

# Minutes

## Rockridge Secondary Parent Advisory Council (RSPAC)

---

**Held:** Wednesday April 26th, 2018 in the Library Learning Commons 2<sup>nd</sup> Floor

---

### **8.36 am Welcome – Carol Fraser**

The Chairperson, Carol Fraser, welcomed everyone and asked for a motion to accept the Agenda of the Meeting and the Minutes of the previous meeting held on February 28th, 2018

**Adoption of Agenda:** Motion Kim Campbell / Seconded Linda Heintzman

**Approval of February 28th, 2018 Minutes:**

Motion Kim Campbell / Seconded Linda Heintzman

### **8.37 am Treasurer’s Report – Darius Matheson**

Darius reported that the Rockridge Winter Party was a huge success with \$21,900 raised to date. The final figure will be confirmed once all donations and expenses are received. The money raised will be put towards a new projector and sound system for Players Hall and hand dryers for the student bathrooms.

Darius reviewed the latest RSPAC Financial Report. Activity was as follows:

- Revenue
  - Winter Party \$21,900
  - DPAC grant \$250
- Expenditures:
  - Projector for Learning Commons - \$4,745.09 (expenditure covered by 2017 PAC Soiree Fundraiser)
  - PAC Scholarship - \$500

The application for the Gaming Grant for 2018/19 has been submitted – it will be approximately \$18,500 (\$20 per student).

### **8.39 am DPAC Report - Kim Campbell**

This report covers the highlights of the March 7<sup>th</sup> and April 4<sup>th</sup>, 2018 DPAC meeting.

#### **A Space for Outdoor Learning not a “traditional” playground - Pauline Johnson**

Kyra and Victoria from Ecole Pauline Johnson shared their experience in bringing their outdoor learning vision into a reality. Highlights were:

- it is a true community space – used by students, parents, teachers and the wider community

- the playground includes: Ephemeral Wetlands, outdoor classroom, outdoor amphitheatre, bird sanctuary, sand-play with stump jumps, beach/driftwood climber, water sluice, P'ayem (First Nations' Healing Circle) and Tribute Rock to Pauline Johnson (S7`ilhen)
- it was a 2 year process with an overall budget of \$35,000 to \$45,000. This included visioning and design, site prep, marketing, materials, volunteer and paid professional time.

### **Ridgeview Mayfair**

Amy reported this community event was taking place on May 12th. It has an incredible number of volunteers and families that bring in bake sale, wine raffle and garage sale items. In addition, there are carnival games and refreshments. It raises about \$40 000 each year.

### **Parent Education - Angst: Anxiety in Youth Film**

This film was well received last night at Kay Meek. After the film screening Chris Kennedy moderated a panel discussion with representatives from local mental health agencies.

### **Finance and Facilities:**

The district is now working with West Vancouver Community Foundation to pool three scholarship funds in order to improve returns.

### **Calendar:**

- Reading break changed to February 15th to align with Provincial Family Day holiday
- Monday 22<sup>nd</sup> October added as a non-instructional day

### **Traffic and Safety:**

Bike to school week is from May 28-June 1. This is typically a PAC lead elementary school event, but secondary schools can email [carol.northshoresra@gmail.com](mailto:carol.northshoresra@gmail.com) if interested in participating.

### **Superintendent Report – Chris Kennedy:**

- Principal and Vice Principal moves announced end of April - minimal changes expected as many moves took place in December
- Teacher postings will be in May, after April administration announcements
- Teacher on Call list being built up, but relatively few shortages compared to other districts
- West Vancouver actively recruiting recent teaching graduates from UBC and SFU
- Lighthouse Festival (highlighting arts in the schools) is taking place on April 23-27
- Curriculum changes include - Career Ed in Grade 10 (replacing Planning 10), Grade 11 numeracy assessment starting this year, Grade 12 literacy assessment added next year, Grade 12 Capstone Project (replacing Grad Transitions)
- Special Indigenous Graduate Event at Sentinel for students of First Nations heritage (1% of the District population is First Nation)

## Vaping Presentation - Brandon Biln (Regional Tobacco Reduction Coordinator)

### Questions:

- **Long term impact?** – Not known as Vapes were only first developed in 2003 by a pharmacist in China. Generally considered less harmful, but not harmless.
- **What are users putting into the devices?** – Vape “juice” not regulated, do not always specify ingredients - traces of nicotine found in e-juices labelled no nicotine
- **How are they getting started as users, and at what age?** – getting younger, if kids vape, twice as common to start smoking cigarettes. 10% of grade 6-9 and 30% of grade 10-12s that have tried an e-cigarette in Canada (CTADS 2015-Canadian Tobacco Alcohol Drug Study)
- **What are the regulations around sales to minors?** 19 is legal but can be bought online, so difficult to regulate right now.
- **Recommendations on how parents best approach this topic with kids** – know the facts, be patient and ready to listen, set a positive example by being tobacco and vape free, start the conversation, answer the questions, connect with resources

### Overview:

- **What are ENDS (vapes)?** Products that use a battery to heat a liquid solution and deliver an aerosol or “vapour”
- **Why were e-cigarettes first developed?** - as a smoking cessation device
- **Why are youth vaping?**
  - Cool and trendy, enjoyable flavours and cool devices
  - Relatively safe unless nicotine is used in them
  - Fun and you can learn all kinds of tricks (cloud competition)
  - Useful way to stop smoking cigarettes
  - Useful way to ingest other substances
  - A way to “smoke” in a socially accepted way
  - Cheaper than cigarettes, more convenient and easier to obtain
- **Enforcement on school grounds:** administrators walk around on and off school grounds during break (ie lunch)

