

# North Vancouver Parent Advisory Council

Annual Report 2021/2022



## About NVPAC



- The North Vancouver Parent Advisory Council is one of the five stakeholders/partner groups within the North Vancouver School District.
- NVPAC represents Parents, Guardians and PACs on broader educational matters within the NVSD SD#44.
- For the 2021/2022 school year NVPAC had an Executive team of 9 members.
- NVPAC has been actively championing Diversity & Inclusion, building and prioritizing belonging within our Parent/Guardian and PAC communities over the past several years within the framework of our NVPAC Diversity & Inclusion Parent Advisory Committee.

# NVSD Committee Representation

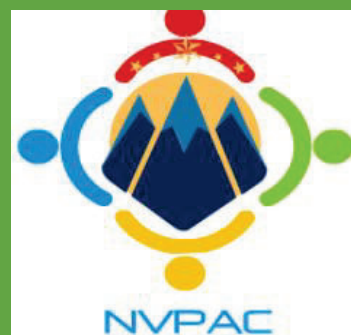
- Inclusion Committee
- Anti Racism Steering committee
- Information & Communication Technology Advisory Committee
- Calendar committee
- Communication committee
- Policy Review Committee
- President's Council
- Safe & Healthy Schools
- Capital Planning
- Emergency Preparedness Committee
- French Immersion Advisory Committee
- Sustainability Committee

NVPAC Executive attended the BCCPAC AGM in April and the BCCPAC DPAC leadership summit in November of the 2021/2022 school year.

NVPAC has budgeted to provide reimbursement to the PACS within NVSD for their BCCPAC membership fees, provided they register before the registration deadline of December 1, 2022 in order to be eligible to vote at the BCCPAC AGM.



# NVPAC 2021/2022 Parent/Guardian Presentations & Speakers



**Suzanne Perreault**

**IEP's**

-- What You Need To Know --



**DATE: Wednesday, October 6th**

**TIME: 7:00pm VIA Zoom**

As a Counsellor and TEDx speaker, Suzanne Perreault identifies as a Metis Autistic who draws from lived and professional experience to support the lives of families with neurodiversities. She is a strong advocate for children facing barriers of Inclusion locally and regionally. Suzanne has been an active participant in community development and mentorship for over 18 years. Currently she is a Counsellor, and Inclusive Ed Consultant supporting provincial Districts in the conversation of Inclusion and Trauma Informed Practices to include being a return guest presenter with SFU teacher candidates and at UPV within the Child and Youth Care program. As a founding task force participant of BCEdAccess Society, Suzanne recently participated in the COVID19 outreach talks supported by the Canadian Red Cross. Suzanne has positioned herself as a strong collaborator to create bridges for inclusion with a primary focus on fair and equitable access for students in education. Her steps demonstrate a strong passion for both equity and community relationships. #InclusionMatters

## IEP & Language:

Looking at both impact and experience through the IEP process for parents and what can Educators do to support students effectively through these meetings via language and relationship while building collaboration with parents using empathy as a driver.



## Suzanne Perreault IEP's What You Need To Know

### Community Engagement

NVPAC hosted over 75 participants for this event.

### Purpose of this presentation

To provide our parent/guardian community with information in regards to IEP's and Inclusive Education.

### Presentation Takeaways


IEP Process  
What is Inclusion / Exclusion  
Parent Advocacy  
Community Connection

**Technology, Sleep & Children**

WHITE HATTER  
Live Virtual Program

**+30 Minutes Q&A**

- Technology
- Sleep challenges
- Inhibited learning
- Emotional self-regulation



Join this informative presentation from a peer-reviewed research perspective, we know that technology can have a less than desirable effect on sleep patterns. Research has also provided evidence that there is a correlation between sleep deprivation, inhibited learning, and being able to self-regulate emotions. In this webinar we will be looking at the correlation between technology, sleep challenges, inhibited learning, and emotional self-regulation and what parents can do to overcome these challenges.

Date: Thursday November 25th  
7:00pm  
Registration Is Through Eventbrite



# Technology, Sleep & Children

## Community Engagement

NVPAC hosted over 200 attendees for this event.

