

### Seycove PAC Meeting Minutes

**Date:** Nov 14, 2023

**Time Start:** 7:00 pm

**Location:** Library

**Members in attendance:** Cheri Townsend (Co-Chair), Lisa Stewart (Co-Chair), Carla Cove (Treasurer), Julia Wagner (DPAC Rep), Jen Eyton (Secretary), Sarah Best (Principal), Wendy Kennedy (Member at Large)

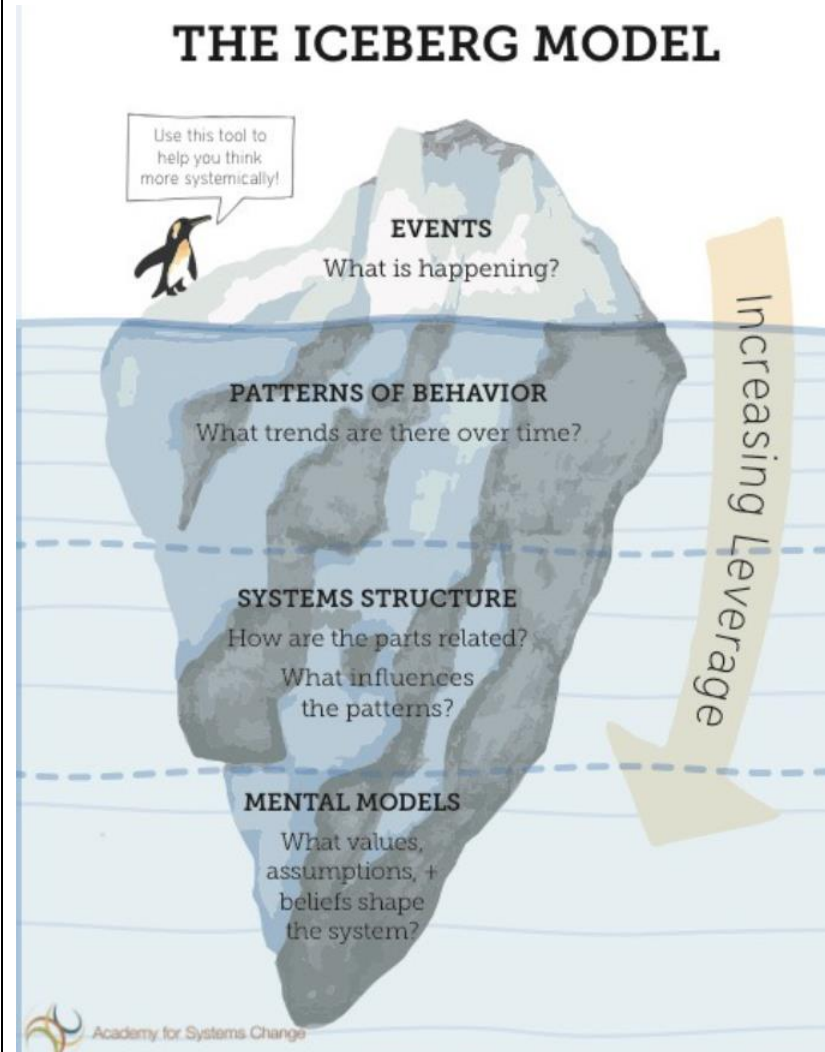
Regrets:

Agenda Item	Speaker	Discussion	Action Items
<b>Acknowledgement &amp; Announcements</b>	Sarah		
<b>Introductions</b>	Lisa		<b>Motion:</b>
<b>Approval of Agenda</b>	Lisa and Cheri		
<b>Approval of minutes:</b>	Lisa and Kara		<b>Motion:</b>
<b>Treasurer's Report</b>	Carla Cove	<p>RBC grant of \$2,000 issued to 2023 Seycove FOS Auction has been set up as Receivable. Funds are with the District and will be paid to Seycove PAC. Carla will contact the District to request a cheque.</p> <p>Proposed budget highlights: \$15,000 fundraising revenue (2024 Auction), \$10,000 annual scholarships, \$30,000 general spending (teacher wish lists and library upgrade). General spending budget of \$30,000 was approved at the Nov 14 2023 PAC meeting.</p> <p>BlueShore Financial requires a Letter of Direction signed in ink, so I will bring a copy to tonight's meeting for Jen to sign, then we will finally be set up with our new signatories at BlueShore.</p>	

