



PAC Meeting

Wednesday February 9th, 2022

6:30 pm via Zoom

Present:

Lisa Fairburn (Chair, PAC)
Heather Nelson (Member at Large, PAC)
Amanda Clark (Vice-Chair, PAC)
Jenny Clark (DPAC Rep, PAC)
Emily Gardiner (Secretary, PAC)
Kelly Kerklaan (Treasurer, PAC)
Danielle Lavallee (Member at Large, PAC)
Kirstie Simpson (Hot Lunch Coordinator, PAC)
Mitchell Davis
Shevaun Brown
Aron Campbell (Principal, GEC)
Wendy Human
Heather Ramsbottom

Ian Davies
Kelly Richter
Waldemar Jonsson
Jay Barber
Lisa Sturdy
Jenn Coe
Philip Lanyon
Paul Taylor
Andrea Foster
Christina Lee
Kara Wolstenholme
Niamh Tallon
Pippa Fry

Meeting called to order @ 6:33 pm.

- Amanda Clark, PAC Vice-Chair, provided land acknowledgement, welcomed attendees, and thanked them for joining the meeting. AC requested that attendees sign in via the chat thread and remember to mute microphones. AC noted that the meeting will be recorded to accommodate the documentation of meeting minutes.
- AC thanked Heather Nelson for setting up the Zoom meeting, and Artie Chumpol for keeping our school website up to date by posting the agendas and minutes.

Adoption of the Agenda

*AC noted one amendment: AC will be facilitating meeting in place of Lisa Fairburn.

Jenny Clark 1st, Kirstie Simpson 2nd

Adoption of minutes from January 26th meeting.

Kirstie Simpson 1st, Jenny Clark 2nd

Chair's Report (presented by Amanda Clark):

- West Vancouver Place for Sport (WVPFS) will be starting construction on a welcoming, versatile track and field community sports facility. The GEC PAC contributed to this endeavour and are excited that this will be happening while our kids will be able to enjoy it.

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- The Book Fair will be going ahead this year in person, and is scheduled for March 1st - 4th. Mr. Campbell will be orchestrating this so we can abide by Covid protocols, and more details will be shared. If you would like to volunteer, please sign up for a timeslot [here](#).
- AC welcomed Lindsay MacDonald, Tobacco and Vapour Products Reduction Coordinator for Vancouver Coastal Health, to talk about vaping. Lindsay is working with Grade 6 and 7 classes during school hours.
- AC reminded that the 4th Golf Game for the Kids will take place Friday, May 27th. We are also working on booking the hall for an event after the game, pending Covid regulations at that time. Mark your calendar and stay tuned for more details.

Treasurer's Report (presented by Kelly Kerklaan):

- Since there were hardly any transactions since the last report on January 26th, no update was presented.

Outdoor Enhancement Report (presented by Kirstie Simpson):

- KS provided update on Outdoor Enhancement initiative. See presentation slides [here](#). The Gaga Ball Pitt continues to be a huge success, even through winter and rain.
- Dolores Altin (Landscape Architect) has finalized the Master Plan, and an artistic rendering should be completed soon.
- Gleneagles Golf Course has donated cedar logs, rounds, and stumps. Macdonald Trucking & Excavating Ltd. will likely be able to donate all of the boulders that we need. This is very helpful, as boulders are expensive and it will allow us to redirect our money for other things and do more with our budget. West Vancouver District beach cleanup is happening mid-March, and they have offered us beach logs. Greg Cormier, the teacher of architecture, drafting and ACE-IT Carpentry at West Vancouver Secondary School has offered to help with some woodworking (benches, stools, tables, etc). We are also very excited to be in discussion with GEC parent, Tracey Hayes about doing a mural on the preschool portable.
- Wendy Human asked if we need to remove the climbing wall, or if it can be left. KK answered that we need to remove the climbing wall in order to make space for the new play structures that the kids have requested.
- We have applied for five grants so far. Two have been successful and the others are still in review:
 - We were awarded the West Vancouver School District Playground Grant, which is \$5K in cash and \$5K in Facilities time.
 - We received an Artists in the Classroom grant disbursed by ArtStarts in Schools and funded by the Province of British Columbia and the BC Arts Council for \$2,700 to cover artist fees related to "Hemispheria".
 - We are still waiting to hear back on our Tree Canada Grant, Whole Foods Community Giving Grant, and West Vancouver Foundation Grant.
- If anyone has suggestions for other grants, please let KS know (kirstie.a.simpson@gmail.com).
- Immediate next steps include:
 - West Vancouver School District Facilities completing the removal of climbing wall and picnic tables; site preparation, including grading, infill, expansion of the area for oodle swing; and pruning and limbing of trees and removal of dead trees.
- Steps planned for the Spring include:
 - Placing boulders, stumps, rounds and logs; building benches; "Hemispheria" project; garden cleanup/enhancement and plantings; possibly a mural.

