

North Vancouver Parent Advisory Council

Annual Report 2020/2021



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 has an Executive team of 9.
- NVPAC has been actively promoting Diversity & Inclusion and building a sense of belonging within our Parent/Guardian and PAC communities over the past three 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 & Caring School
- K-12 Restart Plan
- 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 2020/2021 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, 2021 in order to be eligible to vote at the BCCPAC AGM.



NVPAC 2020/2021 Parent/Guardian Presentations & Speakers





Inclusive Education

with Tracy Humphreys from BCeDAccess

Join us for an informative evening virtually on Zoom for a presentation on Inclusive Education in BC with Tracy Humphreys of BCeDAccess.

Topics will include:

What is inclusion ? What is exclusion?
Parent Rights under the School Act
& Advocacy

**Wednesday,
December, 9th, 2020
7:00pm**

To REGISTER for this presentation follow the link posted!



BCEDAccess Inclusive Education Presentation

Community Engagement

NVPAC hosted over 60 participants for this event.

Purpose of this presentation

To provide our parent/guardian community with information in regards to inclusive education.

Presentation Takeaways

What is Inclusion / Exclusion
Parent Advocacy
Community Connection

Parents & Caregivers



Live Virtual Program

Internet Safety Digital Literacy +30 Minutes Q&A

Helping your kids be safe online!



Internet Safety & Digital Literacy for Parents & Caregivers

Online Virtual Presentation

Helping parents to proactively understand the enabling power of technology and mobile communications, but also how to mitigate the sometimes unintended consequences of high risk or undesirable online behaviour. Our educational programs on internet safety and digital literacy utilize a holistic approach addressing the legal, emotional, physical, and technical components that keep everyone safe. We take pride in the fact that our presentations are real, memorable, and compelling to our audience.

Registration for this event is through Eventbrite. You will receive a link to this event prior to the event date.



Date: January, 6th
2021 @ 7:00pm

Internet Safety & Digital Literacy

Community Engagement

NVPAC hosted over 150 attendees for this event.

Purpose of this presentation

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

Presentation Takeaways

Tools to utilize for keeping children safe on the internet



Online Sexual Predation and Exploitation

This presentation is for parents and caregivers. Kids are spending more time online to stay entertained and to stay connected with teachers, friends and extended family. Given this fact, law enforcement is now seeing a spike specific to online sexual predation and exploitation, especially with pre-teens and younger teens who are now online in greater numbers. This webinar will provide parents, and other caregivers, with information specific to understanding what the threat is, and what can they do to help reduce the risks with their kids. Our presenter brings over 30 years of law enforcement and online investigational experience to this webinar

DATE: Wednesday, January 13th
Time: 7:00pm

Registration is through Eventbrite



Online Sexual Predation & Exploitation

Community Engagement

NVPAC hosted 275 Attendees for this event.

Purpose of this Presentation

To inform our Parent /Guardian community of the concerns around online sexual exploitation and predation.

Presentation Takeaways

Our Parent/Guardian community was provided with research based strategies and tools to monitor online activity and what to look for around online predatory behaviours.

Gaming



Gaming Concerns, Balance, Addiction & Opportunities

Gaming is a massive industry that for many young people is their primary mode of entertainment and hobby. However, this activity is not without problems that can lead to challenges in having a balanced lifestyle. Harnessing gaming in a safe and effective way can provide many opportunities for gamers of all ages. This session, The White Hatter will help advise families to create healthy gameplay while delving into the research, stories, and firsthand examples of the positives and negatives in this industry. We will also examine the research surrounding the debate around addiction.

DATE: Wednesday, January 27th
Time: 7:00pm

Registration is through Eventbrite



Online Gaming Concerns

Community Engagement

NVPAC hosted over 400 attendees for this event.

Purpose of this Presentation

To provide our Parent/Guardian community with information related to online gaming concerns, addiction and challenges.

Presentation Takeaways

Parents/Guardians were provided with a well balanced research based session around online gaming, tools and strategies to implement within the home environment.

How to Raise an Anti-Racist Child



PAC Workshop by:



MAR
MOMS AGAINST RACISM
C A N A D A

Do you want to learn some strategies on how to raise your children to be anti-racist?

Are you interested in learning about racism, systemic racism, and anti-racism?

Do you want to learn how you can make positive changes at home?

