

**West Vancouver DPAC General Meeting
Inglewood Learning Centre
Wednesday, November 6, 2019**

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	WVSS	Caulfeild
West Bay	Irwin Park	Ridgeview
Hollyburn	Gleneagles	Lions Bay
Sentinel	Pauline Johnson	Cedardale
Chartwell	Bowen Island	

Regrets: Kelly Richter, Christina Argyros

Absent: Westcot, Eagle Harbour, Cypress Park

Welcome and Call to Order: 9:15am

Adoption of Agenda: Monica & Marisa

Amendment/Approval of Minutes: October minutes approved.

President's Report – Kyra Smiljanic (Vice-Chair)

Treasurer's Meeting

- The annual Treasurer's Meeting was held October 22nd; Margot Pritchard and Karen Johnson presented highlights from the Treasurer's Manual, which was distributed at the meeting and also via email to all of the PAC Chairs and Treasurers. The manual has also been posted to the Resources section of the DPAC website. The meeting was very well attended, with representatives from 12 schools in attendance.

Web Training Workshop

- The annual Web Training workshop was held October 29th; Sonya Adloff was present to provide training and guidance to parents responsible for updating PAC websites. The WVSD Wordpress manual has been uploaded to the DPAC Resources page on the website and has been emailed to PAC contacts. If anyone requires any additional support feel free to contact Sonya directly at sadloff@wvschools.ca.

West Vancouver Memorial Library – Community Engagement Opportunity

- The library is in the research phase of their next strategic plan and are interested in hearing from WVSD parents. Youth Librarians are hoping to speak to PACs for 15-20 minutes, to ask three questions:
 1. From your point of view as a parent, what do you think is the best thing about growing up in West Vancouver? What do you think is the most challenging thing about growing up here?

2. Is there anything about living in your community that you wish you could change?
 3. What do you think is the role of the library in supporting young people in West Vancouver?
- The Youth Librarians will also facilitate a quick exercise for parents to rank community opportunities for their children by importance.
 - There is also the option to have the Youth Librarians speak for an additional 15-20 minutes on topics such as:
 - Reading motivation
 - Best books for age groups / grades
 - New resources at the Library (more than just books!)
 - How to download ebooks and e-audiobooks for all ages
 - Interested PAC representatives can contact the WV Memorial Library Youth Department Head Shannon Ozirny at sozirny@westvanlibrary.ca or 604-925-7422. Engagement sessions are available until the end of 2019, but Librarians are available to present on other topics through 2020.

Slack

- Reminder – DPAC is using Slack as a communications tool. Check in with Kyra or Danielle at the end of the meeting if you need some help getting connected.

Upcoming Events

- **WVSD Board Meeting:** November 19, 7:00 pm in the WVSD Boardroom
- **December 4 DPAC General Meeting:** Please note that our December 4th meeting will be directly followed by a Holiday Luncheon – so be sure to save the date in your calendars for this special occasion. Members of the District Leadership Team will be invited to attend.

Treasurer’s Report – Tanya Mah

General Chequing Account

Balance Forward \$10,172.21
 Expenses of \$215.50
 Current Balance as at Oct 25 (statement) \$9,956.71

Gaming Account

Balance Forward \$815.50
 Deposits and Interest of \$2,500.64
 Expenses of \$330.80
 Current Balance as at Nov 2 (statement) \$2,985.34

Committee Reports

Finance & Facilities – Danielle Katerberg

- F&F met October 8th; focus of the meeting was a review of the AFG (Annual Facilities Grant) projects that took place this past year, which included:
 - BICS – fire panel upgrade
 - Caulfield – boiler replacement, custom desk for special needs student

- Cypress Park – drainage, preschool backsplash
- Eagle Harbour – exterior benches / window opening issue
- Hollyburn – electrical panel upgrade, new urinal motion sensors
- Inglewood – drainage
- Irwin Park – repair staff stairs, create self-reg break room from a storage space
- Lions Bay – septic field work
- Rockridge – no-slip coating installed on ramp
- Sentinel – new doors & protective awning, field house floors replaced (fencing lanes removed), skylight repairs
- West Bay – boys washroom reno with new urinals, replaced exit stairs
- Westcot – drainage and new paving at front entry, new floor in Room 8
- WVSS – computer lab enhancements, removed container pad, additional robotics room