### Pros:

- Very likely less toxic than cigarettes, may assist with cessation
- More appealing to tobacco users than NRTs & prescription meds
- Harm reduction option for those not interested in quitting
- Help reduce tobacco consumption

### Cons:

- Some toxins have been found – some levels comparable to traditional cigarettes
- Appeal to youth and non-smokers – gateway theory?
- Very limited evidence on cessation benefit
- Unregulated product – too much variation in content, method of delivery, amount of nicotine delivered

### Tobacco Enforcement Officers (TEOs):

- North Shore TEO Rebecca Mair ([Rebecca.mair@vch.ca](mailto:Rebecca.mair@vch.ca))

### Tobacco Reduction Coordinators (TRCs):

- Brandon Biln Tel Office: 604-983-6711

## Websites:

- Know the Risks – E-cigarettes and young people: <https://e-cigarettes.surgeongeneral.gov>
- Still Blowing Smoke: <http://stillblowingsmoke.org>
- The Truth: <https://www.thetruth.com>
- Fraser Health – E-cigarettes: <https://www.fraserhealth.ca/health-info/health-topics/school-health/substance-use/e-cigs/>
- E-cigarettes: A danger to children and youth. Canadian Pediatric Society (link from HealthLink BC): <https://www.caringforkids.cps.ca/handouts/e-cigarettes-a-danger-to-children-and-youth>

## Fact Sheets:

- Talk with your teen about e-cigarettes: A tip sheet for parents: [https://e-cigarettes.surgeongeneral.gov/documents/SGR\\_ECig\\_ParentTipSheet\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf)
- E-Cigarette use among youth and young adults, A report of the surgeon general: [https://e-cigarettes.surgeongeneral.gov/documents/2016\\_SGR\\_Fact\\_Sheet\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Fact_Sheet_508.pdf)
- E-cigarettes in Canada: Heart and Stroke: <http://www.heartandstroke.ca/-/media/pdf-files/canada/position-statement/e-cigarettes-in-canada-factsheet-eng.ashx?la=en&hash=CF2ACB95B773952C9F596C2A24A15B4E9F94D9C1>

## YouTube:

- E-cigarettes: To Vape or Not to Vape? <https://www.youtube.com/watch?v=wAM3qI4HWs>
- Nicotine & Vaping: What Parents Need to Know <https://www.youtube.com/watch?v=Fn1-qiTWPWk>
- E-cigarettes: Welcome Back, Big Tobacco – CBC's the fifth estate <https://www.youtube.com/watch?v=B2myg-4zkE8>

## Mental Health in the District - Maureen Lee

McCreary Centre Society – 2013 BC Adolescent Health Survey (16% may need support)

### Keep in mind:

- Excellence is the new average – asking kids to go beyond their developmental stage
- Stress comes from social comparison (keeping up on social media)
- We need to teach kids how to fail with dignity and learn from it

Dr. Stan Kutcher's Pyramid Model of 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

### Stream Model – Vancouver Coastal Health

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

## School District Model

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

More information McCreary Centre Society [www.mcs.bc.ca](http://www.mcs.bc.ca)

### **8.48 am Principal's Report – Judy Duncan**

Judy Duncan updated parents on student activities over the last few weeks, upcoming events, and future school initiatives.

The last day of regular classes will be on June 21st, with optional learning activities available from June 25th to June 27th.

More info on her report can be found in the attached power point presentation.

### **9.10 am Mental Health Literacy Conference – Stephanie Jansen**

Stephanie Jansen presented information to parents on the recent Mental Health Literacy Conference held at Rockridge for Grade 9 students. Working collaboratively, the PE teachers, counsellors, and school nurse, developed and delivered six modules over two days that focused on various aspects of mental health and well-being

### **9.22 am Guest Speaker – Chris Kennedy – District Superintendent – Q&A**

Parents had a very informative discussion with Chris Kennedy, which included questions from parents on the new academies within the district, the new BC Curriculum and the new literacy and numeracy tests.

### **10.11 am Reminders and New Business**

#### **Upcoming PAC AGM**

- Wednesday May 30<sup>th</sup>, 8.30am Learning Commons – Annual General Meeting and Susan Foster Community Health Nurse

## Rockridge PAC Executive Elections 2018/19 Call for Nominations

Carol noted that it is that time of the year again when we elect our PAC Executive for the coming 2018/19 school year. If you would like to run for any position, **please submit your name to Carol via email at [ropac@wvschools.ca](mailto:ropac@wvschools.ca)**. The executive meets the week prior to the PAC meetings and there are 7 PAC meetings each year. All positions are open for election/reelection and can be held for 4 consecutive years if re-elected annually.

### **The following are the current nominees for the 2018/19 RSPAC Executive.**

PAC Chair	Carol Fraser
Vice Chair	Darius Matheson
Treasurer	Barb Mitchell (new)
Secretary	Vacant
Online Communications Officer	Tanya Petraszko
DPAC representative	Kim Campbell
Fundraising	Linda Heintzman
Scholarship fund	Karen McCluskey (new)
Member at large	Nicola South

### **10.12 am Meeting Adjourned**

Carol Fraser thanked everyone for attending the meeting.

*The PAC can be reached at [ropac@wvchools.ca](mailto:ropac@wvchools.ca)*