

BX PAC Meeting Minutes

December 8, 2021 6:00pm BX Library

In attendance:

Amanda Connor (PAC President), Shawna Brooker (Vice President), Selena Russell (Member At Large), Rachael Milner (Secretary), Lance Johnson (Principal), Sarah Hanson (DPAC Rep), Marnee Maxted (Treasurer), Danielle Galbraith, , Bev Morris, Kat Johnson, Dawn Ansdell, Tracy Arnonld, Jennifer Friesen, Alicia Awesome, Patience Meaker, Lisa Lanaway (BX School Counsellor)

Call meeting to order at 6:07 pm by Amanda Connor

Motion made by Selena R. to adopt the October meeting minutes (no meeting held in November). Seconded by Rachael M. Discussion Held. **Motion carried.**

No additions to the agenda

Special Presentation- Dawn Ansdell from OK Sweet

This presentation was very informative and answered a lot of questions that were put forth by parents. Dawn will be holding a "Parent Information Session" before the presentations begin to students in the spring. The PAC will announce this date on our FB site when known.

Special Presentation: Lisa Lanaway, BX School Counsellor

Lisa presented the Preventure Program that will be starting for Grade 7's at BX. Some information about the program is in the attachments.

Principal's report: Lance Johnson- Principal

1. Basketball

I will open the gym each morning at 7:45 next week for basketball. I will send out schedules to parents in grade 6 & 7 so they know when it's their day. We will have a sign-up for basketball the first week of January and practices will start in week 2. The Elementary Athletic Association will send out a league schedule and The Return to Sports rules for elementary (Covid rules) in early January.

3. Ski/Snowboard Program

Our superintendent has approved elementary schools participating in the ski/snowboard program this year. Our grade 6/7 teachers are all in support of participating and Mrs. Ternan is organizing dates with Silver Star.

4. Parking

The staff parking lot at the back of the school has created more parking spaces at the front of the school. However, we've had a few parents pulling into the back staff parking lot to drop off or pick up their kids. This is dangerous because there is no turn around area. One of our teachers had their car hit last week and the person drove away. Can PAC please put a notice on the PAC Facebook page for parents not to use the back staff parking lot?

5. Report Cards

Report cards will be released to parents on MyEdBC on December 16th at 2:30. Mrs. Kadach will send information out to parents on how to access them.

6. Christmas Virtual Concert

The filming is complete and it is a huge success! Once the editing is completed, information will go out about how parents can access it.

DPAC REPORT – Sarah Hanson

Sarah Hanson has been voted in at DPAC President, congratulations Sarah!

The BX PAC is looking for a new BX DPAC Representative. If you would like more information, please contact the PAC.

DPAC is pushing the school district to move faster on adopting the 10 year BC Accessibility Plan.

DPAC is asking PAC's to adopt a process where they consider accessibility on any purchases they make. DPAC is working on a check list to help guide PAC's.

There are vacancies on the District Calendar Committee. This committee meets to discuss the school calendar for the next year. If you are interested in joining, please contact the PAC

Treasurer's Report – Marnee Maxted

*see report attached.

Bambora Fees will be passed on to parents starting in January. Those fees are \$0.25 + 2.8% per transaction. The PAC recommends purchasing lunches for the whole term to save on fees.

-ArtCards by Kids Fundraiser did very well. Thank you to Brenda Thomson for organizing it for the PAC

-Tuesday Hot Lunch and Pizza Thursdays continue to be very popular.

Ongoing Business: Amanda Connor

-No ongoing business to discuss

New Business: Amanda Connor

- The PAC received cards from the teachers thanking them for their Wish List items

-The PAC has arranged for cookies to be distributed to students and staff on Friday Dec.17th

-Butcher Boys Gift Cards have been purchased to include in the last Starfish Backpacks before Winter Break.

Events Calendar- Amanda Connor

December 17- Pj or Christmas Sweater Day, Last day of school before Winter Break

January 4 – Return to school

January 11- PAC Meeting

Questions and Comments

Kat Johnson asked that a notice be put out asking parents to not make U-Turns in front of the school. Parents in attendance were also concerned about the number of U-Turns and agreed to ask parents to stop. There have been reports of a blue car that is overtaking cars on the right who are waiting to turn left into the parking lot. This is happening at the Crosswalk. Lance has reached out to our RCMP liaison for help in catching this person.

A reminder that if you shop at Cob's Bread, be sure to mention BX Elementary. Your PAC receives 5% back in fundraising dollars.

