# Minutes

Rockridge Secondary Parent Advisory Council (RSPAC)



**Held:** Wednesday October 24, 2018 in the Library Learning Commons 2nd Floor



**8.32 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 May 30th, 2018.

**Adoption of Agenda:** Motion Karen McClusky / Seconded Tanya Mah

**Approval of May 30th, 2018 Minutes**:

Motion Tanya Mah / Seconded Irma Rivacoba

**8.35 am DPAC Report - Tanya Mah**

Highlights:

* DPAC meetings are the first Wednesday of each month 9.15 am at Inglewood campus
* DPAC has contributed $5000 to a canoe to be kept at WVSS
* Gaming Grants have increased by 20% - $24/student
* Enrollment numbers for West Van 6797 + 537 International = 7334
* 65% of school district employees live on the North Shore or Bowen Isld

**8.42 am Treasurer’s Report - Barb Mitchell**

An approved budget for 2018/2019 was approved at the end of the last school year. Copies available on demand.

* Parent Education night with Chris Burt was successful and raised $200 profit
* Barb and Carol to meet with Judy Duncan to produce a wish list of items needed

**8.45 am Vice Principal’s Report – Garth Thomson**

Garth Thomson updated parents on upcoming events, as well as activities that have taken place at Rockridge over the last two months (see attached report for more information).

**9.10am Stephanie Jansen – New Career 8/9 Curriculum & Collaboration Blocks**

* Collaboration (X) blocks – 2 x Thursdays each month
* Includes Career Education and Physical & Health Education
* MYP Program for Grade 10 – due in March, also safe teen and learn to drive
* Service learning now back in new curriculum – info on google classroom
* All other information on **msjansen.com** website
* School Nurse is at Rockridge every Wednesday 12.30 – 2 pm and encourages students to drop in

**9.27 am Upcoming Events:**

**Nov 13th @ 7pm at Rockridge** – Andrew Arida on Admission Process - Who Gets In?  The Truths and Myths of How Canadian Universities Make Admission Decisions

**Nov 19th - Teacher and Staff Appreciation Lunch** – Birgitta Shore will Organize. Parents will be able sign up shortly

**Jan 29th6:30 to 9:30pm at** **Rockridge** – Marion Haythorne - Parents as Career Coaches

**February 9th - Save The Date - Rockridge Parents’ Social Event** at the West Van Yatch Club

**Upcoming PAC meetings**:

**Nov 28th @ 8:30am** In Learning Commons – Ms. Ferrajohn and Ms. Alldred

Post-Secondary Advisors -***What parents should know about Post-Secondary requirements.***

**Jan 23rd, 2019 @ 0830 am** in Learning Commons – Chris Kennedy – Q&A

**9.29 am Guest Speaker: Diana Steele – Helping our Kids Eat for Energy**

Highights:

* 80/20 rule – healthy/unhealthy
* important to eat between meals/classes – protein at breakfast
* be prepared, cook in bulk, shop with list, eat together, make healthy foods convenient, teach children to prepare food for lifelong skill, smaller portions, mindfulness while eating
* Additional information **www.eatingforenergy.com**

**9.56 am Meeting Adjourned**

Carol Fraser thanked everyone for attending the meeting.

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