



West Bay PAC Meeting Minutes-9:15am, Feb 11, 2022, Zoom Virtual Meeting

Principal Kim Grimwood	Elmira Montazami	Tanja Imhoff
Aliso	Candice Montgomery	Jenny Hippel
Heidi	Jatinder Sidhu	Bill Auyang
Hongchi Chen	Sandra Tanaka	
Danielle Katerberg		

Welcome and Call to Order:

Minutes of November PAC Meeting: Adopted by Candice Montgomery and Tanja Imhoff

Agenda for January PAC Meeting: Adopted by Danielle Katerberg and Tanja Imhoff

1. Chair's Report: Tanja Imhoff

- a. **Lunar New** – Thanks to the staff for putting that together even though the Chinese community took a break from it this year. There is also a Dragon Dance from the district on Twitter
- b. **Nowruz** – Dani will be taking this on with one of the biggest team with some really excited parents.
- c. **Dr Yong Zhao – Feb 17** – becoming self determined learners virtual meeting, helping students become more self reliant. Highly recommended as one of the best speakers.
- d. **West Van High Track** – Sufficient funds have been raised to transform the track into a multi-purpose field for track and football. Thanks to the Armatage family and parents who donated with last minute funding to get the project going. Chris Kennedy mentioned in the last DPAC that this will start in summer
- e. **Communication – WhatsAPP** – We will move forward with using the app for schoolwide communication. Srabana will be spearheading. She has been in contact with GlenEagles who runs it successfully. It will be in a form of a broadcast system, one way communication. Notifications on school events such as early dismissals, hot lunch etc will be sent out in the morning.
- f. **Spirit Wear** – There was an overwhelming response. The second ordering session items were delivered last week. There will be another opportunity to order until September. There has been some sizing issues. So we will be removing some of the smaller sizes as well as having actual measurements in cm written on the website.

2. Principal's Report: Kim Grimwood

a. Covid

i. **Contact Tracing** – All illnesses tracked, not just covid. Students, teachers and staff members are included. The numbers peaked around the second week after Christmas break and its been steadily declining.

ii. **N95 Masks and rapid test kits** – available to all teachers

iii. **Please stay home if you are sick**

b. **10 Tips for Parenting a Digital Native Parent Night Feb 15 @ 6pm – Cari Wilson** – About parenting kids growing up with technology that we didn't have. RSVP to GTupling@wvschools.ca

c. **Mother Tongue Day – Feb 22** – recognition for students and families that come to us with a different language. 20 yrs ago, students were not allowed to speak their home language. Now we have a much better understanding of its importance. Next week kids will teach other students and teachers some phrases, songs or poems in their own language all of next week.

d. **Pink Shirt Day – Feb 23** – some students will participate in a dance flash mob. Videos will be posted.

e. **Cypress Park Grade 3 – Feb 24** – they will be invited for a tour of West Bay to ease anxieties about coming up to big schools.

f. **Black History Month** – there will be different class activities and acknowledgements throughout the month

g. **Wifi upgrade** – The current infrastructure is 15-20 yrs old before devices and phones were widespread. Once this is completed, the wifi will no longer be glitchy and slow.

h. **Sport for life** – UBC research project with the ministry of education that we will be participating in to study student wellness. It's a 3 yr study on our work around physical literacy. The grade 2 cohort will be tracked for 3 yrs and there will be funding and policy implications coming from this study

i. **West Van Run – Mar 5 and 6** – the run consists of 1, 5 and 10k events. We are looking for people to join the west bay team. 10 staff members will be doing the 10k

3. Treasurer's Report: –

a. **Accounts** - \$185,000 in checking account; \$11,000 in gaming account plus \$8,000 grant from the government. Some of that will be spent once we get more details regarding the outdoor space

4. DPAC Report:

a. Vanessa will be stepping down as of April. If anyone is interested in taking up the role please let us know.

b. **N95 Masks and rapid test kits** will be available for teachers. They wont be going to all districts

- c. **Ventilation** – funds will be allocated to make sure each school has up to date ventilation. We do have the most up to date ventilation in our buildings already.
- d. **Staffing** – 92% on average are present in West Van schools. No huge drops.
- e. **Students** – also quite consistent between 80-87%
- f. **Framework for fundamental student learning** – Kim will doing a presentation on this area. We have identified three areas to work on: Sense of belonging, numeracy and career/life goals. There will be more info coming up

5. Hot Lunch: Elmira Montazami

- a. **New Vendors** – hopefully will lead to some healthier options for next session.
- b. **Feb Survey** – only around 25 responses. Most parents are happy with the current menu
- c. **Healthier Options** – been looking at other schools with successful programs. We are also looking for suggestions.