WVCC Society Community Engagement: Enhance West Van– Kyra Williams Smiljanic

- Met October 24th
- Rebranded and reaching further than ever, Enhance WV is a registered charitable society: covering The West Vancouver Community Centres, Aquatic Centre, Gleneagles, Ice Arena, and S.A.C
- Operated through a joint operating agreement between enhance WEST VAN and the District <https://www.enhancewestvan.ca/>
- Covered an impressive list of programs, each with a committee head which Enhance WV helps fund ie:
 - ACCESS, supporting the programming, training coaches and teachers for kids with unique challenges ie: ASD, ADHD, Physical challenges etc.
 - Proud to Be Me – LGBTQ conference started here in WV – now grown to 175 ppl / youth from all over BC
 - Pumpkin Fest
 - BC Family Services youth programs
- They are circulating a Community Center Questionnaire to gain a deeper sense of public needs, engagement and perceptions around current social programming and community center identity

Comprehensive School Health – Danielle Katerburg

- Met October 21
- Amber Pascual & Erin Crawford – WVSD physical literacy team have joined the Committee this year. Goal: increase skills and abilities for all students. Creating a website for teacher physical literacy resources tied to curriculum.

Mental Health Framework initiative

- Started with the Mental Wellness Symposium last spring; waiting to receive grant for this year and next step includes writing the framework with a committee of stakeholders including teachers and district staff.

Sleep Week

- Sleep week – November 3-9. Families are encouraged to learn about beneficial sleep hygiene and complete a “sleep diary” to better understand their sleep patterns. Sleep diaries for children,

youth and adults plus information about the importance of sleep has been sent out in the DPAC eNews and is posted on the website under Resources.

Parent Education – Kyra Williams Smiljanic

January Parent Ed

- We are actively looking at best options for Physical Literacy Presenter(s) with Chris Kennedy, to book for Kay Meek Parent Ed night this January. Looking to the McCreary report and expanding on the impactful topic and subject matter presented on SD45 opening day.
 - Dr. Dean Kriellaars

May Parent Ed

- In May, we are focussing on the Tech / Parenting focus and have a few speakers we are looking at, but will focus on that once our January Parent Ed Night is packaged nicely.

Traffic and Safety Committee (START) – Abbie Milavsky

- Currently, District still does not have replacement for HASTeBC
- School map completed for Cypress. Chartwell and Westcot maps still being worked on and will be completed in early 2020. All will be completed and included in student agendas for 2020-21 school year
- Ridgeview & Hollyburn submitted applications for mini-grants
- Irwin Park still in discussion regarding their submission regarding mini-grant
- Mini-grant info and application in October minutes, also on DPAC Resources page
- 15 rapid flashers cross walks have been completed around municipality
- PJ will be receiving vertical deflectors (speed bumps) in the new year
- Reminder: fire hydrants and parking: rules are in place still irregardless of what other neighbors have been doing in the neighborhood
- Concerns regarding traffic around your school or traffic calming ideas: proper channels need to be followed, please discuss with your Principal first
- Can also reach out to Abbie on Slack
- Revisiting terms of reference for the committee, we have asked for 2 district parent reps

Board of Trustees Report – Carolyn Broady

Place for Sport

- WV Place for Sport has received \$2million from District of WV Municipality, we are now over \$3 million towards goal of \$5 million
- If anyone personally would like to make a donation, District of WV Municipality will match up to \$500,000 from now until the end of the campaign
- Hoping to break ground in spring 2021

Teacher Bargaining

- Report released, BCTF and BCPSEA voting, media blackout, ongoing bargaining

Superintendent's Report – Chris Kennedy

Traffic and Safety

- What to do: talk to principal FIRST! Please follow the process, it will not fall into a “black hole”. Sometimes what parents ask for may be something that was previously considered or attempted, or may have been discontinued for a reason. The principal would be able to discuss concerns and options.
- There also may be topics that can be handled by Facilities rather than Municipality.

Menstrual Products

- Are available or about to be available in all schools available in one or more girls and universal washrooms
- Multiple options of products

Sleep Week

- Sleep and young people, McCreary report has interesting data, schools talking about it this week especially

Vaping

- May be provincial and federal legislation coming

Alcohol Use

- Local data: alcohol use very high in this municipality

Student Updates/Highlights

- Provincial Championships – Sentinel Cross Country girls, repeated as team champs at final meet with a record-setting team score
- Tennis Academy – meets 7am, partnership with Hollyburn CC, had guest trainer from Cirque du Soleil
- FAST (First Aid Swim Training) – open to all high school students, partners with Rec Centre, get school credit, potential life guarding job upon completion of certifications
- New programs for next year emerging: badminton academy and additional digital tech program

