



**DPAC General Meeting  
Wednesday, November 29th, 2023  
Zoom**

Rosey M. called the meeting to order at 7:00 PM

44 Schools with a representative in attendance:

**Elementary:** Anmore Elementary, Baker Drive, Banting, Blakeburn, Castle Park, Central Elementary, Coast Salish, Coquitlam River, Eagle Ridge, Glen Elementary, Glenayre, Hampton Park, Harbour View, Heritage Mountain, Hillcrest, Kilmer, Lord Barden Powell, Mary Hill, Moody Elementary, Mundy Road, Panorama Heights, Pinetree Way, Porter Street, Ranch Park, Rochester, Roy Stibbs, Smiling Creek, Walton Elementary.

**Middle:** Citadel Middle, Como Lake Middle, Eagle Mountain, Kwayquitlam, Maple Creek Middle, Minnehada, Montgomery, Summit Middle, Maillard.

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

DPAC Executive in attendance: Rosey Manhas – President, Zainab Alkassab – Vice President, Jamie Manchester – Treasurer, Amy Jaeggle – Newsletter, Nick Horning – Emergency Safety, Heather McMullen – Parent Education

Special Guests: Trustee Chuck Denison, Assistant Superintendent Nadine Tambellini, Krista Parr

Minutes taken by: Marcela de la Pena

- **Please send in contact info from your school** to Melody [office@dpac43.ca](mailto:office@dpac43.ca)

Territorial Acknowledgement – Marcela D.

**1. Approval of Agenda**

**MOTION** moved by *Mary Hill*, seconded by *Pinetree*, to accept the Agenda.

**CARRIED**

**2. Approval of Previous Minutes – May 24<sup>th</sup>, 2023**

moved by *Glen elementary*, seconded by *Walton elementary*, to accept the minutes from the October 25, 2023 General Meeting.

**CARRIED**

### 3. Treasurer's Report

- Jamie Manchester

- November spent \$1,768.92 (BCCPAC membership, GM refreshments, office equipment, zoom license, Eventbrite for stand-alone, phone & payroll)
- General account balance \$32,996.74
- Gaming account balance \$6,074.79

Many PACS got an email request from the gaming grant. Make sure it comes from [GPEB.Charitable.Audit@gov.bc.ca](mailto:GPEB.Charitable.Audit@gov.bc.ca)

Should take 30 minutes to complete.

The Gaming Commission is sending out inquiries to understand the processes of PAC's and want to offer help or support if needed. Please note this is not a formal audit.

### 4. Assistant Superintendent's Report

- Nadine Tambellini

- Thank you for partnership with Rosey, good communication between DPAC & Leadership team in SD43.
- Assistant superintendents are visiting all schools in the district. Update from Hazel Trembath elementary will have a meeting with the community to explain what has happened behind the scenes.
- There is a new position created in the School District – Antiracism District principal. They have been doing learning, joining committees within the district and the city. Meeting with administrators, consultation with staff and student leadership consultation. They will also meet with the DPAC executive team. And with DPAC in general in January.
- Student Leadership Council – middle school teacher leader. Build a partnership with indigenous education departments and sustainability committee.
- Programs of choice session in person – 165 parents attended for K programs before registration. For new families an overall perspective for Kindergarten, Montessori, French Immersion, Emilia Reggio and Mandarin immersion. A lot of information on the website, but no in person opportunities, so it was a good event.
- SD43 is working with the Administrative leadership team in a toolbox session. Make sure they have the information they need. And that all administrative staff have the same understanding of procedures and processes in the district. Wellness, report cards, anti-racism, staffing process, teacher evaluation, Pac 101
- PACs are governed by school act.

Q. Can a PAC be non-profit? (for tax receipts)?

You can be nonprofit – it is a process. And it is difficult to stop being a non-profit as well.

Some schools coordinate with school admin via school cash online and they can give you a receipt. If it is directly to PAC, no tax receipt.

### 5. Holistic Nutrition for families - Root to fruit

- Krista Parr

1. Eat real food. Whole foods, minimally processed, comes from nature. White flour – no longer has the nutrients.
2. The 3 essential elements – ideally every meal & snacks.

Colourful & fresh - (fruits and vegetable), 2<sup>nd</sup> best option frozen, dehydrated, canned.

Protein – building blocks for growth, repair muscle and tissue, manufacture hormones and antibodies. Deli meat, eggs, cheese, yogurt, humus, chickpeas, edamame, tofu.

Healthy fats – essential for absorption of calcium, and vitamin a, d, e, k. slow down the bloods sugar spike, stabilizing mood and energy. Helps us to feel fuller for longer.

Avocado, olives, olive oil, butter, eggs, cheese, yogurt, chia, pumping seeds.  
Grains – not essentials. Not many nutrients.

Get your kids involved. Make lunches the night before. Meal prep on the weekends.

## **6. Looking Ahead**

Join the Facebook group only for DPAC reps.

Standalone session – Jan 17<sup>th</sup> to confirm from the presenter.

Next General Meeting on Wed January 31<sup>st</sup>, 2024 – on zoom

Nadine Tambellini & Gerald Shong (catchment process & changes that have happened).

Indigenous Education – Stephanie Maki

## **7. Adjournment**

**MOTION** to adjourn the meeting by *Mary Hill*, seconded by *Central elementary*, to adjourn at 8:20 p.m.

**CARRIED**