

PAC meeting minutes
Wed Oct 20th, 2021

Notes taken by Jennifer Halyk (PAC exec secretary)

PAC Exec present: Tim Vines, Enoch Lam, Lorie/Lulu Metz, Jennifer Halyk

Regrets: Fiona Lo, Cynthia R

(Roughly 35 people on the meeting)

7:05pm: Tim (Chair), opens the meeting. Asks for a vote on the minutes. Jasmine Thorburn approved the minutes, Dawn Sells seconded.

1. Admin report: Jacquie Lavoie. Not a lot to report; unfortunately Cynthia could not attend tonight. Land acknowledgement. Intro re: mindfulness.
2. M. Sihota: speaking on mindfulness. Areas of competency:
 - Self-awareness
 - Self-management
 - Social awareness
 - Relationship skills
 - Responsible decision making

“Mindful minute”: Requires practise; exercises to strengthen our attention and compassion; use our breath, limit distractibility - encourages mindfulness. Requires practise.

Why? To reconnect; belonging; build resilience; trauma informed; hope

Part of it is about setting the intention. Important to set intention and hold steady.

The road won't always be straight, but we will get there.

How does one begin? Start with ourselves. Clear, open heart. Helps us to know where we are starting.

Asked Jacquie to set an intention for this year, for our school.

Jacquie: says she is happy to share her intention: “I intend to lead by example, with compassion and an open heart.”

3. High school students talk about what they like, don't like and are surprised by in high school:
 - Tasman: Hamber. Decided not to go into French immersion.
 - Madeline Corrin: Tupper mini program.
 - Lara Trost: in Trek.
 - Julian Wood: grade 8, Byng arts program.
 - Ailey: grade 8 at Churchill.

Anya: grade 8 at Churchill.

Q&A to students about high schools re: schedules, teachers, what factors influenced decisions, etc.

4. PAC committee updates will be given by Lori (Lulu), the new Vice Chair.

Committee updates:

A. book fair Nov 15-26th, virtual. All books will be sent to the school - no shipping costs!

B. After school activities: still waiting for the VSB to allow spaces. Still waiting on that.

C. Yearbook: encouraging people to take photos and send them to the PAC email. Please take photos! Especially at Halloween.

D. Diversity committee: seeking new members. Please get in touch if you're interested!

E. Munch-a-lunch is happening: first orders due by Oct 29th Friday. First sushi lunch on Wed Nov 3rd. Notices will be sent out this week.

F. Ski club: proposed for Jan 13th, 20th, 27th and Feb 3rd at Grouse Mtn. We are going ahead and booking it and hoping that we can actually do it.

8:03pm. Tim: Any other business?

5. "Extra" programs, additional programs for this year: Denise Cousineau: question: Saleema Noon -- who covers it, can we get it happening again?
Jacquie: staff are very interested in doing it again this year, PAC has provided funds, Cynthia is looking into it for later this school year.
Denise: What about some kind of dancing?
Jacquie: not able to have large presentations or assemblies, it's more small scale - so the teachers need to organize small events. But we have wrestling and then rugby coming up in the gym.
Denise: what about doing it outside -- i.e., drumming.
Jacquie: again it would probably have to be two classes max. There are some funds from the PAC that can be used. "Art Starts" - sponsors and provides artists Someone is looking into it.

8:07pm: Tim asks for a motion to close.

Scott Graham: motion to close

Jasmine Thorburn: seconded.

8:08pm: meeting adjourned.