



PAC REGULAR GENERAL MEETING –FRIDAY MAY 24, 2019

LOCATION: MME READ'S CLASSROOM AT 830AM

MINUTES

PRESENT: Kelvin Lit, Masoud Jamshidi, Azadeh Farzin, Michelle LaBounty, Michele Tung, Leila Goharian, Simon B., Kelly Linn, Cali Gibbs, Kristizna S., Sherry Keane, Moray McLean and Rubeena Singh (Guest Speakers), Toktam Rouhani, Zeyneb, Mark Baron (Parent and Guest speaker)

14 PARENTS IN ATTENDANCE

ABSENT: Cintia M, Lyndsay Charles

1. Call to Order

- The meeting was called to order at 8:35am.

2. PAC Bylaw update (Mark Baron from Richards Buell Sutton LLP):

Mark Baron, a lawyer at Richards Buell Sutton LLP and a parent at Cedardale School, does volunteer work with many non-profit organizations and has very kindly agreed to help us update our PAC Bylaws. He is the leader of both the Real Estate Department and the Commercial Lending Practice Group of his law firm.

The PAC Bylaws at Ecole Cedardale were last updated on 7 December 2005 (14 years ago). Several updates to these bylaws are recommended and will be posted online on the Cedardale website under PAC resources. We will vote on the updates during the next AGM meeting in June. PAC bylaws link:

https://www.westvancouver.schools.ca/ecole-cedardale-elementary/wp-content/uploads/sites/24/2016/07/ECPAC_Bylaw.pdf

The attached redline document indicates the proposed amendments. Below are some highlights of the discussion:

1. -"Family Relations" - act has change to "Family Law Act"
-Take out School Planning Council (SPC) and everything in the bylaw that references this as this no longer exists.
A formed body mandated by the government but it no longer exists.
- "Special Resolution" – to take out "Voting" members and just have "members"
- 3.7 Notice of "Special Meeting" last sentence to be taken out- to prevent the possibility of a person(s) to abolish an event for "accidental omission."

4.1 “Quorum” – meetings haven’t had proper quorum in a long time. Currently set at 15 parent members to have a quorum, a number rarely achieved preventing the PAC from moving forward with their initiatives.

4.2 Alternative attendance – to include, instead of attending in person to allow attendance to be accommodated by digital means such as telephone and/or electronics.

- a. This is to increase participation. Parents who wish to attend via alternative means must make the Chair aware at least 5 business days prior to meeting. The Chair must make all attempts to accommodate and ensure the alternative mode of communication is in workable condition.
- b. Privilege that is being offered, if it is offered in good faith and doesn’t work, the attempt was there
- c. Chair is responsible for knowing that the person that on the other end of the phone is who they say they are.

8.8 Include removal of executive member

- d. For people that are incompetent or mal-intents they can be removed by voting members
- e. Allows for immediate removal of ExecMembers, rather than voting on it
- f. An additional protective measure

If the proposed amendments to the bylaw are voted for approval, section 2.1 of the constitution can also be amended. This is mainly the removal of SPC reference.

3. Outdoor Classroom Update

Introduction of Kelvin Lit, an architect at Frankl Architecture and parent of son in Grade 3 who has stepped into volunteer for our Outdoor Classroom.

Items:

- a. Meeting with facilities to see the site. Area of interest may pose a challenge with topography for building as its closer to the fence, there’s a bit of a hill, and uncertain as what’s underneath the area. In case this area is not suitable, another building site will need to be explored.
- b. Research done to understand Kelvin’s role as an architect and volunteer. In order to confirm his services, we need to ensure that we have agreement from the PAC membership that we would like to proceed with the pro-bono services of Frankl Architecture. This firm has been in business for 30 years and has worked with builders such as Rennie Marketing Systems, Aquilini Development, Bentall Kennedy, Bosa Properties, Concord Pacific, Wesgroup Properties, Concert Properties, Amacon, Jameson Group, Vancouver Board of Parks and Recreation etc. PAC must formally retain Kelvin with a standard architect agreement for the price of a latte. This must be the first thing to do to step forward.
- c. Draft a contract and have Mark Baron consider to reviewing it.