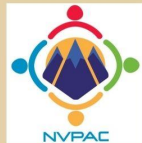
If yes, you will want to sign up for the workshop
“How to Raise an Anti-Racist Child”
presented by Moms Against Racism.

Date: WEDNESDAY, FEBRUARY 3RD

Time: 7:00PM

REGISTRATION VIA EVENTBRITE

Moms Against Racism (Canada) is a registered non-profit with a mission to educate parents in anti-racism and decolonization in order to dismantle racism within ourselves, our families, our communities, our organizations, and our institutions.



How To Raise an Anti-Racist Child

Community Engagement

NVPAC hosted 175 attendees for this event.

Purpose of this presentation

To provide our Parent/Guardian community a facilitated workshop on Anti-Racism.

Presentation Takeaways

Our Parent/Guardian community participated in a facilitated discussion around Anti-Racism, initiatives and information. Strategies and Tools to help families.

Sharon Selby

Registered Clinical Counsellor

Certified Teacher (B.Ed)

The 4R's of Raising Resilient Kids

how to keep our kids
Rooted,
Respected/Respectful,
Responsible and
Resilient.

Wednesday, March 3rd
7:00pm
Via Zoom

Registration is through
Eventbrite



Registered Clinical Counsellor and Founder of Toddler to Teen® Anxiety Solutions, Sharon Selby is passionate about reducing the high levels of anxiety increasingly impacting children and youth which has led her to recently be awarded the 2020 Metro Vancouver YWCA Woman of Distinction Award for Connecting the Community.

The 4 R's of Raising Resilient Kids

Community Engagement

NVPAC hosted 300 attendees for this event.

Purpose of this presentation

To provide our community with information and tools around raising resilient children.

Presentation Takeaways

Attendees were provided with tools and information on how to implement strategies around building resilience and responsibility.



Dr Kathryn Garforth

Educational Consultant and
Interventionist

EXECUTIVE FUNCTIONING

Executive Functions are the skills that we use to help do things like learning, controlling our emotions, and staying organized. Humans are born with the potential to start developing Executive Functions from about age 5, but they need the proper support to reach their full potential. In this presentation Dr. Kathryn Garforth will introduce you to executive functions, discuss the three core executive functions and provide suggestions for how you can support their development at home.



Wednesday - April 7th

7:00pm - 8:30pm

Executive Functioning

Community Engagement

NVPAC hosted over 120 attendees for this event.

Purpose of this Presentation

To provide an opportunity for our community to learn about executive functioning and provide suggestions and strategies to families for implementing these tools.

Presentation Takeaways

Parents/Guardians were provided with an overview of executive functioning skills and strategies to help.

Food (In)Security in Our Backyard

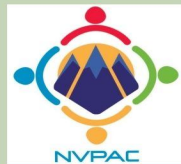


When we think of food insecurity, we normally think it is a third-world problem and not a prevalent issue in our community. Unfortunately, Vancouver is home to a lot of vulnerable people facing food insecurity in their day to day life. In this presentation we will be discussing what it means to be food insecure, the importance of food security, the systemic issues around food security, and what KidSafe Project Society does to tackle this widespread issue!

Wednesday, April 21st, 7:00pm

Registration is through Zoom

Join us for an informative evening with Victoria Sunwoo UBC Graduate with a Bachelor of Science in Food, Nutrition, and Health. Manager of Food Security Programs at Kids Safe



Food (IN)Security in our Backyard

Community Engagement

NVPAC hosted 25 attendees for this event.

Purpose of this Presentation

To bring food (in)security awareness to our community. How we can become more involved in addressing this concern.

Presentation Takeaways

Participants became familiarized with what food (in)security is and how this affects the communities in which we live in.



BRAD BAKER

INDIGENOUS EDUCATOR

**Monday May 31st
7:00pm VIA Zoom**

Indigenous Education in 2021 - how the past influences what we do today and what we will do in the future. We will examine how government policy regarding Indigenous learners has had an impact for over 150 years. Discussion will focus on several reports since 2015 that have had major influence on the commitment of the North Vancouver School District towards the three pathways of Indigenous Education - students, educators, and community. Reports that will be discussed will include the following: Indigenous Education Enhancement Agreement, Truth and Reconciliation Final Report, Auditor General of BC Report on Aboriginal Education and Strategic Planning in NVSD.

