

Kootenay Lake District Parents' Advisory Council Meeting

Thursday, February 17, 2022

6:00pm-8:00pm

Video Conferencing via Zoom

**Minutes**

1) Call to Order, 6:03PM

*We acknowledge, respect, and honour the First Nations in whose traditional territories the Kootenay Lake School District operates and all Aboriginal people residing within the boundaries of School District #8.*

2) Welcome and Introductions

Natalia Nazaroff - DPAC Chair/Vice Chair MSS/Elev8 DPAC Rep; Kendra Mann - DPAC co-Vice Chair/ELEV8 PAC Chair; Taryn Stokes - DPAC Secretary/CBESS parent; Avairy Meyer - MSSS DPAC Rep; Brandy Kormany - Trafalgar; Breanne Boehmer - CLES PAC Chair; Carolina Almeida - WF Nelson; Chris Goggins - PAC Chair Redfish; Colleen Bayly - Wildflower Creston DPAC rep; Crystal Stankevich - KRSS Vice Chair & DPAC rep/ARES parent; Garrett Garbula - CBESS DPAC rep; Greg Wanke - ARES; Kristyn McIntosh - LVR PAC Rep; Nicole Rhynold - DPAC Rep JVH; Tobi Hauck - Rosemont PAC Chair; Trish Smillie - Superintendent of School/CEO; Deanna Holitzki - Director of Instruction/Inclusive Education; Scott Rothermel - Manager of Safe Schools; Javier Gonzales - Coordinator of Mental Health and Addictions; Paul Luck - Principal of LVR; Lenora Trenamen - Board Chair/Trustee North/East Shores; Sheri Walsh - Trustee Nelson/Bealby Point; Becky Coons - Trustee Creston; Sharon Nararoff - Vice Board Chair Slocan Valley/Bonnington; Sonya @ Life Essentials First Aid - Rosemont; Dawn Wortman; Trish Leier; Sarah Burns; Danielle

3) Adoption of Agenda

*Motioned - Natalia Nazaroff; Seconded - Breanne Boehmer; Opposed- nil*

4) Approval of Minutes

*Motioned - Natalia Nazaroff; Seconded - Colleen Bayly; Opposed- nil*

5) Vote on Nomination Request (for BCCPAC position)

Last night we were informed that Kristi is pulling her nomination request so we no longer require a vote. Kristy was unfortunately not able to attend the meeting today but she may be moving overseas and has requested to rescind her nomination.

6) Superintendent's Report - Superintendent Smillie

- Addendum (related to covid regarding school gatherings and events) was rescinded by the MOE.
- School calendars for the next 3 years are being developed in February with consultation in April, and May for approval. Survey (to provide feedback on the school calendar) will be sent out.

- February Superintendent Report on website - check out the school learning update link - can see an update from all the schools.

Director Holitzki - Inclusive Learning, introducing Scott Rothermel and Javier Gonzales

SD8 Guests: Scott Rothermel - Manager of Safe Schools

- Next Digital Parenting Part 2 on March 3, others will be April/May
- Crisis Prevention Institute Training Plan for SD8 for staff
  - 2 sessions - Non violent intervention, verbal intervention (EAs), reaching 160 staff total.
  - The training is recognized by the MOE, many school districts in BC are adopting this training model.
- He is also doing some presentations for students (TF, Creston, etc) on digital safety.

SD8 Guests: Javier Gonzales - Coordinator of Mental Health and Addictions

- Schools play a role in mental health promotion and prevention. Community & Ministry Partners play a role more in intervention.
- Training on Trauma-Focused Schools at SD8- 275 staff trained (teachers, EAs, custodians).
- Shared a short you-tube video by Dr. Charles Geddes - Adverse Childhood Experiences (3 min video). Premise is if we accumulate too many stresses early in life can lead to emotional, behavioral, attachment regulations, education, job, addiction that could last throughout life because the brain develops differently. [www.youtube.com/watch?v=SLoJV07TQgM&t=9s](http://www.youtube.com/watch?v=SLoJV07TQgM&t=9s)
- Upcoming staff/student training - MindUP - 60 staff trained tomorrow during PD day (emphasis on elementary and middle schools) to provide better social-emotional learning.
- Teach Mental Health through UBC - is a free course still available to parents/teachers. <http://pdce.educ.ubc.ca/teach-mental-health-literacy/>
- Also have Open Parachute Program [www.openparachute.ca](http://www.openparachute.ca)
- Other resources shared on this slide

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### **Mental Health Support Services to Students and Families:**



