

**Rockridge Secondary School PAC Meeting**  
**Virtual – Zoom Meeting**  
**Tuesday, November 17, 2020 @ 5:00pm**

**PAC Executive:**

PAC Chair: Tanya Mah

Vice Chair: Helen Hall

Past Chair: Tanya Petraszko

Treasurer: Barb Mitchell

Secretary: Debra Hadden

Online Communications: Tatiana Krapotkina

*DPAC Representative: Amy Usher (absent)*

Member at Large: Diana Steele

**MEETING SUMMARY**

**Welcome and Call to Order: 5:05pm**

The Chairperson, Tanya Mah, welcomed everyone to the November general meeting and recognized that we are gathered together on the traditional lands of the Squamish Nation.

Approval of October 20, 2020 Minutes posted on the PAC website and emailed to Rockridge email list - Motion by Helen Hall and Barb Mitchell.: Minutes Approved.

Amendment/Adoption of Agenda: Amendment made for Helen Hall to provide an update on scholarships, and update to the correct title of today's presentation, which is "How does the Pandemic Build Resilience" presentation. Motion by Helen Hall and Barb Mitchell.: Approved.

**1. PAC Exec Executive Report:**

Chair Tanya Mah provided the following report:

- The Careers Office sent a survey to parents asking about potential topics that are of interest. The deadline has passed, but suggestions and requests can be emailed to the PAC executive.
- The Fundraising Drive for the Outdoor Classroom was launched two weeks ago – up-to-date information can be found on the parents' section of the Rockridge website. Parents have asked if SD45 could fund part of the outdoor classroom, but unfortunately this is not possible as the \$3M has already been allocated to staffing, technology, transportation and health/safety measures. Regarding staffing, 13 new teachers, 2 Executive Assistants, additional supervisors for elementary schools, a youth worker and additional support staff such as custodians have been added. In technology, new cabling was upgraded to support

digital learning. Additional bus routes have been added to support the students from Bowen Island. Under Health & Safety, funds were allocated for cleaning supplies, face masks and face shields, hand sanitizers, and air ventilation improvements such as MERV13 filters, hepa filters, and HVAC costs.

- There is a lot of information being sent out about COVID-19 by the School District including: A town hall with Dr. Lysyshyn, DPAC, Board Chair Broady and Superintendent Kennedy in September. A Q&A document was sent in October, and a follow up to the Q&A document was a virtual Q&A with Superintendents Kennedy and Pearmain, and Dr. Harding. The DPAC has compiled it on their pages of the district website. A link to the DPAC website is on the Rockridge parent page.
- Reminder for parents to sign up or follow the Facebook and Instagram pages we have set up (see links at the end of the minutes). PAC information, reminders, and updates, are posted regularly.
- Upcoming Events  
The December DPAC meeting will be held on Wednesday, December 2<sup>nd</sup> by zoom.  
The next West Vancouver Board of Education meeting will be on Tuesday, December 15<sup>th</sup>.  
The next Rockridge PAC meeting will be held on Tuesday, January 19<sup>th</sup> by zoom, time TBA.

## **2. Treasurer's Report:**

Treasurer, Barb Mitchell reviewed the PAC budget.

Highlights include \$18,940 in gaming account which can be used for certain kinds of activities.

\$60,000 is required for the fundraising to build the outdoor classroom.

To date, only \$79 has been spent within the PAC budget. It was agreed that the Wish List funding will be kept intact to support the teachers this year. \$8000 is budgeted in General Funds.

For copies or questions regarding the PAC budget, please contact Barb at the PAC email. Helen Hall also reported that the PAC has established a fund for students with food insecurity.

## **3. Outdoor Classroom:**

Member at Large, Diana Steele, provided an update on the outdoor classroom. The PAC has already received \$11,900 in donations, a good start for the \$60,000 required. There are various levels of sponsorship available. Donors who donate \$250 and above will receive recognition on a plaque, being custom made by Northwest Landscape and Stone Supply. Tax receipts will be generated automatically through School Cash Online for online donations. If paying by cheque, minimum donation for tax receipt is \$25, donors must request a donation form be emailed to them by PAC (email [ropac@wvschools.ca](mailto:ropac@wvschools.ca)) to be submitted with the cheque to the office. West Vancouver Schools will issue tax receipts within approximately one month.

The building could be started as early as Q3 (mid-February) if funds are raised. The land is cleared and ready to go.

#### **4. DPAC Report:**

At the DPAC meeting, Chair Tanya Mah provided a summary of the DPAC report in Amy Usher's absence.