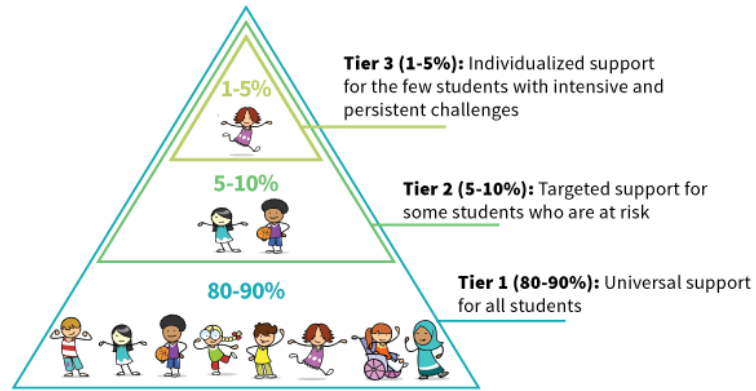
		<p>We need to review the constitution – maybe a committee needs to be formed?</p> <p>\$10,000 auction proceeds that are specifically for scholarships need to be designated as such. Change the wording on the budget to something like “Scholarships – Auction Proceeds” to make it clear. If PAC were to decide to offer additional scholarships, it would be a separate line item on the budget.</p> <p>Wish List from teachers was already discussed by the PAC. Upon approval of the budget, decisions can be finalized and the spending communicated to teachers and parents.</p> <p>Dry Grad account – PAC would like to contribute the funds to a dry grad event, perhaps the upcoming boat cruise or a spring event. Then close the account, which has not had activity in years, except for \$3 monthly bank fees. Carla is checking with Lindsay to find out if there is a reason that the account cannot be closed. Lisa motioned to close the account and use the funds for an upcoming grad event, upon Lindsay’s response.</p> <p>Discussion about the history of scholarship funds. Apparently, there were issues with transparency of funds from the auction designated for scholarships. This has already been researched, and there is no point in rehashing what happened in the past. We will ensure that moving forward, it is clear that the annual \$10k in auction scholarship money is from the auction.</p> <p>Carla wants to ensure that there is a trusting environment with regards to the Treasurer position.</p>	
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<p><b>Principal's report</b></p>	<p>Sarah Best</p>	<p><u>Upcoming Dates</u></p> <ul style="list-style-type: none"> <li>• Community Clean-Up (Nov. 16)</li> <li>• Deep Cove Winter Market (Nov. 18)</li> <li>• Formal Written Update of Learning (mid-term) (Nov. 20)</li> <li>• Grad Spirit Week (Nov. 20)</li> <li>• Parent Info Night on Reporting Order (Nov. 21)</li> <li>• Grad Friendship Photos (Nov. 24)</li> <li>• School-Based Pro-D (Nov. 27)</li> <li>• District Pro-D Day (Dec. 4)</li> <li>• Flip the Script and Safe Dates (Dec. 5-6)</li> <li>• Grad Boat Cruise (Dec. 6)</li> <li>• Grad Photos (Dec. 10-11)</li> </ul> <p><u>Grad Update</u></p> <ul style="list-style-type: none"> <li>• Winter Semi-Formal/Boat Cruise (December 6)</li> <li>• Tickets on School Cash Online</li> <li>• SFAF support available</li> <li>• Grad Photos (Group @ Seycove) (November 24)</li> <li>• Sign-Up NOW or will be cancelled</li> <li>• <a href="https://artona.com/schools/SEYC/programs/graduation_group">https://artona.com/schools/SEYC/programs/graduation_group</a></li> <li>• Grad Photos (Individual @ Artona) (December 10-11)</li> <li>• <a href="https://artona.com/schools/book">https://artona.com/schools/book</a></li> <li>• Grad Ceremony (June 18)</li> <li>• Grad Banquet (June 25)</li> </ul> <p><u>Curriculum Implementation Day (Dec. 4)</u></p> <p>Ray Natraro- Land Acknowledgement  David Chalk- Technology  Nikki Sanchez- Land &amp; Environment  Tannia Fiero (Olympian &amp; Coach) - Self and Others</p> <p>Using a “compassionate systems” framework for building a <u>cognitive and affective foundation for global citizenship:</u>  From the devastating effects of climate change to</p>	
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		<p>increasing cross- boundary migration flows and displacement to epidemics of substance abuse, social and political divisions and civic disintegration, the challenges that we currently face are parts of interconnected, interdependent, global systems. As we seek solutions to these worldwide issues, we must also find ways to help young people to cope with their complexity. This involves teaching them how to reflect on, deeply understand, and respond mindfully and compassionately to systemic challenges in their own lives and beyond, their connections to one another and their impact on us as individuals and on our communities.</p> <p>-Peter Senge</p>	
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### Response To Intervention Model