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- Steps planned for the Summer and Fall:
 - Installation of oodle swing and possibly the zip line; and tree planting event in September if the Tree Canada Grant is successful.

Fundraising

- We need to raise \$25k (about \$100/child) for the project this year. We are hosting 3 fundraising options:
 - Cheque drive to open shortly;
 - Move-a-thon, taking place Friday, May 6th;
 - Golf Game for the Kids, taking place Friday, May 27th.
- We are also launching a corporate donations letter campaign. We have a generic corporate donations request letter, which will be available for anyone to forward to potential donors. Please see attachment with this email.
- So far, we have only presented this project to the PAC, with a plan to launch the project and fundraising events to the broader school community this month once we have the artistic renderings of the plans and the details of the fundraising options finalized.
- Gaga ball pit is a great example of “If we build it, they will use it” so we feel confident, especially since we surveyed the kids and teachers, that what we have presented in the plans will be a great addition to the school ground and the kids will love it and use it.
- Acknowledged Outdoor Enhancement Committee: Craig Bench, Rachel Clearwater, Pete Clearwater, Angela Foster, Wally Jonsson, Kelly Kerklaan, Meaghan Robertson, Paul Schmid, Kirstie Simpson, Heather Nigh, Catalda Van Dyke.

DPAC Report (presented by Jenny Clark, DPAC Rep):

- Most recent DPAC meeting was February 2nd.
- *Superintendent's Report* – Chris Kennedy reported on Rapid Antigen Tests (RATs), noting that 2 will be given out per employee for all SDs. There is interest in RATs for students. The first ones are being given to students in rural and remote areas. There is a commitment for more students and families to receive RATs, but there is not currently information about this. The Board asked for vaccination clinics in schools in order to reduce barriers to access. Vancouver Coastal Health does not currently have staff to support this, but are looking into it. In regards to attendance in WVSD, staff attendance has been 92%-96%. As of week 3, student attendance was at 85%-87%. CK reminded that there are multiple reasons why students are away. As of yet, WVSD has not run out of TOCs or needed Principals or EAs to step in. CK noted that sports tournaments in elementary schools will not be going ahead.
- Speaker presented Framework for Enhancing Student Learning and three main goals for WVSD over the next two years:
 1. Sense of Belonging:
 - Goal is to increase the % of students in Grades 4, 7, and 10 reporting sense of belonging on the student learning survey.
 2. Numeracy:
 - Goal is to increase the % of Indigenous students in Grades 4, 7, and 10 who are ‘on track’ or ‘extending’ in specified numeracy assessments.
 3. Career and Life Goals:
 - Goal is to increase the level of satisfaction that Grade 10 students report regarding how school is preparing them for their career and life goals.
- More information about the Framework for Enhancing Student Learning can be found [here](#).

Principal's Report (presented by Aron Campbell):

- Student absences are continuing to decrease at GEC since the return to school, both parent-excused and those due to illness. AC expressed appreciation to the parents who have been transparent in sharing student Covid status with him.
- AC shared that Lindsay MacDonald, Tobacco and Vapour Products Reduction Coordinator for Vancouver Coastal Health and student nurses from Langara College spoke to students in Grades 6 and 7 about the consequences and impacts of vaping.
- Tuesday was WVSD Support Staff Appreciation Day, with each being given a succulent plant and handmade card as a thank you for their dedication to GEC.
- AC spoke about Lunar New Year at GEC, thanking volunteer parents DJ, Albert, and Lisa. He acknowledged the GEC PAC in supporting the acknowledgement of these parent volunteers with gift certificates to Olive & Anchor.
- AC acknowledged the hard work of the Grade 7 Girls' and Boys' basketball teams.
- AC spoke about the Palentines fundraiser organized to support the Grade 7 Legacy Gift. These are being sold at recess and after school for \$1-\$2. Students can share messages and sweet treats or friendship bracelets, and Palentines will be distributed on Monday, February 14th.
- We are saying goodbye to two staff members – Mrs. Odegaard, who has been teaching Grades 1/2 and 7 part-time and will be going on maternity leave, as well as to Mrs. Smith, Office Assistance and Recess Supervisor.
- Student Led Conferences have been postponed to Term 3. The new date is to be announced.
- GEC is moving into the second facet of Core Competency focus for Term 2, which is Social Awareness & Responsibility (February 14th - March 11th). The totem animal is Skeláw ("skuh-lau", beaver), which teaches us to work cooperatively, to make a change for the greater good by making the world a better place for all. Through Beaver, we can learn to care for our community and environment by valuing diversity, advocating for others and working together for a greater good.
- AC's full presentation can be viewed [here](#).

