

# Stitós Lá:lém Tofí:lt Elementary & Middle School PAC

5337 Tyson Rd  
Chilliwack, BC  
V2R 0P1

Meeting Agenda: **Nov 23<sup>rd</sup>, 2022 7:00pm**

1. Meeting called to order **7:06pm**
2. Attendance, Welcome & Introductions **Jasmine, Melissa, Nikki, Cathy, Sameh, Sherisse, Andrea, Haley, Jason, Rohan and Brian**
  - Rohan Arul-Pragasam & the great cookie challenge
  - R. Arul-Pragasam the school district superintendent joined our PAC meeting and our Great Cookie Challenge. Rohan & many parents & PAC executive brought different cookies and we shared & chatted about our favorites.
  - Rohan then opened with talking about how the school district in Chilliwack used to be a small district and it has grown into a medium sized district. It is essential that even with the growth that the district remains personal.
  - He mentioned how very important it is that district personnel connect with parents and host this connection regularly to enable the support for every student.
  - Key points:
    - i. Parents & staff need to make before and afterschool connections.
    - ii. (with a larger school district) .....how do we make sure no kids get lost in the system when they do the shuffle to a larger school, etc?"
    - iii. Remember: parents are always invited to ask questions and come up with solutions to any issues- parents should get emails answered within 24 hrs if they email the superintendent.
    - iv. We need to remember the system is as good as the people in the system
  - The challenge to school district as a team in the next 5 years to completely close the gap – & have indigenous teens hold the same graduation rate as all other kids in the district.
  - School district personnel have had the question posed to them, "How do we become better at responding to parents and how do we take each child's story and remember their story & not have any kids lost in the woodwork?"
  - Finding ways to connect, like the Cookie challenge from tonight, it is a great way to bring people together. In fact, there may need "Cookie budget" .....
  - We thanked Rohan for coming and sharing his insight and offering Q & A.
3. Approval of the Agenda (2 people approve the agenda) **Brian & Jasmine**
4. Minutes adopted from October meeting (2 people to approve) **Andrea & Melissa**
5. Cathy Preibisch (School Counselor)

- Parent Sessions ideas & information
- Cathy was happy to be invited to the PAC meeting and is looking to hear on how she can support parents at Stito:s.
  - Some background information about Cathy:
  - Used to be a full-time Counselor – for K – grade 8
  - Cathy worked in the district counselor's office & was on Mental Health team for 4 years, & enjoyed role and trained other staff,
  - She worked at Chance Quantatile School, where she did a lot of work with trauma and anxiety, worked with staff to see triggers to behaviours with students and worked with staff on what causes the behaviour (root cause vs just symptom)
  - orientated from Winnipeg- counsellor out in Winnipeg prior
  - Cathy has enjoyed working with parents & has offered many parent nights and they have been very successful.
  - Q & A
    - What is the actual Role of counselor of school this size- day to day?
      - When/if there is a student in crisis, with big feelings, needs support; students can come talk to her in office to help them get regulated and then once they feel more in control, they do head back into class.
      - Cathy can offer referrals & outside support if needed, and work with parents to get the support that is needed.
      - She hosts collab groups with teachers to encourage mindful breathing & teaches children how to calm their bodies in the classroom.
      - Currently working with grade 8 leadership class, who are sharing bullying presentations, ie: how kids can deal with bullying, etc. The grade 8 leadership class presented to the grade 6 and lower classes, while the grade 7 presentation was done by teachers.

*Cathy wants parents to know that her role is also helping parents support their children, such as, if they are struggling attending school etc.*

Plans around presentations:

- Mini presentation (30mins) prior to scheduled PAC meeting & some would be 1 & 1.5hrs
- "EASE" workshop ft. Kyla Statlin (counselor). This parent night will focus on helping kids with anxiety. The presentation came from Ministry of Education & Anxiety BC. The presentation offers lessons and ways to help kids deal with their feelings.
- **EASE is scheduled for January 24<sup>th</sup> 530-7pm here at Stito:s**

Possible other presentations:

- Parent in-residence from Family Smart- Corina Lansburger- to see what they have available working with Healthy Schools nurse- Re: vaping issue – giving parents the words on how to talk to their kids about it
- Youth Health clinic- what and whom you can access at this Youth Health Clinic & sharing this information
- Ask a therapist night (has a friend/colleague who would be interested into coming for a question & answer night)
- Understanding how to help your child transition into high school
- Internet safety- cyber and social networking information night – Two of the Grade 6 classes just watched a presentation Tuesday Nov 22 – a zoom

presentation, & it explained what privacy looks like on your phone (snap chat, tik tok, etc). Another link is Safer Schools (kiddo information)

- The movie on Netflix- "The Social Dilemma" & "Screenagers" (dated but still excellent to watch with your kids)
- Anxiety issue – children regressed since the past few years (covid & flood)
- Info coming from BC Children's- many kids are dealing with increased mental health challenges
- PEER connections- how to reach out & how to be a good friend
- Not all stress is bad; it can motivate us.

Notes to consider:

- Counselor Tab on the Stito:s website- under construction – but a great resource for parents
- Parent nights would be great if it could be Kindergarten- Grade 8
- Parents are encouraged to email Jason or Cathy with parent workshop ideas at anytime
- PAC will post on FACEBOOK & get feedback from parents on subject. Beverages & desserts & door prizes that support the subject of the workshop.