### Strategy and Intentionality

# CURRICULUM MAPPING FOR THE SCHOOL YEAR

The graphic features a central laptop screen displaying a curriculum mapping table. The table has columns for 'Unit', 'Essential Questions', and 'Learning Objectives'. The background is filled with various educational icons such as a lightbulb, a pencil, a globe, a notebook, and a ruler. The text 'INNOVATORS IN EDUCATION' is visible in the bottom right corner of the graphic.

Unit	Essential Questions	Learning Objectives
Unit 1	What is the purpose of education?	Identify the purpose of education and its role in society.
Unit 2	How do we learn and grow?	Understand the process of learning and personal growth.
Unit 3	What are the challenges of education?	Analyze the challenges of education and propose solutions.
Unit 4	How can we improve education?	Develop strategies to improve the quality of education.

The Vancouver Holocaust Museum



HOPE U



RCMP Liaison Presentations

- Cpl Paulo Arreaga
- Cst Daniel An
- Cst Madelyn Bams
- Cst John Yamashita





## Substance Use Prevention

- Physical and Health Education 8-10 Teachers



**BLUSH**  
BOLD LEARNING FOR UNDERSTANDING SEXUAL HEALTH

Vancouver Coastal Health  
Promoting well-being. Ensuring care.

BLUSH, under Vancouver Coastal Health, is a program that works with youth of 12-18 that provide opportunities to explore the attitudes, values, and behaviours surrounding sexual health.

**WORKSHOPS WE OFFER - AT A GLANCE:**

**NEW!**

**Media Literacy**  
Grade 10

This workshop seeks to:

- Validate that media depictions reflect a 'hyper reality' and to support youth to be able to critically deconstruct media depictions
- Support and nurture healthy body self-concept and healthy self-esteem
- Create a space where youth can practice talking about issues related to emotional well-being, boundaries in relationships, stresses and pressures create by media
- Mitigate the potentially adverse impacts sexualized media content may have for teens

**Healthy Relationships**  
Grade 8

We explore what elements contribute to our relationships being healthy or unhealthy, how to use open communication, and how to make decisions that best takes care of ourselves.

**Safer Sexy**  
Grade 9

We explore issues and situations that make it difficult to negotiate safer sex, break down risk levels associated with sexual activities, and continue to help students develop their communication skills.

**Customized Workshops**  
Youth & Adults

We are always open to the opportunity to work with community groups, organizations, or post-secondary institutions that would be interested in content geared towards a specific audience.

Vancouver Coastal Health  
Promoting well-being. Ensuring care.