6. Fundraisers

- a. **Art Cards** – We are aiming this for mother's day. Each child creates a piece of art in class and it gets shipped to a company that will produce them into art cards, which can be expanded to mugs, mousepads, notebooks etc.

7. Positive Mental Health Framework – Kim Grimwood

- a. Pandemic has affected the way we see mental well being. The school district has been working with community partners to create this framework. Its about fostering resiliency, social and emotional well-being. It's the ability to recover and adapt to misfortunes and setbacks.

POSITIVE MENTAL HEALTH IN WEST VANCOUVER SCHOOLS

Aligned with Indigenous Ways of Knowing, this framework provides a common language and understanding to guide our work, identify goals, and support our school community.

In West Vancouver Schools, we aspire to foster resilience, social emotional well-being, and positive mental health.

Resilience is the ability to recover and adapt to misfortunes and setbacks.

Social emotional well-being is the understanding and managing of emotions, the ability to set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. Social emotional learning (SEL) is the process through which we achieve these competencies (CASEL, 2017).

Positive mental health is an ongoing journey, informed by a variety of emotions, that takes courage, patience and humility. Positive mental health is holistic, relational, inclusive, and a shared responsibility.

THE FOUR GUIDING PRINCIPLES OF POSITIVE MENTAL HEALTH



- b. Holistic:** We know physical activity helps build resilience. The lockdown had certainly affected us. Our connection, socially and emotionally helps our ability to think and learn
- c. A shared responsibility:** One of our strengths is the relationship we have with our West Bay families. These relationships help us get a lot done.
- d. Inclusive:** Communities that are racialized, stigmatized have a higher percentage of mental wellness issues.
- e. Action Plan**

Promotion	Prevention	Intervention
<p>Curriculum</p> <ul style="list-style-type: none"> •SOGI 123 •SEL (e.g. Self-regulation, executive functioning) •Physical Literacy •Teen Mental Health curriculum •Sleep Hygiene (Zzz Power) <p>Frameworks Plans</p> <ul style="list-style-type: none"> •Equity, Diversity, and Inclusion Action Plans •Assessment Framework <p>Committees and Collaboration</p> <ul style="list-style-type: none"> •Comprehensive School Health •Equity, Diversity, and Inclusion Team •Indigenous Education Circle •Foundry •Lower Mainland Child Abuse Prevention Educators •Child, Youth, and Family Hubs •Squamish Nation Partnerships <p>Events and Celebrations</p> <ul style="list-style-type: none"> •Mental Health Symposiums •Ready Set Learn •Sleep Week <p>Programs</p> <ul style="list-style-type: none"> •Seamless Day •Strong Start •Welcome to K •Pre-K Connections •IPALS (Mandarin & Farsi) <p>Other Supports</p> <ul style="list-style-type: none"> •Life Speak 	<p>Programs</p> <ul style="list-style-type: none"> •Connect Program •Learning Support programs •School Counselling <p>Groups and Alliances</p> <ul style="list-style-type: none"> •Gay Straight Alliances •Social skills Groups •Boys Club/Girls Group <p>Other</p> <ul style="list-style-type: none"> •Employee Family Assistance Program 	<ul style="list-style-type: none"> •Inglewood Secondary <p>Referrals to community support services:</p> <ul style="list-style-type: none"> •Foundry •Child Youth Mental Health (MCFD) •WVPD •Family Services of the North Shore •Hollyburn Family Services

We want to avoid intervention as much as possible.

f. We have the Second Step Program for K-5 students

g. Open Parachute for 6-9

- i.** It's got real life videos using real students that the kids are connecting with and from what the teachers are sharing. Kids are opening up about their feelings and worries. The power in this program is that we're using it systematically, and So what happens in grade 6 gets built upon in grade 7 gets built upon in grade 8, and again in grade 9, and so the language, the resources, the strategies get reinforced time and time again because we know we can't tell our kids something once and get it right. They need that repeated messaging. That's what's great about open parachute.
- ii.** We encourage every parent from K-7 to sign up and open an account:

<https://courses.openparachuteschools.com/courses/ParentResources>

iii. There will be a more detailed presentation about it in an upcoming DPAC meeting.