Meeting adjourned at 7:50 pm

Next meeting to be held January 11, 2021

Note: These minutes are the best interpretation of discussions held during the meeting by Amanda Connor. Any noteworthy errors or omissions are unintentional

BX PAC - Financial Statement December 8, 2021

MAIN ACCOUNT		
Opening Balance:	\$22,898.98	September 1, 2021
	REVENUE:	EXPENSES:
Pizza-Term 1	\$11,388.00	\$4,027.74
Pizza- Term 2		
Pizza- Term 3		
Hardship Pizza		\$542.00
Tuesday Hot Lunch	\$10,760.00	\$5,980.00
Art Cards	\$2,744.96	
Growing Smiles	\$4,852.00	\$3,568.99
Lunch Mom's		
Cob's Bread		
Butcher Boys		
Mabel's Labels		
Micellaneous: PAC Supplies		\$155.99
2021/2022 Wish List		\$13,071.00
Starfish Backpacks		\$3,000.00
Bambora Fees		\$928.85
Bank Fees	\$14.85	\$23.85
TOTAL:	\$52,658.79	\$31,298.42

GAMING ACCOUNT		
Opening Balance:	\$8,293.55	
	REVENUE:	EXPENSES:
2021/2022 Gaming Grant	\$ 8,980.00	
2021/2022 Wish List		\$11,840.00
Bank Fees		
TOTAL:	\$17,273.55	\$11,840.00
BALANCE:	\$5,433.55	

CREDIT:				
	<u>Opening Balance</u>	<u>Revenue</u>	<u>Expense</u>	<u>Balance</u>
Butcher Boys	\$5,150.41	\$1,403.60	\$569.48	\$5,984.53
Teach & Learn	\$309.06			\$309.06

HARDSHIP PIZZA:		
	<u>Revenue</u>	<u>Expense</u>
Term 1		\$ 542.00
Term 2		
Term 3		
TOTAL COST		\$542.00

BUDGET:		
Opening Balance:	\$ 22,898.98	
		<u>Estimated Expense</u>
Wish List Items		\$ 13,071.00
Sexual Health Presentations		\$ 3,500.00
Hardship Pizza		
Halloween Event		
TOTAL	\$	16,571.00

Prepared by Marnee Maxted as a volunteer treasurer of the BX PAC.

These statements have not been reviewed, audited or analyzed and the preparer accepts no liability.

I would like to take this opportunity to introduce you to the Preventure Program. The Preventure program is a personality targeted brief intervention. The program aims to equip youth with self-efficacy and cognitive behavioural skills to help them cope with the numerous developmental challenges that many kids face. We have been using this program at our secondary schools (grade 8) for the past 5 years. Partnered with Dr Marvin Krank (UBC) we have discovered, through research, that our students have greatly benefited from this program. However, another finding was that we need to initiate this important work at a younger age (AKA working more 'upstream'). Consequently, the district has decided to move the program to grade 7 at all our elementary schools – starting this month. **Our elementary counsellors have been trained in the Preventure process and they will do the vast majority of the work.** The steps in the Preventure process include:

- Screen all Grade 7 students using a 27 item scale - SURPS (Substance Use Risk Profile Scale). This scale identifies program eligible students and their unique personality traits.
- The scale will identify approximately 40% of your students and put them into four groups – Impulsive, Sensation Seeking, Anxiety Sensitivity, Negative Thinking.
- The identified student will be invited to participate in two 90 workshops. Importantly, these workshops are strength based (e.g. Saying to the anxious kids “isn't it good that you worry about the future”) then those students will be taught (by counsellor and accompanying workbook) how to better deal with anxiety and worry.
- Informed parent consent is part of this process. However, please note, this fits well into BC's current mental health curriculum.

The researched results in other school districts (including: London, Montreal, NYC, LA, Vancouver) have been replicated in SD#22 (Vernon). Specifically:

- Cannabis – delayed use and reduced frequency.
- Alcohol and binge drinking reduced by 50%.
- Mental health – significant reduction in anxiety and depression.
- Illicit drug use – reduced by 50%

Why Preventure works:

- It provides answers. Preventure focuses on at-risk youth and introduces motivational pathways and coping skills based on specific personality profiles.
- It promotes support and early connection to counsellors. Your trained counsellor provides group workshops in a supportive and respectful environment.
- It encourages Mental Wellness. At its core, cognitive behavior therapy and motivational interviewing help kids to understand and manage their risky behaviour.
- It is evidenced based. This program has been replicated in trials around the world.

The New York Times have an excellent, plain English article regarding Preventure. It is a short read:

<https://www.nytimes.com/2016/10/04/well/family/the-4-traits-that-put-kids-at-risk-for-addiction.html>