A report was given at the Finance and Facilities meeting by Julia Leiterman, WVS Secretary Treasurer. She reviewed the federal and provincial funding for COVID-19.

- \$502,456 from the province's "Safe Return to School Fund", was distributed to districts based on student population or FTE. This amount was received in September.
  - This is a targeted fund that must be used for specific expenditures in prescribed amounts.
    - 6%PPE
    - 4% Technology
    - 12% Cleaning Supplies
    - 22% Hand Hygiene
    - 56% Daytime Custodial Staff to increase cleaning frequency
- \$2,448,576 from the federal "Safe Return to School Fund", which is a special purpose fund and also based on student population (FTE) will be distributed to school districts in two payments, 50% received in September and the remaining 50% is expected in December.
  - Four expenditure categories, and the District can choose the amount to spend in each category.
    - 67% Learning Resources & Technology (includes TTP, Indigenous Ed, TTOC, EA)
    - 18% Health & Safety
    - 15% Additional Transportation needs
- Parent Education Event with Dr. Shimi Kang took place on October 21<sup>st</sup>. Over 200 people participated in the event. Almost 500 were registered.
- Board Chair Broady gave her report to DPAC: Trustees are halfway through their 4 year term, so will be switching their school liaison assignments, which means a new trustee will be announced at the next meeting.
- Provincially, the BC School Trustees Association council met and are working to address environmental issues and programs regarding anti-racism. A lot of work is also being done provincially around COVID-19. Key issues being examined are:
  - Impact on youth and staff mental health
  - Food security – advocacy for a universal food program
  - Conductivity – given the circumstances and more need for virtual connection, we need strong internet signals for students province-wide.

Superintendent Kennedy gave his report to DPAC: Currently, local enrollment is down 10% in Kindergarten compared to this time last year. International enrollment is on track for next year, BC is a popular destination due to what is happening with infections around the world. Health protocols and the video Q&A Superintendent Kennedy and Superintendent Pearmain had with Dr. Harding was discussed. Masks are not mandatory in our schools; the video with Dr. Harding addresses this issue and others. Our health

protocols come from VCH and are based on best thinking today but may change in light of the circumstances.

Superintendent Kennedy also discussed the Temporary Transition Program, which is the program for those families who needed a more gradual re-entry to school back in September. Families who contacted the school district in August when back to school rollout was announced were able to request it. A survey was sent out or families were directly contacted. Based on that feedback from families and others around the province, the Ministry of Education has extended TTP until March for those who need it. If parents have any further questions about TTP, they are asked to contact West Vancouver Schools staff.

## **5. Scholarship Report**

Vice Chair, Helen Hall, provided an update on scholarships. The trust fund with the School District currently has enough funds to cover the basic needs for the next 3-4 years. There are two GICs with the SD that are due to mature in 2021/2022. We anticipate these funds becoming available at their time of maturity. The Rockridge PAC budget for this year has \$7500 budgeted for Scholarships (in addition to our \$500 yearly scholarship) but I suggest we wait until Feb/Mar time when the Scholarship Committee will meet to determine the need at the time with the hope that we can repurpose these funds, with a proper vote, to the Outdoor Classroom.

I would like to take this time to remind all parents that School Cash Online has a request of \$20 for Scholarships and I encourage you to support this worthwhile cause for our Graduates. Rockridge hopes to acknowledge as many Grade 12 students as possible.

## **6. Principal's Report:**

Principal, Judy Duncan presented an informative update. Below is summary of the highlights from her presentation:

- Stephanie Langlois has taken on the new position of Indigenous Education
- Staff and students collaborated to produce and record a beautiful Remembrance Day Ceremony that was broadcast throughout the school on Tuesday morning. Here is the [link](#)
- Learning in Action: Students had the opportunity to give a presentation on a social issue for the potential to earn \$1250 for their concern/charity.
- The Rockridge SS Theatre Company is showcasing their productions of Old Folks and Tilda Swindon Betrayed Us on Nov. 18/19/20 and will record the performances virtually.
- Rockridge is looking for parents interested in working on various school initiatives. If interested, please contact the office.
- Grade 8 Spirit Day was held on Tuesday, Nov. 17 and Thursday, Nov. 18.
- Grad Theme Days will continue throughout the year. Neon Day, and Country & Western Day were two past events.
- There has been a lot of involvement in school clubs all of which have a service element. There are approximately 25 different clubs in the school, which provide an excellent way to increase participation in the school.
- Q2 starts on November 18<sup>th</sup>. The schedule is different than Q1 for grades 10-12 with respect to hybrid classes. Group A will be in class on Mondays and

Thursdays, and Group B will be in class on Tuesdays and Fridays. Wednesdays will be remote for everyone. X-block on Tuesday and Thursday afternoons will support student choices.

