Jo Thomson

- Overview of White Hatter. Fantastic presentation. Great attendance. Epic Success.
- Thank you Dave Mewhort for these years of service and his many years support.
- Family Health Expo postponed as per Vanessa.
- More resources coming for parents and students on vaping/cannabis awareness.
- Grant being applying for Healthy BC schools Regional grant /for health sectors to work together promoting wellbeing \$5000. (Being applied for)

Treasures Report -Aspen Wing

Gaming grant approved to spend on support for parents in our district.

\$2565.00 available

\$1112.00 savings

Patrick Comments: Ideas of spending from Chat leadership:
Aboriginal Studies & Technology

Maria suggests Coding course or presentation to include follow-up with questions via EMail

Superintendent's and Board Report – Patrick Bocking

Highlights from the Superintendents Reports. (these are available on the Website)

1. Invitation to the celebration to the writing anthology: district develops a book of the students writing
2. Cannabis: there are many misconceptions about legality of cannabis: updating all regulations that lay out clearly that ingesting, drinking or smoking anything that impairs learning is prohibited, Also: anywhere children or youth are congregating and present (schools) drug use is not permitted. Letter sent to parents last week outlined regulation.
3. Fields are OPEN!!
4. Due to Gas explosion in Prince George, gas availability down 40%
 - Dropped temperature to 19 inside the schools for efficiency and sustainability.
5. Grade 10 Students Kairos Blanket Exercise – Successful –represents Aboriginal people (decreasing land/people exercise)
6. Orange Shirt Day
7. Student Trustee: Nicholas Davis-Appointed.
8. Pins on the world maps
9. District Parent Engagement Committee:
 - Parents should have and communicate high expectations of their child (related to schoolwork).
 - The importance of having a positive attitude
 - Importance of reading with child.Next steps for Committee and District:
 - Continuing to use FreshGrade

-Communication between DPAC and PACs
Notion for Example- DPAC Rep to meet with Staff
member and Student

Announcement of Trustee Elections

Appointed

- Area1 Samantha Haines
- Area 2 Amanda Amaral Maria Hampvent
- Area3 Sue Girard Pamela Ruth Stacia Leech

Executive Elections:

Call for nominations:

Chair Nominate Jo Thomson accept

Vice Chair Nominate Matt Rockall accept

Treasurer Nominate Aspen Wing accept

Secretary nominate Amy Robinson accept

Emergency Kit –

Varies within Schools – Noting PAC never responsible for
supplying water

Water is an open question of who is going to pay for it.

Principles responsible for making sure kits available in each
School.

Request for Funding -Susan Goddard

Elphi DPAC Rep

Representing Elphi Pac asks DPAC to pay for pac
registration for Education Conference

Treasurer declined to pay for registration as to avoid paying
for all schools (\$900) bill to high out of gaming grant.

Budget consultation: Nick Weswick

Technology: - Phil Luporini

Meeting concluded 8:53

Next Meeting 7pm November 22, Pender Harbour Library
Agenda Highlight: "Technology" with Phil Luporini