



**DPAC General Meeting
Wednesday, March 29, 2023
Virtual Meeting via Zoom**

Rosey Manhas called the meeting to order at 7:02 p.m.
37 schools represented – quorum met

Schools with a representative in attendance:

Elementary: Anmore, Aspenwood, Blakeburn, Castle Park, Central, Coast Salish, Glen, Hampton Park, Heritage Mountain, Irvine, James Park, Klimer, Lord Baden-Powell, Mary Hill, Miller Park, Moody, Mundy Road, Nestor, Panorama Heights, Parkland, Roy Stibbs, Smiling Creek.

Middle: Como Lake, Hillcrest, Kwayhquiltum, Maple Creek, Minnehada, Montgomery, Scott Creek, Summit.

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

DPAC Executive in attendance: Rosey Manhas – President, Jamie Manchester – Treasurer, Marcela de la Pena – Secretary, Ernest Wu – Health & Safety Coordinator, Melody Watkins – PAC Communications Liaison, Corrie Noble – Member at Large, Amy Jaeggle – Member at Large, Diane MacSporran – Member at Large, Laura Code – DPAC Administrative Assistant.

Regrets: Zainab Alkassab – Vice President, Mariam Alkassab – Member at Large.

Special Guests: Trustee Chuck Denison, Trustee Craig Woods, Assistant Superintendent Rob Zambrano, Assistant Superintendent Nadine Tambellini, Shaunna Martin, SD43 Coordinator Well-Being & Positive Mental Health, Leah Lyth, Public Health Nurse, Fraser Health, Orion Wårje, Community Health Specialist, Fraser Health.

Minutes taken by: Marcela de la Pena

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

Territorial Acknowledgement – Rosey Manhas

1. Approval of Agenda

MOTION moved by *Aspenwood Elementary*, seconded by *Pinetree Secondary*, to accept the Agenda. **CARRIED**

2. Approval of Previous Minutes

MOTION moved by *Aspenwood Elementary*, seconded by *Gleneagle Secondary*, to accept the minutes from the February 22, 2023 General Meeting. **CARRIED**

3. Treasurer's Report

- Jamie Manchester

- Expenses for February 2023 - \$1,461.48 (payroll, other office expenses)
- General Account funds \$24,120.63
- Gaming Account funds \$4,274.79

Reminder for PAC's treasurers that the Gaming Grant will be open to apply from April 1st to June 30th this year. Last year to use gaming funds for scholarships.

4. Assistant Superintendent's Report

- Rob Zambrano

- Budget process. The funds arrive in March. Stakeholder's public meetings happened since February to April.
- Return of International Student Travel. In September 2022 SD43 is allowing planning for international travel to begin next school year, mostly during break times.
- Physical education, health, preventing abuse in elementary & middle school. Include sexual health & reproductive sexuality. There is an opportunity for parents to know when this topic will be covered. Parents can have their kids to opt out. Up to the school to arrange alternative activities for the time of the topic.

Common goals – keeping kids safe, keep the kids in a healthy relationship, avoid sexually transmitted diseases. Have informed kids and parents to make decisions. Honoring what we have in common.

Safe Bodies – sexual abuse prevention books. There will be training for teachers.

Resources addressed for age appropriate grades up until Secondary school. From The Canadian Centre for Child Protection. 4R's notion of consent is in the centre of the topic. ABC of substance use – a little about drugs, but more on prevention. Focusing on resilience, stay busy, enhance youth competencies, delay the debut for substances (kids will find other ways to cope). Focus on reducing stigma, for those who are already involved. Try to have them reach out.

Health promotion – Harm reduction.

The best prevention often has nothing to do with substance use at all.

Curriculum Framework – Substance Use

For reproductive/sexual topic – no gender identity matters will be included.

- Important dates: April 19th – Safer School Together – digital safety
- May 10th Sexual exploitation education (will be coming to DPAC).
- End May – substance use panel

5. The Value of Belonging in Nurturing Resilience

- Orion Wårje and Leah Lyth

- Land Acknowledgement.
- The Value of Belonging in Nurturing Resilience. Defining resilience: the ability to bounce back after a stressful experience or risk.
- Sense of belonging (need to belong) involved 1. Interactions, 2. Long lasting care and concern about each other's welfare.
Kids can get their sense of belonging from various places, sport teams, church, school. The lack of sense of belonging puts children at a higher risk of depression anxiety, use of substance.
- Middle Years Development Instrument (MDI): Sense of Belonging – measures children thoughts, sense of belonging to their school, identifies adults who are interested in the child, help kids feel confident that they will be cared.
- Kids are having trouble to develop sense of belonging at their schools.
Publication for [Coquitlam - Human Early Learning Partnership \(ubc.ca\)](https://www.ubc.ca/human-early-learning-partnership)
- Inclusive opportunities for creating a sense of belonging for different groups.
- As Parents; asking your kids what activities they want and supporting them, even if it's the same as their friends. Church, get involved in your neighborhood, join a garden group, etc.

- For Schools – helping kids know each other, having family nights at the school, notice when children are struggling, key to think about diversity, making sure kids feel represented to promote the sense of belonging, social connectiveness, celebrate each other's achievements.
- SD43 projects – youth summits and winter solstice celebration.
- Healthy Living Working Group (HLWG) www.tckm.ca other activities that they offer.
- Think of where you and your children belong, how to increase this sense of belonging, how to help each kid to find this sense of belonging.
- The group talks about resilience with other community groups in the tri cities.
- Resilience can't be taught, you have to build it. Create the opportunities for kids to build resilience. If parents try to get the kids out of situations (exams, tests), then you create vulnerability and not a chance to build resilience.
- You can rebuild a place, relationships, getting through hardship or a situation when you grow.

6. Executive Member Report

- French Advisory Committee – Jamie Manchester
Link sent in newsletter. Parents for French. Asking all French immersion schools to have a parent representative to be a contact person. Take it to your PACs and get in touch with Robyn Doig (email and phone provided in newsletter).
French Advisory Committee used to use their gaming grant for scholarships. They are looking for ideas to spend money from Gaming.
- Executive Team – Ashley Sorensen had to resign and Amy Jaeggler will be taking over the role, thanks Amy! Judith Obatusa - Parent Ed had to leave and resigned.

7. Looking Ahead

- Rosey Manhas

- Election information will come out in April. If people are interested to join DPAC, fill in your nomination forms.
- Request to parents regarding Eventbrite registration for stand-alone sessions – after you have registered for a stand-alone session and you are unable to attend, please cancel your registration to allow other parents the opportunity to attend the session. The session is capped at 85 attendees because of the number of people that can be in the room during the presentation.
- Election will be May 24th AGM & Election. In person
- April 26th 7pm next General Meeting - in person

8. Adjournment

MOTION moved by *Heritage Woods Secondary* seconded by *Aspenwood Elementary* to adjourn the meeting at 8:41 p.m. **CARRIED**