

## **Draft Minutes - April 5, 2022 PAC Meeting**

### **Erin Yorke and Simon Sun - PAC Co-Chairs**

Erin Yorke began with a Land Acknowledgement: *We gratefully acknowledge the lands of the Squamish, Musqueam and Tsleil-Waututh nations on which we live, work, learn and play.*

- She shared a story and photo of the VSB Reconciliation Pole (náčá?mat ct - 'we are one')
  - Each pole carved by an artist of the Squamish, Musqueam and Tsleil-Waututh nations with cedar shaving used in Reconciliation-themed art projects by local elementary school students.
- [https://www.vsb.bc.ca/Student\\_Learning/Indigenous\\_Education/Indigenous\\_Events/Legacy%20Carving%20Project/Pages/Meaning-behind-the-Reconciliation-Pole-and-Welcome-Figures.aspx](https://www.vsb.bc.ca/Student_Learning/Indigenous_Education/Indigenous_Events/Legacy%20Carving%20Project/Pages/Meaning-behind-the-Reconciliation-Pole-and-Welcome-Figures.aspx)

### **Michael Singh - McKechnie School Principal's Update**

- Return to school after Spring Break has seen some restrictions lifted: masks optional now; teaching kids about respecting people's choices.
- Fewer absences compared to after winter break.
- With things opening up we can hopefully look forward to a return to past end of year activities, such as Friday Night Fever and Grade 7 Grad activities. Will know more after April 8.
- Basketball season underway; nice to see parents and student fans in audience again
- McKechnie Spirit Wear sale on again: Track & Field coming up (early May; open to K-7 kids and it's hard to have enough jerseys for everyone). If kids have their own school T Shirts, they can be used as track uniforms. Prices for adult sizes are up slightly. Kids shirts still \$10.
- As an ongoing part of Principal's Update, he will ask different members of school community to present/update parents about what's going on in the school.

### **Ms. Siobhan Dowle, McKechnie School Counsellor - Update**

- Contact Information: Email: [sdowle@vsb.bc.ca](mailto:sdowle@vsb.bc.ca) Phone: 604 713-4592
- Availability at McKechnie: Wednesdays (am/pm) & Thursdays (am)
- Referrals can be made by students, teachers, parents, and/or the School Based Team (SBT)
- 1-1 and small group counselling requires parental/guardian consent
- Tries to spend time moving around different classes supporting different Social Emotional Learning goals of each class. For example:

**WITS Program** - <https://witsprogram.ca/>

- Strategies to promote kindness and help kids manage conflict such as peer victimization

**EASE Program** - <https://healthymindsbc.gov.bc.ca/ease-at-home/>

- Everyday strategies to manage worries/anxiety such as following routines, body awareness, calm breathing, and spotting helpful/unhelpful thoughts

**Mind-Up Program** - <https://mindup.org/mindup-for-families/>

- Resources and strategies for parents and families aimed at developing resilience, problem solving, and optimism

**Social Thinking / Zones of Regulation**

<https://www.socialthinking.com/free-stuff>

<https://www.socialthinking.com/zones-of-regulation/free-stuff>

### **Youth & Family Resources: Websites:**

- VSB Mental Health Resource List:

[https://www.vsb.bc.ca/Student\\_Support/Mental%20Health/Pages/default.aspx](https://www.vsb.bc.ca/Student_Support/Mental%20Health/Pages/default.aspx)

- Kelty Mental Health – BC Children's Hospital:

<https://kelytmentalhealth.ca/parents-caregivers>

- Vancouver Local Mental Health Resource Directory:

<https://vancouverlat.wixsite.com/resource-directory>

**Books:**

The Whole-Brain Child - Daniel Siegel & Tina Payne Bryson

The Whole-Brain Child Workbook: Practical Exercises, Worksheets and Activities to Nurture Developing Minds - Daniel Siegel & Tina Payne Bryson

-Erin thanked Ms. Dowle; PAC will share these resources with parents and post to the website

**McKechnie Gardening Committee:**

Mr. Singh began by saying he had participated in and witnessed benefits of school gardens at both Trafalgar and Shaughnessy Elementary schools. Benefits include:

- giving students the opportunity to plant, harvest, prepare, and eat food they have grown.
- garden-based learning can enhance academic achievement through integration of hands-on experiences into diverse subjects such as math, science, nutrition and environmental education.
- supporting students in the growing of culturally appropriate foods at their schools as well as to explore the cultural food and traditions represented by the diverse populations of Vancouver.
- Encouraging connections between the students and the greater school community - construction, development, environmental stewardship, ongoing maintenance.
- For example: Magee shop students will help building frames, families will volunteer to water and maintain gardens over the summer

**Process/Planning-** School has formed a team (Ms. Koke, Ms. Chang, Mr. Singh)

- VSB Grounds have approved their proposal
- Garden committee now needs to secure funding
- Planning to fundraise and install between now and Fall 2022

**Construction Requirements:** 4 x 8 boxes and 21 inches high of untreated Cedar. Accessible (4 feet between boxes). Crushed limestone padding is required.