Visit [blush.vch.ca](http://blush.vch.ca) to book a workshop

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## Exploitation Education Institute (gr. 7-9)



Safeteen (grade 9) – Level 1




Flip the Script and Safe Dates (Grade 10- F)



# Flip The Script with EAAA™

A free violence-prevention training for youth

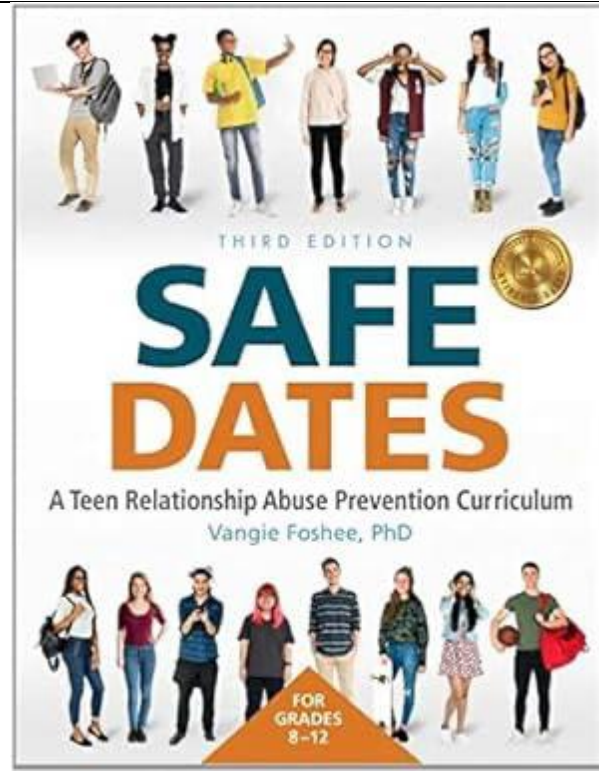


**One in five** young women will experience rape or attempted rape while in post-secondary school [1].

**30% of girls and women aged 15+** have experienced sexual assault at least once. **47% of sexual assaults are committed against women and girls aged 15-24**[2]. Sexual assaults against high school students in British Columbia are increasing [3, 4].

**80% of sexual assaults** are perpetrated by someone known to the victim, such as a fellow student or friend [5].

**Change the Narrative About Sexual Assault.**



Safe Teen (Grade 10- M)

## **MALE-IDENTIFIED - LEVEL 2**

### **The Power of Choice**

Building on the skills and content of Level 1, this workshop has a specific focus on healthy sexual boundaries.

- Identifying, building and respecting boundaries
- Healthy intimate relationships
- Breaking abusive patterns
- Identifying rape culture and victim blaming
- Online safety
- Impact of Pornography
- Realities and legalities of sexting and online harassment
- Internal and external self-harm

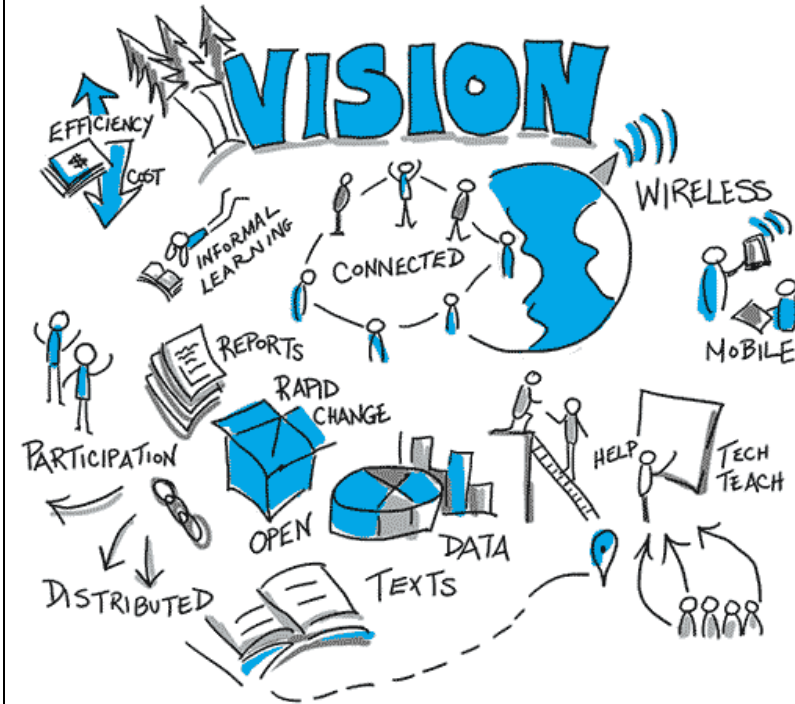
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#### YDI and MDI Surveys

