



Executive Committee

Sheri L: Chair, **Brad G:** Vice-Chair, **Heather A.** (Secretary), **Erin M** (Treasurer), **Chris P** (Member-at-Large), **Valerie N** (Member-at-Large).

DPAC General Meeting Draft Agenda: Tuesday, November 17th, 6:30pm VIA Zoom

- 1. Welcome/Call to Order: 6:33pm -- Attendees 28: Including 2 Trustees, 2 KTTA members, and the Superintendent**
- 2. Review of the Agenda:** Erin moved; Chris seconded: **Accepted as Submitted**
- 3. Minutes from the Previous Meeting:** Erin moved; Alla seconded:
- 4. Cole Levitt Presents:** <https://depthsofcomfort.com/>

Launched today -- a teacher's resource -- depthsofcomfort.com. Aims to deliver tools to teachers and students to decrease bullying, stress, and anxiety. Especially aimed for in the classroom setting. Web-based platform that teachers sign their class up to. Student portal has links for things such as: gratitude journal -- a place to share what a student is thankful for and can revisit these entries and often helps students feel more grounded and thankful, kindness quests -- An alternative to tattling, instead, and comfort level recognition -- Comfortable, stretch, or distress.

Cole (developer)-- background in education--15 years as a teacher 8 years in SD 73. Last 5 years working as clinical counselor. Platform is culmination of both these backgrounds. Most of work has been responsive but wishes to do more work that is more proactive. Meet kids where they are

Teacher platform: Can see graphs of comfort ratings, easy to see where most students are finding distress. Teachers can track acts of kindness -- all unassigned activities and read all completed acts of kindness. can read the compliments, and can read gratitude journal entries. Tool section for teachers gives Vocabulary "panic" what it means, and can help teachers develop grounding strategies for students.

Question: What ages does this platform target? Answer: Mostly for grades 2- 7.

Teachers responsible for signing up classes. At depthsofcomfort.com/ which does not collect private info.

Question: how much time does a teacher have to devote to the program? Answer: I would access a bit of it everyday ex: Look at an act of kindness every morning, but some teachers will use it bi-weekly/weekly etc. It will be up to the teacher what works best for them and their students.

Question: How many teachers are using this? Answer: It was just released officially today and it is unknown the exact numbers. Hoping to reach out to as many teachers as possible. This is not limited to just our district. There has been some interest across BC and Alberta so far.

Requesting parents to join on facebook and get it out to teachers. **Depths of comfort**

No cost currently but will be an annual subscription cost as of January.

Question: Will it be offered in other languages? Answer: ideally will be offered in many languages but right now needing to have more participants before can investigate this.

Question: Is there a way to intercept negative comments? Answer: Currently there is no way to stop negative comments but all messages have the intent to be positive will be shown to the teacher's desk, so anything that is said will be seen by the teacher. If negative, this will give the teacher an opportunity to address this with the student.

What exactly is DPAC?

- DPAC stands for District Parent Advisory Council. We are the official parent voice for school District 73 (Kamloops/Thompson).
- Each PAC is encouraged to elect 2 DPAC reps to attend our monthly meetings.
- We elect an executive to conduct business between meetings, but our direction is determined by our members, just like at PACs.

What is the role of DPAC?

- Our mandate, according to the *School Act*, is to advise the Board of Education on any matter relating to education in the school district. We funnel parent input to decision-makers in our district.
- We facilitate communication — we send a lot of information out to the PACs on upcoming events and programs that might interest them.
- We provide training and education for parents, as well as opportunities for exchanging ideas. We host speakers as well as workshops and networking events.
- We function as a resource for individual parents and PACs as they do their work at the school level.



Question: Can we connect parents/guardians to this platform with the students? Answer: Still working on areas of improvement such as: "how to connect parents to the students' progress and understanding" So that there is more of a team effort. Definitely an area this platform will need to improve. Will look into it a bit more.