Presentation – Health & Youth on the North Shore: Results from the 2018 BC Adolescent Health Survey (attached)

Guest speakers: Maureen Lee & Dr. Mark Lysyshyn

Balance and Connection in BC: The Health and Wellbeing of Our Youth

-2018 BC Adolescent Health Survey: Provincial Report

-Is a provincial survey, still analyzing data, broad picture right now, trends and concerns on North Shore may be different from other areas of province

- The Life Course Perspective
- Administration:
 - Feb-June 2018
 - 58 School Districts
 - 469 nurse administrators
 - 840 schools, 2,175 classrooms
 - 38,015 useable surveys

- **Stats and Trends:**
 - General health: in general, health status is good/excellent, better for boys than girls
 - Nutrition: deterioration in kids arriving to school being well fed
 - Physical activity: minimum 30-60 min of moderate to physical physical activity every day. Only 17% of students meeting these minimums. This is a very concerning trend.
 - Decreased participation in all physical activities
 - Active transportation numbers: WVSD is way down vs Vancouver Coastal geographic area. WVSD is only 16%
 - Sleep: WVSD numbers worse than BC average, trending worse over time, is worse than 2013
 - Sleep and Mental Health (from AHS 2013): more sleep correlates to better mental health
 - Mental Health: males vs. females, mental health is deteriorating, especially for girls
 - Self-reported mental health conditions
 - Suicide Thoughts and Attempts
 - Mental Health services: much higher in non-binary youth (47%); some youth hoped the problem would go away, and some did not want parents to know
 - Injuries trends: injuries such as concussions
 - Sexual health
 - Substance use: trend on “trying” is going down, recent use of alcohol is higher as well as binge drinking
 - Smoking and Vaping
 - Alcohol use: Age first drank alcohol, provincial numbers shown, not WVSD, trend is trying later, vs 2008
 - Marijuana use: trend is later than 2008
 - Reasons for using substances the last time: to manage stress or because they felt sad or down. WVSD has lower numbers than provincial average
 - Friendships: WVSD lower, we don’t give kids enough time to hang out with friends, over programmed
 - Peers upset with them: trends re various things
 - Exclusion: numbers going up
 - Internet safety: students who had been cyber bullied in the past year, WVSD trend is lower than provincial trend
 - School and student connection to school community
 - School Experiences: feelings of connection to school
 - Family: connected to family, trend in WVSD is family connections are stronger vs provincially
 - Supportive adults: supportive adult inside family is same trend over the last 10 years. Supportive adult outside family trend is dropping alarmingly; 50-60% 10 years ago, dropping to 25-30% in 2018
 - Perseverance: provincial trends available. Persevered to achieve their goals when things went wrong. If students have good attitudes and encouragement and more resilience, they can and will do better
 - Engagement: felt their ideas were listened to and acted upon in their activities
 - What students would like to learn about....mental health, sexual health, physical health, healthy relationships, substance use, SOGI

- Questions? More info: www.mcs.bc.ca
- Maureen Lee: mlee@wvschools.ca
- Dr. Mark Lysyshyn: mark.lysyshyn@vch.ca

Announcement and Invitation:

Understanding Islam in a World of Fake News and Stereotypes

- When: Sunday, November 17 from 3:00 PM to 5:00 PM
- Organizers: Kian & Razaan Lalji
 - 604-889-0190
- Where: West Vancouver Community Center (Downstairs Music Hall)
 - 2121 Marine Drive
 - West Vancouver, BC V7V 4Y2
- To attend: call above number or email Saiba at sklalji@hotmail.com
- Professor Ali Asani of Harvard University will be the keynote speaker. Born in Nairobi, Kenya, Professor Ali Asani is the Professor of Indo-Muslim and Islamic Religion and Cultures at Harvard University.
- Minister Jonathan Wilkinson, Member of Parliament for North Vancouver, will also be making some remarks.
- Kian and Razaan Lalji are high school students at Sentinel Secondary in West Vancouver.
- Refreshments will be served after the event.
- Tickets: \$5 per person. To reserve your tickets please interac \$5 per ticket to klalji2020@gmail.com. Please make the password Kian2020
- All proceeds from tickets sales will be donated to a not for profit organization. Thank you for your support.
- Everyone is welcome to attend. Please feel free to forward this to your friends and broader community. Youth are especially encouraged to attend.