Michele T. requested a motion to approve taking on Kelvin Lit as our architect for the outdoor classroom for the price of a latte. First by Kristina and seconded by Simon. Approved unanimously.

The proposal will be ready within a timeframe of early September. After that parent feedback will be obtained for the options provided.

4. **Treasurer's update:** to be tabled for next meeting. However, we are on budget.

5. **Principal's Updates:**

- a. Class Placement: tremendous amount of time and care goes into student class placements. Each child is looked at individually. This is reviewed several times prior to and during the beginning of the school year. Peer relations, academics, social & emotional needs, student fit with teachers and peers as well as parent input are all reviewed.
- b. Staffing- New hire: Susanne Herrington, new Learning Support teacher with IB knowledge and experience. Not French speaking but this role is transferrable and not dependent to language.
- c. Class size and composition: full in primary and not so much in intermediary due to the school being French Immersion. In the intermediary levels, grade 4-7, students cannot be transferred into a French Immersion school if they were previously not in a French Immersion School.
- d. Enrollment: 90 kids on the waitlist for kindergarten and 20 on the waitlist for grade 1.

6. **Student Support Services- Maureen McLean, OT and Rubeena Singh, SLP-**

District Self Regulation Team presented on the Importance of Self Regulation

- limited screen time, adequate physical activity, and sleep associated with improved cognition for kids.
- importance of sleep as per updated WHO recommendations ranges from 9 to 11 hours among kids 6 to 13 years of age.
- physical activity- short action breaks in class as well as classroom design promoting physical activity.
- screen time- to avoid 2hrs before bedtime, never more than an hour, 15minutes break in between, breaks should include music, meditation, walking, face to face conversation.
- we even learn to regulate within a community
- children are part of an ecosystem, building blocks
- how we describe our kids is important ie. "he's a lazy kid – that takes away from their potential
- in contrast, praise is useful until the age of 7. Beyond 7 kids look for gratification from adult mentors specifically coaches or mentors. Labeling the praise specifically has more impact "directed praise."
Praising the effort of what it took to get there. .

Self-regulation definition: matching energy level to the demands of a task or situation. Monitoring and managing emotions. Focusing attention and ignoring distraction.

Self regulation isn't a program:

1. Adults should also lead by example and allow children to see how you deal with stress or conflict.
2. Noticing good
3. Behaviour is communication

-Label also what good behaviors children have rather than commenting on what extra things they must do.

-The impact of self-regulation 4 Domains: social-physical-emotional-cognition-social-physical-emotional “cycle”

-Self regulation is also co-regulation, we help each other i.e. Student is upset, other kids step into helping that child. It’s a dance we do for each other. A lifelong process.

-Thinking skills and behavior skill. Have your child visualize and map routine. Boys take 30 years to visualize time horizon. Girls take 25 years.

Development of the Time Horizon:

2 years old: now, 3 to 5 years: 5 to 20 min, K to grade 1: several hours, Grade 3 to 6: 8 to 12 hours, 17 to 23 years: 2-3 weeks, 23 to 35 years: 3 to 5 weeks.

Create a huge Calendar with relevant tasks so the child can visualize it on a concrete medium.

Allow them to feel the anxiety and pressure to create an experience.

-Creating optimal environments:

1. Visual check in (label your feelings, emotional literacy, Roots of Empathy, processing your emotions, colours)
2. Make it match (take a photo of what “done” looks like. Optical part of brain is linked to memory)
3. Make a plan, say your plan (task planning. Happen is a different space than where you execute the plan)
4. Analog clock (shade, mark, check. Time awareness and management)
5. Practice planning (the best planning sometimes doesn’t work out.)

7. Adjournment

- Michele thanked everyone and motioned to adjourn the meeting. First by Leila. Seconded by Toktam. Approved unanimously. The meeting was adjourned at 10:23am.

NEXT GENERAL PAC MEETING: