



# WEST BAY SCHOOL

## Parent Advisory Council

### West Bay PAC Meeting Minutes-9:15am, Oct 16, 2020, Zoom Virtual Meeting

Tanja Imhoff	Roxana Pistol	Bill Auyang
Candice Montgomery	Dani Renouf	Danielle Katerberg
Andrea Mulkins	Candice Montgomery	Christina Argyros
Cora Macdonald	Corinna Wolf-Jeske	Kelly Chesko
Sophie Ukani	Sara Relling	Srabana Dasgupta
Sylvia Butterworth	Aden	Bihua
Tammy Lawrence	Vanessa Gill	Courtenay Payne
Jane Orser	Kim Gould	Laila Far
Lily	Lina Liu	Maryam Sherkat
Renee Bouchier	Sandra Tanaka	Sara Mohammadkhani

#### 1. Welcome and Call to Order

- a. The meeting will be a bit longer because we will be voting from the postponed AGM. There will be a review of the previous year prior to voting
- b. Last year started with the Five Creeks project as the biggest obstacle as most roads leading into the school closed. Surprisingly, that was no longer the problem when the Covid-19 pandemic overshadowed everything. But before that we had a wonderful welcome back BBQ, Bingo nights, holiday craft fair, Lunar New Year and Nouruz celebrations, interesting field trips and a major kitchen renovation. Unfortunately, the Gala/fundraiser had to be cancelled followed by a small staff appreciation day and a virtual grade 7 graduation.

#### 2. Executive Team and budget Vote-in – Candice Montgomery

- a. Many new executive team members and current budget were voted in. We were delighted to see so many parents joining in, probably making this the largest Executive team yet. A warm welcome to the new members of the team:

**Treasurer:** Christina Argyros

**DPAC Rep:** Vanessa Gill

**Hot Lunch Coordinator:** Selina Li

**Members at Large:** Corinna Wolf-Jeske, Laila Far, Sylvia Butterworth and Sophie Ukani

**b. Our executive team for 2020-21:**

<b>Chair:</b>	Tanja Imhoff	tanjaimhoff@shaw.ca
<b>Vice Chair:</b>	Anita Algie	anita.venturecapital@gmail.com
<b>Treasurer:</b>	Christina Argyros	christina@lionsgate-group.com
<b>Secretary:</b>	Bill Au Yang	billyay@yahoo.com
	Dani Renouf	danirenouf@gmail.com
<b>DPAC Rep:</b>	Vanessa Gill	vanessa@vanessagill.com
<b>Hot Lunch Coordinator:</b>	Selina Li	amssylee@gmail.com

**Members at Large**

Danielle Katerberg  
Yin Yuan  
Kim Gould  
Roxanna Pistol  
Tina Pu  
Sara Relling  
Sara Mohamadkhani  
Srabana Dasgupta  
Candice Montogemery  
Corinna Wolf-Jeske  
Laila Far  
Sylvia Butterworth  
Sophie Ukani

**3. Chair's Report- Tanja Imhoff**

- a. **Terry Fox run** – Thanks to everyone who volunteered. It was a successful two day event. Fundraising goal of \$4,000 was exceeded with a total of \$4,535 for cancer research. Thanks for your support.
- b. **Class Reps** – Thanks to all the parents who stepped up to the role this year. Its especially important to stay connected this year because of all the social distancing measures and also reach out to new parents to make them feel welcome.
- c. **Covid-19 Information** – Need to be careful with information sources such as facebook groups and rumors. It has been quite a challenge for all of us during this period. During the DPAC meeting there was further clarifications regarding decision making and communication.
  - i. The school district (WVS) will only send out letters from VCH instruction as they take the lead regarding Covid
  - ii. WVS cannot set any rules and mandates (such as making masks mandatory) as they are governed by the province.
  - iii. Privacy regulation is quite strict. WVS will not be advised which specific person is tested positive because they will handle all the contact tracing.
  - iv. Based on parent feedback, WVS is currently lobbying the health authorities on faster and clearer communication and contact tracing.

- v. Parents are responsible for screening kids at home and keep them at home if they are sick. Please follow the guide on the WVSD site.

#### 4. Principals Report- Kim Grimwood

- a. **IB Organization Evaluation** – Every five years, IB schools undergo a review to make sure standards and practices are holding up. The process will happen virtually this year on Nov 4-6.
- b. **New staff members** – we would like to welcome three new members since the last meeting.
  - i. **Andy Anders** – Education assistant from Sweden for a few classrooms.
  - ii. **Kelly Hanson** – PE specialist, which is new this year.
  - iii. **Amanda Tobin** – She is from Toronto and will be working with Gr 7s
- c. **FSA** – The foundational skills assessment tests have been postponed as per our request to give students time after such a long break from school. We will however be looking at a series of literacy assessments that are standardized across the district.
- d. **Learning Conferences** - There will be early dismissals on those days. Links will be sent out a day or two prior. Please sign up for an appointment online.
- e. **Halloween** – This year, we want kids to come dressed up already as we don't want groups of kids to use the changerooms. Also no weapons. Food will not be allowed this year. Other fun games and activities will be incorporated instead.
- f. **Catchment Enrollment** – 49 Catchment K students enrolled after online enrollment opened yesterday. Out of catchment will open in January.
- g. **Covid Protocols** – Please continue to remind kids to keep distance, refrain from touching and sharing food, use sanitizer and wash hands.