Coffee & Conversation

- Participants are invited to join in open discussions regarding traffic and safety concerns & successes experienced at their schools. Parents were also invited to stay and chat with Dr. Lysyshyn and Maureen Lee regarding the West Vancouver students and findings in the McCreary Report.

Traffic & Safety Discussion

- Last meeting we had a few questions regarding traffic and safety concerns & successes experienced at their schools. Cedardale in particular is looking for resources. Caulfeild Elementary has had a rigorous overhaul of their traffic guidelines and practices and would like to recommend contact with their PAC for more resources.
- CPAC past Treasurer, Sonia Hoole, is an excellent contact for their documented information. Also our own Abbie Milavsky is our T & S rep and I recommend picking her brain over coffee next.
- If there is another school that has had valuable experience working on their Traffic & safety, please add your name to the board... we will document and add to slack.

Health and Youth on the North Shore – McCreary Report Initial Findings Discussion

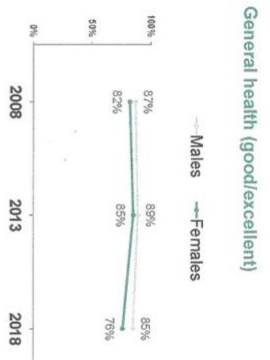
- Many attendees would welcome a follow up presentation regarding the findings of the McCreary Report when further analysis and comparisons have been completed.

Invitation to add a note to Ideas Easel.

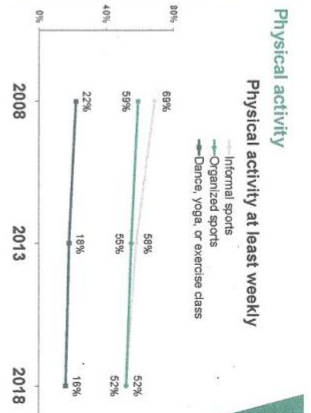
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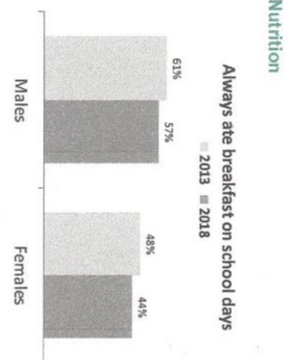
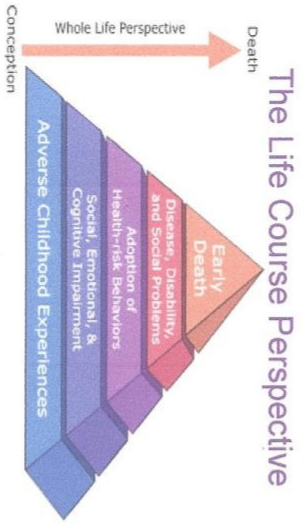
BALANCE AND CONNECTION IN BC: THE HEALTH AND WELL-BEING OF OUR YOUTH
 2018 BC Adolescent Health Survey:
 Provincial Report



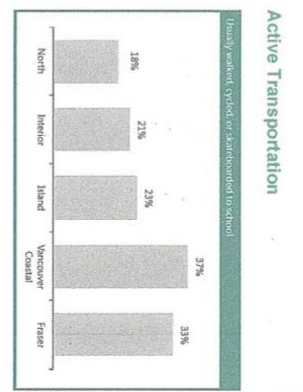
BC 81%
 NVSD 69%
 WUSD 64%



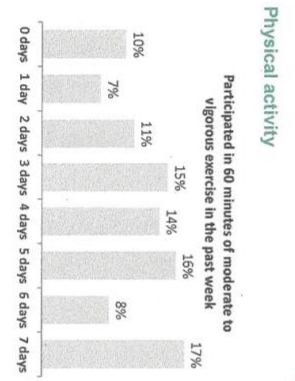
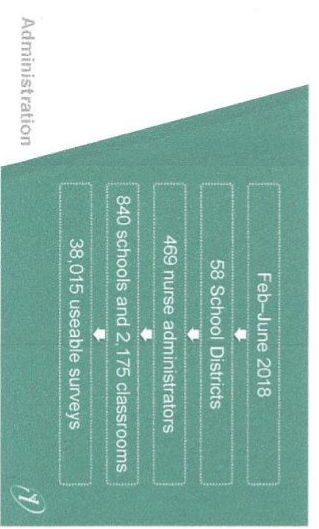
BC 29%
 NVSD 42%
 WUSD 16%



