



District Parent Advisory Council

DPAC General Meeting Minutes

WEDNESDAY, April 2, 2025

7:00 PM Via Zoom

ATTENDEES: Superintendent Nadine Tambellini, Assistant Superintendent Jeremy Clark, Trustee Chuck Denison, Nick Horning, Jamie Manchester, Sherie Bohorquez, Andrea Burgoyne, Amber Little, Amy Jaeggler.

Elementary: Central, Hazel Trembath, Blakeburn, Eagle Ridge, Glen, Roy Stibbs, Leigh, Hampton Park, Anmore, Castle Park, Miller Park, Moody, Mundy Road, Smiling Creek, Gleneagle, Kilmer, Westwood, Panorama Heights, Coast Salish.

Middle: Eagle Mtn, Kwayhquitlam, Minnekhada, Montgomery, Banting, Maple Creek, Moody, Citadel, Summit, Scott Creek.

Secondary: Charles Best, Heritage Woods.

Other: Christine Q, Eric L, Kelly, Licinia Z, Alderson, Shannon,

REGRETS: Jimmy Fung

ACKNOWLEDGEMENT OF TERRITORY - Amy Jaeggler

MEETING CHAIR: Jaime Manchester

1. APPROVAL OF AGENDA - Castle Park - 2nded Eagle Ridge

2. APPROVAL OF PREVIOUS MINUTES -

From General Meeting February 26th, 2025 - Approved by Glen, Seconded by Mundy Road

3. TREASURER'S REPORT - Jimmy Fung

Income Statement February 2025

Total Costs - \$352.93

General Account - \$33,837.97

Gaming Account - \$6,058.89

4. SUPERINTENDENT'S REPORT

Nadine Tambellini & Assistant Superintendent Jeremy Clarke

- **March 11th - swearing in of Trustee Rosey Manhas** - Glen Eagle Jazz band performed.
- Visited Terry Fox Sec - Learning Support Centre - and enjoyed trying Potato Bowling!
- Transition activities being organized - grade 5-6, grade 8-9 and kinder welcome activities
- **Hazel Trembath School** - funding confirmed for a new school! - details to come out over the next month
 - *Thank you to parents for support and push for funding. Thank you to trustees and City of Port Coquitlam for pushing for funding to be approved.*

Budget Meetings - <https://www.sd43.bc.ca/budget/Pages/Budget-2025-2026.aspx#/=>

- **Tuesday April 9th** - dpac presidents meeting - get a glimpse/summary of what to expect
- **Tuesday April 15th** - 7pm Preliminary Budget Presentation - * **you're invited*** - ELC (1080 Winslow Ave Coq.) & might be streamed to watch online.
- **Tuesday April 22nd** - 6:30pm - Special Public Feedback meeting - ELC (1080 Winslow Ave Coq.) ****you're invited****
 - **If you'd like to give feedback**, please refer to [2025-2026 Guidelines for Budget Feedback](#) and provide the necessary information via email to budgetfeedback@sd43.bc.ca . before 9 a.m. on Thursday, April 17, 2025.
- **Tuesday April 29th** - 7pm - Vote to pass budget
 - All parents invited to please attend April 15th and April 22nd if possible**
 - see how the money is spent and distributed. If you have any questions or need assistance, please contact the Office of the Secretary-Treasurer at 604-939-9201.**

5. PRESENTATION - SHANNON SULLIVAN - Coordinator, Counselling Support Services
Executive Functioning; Self regulation, attention and focus, goal accomplishment and time management.

INTRODUCTION TO EXECUTIVE FUNCTIONING

Slide show link: https://sd43bccca-my.sharepoint.com/:p:/g/personal/shsullivan_sd43_bc_ca/Ebip9-B685xDm2dQmMCRcuQB3Uz6_2gsRm2wfNaa2QUxbg?rttime=DSvf5Fly3Ug

Her Journey - Coquitlam born and raised - working for District for ~20yrs

What are Executive Skills - 12 skills

- **1 - develop first in young children** - Working Memory, Response Inhibition, Cognitive Flexibility to Manage Change
- **2 -develop later** - Emotional Control, Organization, Planning/Prioritizing, Time Management, Stress Tolerance, Sustained Attention, Metacognition, Task Initiation & Goal Directed Persistence
 - Boost a child's ability to : get organized, resist impulses, stay focused, use time wisely, plan ahead, follow through, learn from mistakes, stay in control of emotions, solve problems independently, be resourceful.
 - Each child unique and develops these skills at different times
 - <https://lifeskillsadvocate.com/wp-content/uploads/2020/09/Executive-Functioning-Skill-Development-by-Age.png>
 - **Deficits** (skill not yet developed) - sometimes assumed child not trying hard enough - can turn to shame. Most people develop skills to compensate for skills they are weaker at/haven't developed yet.

At Home: And what does Executive Functioning look like? See slide

- Strengths and deficits can vary between family members
- Can look like - arguments, forgetfulness etc.

Executive Functions needed to attend this dpac meeting - see slide

- Often mums - act as executive functioning for entire family

Executive Function is: the ability to Integrate a present awareness with future anticipation and past experience to develop a reasonable plan (according for space, time and people) for present action.

- **Prefrontal cortex** - peak development in mid 20s - after that brain starts to decline but we have smarts/skills/experience to make up for it.
- **Teen brain** - vulnerable - more impulsive, reactive and emotionally driven - go to emotional centre to drive decisions instead of prefrontal cortex.

Factors that impact executive skills and execution function - see slide

ADHD and Executive Skill Dysfunction - see slide

- Lack of dopamine in brain -
- Is a huge overlap though with executive dysfunction

Chronological age vs adhd age - see slide

- Is my child developing typically or a concern?
- Ask: how are their deficits impacting their life and happiness?
- Executive Function can be developed and taught over time

What do I do? See slide

Next Steps

- **Reflect** on your own strengths and deficits
- **Make and post schedules** on a calendar = kids can see passage through time.
- **Complete questionnaire** - or think about - Pick one area to focus on. Don't start with the most difficult. ... *Questionnaires are in slide show - see slides*
- **Resources include:** Book for gifted kids - by Peg Dawson and Richard Guare - turn verbal working memory into visuals = executive function
- Other Table in slide show - Executive Skill Development by Age

6. COMMITTEE MEETINGS

Nick Horning - Tech Ed Meeting Update

Discussed and raised awareness of the following topics:

- Cell phone policy - challenges enforcing it - smart watches are also a challenge. Need support from parent community.
- Stephen and Dave - discussion about upgrading the district website
- Talked about AI - talked about 'co-pilot' (Microsoft version of chatgpt) and safeguards integrated in 'co-pilot' that are *not in chatgpt and other AI interactive programs.*
- Awareness about co-dependency.
- Using AI creatively.
- Looking at colour copiers & new equipment.

7. LOOKING AHEAD - Jamie M

• **Next General Meeting April 30, 2025 in person at the ELC**

- 6:50pm - DPAC Social for ~15 min - to meet DPAC executive and visit in person.

ADJOURNMENT - Motioned by Smiling Creek, Seconded by Panorama Heights.