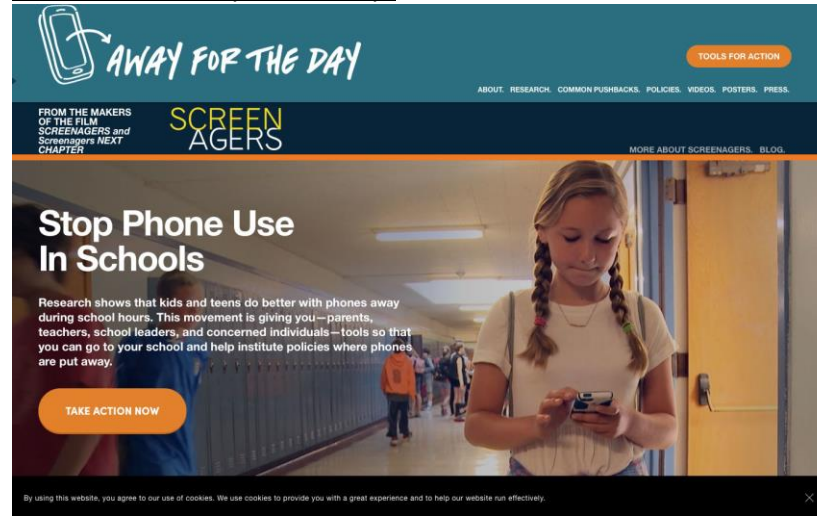
- Middle Years Development Instrument (grade 8)
- Youth Development Instrument (grade 11)

School Tech-Plan for Teaching and Learning

- Bring your own device model
- Easy access to technology for classrooms
- Laptops
- I-pads
- “Tech tubs”
- myBlueprint
- Open Parachute
- Inclusive Ed



## Cell Phones- “Away for the Day”



### Chatelech Secondary

- All teachers are responsible for establishing the cell phone/electronic device policy in their classrooms and shall follow the process below:
  1. Expectations will be **clearly shared** with students and posted in clear view in the classroom.
  2. Students will receive a **reminder to turn off and store** devices in the classroom, in their locker or their back pack.
  3. Should a student not comply, they will be **directed to deliver** their device to the front office staff (Emily Bachand) where it will be held in a secure location for the remainder of the school day. Students will meet with the school principal or vice principal before retrieving their device.