**The Foundry Virtual App** was launched in March 2021. The App incorporates features such as live clinician chat, clinical content (articles, videos and podcasts), goal setting, scheduling and other tools co-designed by clinicians and users. **This service is provided FREE to all young people ages 12-24 throughout the Province.** Foundry offers young people ages 12-24 health and wellness resources, services and supports. <https://foundrybc.ca/>

**Confident Parents: Thriving Kids**

Worried about your child's anxiety or behaviour challenges? Struggling to get through daily activities with your child? Ready to learn new strategies to support you and your child? We can help, link below  
<https://welcome.cmhacptk.ca/>

**Child and Youth Mental Health**

<https://www.heretohelp.bc.ca/sites/default/files/what-to-expect-from-cymh-services.pdf>

Nelson Intake Clinic Thursday 9:00-11:00 a.m. 250-354-6488  
Creston Intake Clinic Tuesday 9:00-11:00 a.m. 250-428-3239

Valley Community Services Creston <https://www.valley-services.ca/> 250-428-5547

Salmo Community Services <https://scrs.ca/> 250-357-2277

Nelson Community Services 250-352-3504

Freedom Quest Youth Services Society (Alcohol and Substance use) <https://www.freedomquestyouthservices.ca/> 250-352-3783

North Kootenay Lake Community Services Society <https://nikcss.org/home/> 250-353-7691

**Mental Health Support Line 310-6789 no area code required**

**1-800 SUICIDE (1800-784-2433)**

**Kids Helpline 1800 668-6868**

7) Treasurer's Report - unavailable due to prior meeting running late

8) Correspondence - None to report.

9) Results of Nomination Vote - Not Applicable due to nomination request being rescinded.

10) Discussion Items

a) Understanding PAC's A-Z presentation by BCCPAC

- Presented by Andrea Sinclair, Natalia and Colleen attended.
- The video will be available for people that attended to pass to her PACs.
- There was a really good Q/A after and she had an answer for everything!

b) Tending the Fire - Anti racism presentation and survey from the District

- Presented by District Principals Gail Higginbottom and Jann Schmidt.
- May be presented again if there is interest - any day but Friday, after spring break.

c) Facilities Plan meetings (last week, this week, next week)

- Natalia has been attending them, times & links are available on the board website

d) What do parents want to see for parent education opportunities?

- Dyslexia and what it is, how to help
- A discussion around the Mask You Live In (can now be streamed) and MissRepresentation (Representation Project)
- A parent version for Mind-Up
- First Aid life skills
- How indigineous curriculum has been implemented in the school
- More details about the school act

11) Committee Reports

Finance and Operations

- Colleen Bayly - this year the board has a balanced budget, the presentations are on the sd 8 website

Governance & Policy and Education Committee meetings March 8th

- Make sure to check the meeting times before hand on the SD website
- Everyone is welcome to attend but only the reps have a speaking role

12) School Reports

Chris Goggins - Redfish - Has been the chair for 1 day; Lots of covid sicknesses going around; Small but dedicated PAC group; Outdoor initiatives are working, going to WH2O

Kristyn - LVR - absenteeism has decreased, principal and VP visit wildflower, TF, St.Joe's, food donations during exam week for the staff from local vendors, a school counselor reviewed the grad program

Danielle - recent PAC meeting was delayed due to illness, absenteeism is improving, lots of attendees at the facility meetings, school needs to be replaced, working on bylaws, may move agm to earlier in the year, garden club going well, forest walk activity,

Carolina - WF Nelson - fundraising for playground expansion, reestablishing archery as an in-school program

Avairy - MSSS - good feelings about the laptops, breakfast program is starting up again, hot lunch is going well, always looking for volunteers for the food programs,

Brandy - TF - good turnout at PAC meeting, have 3 core members but looking for more, LVR dance program came to TF this year - it was very successful - it was an alternate to regular gym class, looking at grade 9 trip, inline skating for the whole school coming soon, discussion on sexual health in the PAC meeting as a possible parent education night

Garrett - CB - attendance issues like everyone else, outdoor days

Colleen - WF Creston - morale is very low, a lot of families (25%) have left, concerned what the school will look like because the main teacher is retiring

Sonya - Rosemount - absences are returning to normal, had outdoor activity week, new hot lunches smash burgers and new hot dog place,

Natalia - Desk - no meeting since last DPAC meeting

Comment from Lenora - shout out and thank you to Natalia, the DPAC exec and all parent volunteers

*If you have any concerns, please email DPAC to add to the Discussion Items for next meeting*

10) Adjourned at 7:53 pm PST, next meeting March 10, 2022