Guest Speaker: Lindsay MacDonald; Tobacco and Vapour Products Reduction Coordinator for Vancouver Coastal Health

- Lindsay shared [summary video](#) describing youth's interest in vaping. Video debunks common myths about vaping and boils down the science on the real harms of adolescent e-cigarette use.
- People who vape and/or smoke are at higher risk of more severe illness and complications from Covid-19.
- Vaping is the fastest rising substance use ever recorded amongst youth, though the vast majority of teens do not vape. Among British Columbian students in Grade 7, approximately 12% of students have vaped in the last month. By Grade 11, this goes up to 37%.
- The North Shore has one of higher rates of vaping in the province – 34% of youth on the North Shore have vaped in the past month, as compared to Richmond and Vancouver, which are quite a bit lower (both 18%).
- Main reasons why youth vape: flavours, perception that it is less harmful than smoking, as a way of socializing, less expensive than smoking, for the effects (relax/cope, head rush), and for some it is to quit smoking.
- Signs of vaping activity for parents to watch out for: changes in mood/increased irritability, changes in ability to concentrate, chest pain or increased coughing, sweet smells, pieces of vaping devices, hanging out with other kids who vape.

- Talk to youth about terms they have heard (e.g., “salts”, “disp”, “getting heady”, “taking a dap/rip”). This [video](#) shares some of the various words that teens use to describe vaping.
- Devices were initially invented as a way to reduce smoking. Not until “Pod Mods” came on the market, did they become more popular among youth. One Pod Mod has the equivalent nicotine of one package of cigarettes; it is not uncommon for a youth to go through multiple pods/day, which is equivalent to approximately 40 cigarettes worth of nicotine per day.
- Industry has targeted young people by: making their products appealing to young people; kept price point down; promotion through Tik Tok, Snapchat etc.; product placement (in BC, vape pen ads are illegal in stores, but can be outside store). See [video](#) from Heart & Stroke Foundation and Lung Foundation.
- Reviewed Biopsychosocial model of risk and protective factors contributing to why youth might vape:
 - Social factors (whether family and friends vape, extracurricular activities, availability of products);
 - Biological factors (genetic predisposition, age → the younger an individual is when they first experiment, the more likely they are to become addicted);
 - Psychological factors (poor mental health, coping skills, other substance use).
- Suggestions for starting conversations with youth about vaping:
 - *Find the right moment*
 - *Be patient and ready to listen; encourage an open dialogue*
 - *Avoid criticism; do not lecture. Goal is to have a meaningful conversation*
 - *Thank youth for being honest with you*
 - *Offer to share some information about the risks of vaping and discuss the benefits of being smoke- and vape-free*
- Who in your Community Can Help?
 - Healthcare providers (pharmacists, physicians, RNs, nurse practitioners, Foundry, school counselors)
 - Other trusted adults
 - Quitnow services by telephone, text, or online
 - Quash is a cessation app for youth
- Lindsay can be reached at: Lindsay.macdonald@vch.ca or 604-983-6711. Lindsay’s presentation can be viewed [here](#).
- LF asked what schools are doing to discourage use on school grounds, and if there has been talk about use in bathrooms and buses at the high school level? AC said that if students are caught, devices are confiscated, and parents are invited to come and pick up device. AC has included anti-vaping materials in both senior washrooms.
- Lindsay found through presentations to Grades 6 and 7 students that GEC audience was very knowledgeable.
- JC asked how newer vape pens affect the lungs, as older models caused some deleterious effects (e.g., popcorn lung)? Lindsay noted that with popcorn lung, the concern is the liquid chemical diacetyl, which is used in buttery flavoured products. Most products have removed diacetyl; however, a challenge is that teens access products through the illicit market, and diacetyl may be present in those.

Adjourned: 7:51 pm

Next meeting: Wednesday, April 13th @ 6:30 pm (via Zoom)

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Upcoming PAC Meetings:

March	No meeting
April 13 th	6:30pm
May 11 th	6:30pm
June 15 th AGM	6:30pm