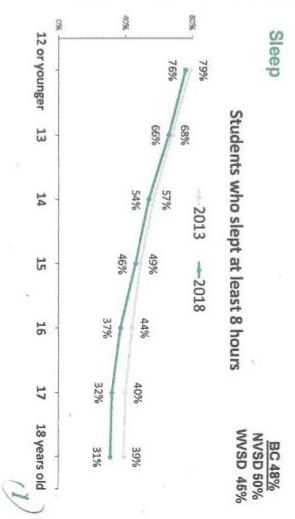
BC 50%
 NVSD 56%
 WUSD 59%



BC 29%
 NVSD 42%
 WUSD 16%

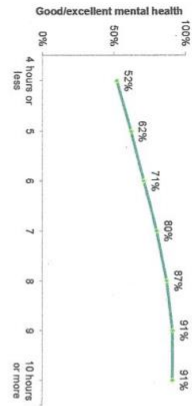


BC 17%
 NVSD 17%
 WUSD 15%

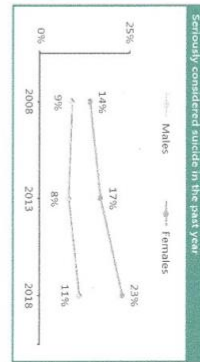


BC 48%
 NVSD 50%
 WUSD 45%

Sleep and Mental Health (from AHS 2013)



Suicide Thoughts & Attempts

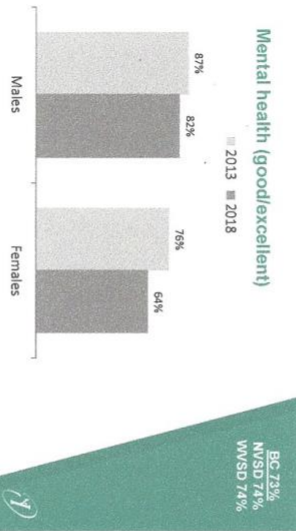


BC 17%
NVSD 12%
WVSD 15%

Sexual health

- 22% had oral sex
- 20% had intercourse
- Fewer youth under age 15 had sex
- Oral sex: 17% used protection
- Intercourse: 63% used condom
- 1% involved in a pregnancy
- 1% had an STI

Mental health (good/excellent)

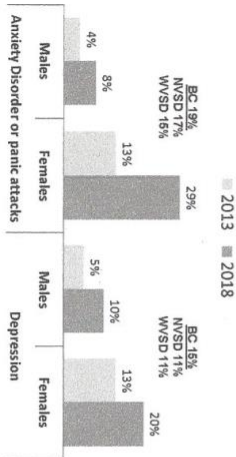


Mental health services

- 18% did not access needed mental health services in past year
- 10% males
- 26% females
- 47% non-binary youth

Among these students...
Hoped problem would go away
did not want parents to know

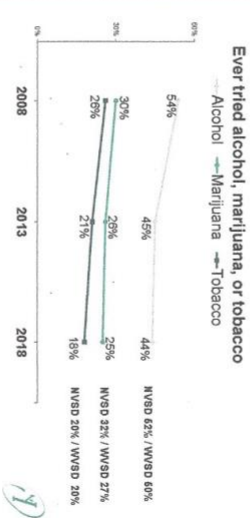
Self-reported mental health conditions



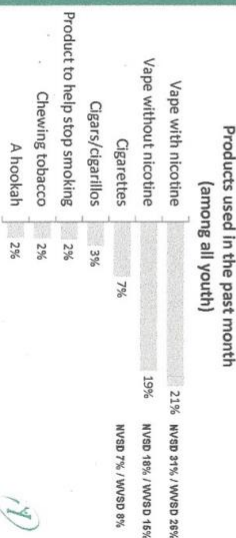
Injuries

- 26% seriously injured
- Organized sports: Most common cause
- 13% had concussion in past year
- 52% did not get treatment for concussion
- Some injury prevention behaviours improved

Substance use

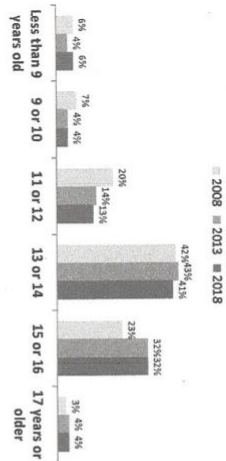


Smoking and Vaping



Alcohol use

Age first drank alcohol

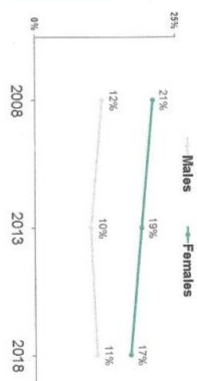


Friendships

96% had at least one close friend
68% were satisfied with the amount of time they spent with friends
76% turned to in-person friends for support