**Cost/Budgeting**

- VSB does not fund school garden projects. School community needs to come up with funds.
- Latest cost for limestone pad prep for 4 boxes is approx. \$5000. Garden boxes are running at about \$1750 per box due to high lumber costs. Soil is \$70 per box delivered to the site but not placed in the boxes.

**Location** - Right beside Primary Playground. Factors influencing location: Proximity to school building, access to appropriate exits and hallways, access to exterior water source, exposure to sunlight, and proximity to vehicle access (for delivery of materials).

**Vision** - Ms. Koke and Ms. Chang continued speaking to the project:

- Funds raised so far: \$500 Grant, and Purdy's Fundraiser raised \$900
- Upcoming fundraising: Plant Sales: 3-3:30 Wednesdays in the undercover area
- Really need to start making a list of volunteer contacts: deals on building equipment, donations of tools, seeds, donation of skills (like carpentry). Note that carpentry work has to occur outside school hours to meet union requirements. Volunteers can contact Ms. Koke and Ms. Chang.
- build 2 garden beds to start; there is space enough for 4
- need funds to help with cost of the project

**Questions about overall cost?** Can school pick up any of the cost?

- Approximately \$15 000 for 4 boxes; much of this can be covered through fundraising and volunteer labour
- Primary need is for the \$5000 for limestone padding.

- School Budget Committee needs to meet: there may be some \$ available in Outdoor Ed budget, but bulk of funding will need to come through fundraising and PAC donations
- Leah Collings noted that usually Grade 7's give a legacy gift (such as Rainbow Walk in 2020). Perhaps donating to the garden project could be proposed to this year's grad committee?
- Erin said the PAC would discuss ways to donate and thanked the Garden Committee for all their hard work on such a fantastic project.

### **Leah Collings - Volunteer Update**

- Hoping to bring back Friday Night Fever. It will be June 3. Volunteer needs posted in May.
- Grad Committee Chair needed: Support Grad Activities (Decorating, Swag Bag and Legacy Gift are done by parents of graduating students). Coordinator and committee members are needed, so please step forward if interested. It's fun, and not too much work.
- PAC Exec will be more proactive this year looking for volunteers for next year PAC Exec and also other volunteers as more events will be happening in person. Watch out in June for class parents, yearbook editor, etc... and it looks like gardening volunteers will be needed too!

### **PAC Budget Update - Geoff Kennedy, PAC Treasurer:**

- Only real activity is due to restart of Pizza Lunch and Hot Lunch. (None in Jan.) February numbers show \$500 raised from Pizza Hut and \$450 by C'est Mon Cafe .
- Of note: after Spring Break, parent meal orders are back up to regular levels
- A total of \$2558 raised in General Funds with Gaming Funds not used yet
- Most budgeted areas are end of year items and will be spent over next 3 months.
- Re: Grad Committee potential donation to Garden Project: Rainbow Walk cost approx. \$2600

### **Hot Lunch Update/Pizza Lunch Update**

- Thank-you Tiffany (Hot Lunch), Christina Baker (Pizza Lunch) & other parent volunteers!
- Monday & Wednesday Hot Lunch started this week: about 95 hot lunch orders each time
- C'est Mon Café has been receptive to customer feedback and has made modifications to several hot lunch items (i.e. double hot dog meal, more sauce on pasta, veggies separated from the main entrée, etc.) Feel free to leave comments directly with C'est Mon Café as they welcome the feedback and act upon it.
- Pizza Lunch averages about 115 orders each Friday.
- Currently, one parent volunteer & the Gr7 students help with pizza distribution

### **Writer's Group Update.**

- Ms. Hundal (past school librarian) will be continuing her Writers' Workshop online sessions on Tuesdays after school, starting in April.
- Details on registration are on the PAC website.
- There's a group for senior writers (Gr 6-7) & junior writers (Gr 4-5).
- Focus is on writing techniques, poetry & optional entry into writing contests. She's hoping to have the sessions in-person as soon as school space rentals are permitted once again.

### **Parent Education Workshops April 21 - Anxiety in Children**

- PAC hosting Andrea Sharpe, a local counsellor and practitioner with lots of experience to speak and answer questions on this topic. It will be an online session.
- Anxiety a concern for many families, but it can be hard to recognize and parents can use ideas for helping their kids. Format to be 1/2 hour presentation, then questions and discussion.

## **Parent Groups**

**Friendship Circle:** A group of parents looking to meet, connect and build our parent community. Meeting will be set for April. For more information contact Debbie Lin [debbielin517@gmail.com](mailto:debbielin517@gmail.com)

**Diverse Learners Parents Group:** For parents of kids with various learning challenges. Parents have met a couple times and next meeting will be an after school playdate in the next week or two. Contact Naomi Johnson for more information at [naomi@happyjoy.com](mailto:naomi@happyjoy.com)

-For information on both groups and meeting times please see PAC Website.

## **Questions/Comments**

Query about Friday Night Fever Food Trucks?

-Thinking of having 1 hot dog truck and some “snacky” trucks this year rather than several full meal trucks.

**Moved:** Erin Yorke **Seconded Simon Sun** to pass the February 8, 2022 PAC Minutes

### **Motion Carried**

The meeting adjourned at 8:10 p.m.

**Next Meeting will be held Tuesday, May 17 at 7:00pm.**

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