## Purpose of this presentation

To provide our Parent/Guardian community information in regards to Digital Literacy tools, Sleep, Technology & Internet safety

## Presentation Takeaways

Tools to utilize for balancing sleep & technology  
Peer reviewed, evidence based research

## NVPAC GENERAL MEETING

### TREASURER 101 WITH Q & A

The information in this Treasurer 101 presentation will help you get started, with the answers to important questions like

- What needs to be done and when
- Applying for Direct Access Grants (Gaming Funds)
- Filing government forms
- Fund raising with Gaming
- Preparing a budget
- Record keeping
- Reconciliations
- Reporting to members

Please submit any questions in advance to [treasurer@northvanpac.org](mailto:treasurer@northvanpac.org)

**\*General Meeting To Follow\*\***

**Wednesday November  
24th 7:00pm  
Via Zoom**



# NVPAC & NVSD Treasurer 101

## Community Engagement


NVSD PAC Treasurers

## Purpose of this Presentation

To inform and provided answers to the Parent /Guardian PAC Treasurers community.

## Presentation Takeaways

Our Parent/Guardian community was provided with information and answers from both NVSD & NVPAC on how to get started in the Treasurer role within a PAC.



Online Live Presentation



**SHELLEY MOORE**

**HOW INCLUSION BENEFITS ALL**

Based in Vancouver, British Columbia Canada, Shelley Moore consults locally, provincially and beyond. Her interactive presentations are constructed based on contexts of specific schools and communities and integrate theory and effective practices of inclusion, special education, curriculum and technology. She completed an undergraduate degree in Special Education at the University of Alberta, her masters at Simon Fraser University, and is currently a PhD student at the University of British Columbia

Tuesday- November 23rd - 2021  
6:30pm - 7:30pm

Registration for this event is through Eventbrite

# Shelley Moore

## Community Engagement

NVSD & NVPAC hosted over 130 attendees for this event.

## Purpose of this Presentation

To provide our Parent/Guardian community with information related to how inclusion benefits all.

## Presentation Takeaways

Parents/Guardians were provided with information on Inclusive Education and how inclusion benefits all students and members of a community.



Online Porn, Radicalization, Shaming & Disinformation

Live Virtual Program

**Concerns For Youth Online**

WHITE HATTER

ESRB  
ADULTS ONLY 18+  
Strong Sexual Content  
Mild  
Strong Language

# Online Pornography, Radicalization & Disinformation

## Community Engagement

NVPAC hosted over 100 attendees for this event.

## Purpose of this presentation

To provide our Parent/Guardian community a well balanced informative, research based overview of online pornography and disinformation.

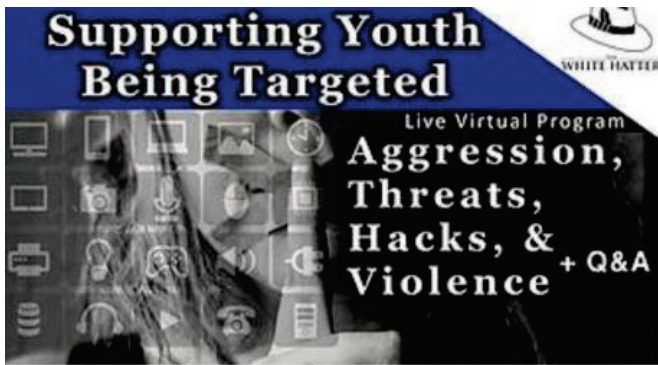
## Presentation Takeaways

Our Parent/Guardian community was equipped with the tools to talk with their children about concerns in a non frightening and knowledge based way.

Live Presentation with The White Hatters with Q&A

**Date: Thursday November 18th**  
**7:00pm**  
**Registration through Eventbrite**





Anyone online can be a target of aggression, threats, hacks, and violence. Young people being more inquisitive of different online platforms and oftentimes more familiar with the internet than their primary caregivers can create challenges. Sometimes simply deleting a concerning message or blocking someone will not stop motivated targeted attacks. Emotional vulnerability is a legitimate risk to those who are still developing into adulthood. Young people may attempt to deal with these challenges themselves and not ask for help. When small online aggression becomes threats, safety concerns are real, even if the intention was false.

This program aims to help parents and caregivers support youth who may find themselves subject to various forms of aggression online. We will outline concerning signs to look for. The diverse forms of aggression takes will be examined ranging from simple messages, threats of violence to more elaborate hacks. We will overview the support process during response and recovery periods in how you can most effectively help. Working with police, schools, and how to overcome barriers will be addressed. In extreme situations what are legal options available to you.

Date: Wednesday January 19th 2022

Time: 7:00pm

Registration is through Eventbrite



# Supporting Youth Being Targeted Online

## Community Engagement

NVPAC hosted 90 attendees for this event.

## Purpose of this presentation

To provide our community with information and tools around cyber bullying, aggression and online threats. .

