



PAC Newsletter, February 2022

Dear Parents and Guardians,

We hope you and your family are safe. We would like to invite you to join us today for a monthly **PAC Meeting -Wednesday, February 16<sup>th</sup> at 5.30 p.m.** to hear the report of the Principal Dr. Graham Jackson and an update on Outdoor Classroom Project.

<https://us02web.zoom.us/j/89104847217?pwd=Tkk2akNieFhLTFpVNUN3YTQ1ZzNrUT09>

Meeting ID: 891 0484 7217

Passcode: 465802

The Agenda is [here](#). The Minutes of the previous January PAC meeting can be found [here](#).

***Guest speakers: from Jack.org***

The Jack Talks program uses contact-based education and peer-to-peer outreach to teach audiences that we all have mental health, and we all need to care for it. Trained youth speakers will share tools, tips, and stories to help shift the way participants think about mental health and inspire them to take action.

Learning Outcomes:

- Understand the basics of mental health, including the dual spectrum of mental health and the social determinants.
- Understand how to recognize signs of struggle in individuals and youth as a whole, and how to be there for those who might be struggling.
- Understand how to connect with resources, so that youth have actionable next steps they can undertake.

Jack.org is conducting this survey to better understand the impact of the program on youth mental health and know how to improve the program in the future.

Your opinion can help improve the program for future participants! Please fill out this form, which should take approximately 5 minutes to complete

[https://jack.qualtrics.com/jfe/form/SV\\_bl5UZw765do66JE](https://jack.qualtrics.com/jfe/form/SV_bl5UZw765do66JE) .

**Follow up on January speaker**

A special thank you to our January speaker, Lucas Wilson, for speaking to the parent community about the Transgender community! It was a terrific talk! Here is the resource Lucas offered us: Qmunity (<https://qmunity.ca/>) they offers youth and parent support groups as well as educational sessions for teachers and youth (PrideSpeaks).

## **PAC fundraisers:**

Please consider donating to the other annual PAC fundraisers. These two optional Contributions can be found on School Cash Online.

- Scholarship Contribution: The Scholarship Fund provides various scholarships, book awards, and grants each year to Grade 12 students. Please consider donating to this worthwhile fund.
- PAC Contribution: Most PAC contributions provides funds towards wish list items to enhance classroom learning. Previous contributions have allowed the PAC to purchase digital and educational resources for the learning commons, film and camera equipment for Film, Technology, Business, Drama, Music and Theatre Company classes, science equipment, and classroom set of novels for the English Department.

**Next PAC Meeting** is scheduled for April, 20th at 5.30 p.m. PAC is planning to invite someone to speak on substance use of drugs and alcohol among adolescents.

All the best,

Your Rockridge PAC

## **PAC Contacts:**

Our webpage <https://westvancouver.schools.ca/rockridge-secondary/parents/>  
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