		<p>4.The school principal or vice principal will <b>contact parents/caregivers</b> when a student is struggling to follow the cell phone/electronic device policy</p> <p>5.In the event a student is consistently struggling to follow the school wide cell phone/electronic device policy, parents/caregivers will be contacted to arrange a <b>pickup for that student and/or device</b>, AND the device will remain home until further notice.</p> <p>Seycove Secondary</p> <ol style="list-style-type: none"> <li>1. Phones switched to off/silent.</li> <li>2. Phones in lockers, backpacks or pocket organizers, or otherwise invited to be used by the teacher.</li> <li>3. Teachers will give reminder at the start of each class.</li> <li>4. Students who need multiple reminders will be referred to administration for a discussion and parent communication.</li> <li>5. Multiple or ongoing office referrals- students must speak with administration, hand in their phone to be locked in a secure location- pick up their phone from the office at lunch or after school.</li> </ol> <p><b>Topics of Ongoing Discussion</b></p> <ul style="list-style-type: none"> <li>• Grade 8s vs grade 12, Semester 2?</li> <li>• Screen “Smart” vs Screen “Free”</li> <li>• Teaching self-regulation and acceptable/safe use</li> <li>• Tech and Nature- finding a balance</li> <li>• Mindfulness, grounding oneself</li> <li>• Family support</li> </ul>	
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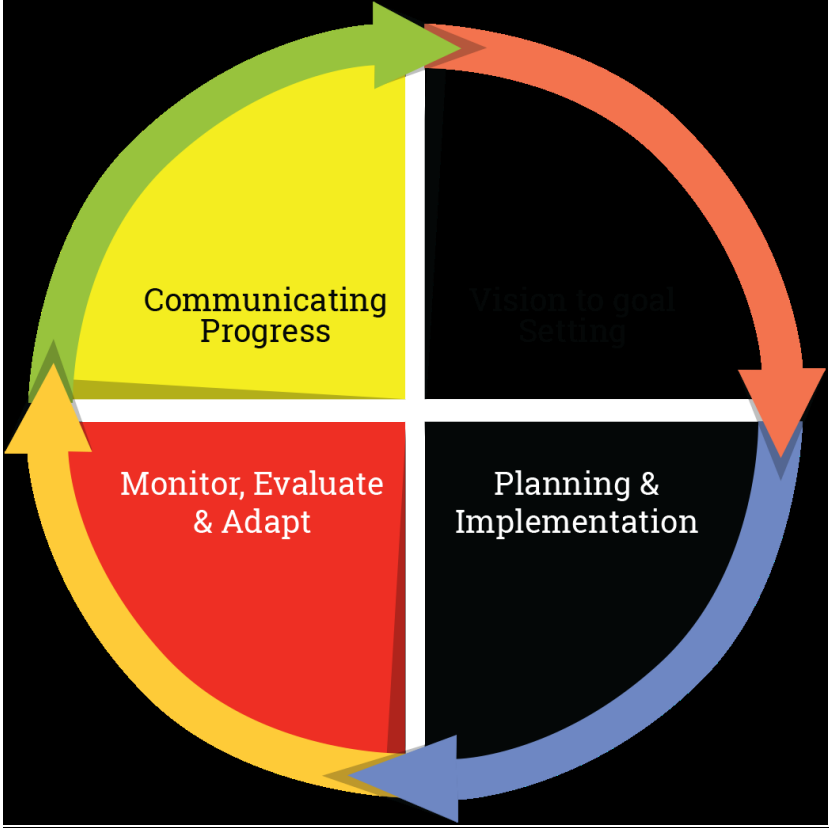


		<p><u>Parent Resources</u></p> <ul style="list-style-type: none"> <li>• Parental Controls on iPhone</li> <li>• <a href="https://support.apple.com/en-us/HT201304">https://support.apple.com/en-us/HT201304</a></li> <li>• Screen Time and Children</li> <li>• <a href="https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952">https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952</a></li> <li>• Common Sense Education</li> <li>• <a href="https://www.common sense.org/education/toolkit/family-engagement-resources">https://www.common sense.org/education/toolkit/family-engagement-resources</a></li> <li>• Screen Strong.Org</li> <li>• <a href="https://screenstrong.org/about">https://screenstrong.org/about</a></li> <li>• Better Screen Time.Com</li> <li>• <a href="https://www.betterscreentime.com">https://www.betterscreentime.com</a></li> <li>• Smart Social</li> <li>• <a href="https://smartsocial.com">https://smartsocial.com</a></li> </ul> <p><u>School and SEYSA (Green Club) Initiatives</u> (the land, environment, and reconciliation)</p> <ul style="list-style-type: none"> <li>• BC Fruit and Vegetable Program</li> <li>• Monthly Community Clean-ups</li> <li>• November</li> <li>• Fireworks and soft plastics to create eco-bricks</li> <li>• Facilitate a District wide eco-brick challenge</li> <li>• Permaculture- Seycove Garden of Native Plants</li> <li>• Watering systems, pollinator bees, etc</li> <li>• Clothing Swap</li> <li>• Grade 9 Ocean Micro-fibres project</li> <li>• Other: Weh-ah-Wichen invasive species, Turtle Island, school entrance</li> </ul>	
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ECOBRICKS





<p><b>School Plan Discussion</b></p>		<p><u>School Planning Sessions</u></p> <ul style="list-style-type: none"> <li>• November 14</li> <li>• Windsor Secondary</li> <li>• 3:45-5:30pm</li> <li>• April 24</li> <li>• Education Service Centre</li> <li>• 3:45-6:00pm</li> </ul> 	<p>ACTION:</p>