## Presentation Takeaways

Attendees were provided with tools and information on how to recognize cyberbullying and how to overcome barriers including legal options available.



**DATE: Wednesday  
January 12th 2022**

**REGISTRATION IS  
THROUGH  
EVENTBRITE**

Tad is the creator of 'Bullying Ends Here' which is an internationally recognized, award winning, anti-bullying program. Although Tad is helping people today, there was a time that he himself needed the help as he grew up in an abusive home and was bullied terribly at school. He overcame these challenges and shares his story, from the heart, to anyone ages 11 through to adults. Tad is also a Police Officer and does the 'Bullying Ends Here' program on his own time and at his own expense. Tad takes great pride in working to make this world a better place in honour of Jamie HUBLEY who took his own life at the age of 15 after years of relentless bullying.

# Tad Milmine Bullying Ends Here

## Community Engagement


NVPAC hosted 95 attendees for this event.

## Purpose of this Presentation

Tad spoke to the community about his personal lived experience with bullying and abuse and how he overcame these challenges.

## Presentation Takeaways

Parents/Guardians were provided with tools to engage with their children around bullying and strategies on how to effectively overcome barriers in reducing harm.





**Collaborating to Promote Healthy Food Environments at School**

You are invited to attend an evening workshop to support schools in planning healthier fundraisers and to promote food literacy. We plan to share information and resources for PACs to support healthy school food/systems. Join us for an informative evening with presenters, Q&A and more.

**February 9th, 2022  
7:00pm - 9:00pm Via Zoom**

**Click Link To Register**

## NVPAC & VCH Promoting Healthy Food Environments At School

### Community Engagement


NVSD PAC Community

### Purpose of this Presentation

To support PACs in planning healthier fundraisers and to promote food literacy.

### Presentation Takeaways

Participants became familiarized with a better understanding of food literacy including healthier food options & what healthy school food systems look like.



**General Meeting  
Open House & Coffee Chat**

**Wednesday, January 26th, 7:00pm**

NVPAC General Meeting for all PAC members of SD#44

Come out for a virtual online chat to discuss concerns, ask questions and receive updates. This is a great opportunity to meet other PAC members throughout the NVSD.

**Click the Link below to Register for this meeting, you will receive the link via email after registration.**

## NVPAC General Meetings

NVPAC hosted General Meetings via Zoom in 2021/2022

- NVPAC PAC 101 Oct 2021
- Treasurer 101 in Nov 2021
- Open house & Coffee Chat Jan 2022
- Open House & Coffee Chat Feb 2022
- Open House & Coffee Chat Apr 2022
- NVPAC AGM May 2022

# NVPAC Diversity & Inclusion Committee

NVPAC continues to promote a community sense of belonging and address concerns from our Parent/Guardian and PAC communities around Diversity, Equity & Inclusion.

Diversity, Equity & Inclusion committees have been formed in several school PACs, as Parents/Guardians recognize the need for authentic and genuine involvement and participation within the NVSD community.

Meetings are held monthly throughout the school year, both in person and virtually, and as each year passes our membership continues to grow.

NVPAC is looking for parents who are interested in attending meetings with other parents to discuss issues, concerns, ideas and do planning for speakers, events & advocacy around diversity & inclusion in our school district.

Please email: [inclusion@northvanpac.org](mailto:inclusion@northvanpac.org)  
To register for this meeting

**NVPAC PARENT ADVISORY COMMITTEE FOR DIVERSITY & INCLUSION**

For more information or to register please contact:  
[inclusion@northvanpac.org](mailto:inclusion@northvanpac.org)

NVPAC is looking for parents to provide input and direction to the NVPAC in order to help shape parent resources around diversity & inclusion. All parents are welcome. We hope to see you there!

**Wednesday  
November  
17th  
7:00pm**

## Framework For Enhancing Student Learning



In alignment with the Ministry of Education and Child Care's Framework for Enhancing Student Learning (FESL), our school district has developed a 10-year strategic plan to highlight the steps we are taking to fulfill the mandate and goals of public schooling in British Columbia.

SD#44 PACs & DPAC met with the North Vancouver School District Senior Admin Team & District Principals over a series of five virtual teams meeting sessions around the Framework for Enhancing Student Learning & NVSD educational plans and priorities. Including Inclusive Education; Career Development; Innovative Instruction; Social Emotional Learning and Mental Health; and Indigenous Education.

These meetings were attended by DPAC and PACs across the North Vancouver School District in the 2022 school year from January to May .



**Thank You for your  
continued support and  
working for the betterment  
of all of our children's  
education.**

