

**West Vancouver DPAC General Meeting
Inglewood Learning Centre
Wednesday, April 4, 2018**

School Attendance:

All West Vancouver parents and guardians are invited to General DPAC meetings. Please try to send at least one representative to meetings.

Representatives present from the following schools:

Rockridge	Hollyburn	Sentinel
West Bay	Pauline Johnson	Caulfeild
Westcot	Chartwell	BICS
Gleneagles	Cypress	Irwin Park
Ridgeview		

Regrets: Cedardale DPAC Rep

Absent: WVSS, Eagle Harbour, Lions Bay

Welcome and Call to Order: 9:16am

Adoption of Agenda and Minutes: Kelly R, Nina C

Amendment/Approval of Minutes: March minutes approved.

PAC Highlight – Ridgeview – Amy

Mayfair

- May 12th, Mother's Day weekend
- Spring Carnival
- Incredible number of volunteers
- Countdown, flyers,
- Families bring in bake sale, wine raffle, spring cleaning/garage sale, online sign up
- Cake walk
- Day of: organized in shifts, set up and take down
- Carnival games (bouncy castles, games, rides, pony ride) raffles, silent auction, shopping (book sale), art station, sports (mini golf, mini soccer games, hockey), refreshments (coffee, baked goods, cookies, popcorn, cotton candy, hotdogs)
- Grade 7s do popcorn sales to raise money for Grad
- Alternate every other year with gala
- Raises about \$40,000

President's Report – Danielle Katerberg

- Welcome Back from Spring Break!

- Thank you to Amy McCarthy from Ridgeview for sharing with us this morning about Ridgeview's Mayfair fundraiser.
- DPAC Parent Ed grants: reminder to get a copy of your guest speaker's invoice to us by the end of May in order to receive a \$250 grant.
- DPAC is actively looking for members to join the executive committee for next school year. DPAC exec are elected at the Annual General Meeting in June, to serve a one year term. We strive to have broad representation from all geographic areas in our district as well as a mix of both elementary and secondary representation. Thank you to Lesley Miller who is chairing our Nominating Committee. If you are interested, or can recommend someone else who might be a good fit, or have any questions, please get in touch with Lesley or any other member of the executive.
- Thank you to Kelly Richter for coordinating our Parent Ed event coming up on April 25th. Tickets for Angst are available online.

Foods that Fit Workshop

- April 18, 2018 - Save the Date
- Hot Lunch Vendors information required. All Hot Lunch Coordinators have been contacted.

Upcoming Meetings

April 18th – Foods that Fit Workshop

April 25th – Parent Education – Angst Film and Panel Presentation

Treasurer's Report – Nina Cheema

General Chequing Account

Balance Forward \$16260.99

No new income. Parent Education expenses of \$250, Angst Screening film rental \$906.43

Current Balance \$15104.56

Gaming Account

Balance Forward \$2128.99

Interest income of \$0.07. Parent Education Kay Meek rental \$1874.00

Current balance \$255.06

Committee Reports

Parent Education – Kelly Richter

Angst: Anxiety in Youth (Film)

- Parent Education: Plans finalized for the Angst screening and panel discussion moderated by Chris Kennedy and featuring representatives of local mental health agencies on Wednesday April 25th, 7:00 pm at Kay Meek Centre.
- Posters have been sent to all of the schools, plus the digital poster has been distributed through DPAC contacts. Please be sure to promote this event within your schools. Kim and Lesley are putting posters up throughout the North Shore at community centres, etc. this week.
- Tickets available through Kaymeekcentre.com – 110 sold to date. Expected to be a sell-out.

Traffic and Safety – Deanna McDonald
STSAC March 14, 2018

3 Events:

HUB Cycling's Bike to School week May 28 - June 1 (Hub cycling provides resources and event ideas and prizes for participating schools, as well as Bike to School Week packages):

- Signing up: Either a Principal or a parent can sign up their school on the website. Expect that events are PAC or parent-led at most schools, but Principals should be notified if the parents are signing up their school
- Prize packet pick up: School organizers who pick up their participation packet will get better prizes for students than organizers who have packets mailed to them. Carol is willing to pick up packets on behalf of schools, if requested. Please email with school name & contact name and Carol will drop off packages to school office in early May.
- High schools should consider signing up for Bike to Work Week instead (www.btww.ca) because it will let teens track their trips easily online instead of using a poster & stickers.
- There are Prizes for schools who participate using active travel besides biking (eg: walking). Register by April 16 to be entered in an early bird draw. Check out website to see how other schools have participated and to get inspiration or ideas. <https://bikehub.ca/bike-to-school-week-across-metro-vancouver>
- Carol Sartor, North Shore Safe Routes Advocates
- carol.northshoresra@gmail.com
- 604-505-0386

Student Video Contest

- is still open with an April 15 deadline to submit. Carol Sartor said schools may request someone from HASTeBC to visit to give ideas, explain the contest, and increase interest and participation. Interested schools could contact me and I can direct to most appropriate person. Contest details are posted on SLACK and in the March DPAC notes.