## 6. Reports

- Chair
  - School Trustee
  - Popcorn machine
  - PAC box
- David Swankey – our school trustee and will reach out to him to invite him to our PAC meeting in January 2023-
- Popcorn machine – we were going to fundraise for the popcorn machine, but Helen and Jason offered to purchase this for PAC so we can start fundraising with popcorn sales & movie nights (Currently doing research on the best option to purchase)
- PAC box is official – it is located at the front office & for anyone to drop off information for PAC
- Affordability Fund that has been given to each school assisting with subsidizing field trips & breakfast program etc.
- Treasurer
  - Funds from Envelopes
  - (see Andrea's report attached)
- DPAC
  - (see Brian's Report attached)
- Parent Education
  - Looking for a volunteer to run/help with parent education. This would include helping to run the Facebook page, website & working with Cathy (school counselor) by getting the information regarding workshops and events out to parents.
- Emergency Preparedness
  - Jasmine has volunteered and offered to do some research into this; what the school might need and what the budget needs to be for Stito:s moving forward.

- There was mention that selling First Aid kits as a fundraiser is an option; where all the monies will be going to our PAC Emergency Prep fund.
- Hot Lunch (to begin once a month in 2023)
  - Looking for volunteers **for Hot Lunch FUNDRAISER FOR PAC; this does not interrupt Servery business:** Hot Lunch – 1x a month starting in January – Pizza will be to start- as the Stito:s Servery does not serve pizza. The plans are to offer the Primary age group on one day and Intermediate group will be the next/another day.
  - We are looking for a list of Parents who have their Criminal Record checks done, this will allow the PAC to be able to have an **email list** to invite volunteers to areas the school needs etc.
  - Social media- if PAC posts on page, please **“like”** or **share** this information, as it shares with your friends of friends.
  - Next year it would be great to host a Bake Sale with the School Book Fair.

## 7. Principals Report

*Delivered by Jason Kemp (Vice principal)*

### Current extra cirricular events at Stito:s:

- Middle school band concert – middle of December newsletter went out with more information. The concert will be held on December 14<sup>th</sup> with the Elementary concert held during the day. There will be 2 shows are happening as room for 90 adults to come watch at each show
- Currently in sports Grade 7 basketball & Grade 8 boys basketball & Triple ball
- Gr 6 ball happens in Spring '23
- A big thank you for the help with the parking lot- manager of transportation out the last few days and helped with being firm with people who are not following the rules.
- Canned food drive – competition going on between elementary & middle school
- Stito:s will be focusing on **SOUP** cans for the canned food drive.
- With lock down events the staff will be speaking with Cathy Preibisch (School Counselor) about how to support the students through any lock downs that take place.
- Stito:s has 60 parking spots that are not available right now due to construction staff & all parking will be available once the field is finished.
- Helen has purchased the gift cards from the district for Christmas Hampers. This way families can purchase their own food rather than just be given the food basket. Jason has been asked to find out what other needs there are and how we can add to the hampers.

## 8. New Business

- Adding mini workshops for parents before meetings in the new year
  - i. Discussed how adding mini-workshops hosting Cathy prior to PAC meetings 6:30-7pm; then PAC meeting 7-8:30pm, may help encourage parents to come out and see what the PAC is all about.
- Fundraising in the New Year
  - i. Fundraising in the new year- Hot Lunch, Spring Photos & First Aid kit for Emerg Prep- and Purdy's for Easter, Art Cards (Brian offered to do next year 23/24)
- Christmas Hampers

- i. Helen has purchased the gift cards from the district for Christmas Hampers- so families are able to purchase their own food rather than just be given the food basket. Jason has been asked to find out what the needs are and how we can add to the hampers.
- Popcorn Days
  - i. Popcorn Days- we need volunteers & the Volunteers need current Food Safe 😊
- Facebook Page
  - i. Helen and Jason really want parents to visit the website page for information and we have met a compromise with either Helen or Jason sending Andrea or Haley information & we will post the information as well as the link for the website for add'l info for parents.
- Parent feedback re: meetings  
 We asked "the meeting- "What kind of things/ events can we do to have more parents to come to the meetings?" :
  - Mini workshop series with Cathy (school counselor)
  - School district personnel such as Rohan, etc.
  - Offer a draw for Parking Spot to the month (worked well at another school)
  - Raffle to draw people in
  - PAC asked if there would be a classroom if we did plan to host a morning PAC meeting to alternate from only evenings in the new year. Jason said that yes there would be a classroom available. Parents would be welcome to bring their other children (littles) along with them.

9. Next meeting –Date & Time of Next meeting: **Wednesday Dec, 14<sup>th</sup> 2022**

10. Adjournment (moved by & 2<sup>nd</sup>-ed) **Sameh & Andrea**

Adjournment @ **8:49pm**

Meeting Dates for 2022/2023 Year

**Wednesday December 14<sup>th</sup>**

**Wednesday January 18<sup>th</sup>**

**Wednesday February 22<sup>nd</sup>**

**Wednesday March 15<sup>th</sup>**

**Wednesday April 19<sup>th</sup>**

**Wednesday May 17<sup>th</sup>**

**Wednesday June 21<sup>st</sup>**