<p><b>DPAC Report</b></p>	<p>Julia Wagner</p>	<p><b>DPAC UPDATES NOVEMBER 2023</b></p> <p><b>NVPAC</b>  <b>-NVAPC Newsletter:</b><a href="#">NVPAC Updates November 2023 (mailchi.mp)</a></p> <p><b>-NVPAC Meet &amp; Greet Oct/23:</b> representatives from all NVSD key programs introduced themselves and their roles, including  --Superintendent Pius Ryan  --Assistant Superintendents Chris Atkinson &amp; Arlene Martin  --Directors of Learning Services  --Inclusive Education, Artists For Kids, Cheakamus and Outdoor Learning, IT, Safe and Healthy Schools (SEL and mental health), Healthy Futures (food program and physical literacy and substance abuse prevention)</p> <p>Also time for conversation among Family of Schools PAC reps (can circulate list of suggested discussion topics), however Seycove was only school attending from our FoS.  <i>Some other FoS PAC execs have regular meetings: would this be beneficial for Seycove FoS PACS to consider?</i></p> <p><b>-NVPAC committees for 2023-24</b>, meeting dates and links for more information and registration in NVPAC Newsletter. <i>Should we have a representative from Seycove join each of these committees?</i></p> <p><a href="#">Anti-Racism Advisory Committee Registration</a> *looking for members  The NVPAC Anti-Racism Advisory Committee (ARAC) would like to invite you to our 2nd meeting of the year. Racism in our schools is an ongoing concern and it is important for us to work together to help create mindful school communities where everyone feels safe and welcome.</p>	
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		<p>We strongly encourage that you, or another member of your PAC, attend our upcoming meeting via ZOOM on November 16, 2023 at 7pm. Our committee would like to hear from your PAC about what your school is doing to promote anti-racism awareness and how they are creating an inclusive culture. We hope that we can share ideas and work together to ensure our school communities are more aware, inclusive and working towards creating a place of belonging for all students.</p> <p>We encourage both BIPOC and non-BIPOC caregivers to attend so that we may all share and learn from one another.</p> <p>Julia mentioned that there are various committees that Seycove parents could join to represent the school, and asked if anyone at the meeting was interested / willing to volunteer. Carla will attend.</p>	
<b>New Business</b>		<p>Math New Business was postponed / TBD.</p> <p>TruEarth fundraiser has earned \$160 so far. They currently have a holiday sale. The graphics and link are to be sent to Sarah to include in the Seycove newsletter.</p> <p>Fundscrip – info for this was recently posted to the FB group.</p> <p>Cheri asked if anyone would volunteer to head up a fundraising committee, but there were no volunteers.</p> <p>Social media – Lisa to get in touch with Tiffany, who may have the Instagram login information.</p> <p>Auction – slated for March 9<sup>th</sup>. Save the Date info to be sent out, and shared with the elementary schools.</p>	<b>ACTION:</b>

		<p>Tansy is starting junior rugby, and she asked if she could use the FB group to post info to. She was told she could.</p> <p>Patricia Houlihan had a handout regarding a potential motivational speaker opportunity, but she had left the meeting before it came up, so it was mentioned but no further action taken.</p> <p>PAC's ability to send emails – parents who signed up for PAC communications went through the website. This, in turn, is linked to the PAC MailChimp. However, no one so far has used it this year to send out communications directly to the parents who have signed up.</p> <p>Julia asked if we could put out a request for volunteers to the general parent community.</p> <p>PAC Newsletters – they have not been done for a while. It was suggested to see if Rachel would start doing them.</p> <p>Market volunteers are needed. There are lots of student volunteers, but they still need parents. Sarah to send out the Signup.com link to parents.</p>	
<b>Adjourned</b>	<b>Approx: 8:55pm</b>		
<b>Next PAC Meeting: Dec 12, 2023 at 7pm Library</b>			

**Attendees:**

Sarah Best

Lisa Stewart

Cheri Townsend

Julia Wagner

Carla Cove

Wendy Kennedy

Maria Wentzel

Jen Russell

Jen O’Carrall

Kara Guedes

Tansy Sverre

Jeanette Schisler

Kim Tattrie

Patricia Houlihan

Ailidh Carpendale