Post Spring Break Safety Blitz (ICBC)

- planned for Pauline Johnson, Irwin Park and West Bay the week of April 16. I recommend that any interested schools have their Principals contact Emily Willobee (ewillobee@westvancouver.ca).

2 Updates:

- Vertical Deflection was installed during Spring Break at Cedardale and Eagle Harbour. Other schools that have requested vertical deflection would see installation in the summer.
- School Maps are half complete with Hollyburn, West Bay and Caulfield in progress and Chartwell, Cypress Park and Wescot to be finished by the end of the school year. These maps with safe routes will be posted on the school websites.

In-General:

- It would be great if DPAC reps could ask their schools Traffic Safety Committees to get in touch with me so that I can perhaps add them to SLACK where they can access information regarding events or requests for Safety Blitz's, or speedwatch programs at their schools.

Next STSAC Meeting May 2, 2018

Foods that Fit workshop – Monica Soles

- Traditionally, this event has been put on annually,
- Helen Yeung, North Van SD, North Van PAC, organize it
- May move to every other year workshop
- 12 vendors, 70 people registered for the event
- April 18th, 5-8:30pm
- 5-6:30pm sampling
- 6:30-8:30 workshops on food safety handling, healthy foods options, opportunity for food panel discussion, farm to food to table (North Shore Table Matters) talk
- Need to register to attend the event

Board of Trustees Report – Carolyn Broady

- Focus on next 6 weeks is budgeting. Status quo budget.
- Regional funding formula to be discussed with province over the next 3-4 months. Complete review which Julia, Chris and Carolyn are on board.
- Upcoming events:
- Graduations, lighthouse festival, etc.

Superintendent's Report – Chris Kennedy

Budgeting and Staffing

- TOC list
- Aggressive recruitment at SFU, UBC, education

Lighthouse Festival

- April 23-27. Will highlight arts in the schools, both elementary and secondary. Please come out and support the kids.

DPAC – Angst, April 25th

- To be sending out email blast to parents from Superintendent

Indigenous Graduate Event

- Family Feast at Sentinel
- With all students of First Nations heritage – Metis, Squamish Nation
- Only 1% of student population is First Nations in West Vancouver School District
- Smallest percentage of First Nations in the province

School Upgrades

- Irwin Park upgrade
- Happening this summer

- \$3.1 million grant by Ministry of Education
- Sentinel meets requirements, hoping that we will hear in the next 3 years

Presentation – Maureen Lee, District Principal, Student Support Services

mlee@wvschools.ca

Mental Health in the District

What Does the Data tell us?

McCreary Centre Society – provincial results of the 2013 BC Adolescent Health Survey

- Ages 12-18 (Grades 7-12)
- Every 5 years, new survey to be conducted this year (2018), in April/May

Overall Mental Health

- 16% rating fair or poor who may need some type of support

Mental Health stigma = denial

- Trying to get rid of/change association of stigma and denial
- How we perpetuate stigma – when we think of mental health, we focus on the negative. We should address in a more balanced way, ie, relaxed, peaceful, excited, calm

Dr. Stan Kutcher’s Pyramid Model of different levels of mental stress leading up to mental disorder/illness

- No Distress, Problem, or Disorder (every day normal stress)
- Mental Distress - (Ex. lost keys, didn’t make the tam, first date...)
- Mental Health problem (death of a loved one, lost job)
- Mental Health Disorder/Illness – no event necessarily happens
- We need to use the right words

Stream Model – Vancouver Coastal Health

- Upstream – (promoting and maintaining health—healthy eating, etc.)
- Mid-stream – (appropriate treatment, protection from harm or disability after illness/injury)
- Downstream- Rehabilitation, coping (managing health and illness)

SD model – Tier model

- Tier 1 – education class wide
- Tier 2 – targeted supports for individuals
- Tier 3 – intensive individualized supports

3 kinds of stress

- Excellence has become the new average – we are asking kids to do things beyond their developmental stage. Stress comes from social comparison (keeping up in social media ie, facebook, instagram). We need to teach kids how to fail with dignity and learn from it
- Angst screening – Wednesday April 25, 7pm, Kay Meek Theatre, \$10. Doors open at 6:30.

McCreary Centre Society – www.mcs.bc.ca

Adjournment: 10:56am