Tsnomot (Brad) is a member of the Squamish Nation and District Principal in NVSD, plus a Doctoral Candidate at UBC. Brad was mentored by the late Chief Joe Mathias from the Squamish Nation, with a focus on working and living in two worlds. Brad is a recipient of Inspire's National Award for Leadership in Indigenous Education. He was also a member of the Governor General of Canada's Leadership Conference in 2017 with the task of bringing ideas forward on Truth and Reconciliation for all of Canada. Brad is proud of being a Sutherland graduate and a Papa to three grandsons.



Tsnomot (Brad) Baker Indigenous Education

Community Engagement

NVPAC hosted just over 50 attendees for this event.

Purpose of this Presentation

To engage and inform our Parent/Guardian community around Indigenous Education.

Presentation Takeaways

Participants became familiarized with the NVSD Indigenous Education department and heard personal experiences from Tsnomot (Brad) Baker's lived experiences.



NVPAC GENERAL MEETING

PAC 101 Q & A



**Welcome to the exciting and challenging world of parent advisory
councils in BC public schools!**

If you are reading this, chances are you have chosen to take on a leadership role in your PAC as an executive member, or interested parent willing to help out wherever you are needed. The information in this PAC 101 presentation will help you get started, with the answers to important questions like

**What do I need to know about my PAC and DPAC?
Where can I find the information I need?
Who can I turn to for help?**

Wednesday, November 25th, 7:30pm

[REGISTER for this meeting by following the posted LINK](#)

NVPAC General Meetings

**NVPAC hosted General Meetings via
Zoom in 2020/2021**

- **NVPAC AGM Sept 2020**
- **PAC 101 in Nov 2020**
- **Open house & Coffee Chat Jan 2021**
- **Open House & Coffee Chat Feb 2021**
- **Treasurer 101 in May 2021**
- **NVPAC AGM May 2021**



ZOOM

The BCCPAC has provided the NVPAC with 2 Zoom Licenses for our Membership. These licenses are to be shared amongst all PACs in an equitable way. We will work with your appointed Zoom Rep to schedule your access and availability to utilize these licenses until June 2021. We will only be able to hold 2 meetings at any given time therefore some flexibility will be required from everyone to fairly access this

NVPAC Zoom Accounts For PACs

In the 2020/2021 school year BCCPAC provided NVPAC with TWO Zoom licences to be able to provide NVSD PACs with equitable access to Zoom for their PAC meetings.

NVPAC was responsible for administering access and booking of individual school PAC meetings and coordinated via school PAC Zoom reps and an NVPAC Zoom Rep for the school year.



DIVERSE BOOK BASKETS

delivered to families and classrooms
across Canada

10 diverse books, curated by
MAR Education Advocacy Team, bundled by
grade level, support resources included.

Representation matters.
An inclusive library collection should provide
both mirrors where children can see themselves represented,
as well as windows where children are provided
with a view into the lives of others.

Diverse Book Baskets

As an extension of our presentation on
February 3, 2021 “How to Raise an
Anti-Racist Child” with Moms Against
Racism, NVPAC purchased 32 book
baskets; one for each of the schools in
the NVSD.

Each basket contained a diverse
selection of 10 brand new books,
contributing to the diversity of our school
libraries.

NVPAC Diversity & Inclusion Committee

In November of 2019 NVPAC held its first Diversity & Inclusion Committee meeting at the ESC. This upcoming meeting on Wednesday November 17th is the 3rd Anniversary of this committee. As we head into our 4th school year since its inception, NVPAC continues to promote a community sense of belonging and address concerns from our Parent/Guardian and PAC communities around Diversity & Inclusion.

In the 20/21 school year NVPAC shifted to online zoom meetings and continues hold monthly online meetings. Our membership has grown to currently include 50 members.

NVPAC Diversity & Inclusion On Our Website

NVPAC has a Diversity & Inclusion section on our website to provide resources and information for our Parent/Guardian and PAC communities.



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NVPAC Diversity & Inclusion Advisory Committee

Indigenous Education

Anti-Racism

Disabilities/Neurodivergence

LGBTQ+



NVPAC Diversity & Inclusion Advisory Committee

NVPAC created a Diversity & Inclusion Advisory Committee for Parents & Guardians within the School District. The committee's membership has continued to grow as we support our communities diversity and promote an inclusive environment for all within the North Vancouver School District for all. If you would like to learn more about our committee or to participate please contact : inclusion@northvanpac.org

Meetings 2021/2022

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