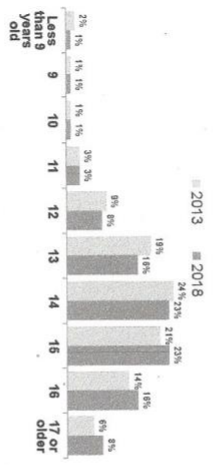
Internet safety

Students who had been cyberbullied in the past year



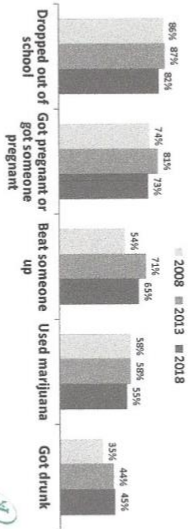
Marijuana use

Age first used marijuana



Peers

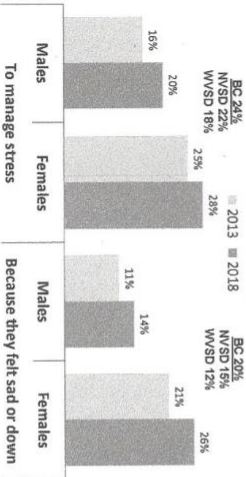
Students whose friends would be upset with them if they...



School

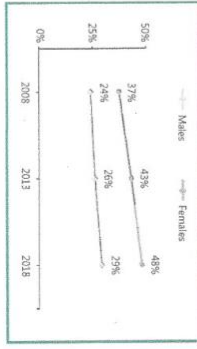
Most students felt connected to school
73% felt safe at school
Asked school staff for help
25% skipped school in past month
83% planned to attend post secondary

Reasons for using substances the last time

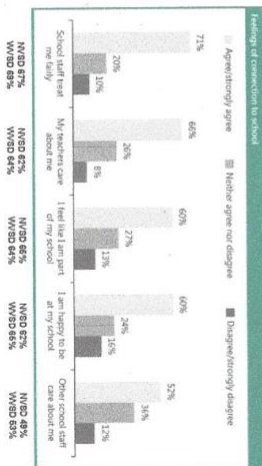


Exclusion

Students who experienced personal exclusion in the past year

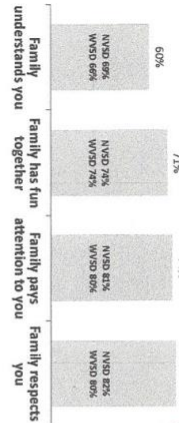


School Experiences



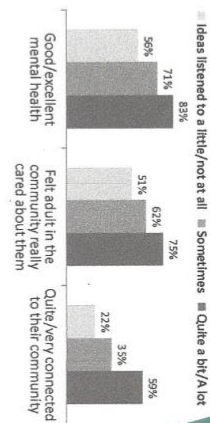
Family

Feel connected to family quite a bit or very much



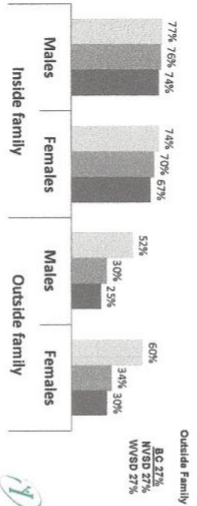
Engagement

Felt their ideas were listened to and acted upon in their activities



Supportive adults

Students who had a supportive adult

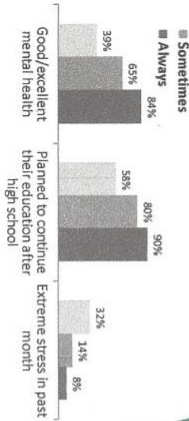


Would like to learn more about....

- Mental health**
 - "Coping with anxiety and depression."
- Sexual health**
 - "We need more sex ed in school."
- Physical health**
 - "How to exercise and stay fit when you hate sport."
- Substance use**
 - "What are the effects of vaping?"
- SOGI**
 - "We should learn about different sexualities."
- Healthy relationships**
 - "Dealing with an abusive partner."

Perseverance

Persevered to achieve their goals when things went wrong



Questions?

www.mcs.lps.ca

