



District Parent Advisory Council

**DPAC General Meeting
Wednesday, Nov 25, 2020
Virtual Meeting via Zoom**

Marvin called the meeting to order at 7:03 p.m.

94 participants

53 schools represented – quorum met

Schools with a representative in attendance:

Elementary: Alderson, Anmore, Aspenwood, Birchland, Blakeburn, Cape Horn, Castle Park, Cedar Drive, Central, Eagle Ridge, Harbour View, Heritage Mountain, Irvine, Kilmer, Leigh, Lord Baden-Powell, Mary Hill, Meadowbrook, Moody, Mountain Meadows, Mountain View, Mundy Road, Panorama Heights, Parkland, Pinetree Way, Porter Street, R.C. MacDonald, Riverview Park, Rochester, Roy Stibbs, Seaview, Smiling Creek, Walton, Westwood

Middle: Banting, Citadel, Eagle Mountain, Hillcrest, Kwayhquitlum, Maple Creek, Minnekhada, Montgomery, Moody, Pitt River, Scott Creek, Summit

Secondary: Centennial, Gleneagle, Inquiry Hub, Pinetree, Port Moody, Riverside, Terry Fox

DPAC Executive in attendance: Marvin Klassen – President, Jamie Manchester – Treasurer, Judi Zaklan – Secretary, Rosey Manhas – Health & Safety Coordinator, Andrea Howorth & Nipa Bhalla – PAC Communications, Zainab Alkassab - Parent Education Coordinator, Corrie Noble – Member at Large, Joy Schiffner – Member at Large, Rayne Johnson - Member at Large, Laura Code – DPAC Administrative Assistant

Regrets: Charlie Loo – Vice President, Maria Ledezma – Newsletter, Tara Lyons – Member at Large

Special Guests: Assistant Superintendent Rob Zambrano, Rachel French, SD43 Positive Mental Health Coordinator, Trustee Craig Woods, Trustee Lisa Park, Trustee Carol Cahoon, Coquitlam Councillor Teri Towner, Dr. Melanie Badali, Registered Psychologist and Board Director at Anxiety Canada

Minutes taken by: Judi Zaklan

Territorial Acknowledgement: Rosey Manhas

- **Please send in contact info from your school** to Laura office@dpac43.ca

1. Approval of Agenda

MOTION moved by *Smiling Creek*, seconded by *Minnekhada*, to accept the Agenda as presented. **CARRIED**

2. Approval of Previous Minutes

MOTION moved by *Glen Eagle*, seconded by *Walton*, to accept the Minutes of the Oct 28, 2020 General Meeting as presented. **CARRIED**

3. Treasurer's Report

- Income Statement 01Jul2020 – 25Nov2020

- **Jamie Manchester**

4. Superintendent's Report

- Rob Zambrano and Rachel French

- Mental Health Vision for SD43 – whole school system promoting positive mental health & well-being. A shared responsibility of parents, educators and community.
- Evidence based focused on prevention & promotion.
- Proactively identifying social/emotional challenges & early signs and connecting students to community supports.
- A goal of building resiliency.
- A number of initiatives in schools; EASE, Open Parachute, Teen Mental Health Literacy, Mental Health & Well-being Teams, Social/Emotional learning etc.

Q from Walton Elem DPAC re supports for student transitioning genders – what supports would the school provide?

Q via email re program delivery of Gradual Transitioning & grade specific learning

5. Anxiety & COVID-19

- Dr. Melanie Badali

Parenting during Pandemic – 7 strategies for managing anxiety

Anxiety – an emotional response to uncertain harm

www.anxietycanada.com/articles/fight-flight-freeze

- 1) **P** Present Focus – use the power of NOW, ground yourself in the present, practice mindfulness (pay attention on purpose without judgement in the present moment).
- 2) **A** Act Purposefully – you are the boss of your actions, not your anxiety; emotions are not directions; do things that are meaningful; beware of avoidance.
- 3) **R** Reality Check Thinking – know that you can overestimate dangers/underestimate coping; thoughts are not facts!
- 4) **E** Emotion Regulation – the ability of an individual to modulate an emotion; any action that either alters the valence (+/-) or intensity of emotional experience.
- 5) **N** Normalize – Anxiety is a normal response to uncertainty and potential harm; this is HARD; there is no one right way to feel or way to cope during a pandemic.
- 6) **T** Tolerate Uncertainty – explore strategies of action for what we Can & Cannot control.
- 7) **S** Self Care – The practice of taking an active role in protecting one's well-being; taking care of ourselves like we would take care of our kids.

6. Q & A with Anxiety Canada

- Dr. Melanie Badali

Q How can I help my child feel safe at school? Talk to your kids about your own confidence in the safety of the school; try to find the 'certainty' in life; acknowledge that it is hard right now; follow public health advice not your anxiety.

Q How do you get kids to open up (rather than freeze up)? Set kids up for success; break down into steps.

Q Signs of anxiety for middle/high school? Limited access to thoughts/concerns of teens; model to open dialogue; health promotion.

Q Will you come back and do a talk/presentation on Depression?

Q How would you address your own child's freak out about failing/failure of project/assignment? Don't be afraid to let your child fail; they will see it is not a catastrophe if they do.

Q With a possibility of lockdown, how do you keep people safe in unsafe households?

C Feeding the anxiety. Short term responses can shoot us in the foot later – can rob us of the opportunity to learn (it may not be as bad as we think, we can't learn that we are resilient).

Q How to break the 'negative thought' pattern? ID the thought; create some depth, 'Not all thoughts are true'; have curiosity about thoughts, use your detective skills.

7. Executive Member Reports

- DPAC Executive

- Kerry Palmer Isaac – Reelected as Board Chair, Michael Thomas as Vice Chair
- BCCPAC's DPAC Summit – Presentation on Reconciliation by Jo Chrona, FNEESC. Important to add the Territorial Acknowledgment to all our PAC/DPAC meetings.

8. Looking Ahead

- Marvin Klassen

- Dec 8, 2020 Anxiety Canada's Mindshift™ CBT App presentation with guest speaker Mark Antczak.
- Jan 27, 2021 – Dave Sands and Rob Heinrichs speaking about the tech side of education.
- Please share successful PAC stories with Corrie Noble
- Thanks to the District for additional purchase of 2 Clorox 360 cleaning machines that are used after exposure events in schools.

9. Adjournment

MOTION moved by *Gleneagle*, seconded by *Pitt River* to adjourn the meeting at 8:42 p.m.

CARRIED