5. Old Business

- I. **Bursary Committee** Update (Sheri L.): Mr. Carmichael has reached out previously and has a few groups that may have interested recipients for the bursary. Still awaiting contact to confirm this proposition. Will let you know when we have a confirmed update.
- II. **Indigenous People's DPAC** Update (Val N.): Meeting on November 25th. Things have been going very well. About 30 people have responded to be present. Elections happen on the 25th for executive. Question: Will there be a spot for IDPAC at the general DPAC. Answer: Absolutely, the more the merrier. Maybe Val can also report to both, nothing in DPAC bylaw stating an executive member can not be part of 2 DPACs.

III. Education for Parents:

- **Documentary Screening: Screenagers Next Chapter: Uncovering Skills for Stress Resilience**
**Once you have registered for the session, you will receive a link to the presentation which will be available for viewing anytime between Thursday, November 26th to Wednesday, December 9th. There are only 300 links available for this session.*

Description

Filmmaker and physician Dr. Delaney Ruston takes the conversation around screens and teens to the next level with **Screenagers NEXT CHAPTER: Uncovering Skills for Stress Resilience** a film that examines the science behind teen's emotional challenges, the interplay of social media, and most importantly, what can be done in our schools and homes to help them build crucial skills to navigate stress, anxiety, and depression in our digital age.

Trailer: <https://www.screenagersmovie.com/nc-trailer>

Register here to receive your link: <https://forms.sd73.bc.ca/Screenagers-NEXT-CHAPTER>

- **FoodSafe:** 10 DPAC paid certificates offered, not decided yet how to distribute. Discussion: Allow 1 person per school for now and leave open for other schools to request. Re-evaluate in march, can always put more money into this if needed. Potential for 12 extra spaces.
- **Parenting in a Digital Age:** Carried forward from previous meeting- See discussion below for Digital literacy:



- **Askable Adult:** Update (Erin) See discussion below for Digital literacy:
- **Digital literacy-** (Erin M.) Two potential sessions. 1) Speakers Bureau of Canada. Jennifer is an Education Literacy, and Digital Classroom expert.
2) Diana Graber from the US-author of "Raising humans in a digital world: Helping kids build a healthy relationship with technology." Trying to change the conversation from technology is bad to how to work with technology. Erin is asking if this is the direction we want to go in.

*Treasurer states, " Have about \$900 set aside for these speakers, may be asking for more if needed."

- IV. **Future of Schools Committee** (Chris): No update, has not been meetings.
- V. **Zoom Licenses** Update (Erin M.): No update at the moment, is just going through some growing pains.
- VI. **Electronic Submission of PAC Contacts for 2020/2021 School Year** (Sheri) Have received information that contacts should be submitted to the DPAC in approximately a week's time. Still waiting

6. New Business

- I. **Covid-19 Planning:** Fraser Valley they are now closing 3 schools, Montreal is considering an extended winter break because they have now said students are a driving force in infections. We continue to hope for the best in sd73, but what pre-planning continues behind the scenes both in the district and in the province? **Asked Superintendent later in meeting under his report.**
- II. **Drugs:** Westsyde secondary sent a couple grade 8 kids to emergency this week after they felt unwell after consuming something called "laced", which is purposely contaminated Marijuana. What kind of Education is being prepared (science/health-based, NOT law-enforcement based like Project EDGE) to tackle the ongoing issues of drugs and vaping? **Asked Superintendent later in meeting under his report.**
- III. **Winter:** In overcrowded schools during these difficult times, how can we keep kids safe while they have to have their breaks inside during the winter? Last year we had multiple days where it was colder than minus 15 and the kids had to stay inside. Are schools sharing what worked for them to help other schools? How can we as parents help? **Not Discussed**
- IV. **SOGI:** How is SOGI being implemented? How do they ensure schools have a SOGI rep? What do those reps do? What training have reps, teachers and admin received about SOGI? What are the districts plans and goals around SOGI? How



do classrooms look different with SOGI being introduced? **Asked Superintendent later in meeting under his report.**

- V. **DPAC Executive – Call for members** (Heather): We have a duty to provide “opportunities for parents to learn about public education, define and explore issues, and build understanding among people with diverse backgrounds and views” (bccpac.bc.ca). An executive team of 6 in this very large populous is not necessarily giving us the best perspective of diversity within our district and may not be gaining the full picture of parent concerns or requests.