- Report cards will be posted to the MYEDBC portal on November 24.

## **7. Guest Speaker, Maureen Lee**

Maureen Lee is a registered clinical counselor and District Principal of Student Support Services at West Vancouver Schools. Her presentation was on “How the Pandemic Builds Resilience in Youth”.

Below is a summary of Maureen’s presentation:

- For many of us, especially young people, this is the first major adversity we have faced. Our schools have been focused on building community and emphasized trauma-informed practice which is all part of living our mental health framework.
- Although mental health awareness has been a focus in our district over the last decade, the pandemic brought forward the immediate need to continue focusing on mental health
- When the pandemic hit – we were planning vacations, weddings, grads and celebrations. Then we experienced grief and loss as we were hit with the pandemic as we could no longer carry out our plans
- Yes, we are safe and have food, but we experienced grief and loss and it’s important to acknowledge this grief and loss so we can deal with it
- What happened to us is new but not normal. We are calling it the new normal and trying to make this normal, but it is not – we are not living in the same time
- On top of Covid19 is social unrest – racism etc. which provides another layer of unrest and stress
- It is important as we go forward to understand the impact on everyone
- Traumatic stress is:
  - Exposure to danger – we did not know what to fear
  - Overwhelm of coping abilities (intense) – the uncertainty was overwhelming
  - Subjective – we all deal differently
  - Physiological and psychological effects
- Flight Fight or Freeze – we fall into one of these categories
- Dr Bonnie Henry states that we need to go back to school – but do it safely. This will reduce the signs and symptoms of anxiety and brings us together. We deal better when we come together and face the adversity together. Our communities are what builds our strength.
- We need to avoid hiding – our body gets used to stress – this is the Exposure Therapy – if you deal with it directly your body habituates so you no longer have that fear.
- At schools we teach kids that rather than avoiding, we give them ideas on how to be safe. Kids are very safe and aware and relaxed about protocol for being safe at school

- How School Helps - As Dr Bonnie Henry stated in August – There are many more things associated with our school communities that are incredibly important for child health and growth.
- Kids are happier when they are at school
  - Personal Agency - at school we are teaching kids about personal agency
  - Keep a safe distance
  - Don't share your things
  - Clean your hands
  - Stay home if sick
  - Stay with your learning group
- Key message – The pandemic can bring us together - Care/ Comfort/ Connect (Care for one another, Comfort each other and Connect even if virtually with our loved ones). We are stronger together
- We have focused on our self-regulation journey for the past decade
- We continue to learn how to do this
- It is important for us to think of the journey we have been on and as it has put us in a good place to deal with Covid-19
- Fear and Worry are normal emotions – we must learn how to deal with them
- Human behaviour is all about communicating
- We know everyone has been touched on every level this time
- There are many layers we are working through
- There are a range of responses to Trauma
  - Trauma Sensitive
  - Trauma Informed
  - Trauma Focused Treatment
- At school we focus on teaching kids in the Trauma Informed range
- The compassionate learning communities of Trauma Informed Practice are:
- Understanding – foundational, scientific knowledge; student's specific contexts; educators' needs
  - Capacity – students' abilities; reframing behaviour as coping; strength based
  - Relationship – educator and staff wellness; reflective practice; acceptance and compassion
  - Connection – family, community, culture; sharing of ideas and resources; mentoring
- Our Self-Regulation Journey – is all about Calm, Alert Learning; Behavior is communication; and Physical Literacy
- Physical literacy – we have been doing a lot of work in this area and now more than ever it is an essential component at school as kids need to be outside moving – it is very powerful. We are grateful that we have been doing this work as it has been advantageous and prepared us for this time
- Kids are happier outside

