



**DPAC General Meeting
Wednesday, January 26, 2022
Virtual Meeting via Zoom**

Rosey Manhas called the meeting to order at 7:00 p.m.
70 participants
55 schools represented – quorum met

Schools with a representative in attendance:

Elementary: Alderson, Anmore, Aspenwood, Baker Drive, Birchland, Blakeburn, Cape Horn, Castle Park, Cedar Drive, Central, Eagle Ridge, Glen, Hampton Park, Harbour View, Heritage Mountain, Irvine, James Park, Kilmer, Leigh, Lord Baden-Powell, Meadowbrook, Miller Park, Moody, Mountain Meadows, Mountain View, Mundy Road, Parkland, Porter Street, Ranch Park, Riverview Park, Rochester, Roy Stibbs, Smiling Creek, Westwood

Middle: Citadel, Como Lake, Eagle Mountain, Hillcrest, Kwayhquitlum, Maillard, Maple Creek, Minnehada, Montgomery, Moody, Pitt River, Scott Creek, Summit

Secondary: Centennial, Dr. Charles Best, Gleneagle, Heritage Woods, Pinetree, Port Moody, Riverside, Terry Fox

DPAC Executive in attendance: Marvin Klassen – President, Rosey Manhas – Vice President, Ashley Sorensen – Secretary, Jamie Manchester – Treasurer, Judith Obatusa – Newsletter Editor, Zainab Alkassab - Parent Education, Andrea Howorth – PAC Communications Liaison, Nipa Bhalla – Member at Large, Corrie Noble – Member at Large, Joanne Chng - Member at Large, Laura Code – DPAC Administrative Assistant

Regrets: Ernest Wu – Health & Safety, Rayne Johnson - Member at Large

Special Guests: Trustee Craig Woods, Assistant Superintendent Gerald Shong, Erica Steward from BC Bereavement Helpline and Brittany Borean, Bereavement Services Coordinator – Youth and Young Adult Program at Crossroads Hospice Society

Minutes taken by: Ashley Sorensen

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

1. Approval of Agenda

MOTION moved by *Centennial Secondary*, seconded by *Mountain View Elementary*, to accept the Agenda. **CARRIED**

2. Approval of Previous Minutes

MOTION moved by *Heritage Woods Secondary*, seconded by *Irvine Elementary*, to accept the minutes from the November 24, 2021 General Meeting. **CARRIED**

3. Treasurer's Report

- Jamie Manchester

- Income Statement January 2022
- This month our expenses were telephone for \$82.97, payroll \$1843.03, WorkSafeBC \$25.71, Director's Insurance \$1452.00 and November speakers \$300.00. We have \$32,151.88 in our Operations account and \$2,674.79 in our Gaming account.

4. Assistant Superintendent's Report

- Gerald Shong

- We have Rapid tests arriving soon to schools. Each teacher will be provided with two tests, no tests are available for students at this time.
- We have not had any closures to date.
- There are changes to the daily health check. Please review these and continue with the checks.
- No test, no fever and you feel better, you may come back to school.
- If a test is done and it is positive self-isolate for five days and with no fever and a reduction in symptoms you can return in five days but avoid health facilities for another five days.
- Call 811 if you have questions.
- Registration has ended for Programs of choice K- Grades 6.
- The District received 573 applications with 305 for French Immersion, 228 for Montessori, and 40 for Mandarin. 80 students have not been given a placement, but many will before September due to moving, changes in choice so more will be moved into spots as they become available.
- Kindergarten registration and Cross Catchment enrollment is next week.
- We have Spring Break fast approaching and we are starting the budget process.
- Fraser Health is monitoring and the District is trying to stay open.

5. BC Bereavement Hotline

A. Stages of Grief

- Erica Stewart

- Grief is internal and you may experience feeling lonely, anxiety, overwhelm and guilt.
- Mourning is an outward expression you can cry, talk, go to a funeral, do rituals, attend celebrations, have visible signs of being worn down.
- The Stages of Grief are not linear.
- You can have physical symptoms of headaches, loss of appetite, and energy loss.
- You can hop around in these feelings for days or weeks.
- Normalize what you feel, its ok.
- Grieving Styles are Intuitive (feel) strong emotions, Instrumental (do) practical problem solver, Blended (mix) combo of Intuitive and Instrumental, or Dissonant (conflict) internal reactions do not match external expressions.
- Effects of Covid-19 we have a lack of rituals, it can feel very sudden, we have social isolation and sometimes guilt.
- BC Bereavement has a Monday to Friday 9-5 hotline.
- There is also the Suicide Grief Support Group and Homicide Grief Support.
- www.bcbh.ca Resources are under the resources tab.

B. Crossroads Hospice

- Brittany Borean

- Brittany is a loss of loved one support worker.
- Crossroads is the Tri-Cities hospice, it has 10 beds and operates a thrift shop and offers grief support for residents.
- They offer grief support for adolescents.
- 1 in 14 will lose a parent or sibling in Canada before 18.
- It is a youth centered program that helps support people with anger and anxiety. They may also experience massive sleep changes, can't get out of bed, concentration and memory issues, academic changes and isolation from family and peers.
- As they get older, they will continue to grieve their loss.
- Depending on the age will affect how they grieve.
- The teens are often called the Forgotten mourners. They might not seek support or grieve

- normally but they can't grieve like an adult.
- Different types of ways to mourn and can be based on personalities.
 - Give them time and space to navigate their emotions.
 - Grief lasts so much longer than we think
 - If you lose a parent at 15 at 97 you will still miss them, and it will look different.
 - Grief affects us all
 - Referrals to the program can come from parents sending an email or from their school.
 - They can visit High Schools and provide support there
 - Can be once or ongoing
 - 1-1 or in groups
 - Adults Grief programs are offered as well.
 - There is no cost to access services. www.crossroadshospice.org
 - Under age 13 there is Camp Kerry Society and Lumara as well as the Charlene Reaveley Children's Society.
 - Crossroads Hospice has a lending library and eBooks are available as well as physical books. www.lumarasociety.org and www.kidsgrief.ca

6. Executive Member Reports

- DPAC Executive

- No reports currently.

7. Looking Ahead

- Marvin Klassen

- It's budget time in the School District, 85% of the School District's budget is already spoken for, we are preparing a submission in which our priorities are improvements to ventilation, and staffing issues, particularly involving Education Assistants.
- Parents were encouraged to run for an executive position because there are several important positions that are going to be available, and these positions need to be filled for next year.
- If you would like to put your name forward for a position and you do not have a form, please email the DPAC Office and the forms will be emailed to you.
- We are looking for a parent to help redesign our website to make it more accessible.

8. Adjournment

MOTION moved by *Kilmer Elementary* seconded by *James Park Elementary* to adjourn the meeting at 8:44 p.m.

CARRIED