7. Reports

- I. **Treasurer Report (Erin M.):** Gaming account \$2621.99 general account: \$4365.68 Bursary \$1035.71 GIC rates have dropped drastically. will roll over to be 0.25% interest rate for the next year. estimated balance for the month is \$12,538.42

II. **Superintendent Report:**

-Responding to issues regarding Covid-19, can expect to see cases in schools. looking at interior 1001 cases currently. FV \$12,000 (approx). Told yesterday 1900 cases over three days in BC. Some schools have had to have temporary closures due to outbreaks of COVID-19. In respect to Norkam secondary, an email was sent out to the district to lay out districts response.

--Visited Beattie to investigate security measures. Reported to board regarding Beattie.

-Class size and composition has gone to ministry.

-Recommendation for masks in schools has not been laid out by Dr. Bonnie Henry for BC yet, but has been spoken about by Dr. Tam on a federal level.

Question: would it be possible to go back to a virtual base learning system: **Answer:** for the moment is still following the advice of the medical health officer and there has been some consideration with an earlier winter break or extended break. Hoping that new restrictions will have an impact on numbers and will hopefully prevent changes to school times but is really just trying to stay current in all recommendations and will change mindsets on an “as needed basis”.

Question: if we go back to the virtual model of education: do we have the funding to provide the same amount of online resources the same way we did in march when many companies were offering many resources for free. **Answer:** we continue to put more money in this budget and will ensure it is available if it comes to this need, however I don’t think that the virtual model will be the best benefit for our students. It will all come down

recommendations from the health officer of BC.

-**Question:** Westsyde school had an incident of a couple students sent to emergency because of an issue with drugs. Will there be more harm reduction resources introduced to students especially right now during these difficult times and we are seeing more mental health issues. **Answer:** Children definitely miss their contacts and social experiences, we had a presentation at the board meeting last month by Vessy Mochikas who is a specialist in mental health issues. Trying to build some more support and education to them regarding mental health. We will continue to provide some attention to this issue even after this pandemic.

SOGI: Director Vessy Mochikas is the leading director of SOGI concerns.



on report page 5 directive. SOGI Presentation was at the board meeting found on facebook page, October 19th.

Question: Winter concerts: will they still be possible? To what extent? **Answer:** I definitely know some schools are finding ways to either tape them and air later. He will revisit these questions and what schools are doing in greater depth.

Question: what do schools have available for resources regarding mental health?
Answer: It is definitely an area that we need to work more on and this is a definitely important area. I think it will be a really good idea to have Director Vessy Mochikas come and speak to the dpac

III. Trustee Report: All board meetings are on the facebook page and many very informative presentations. Can view at any time especially regarding mental health as this has been a recent topic of in-depth discussion.

IV. KTTA Report (Laurel):

Teachers are really busy, since September. Lots of work put in to ensure protocols are in place and students are safe in addition to introduce the curriculum. Teachers are having a very difficult time balancing their responsibilities. Teachers want to be in school and recognize the need for children to be taught face to face. They are definitely not fond of the idea of blended learning as the burden on teachers is extraordinary. Teachers here are just keeping their fingers crossed that we maintain our number in the interior and do not end up in a situation the Fraser Valley is experiencing. We continue to follow health guidelines and are asking for all parent support and understanding.

Comment from DPAC Chair: It was such a challenging time in the spring and we all just want to say thank you for all your hard work.

Comment: how can parents or the DPAC better support teachers? Answer: continue with understanding and patience.

8. Other Correspondence: None

9. Other Business:

Poinsettias delivery question: how are poinsettias being handed out to parents at other schools?
Answer: Some schools able to still access gym and have a few approved PAC members to greet parents outside and then collect poinsettias for them in gym.

-Chris asks for school bylaws: He will be rewriting valleyview secondary bylaws and is looking for examples of other schools. A few parents responded to supply this to him.

-BCCPAC - all exec members attending leadership summit this weekend



10. Adjournment: 8:16pm – Reminder there is no meeting in December. Next meeting is January 19th, 2021.