#### 5. Treasurer's Report – Christina Argyros

- a. Last year's general account was \$194,900.92. The gaming account was \$51.69. The latest balance on the trust account is \$8,075.04. There are also hot lunch credits due back to parents: \$26,688.00.
- b. Other highlights include: Supplemental Learning Expense: \$21,794.00 which includes field trips: \$11,655 dollars. Our kitchen renovation: \$12,781.00. Additional laptops for \$8872.00. Equipment and supplies for \$9039.
- c. Our bank balances have remained unchanged. We have uncleared checks for \$2,832.
- d. Our Gaming Grant has been approved and we will receive \$8060.00.
- e. We have included some flexibility for our budget this year and calling it the Covid budget. There will also be flexibility to spend in another area as needed
- f. The field trip budget had been significantly cut down from the typical \$25,000 per year.

#### 6. DPAC Report – Vanessa Gill

- a. Oct 7 with Caroline Rohde and Chris Kennedy.

- b. Tech, Covid and Kids, DPAC event hosted by Dr Shimi Kang. More than 200 parents have already registered. Register to get the Xoom link
- c. Summer school was a success with 1,100 enrolled
- d. Current enrollment is around 6,800, a bit lower due to the lack of international students.
- e. More custodial staff has been hired as directed by the provincial health authority.
- f. There are 390 students enrolled in the Temporary Transition Program.
- g. Hot lunch is offered in Irwin Park, Hollyburn and Cedardale as. A pilot project.
- h. Next meeting will be November 4<sup>th</sup>, Wednesday

## 7. Hot Lunch –

- a. Looking at end of November start date.
- b. There will be protocols that exceed provincial regulations such as limited vendors, pre-packed and sorted along with masks and social distancing when delivering.
- c. We will need one to two volunteers per day to deliver as well as a coordinator
- d. Selina Li will be graduating this year and would like to have a trainee in place to take over

## 8. Committee Updates

- a. **Outdoor Space** – five areas has been identified for some improvement.
  - i. **Grassy Area above the primary playgrounds** – potential for outdoor classroom
  - ii. **Pagoda with a picnic table underneath** – potential for sandbox, but will need some volunteers to help relocate the table
  - iii. **Sloped area behind the primary and library wing** – looking at a sail cloth to cover this area. There is also a longer term plan to have a permanent structure. Other ideas include a new mural with an resident artist along with students. We could also look into a stage with a portable outdoor whiteboard.
  - iv. **Undercover area underneath the intermediate wing** – We are looking into some benches that can be stowed away when not in use as well as improved lighting.
  - v. **Lower forest area in front of the Gr 7 portables** – Perhaps some deck chairs in front of the portables with umbrellas and picnic tables
- b. **Fundraising** – We would be open to any ideas in addition to what we have in the past such as Poinsettias and Purdy's. Other ideas include virtual events like movie night, bingo, games or talent show. Items donated from last year's gala still needs to be auctioned.
- c. **West Bay T-Shirts** – We just got a shipment with more sizes including adult sizes. Links are provided with Sue's bulletin as well as PAC

## 9. Guest Speaker- Dani Renouf - School and Food: How to support families in eating healthfully

- a. We want to start with acknowledging our best intentions for our children and that they are also doing their best.
- b. Try to avoid using Dr. Google whenever possible just like you don't seek legal advice online.
- c. Children need whole grains. Lots of fiber, good sources of B vitamins from whole grains and carbohydrates as well as minerals. They need fruits and vegetables with vitamin A and C. Dairy products of course, for protein, calcium, potassium, magnesium and phosphorus. Also, lean meat, poultry, eggs, fish, beans and seeds that are rich in protein, iron, zinc and B vitamins. Vitamin D for the winter months.  
You can also do a daily multi vitamin, but don't go past that and do individual other supplements like vitamin C, Megadoses etc. Be really careful with how much synthetic vitamins you are giving your child
- d. Also keep in mind that nutritional needs to be stretched out, so they don't need to take the same amount every day. As long as they are on track with the growth charts, you should not worry too much. Please do consult a registered dietician if children are not meeting their nutritional needs.
- e. Avoid food fights such as pressuring children to eat the healthy food. Its about coming together as a family and communicating. If they see you eating something, they may be more inclined to ask about it or even try eating it. When kids have agency over their food, it builds confidence and self esteem,
- f. Nutrition Suitcase – This is a great construct for kids to make their own decisions around their food choices while you provide the options. They can choose what to “pack” in the suitcase.
- g. Involve everyone with shopping and cooking. It really helps them organize and learn about what they are eating. When they are cooking, it really engages them into the details of what they are eating. Start with something simple that they can easily do. You can also work with spices, herbs and sauces.
- h. Avoid reward, punishment, pressure etc and other negative tactics. to try to get kids to eat certain food. Communicate with them and ask them. Really try to understand what their reservations are about eating a certain food. Try to help them see the food in a different angle, such as using an interesting story.
- i. If you need further information for your own personal nutrition and health, please seek out 811. It's a free service. They have free dietitian service available in multiple languages.

## **Questions/Comments?**

## **Adjourn**