- Other things we are doing:
  - Outdoor and nature-based education (K-12)
  - Secondary Tuesday/ Thursday X Block
  - New WVSD Youth Outreach Worker
  - Additional EA Supports
  - Additional Technology Supports – making sure everyone has what they need to learn
  - Compassionate Learning Communities & Trauma Informed Practice
- Professional Learning Focus – August, September, and October). We have invested time and human resources into learning
  - Community Partnerships and Ongoing Collaboration
  - SWIS & North Shore Multicultural Society
  - West Vancouver/ North Shore Family & Youth Hubs
  - Interagency Meetings (eg: VCH, WVPD, DWV)
  - These partnerships and others have been invaluable for our community
- Play-based learning – putting a spotlight on “finding the joy” in a joyful, playful manner. We know our students needs this and so do our staff
  - Strong Start hybrid programming (in-person & virtual options)
  - Overall, we have a very robust offering at our schools
  - 0-5 age group – continue to be connected with hybrid programming (in person and virtual options)
- What parents can do:
  - Take care of yourself
  - Model calmness
  - Make the world small – no large gatherings
  - Concentrate on things you can control
  - Nurture relationships
  - Let Go
- Your own self-care will improve your capability to cope and we show by modeling to our kids
- Sleep hygiene is also especially important during this stressful time
- Resilience – how do we continue to nurture this
- We need to come together as a community to nurture each other
- In conclusion, We are here together, We continue to be grateful for your partnership – how committed you the parents are to our schools, We are here for you!

## 8. Adjournment: 6:23 pm

No “New Business” was raised. PAC Chair, Tanya Mah adjourned the meeting. The next Zoom PAC meeting is set for Tuesday, January 19, time TBA.

Follow the Rockridge PAC:

Facebook: <https://www.facebook.com/RockridgeSecondaryPAC/>


Instagram: (@rockridgepac) <https://www.instagram.com/rockridgepac/>

Rockridge website: <https://westvancouver.schools.ca/rockridge-secondary/parents/>



## Attachment: Outdoor Classroom Flyer

ROCKRIDGE PAC



ROCKRIDGE  
PAC  
Parent Advisory Council


# LET'S GET OUR STUDENTS OUTSIDE

YOU CAN HELP build Rockridge's  
Outdoor Classroom

## ROCKRIDGE'S OUTDOOR LEARNING INITIATIVE

Schools across Canada are exploring options to address COVID-19 concerns.


- Rockridge's outdoor classroom will provide a flexible, open-air learning space to help optimize student health.
- Architectural plans, geotechnical engineering and land surveys are complete and a clearing is ready.



studio HUB architects

## BENEFITS OF OUTDOOR CLASSROOMS


- Recent reports show the risk of transmitting COVID-19 is much lower outside
- Reduces stress and anxiety, while boosting focus, motivation and inspiration
- Extends existing learning spaces
- Provides opportunities for hands-on learning
- Shelters students from rain
- Offers additional meeting spaces, equipped with seats
- Wheelchair accessible



"THERE'S NEVER BEEN A BETTER TIME TO GET STUDENTS OUTDOORS. ANYTHING THAT CAN BOOST SAFETY FOR STUDENTS, TEACHERS AND STAFF SHOULD BE A PRIORITY NOW."

Judy Duncan, Principal, Rockridge Secondary School

ROCKRIDGE PAC




ROCKRIDGE  
PAC  
Parent Advisory Council

# PLAN AND ACTION

LET'S GET THE CONSTRUCTION STARTED:  
FUNDRAISING NEED \$60,000

## OUTDOOR CLASSROOM RENDERING



Rockridge Secondary  
Outdoor Classroom  
Option 1

studio HUB architects

## PROGRESS TO DATE

- \$17,700 spent on architectural plans, engineering, geotechnical engineering and land surveys.
- Trees cleared and land prepared.

## NEXT STEPS

- Fundraise in Rockridge and in the community
- Mr. Henning, Mr. Cormier and a team of students in the carpentry program will participate in the construction

## DONATE TODAY!

FUNDRAISING NEED is \$60,000!  
Please donate today so we can build an  
outdoor classroom for our students ASAP.

- Donations can be made on School Cash Online or Cheque.\*
- Donations of 20\$ and above are tax deductible
- Donations of more than 250\$ will receive recognition on a plaque

\* Donations by cheque must be accompanied by a donation form: email ropac@wvschools.ca to request a form.

# SIMPLE STEPS TO DONATE VIA SCHOOL CASH ONLINE

1

**LOGIN TO SCHOOL CASH  
ONLINE**  
<https://westvancouver.schoolcashionline.com/Home/SignIn>

2

**CLICK MAKE A  
DONATION**  
  
It will not be shown in your list of items and will not be attached to a student. You need to click at the right top button "Make a Donation"

3

**CHOOSE THE AMOUNT**  
  
Choose from selection of the amounts

4


**SELECT A FUND  
DESTINATION**  
  
From the list select "Rockridge PAC  
Outdoor Classroom"

5

**ADD TO CART AND  
CHECKOUT**

## DONOR RECOGNITION:

SILVER \$250+  
GOLD \$500+  
PLATINUM \$1000+  
DIAMOND \$5000+



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Page 8 of 8