

Sands Parent Advisory Committee Meeting

Meeting Location	Online via Zoom
Meeting Date:	Sept. 20, 2022
Meeting Time:	7:00 p.m.
Meeting Facilitator:	Razia Khan
Attendees:	Chairperson: Razia Khan Vice President: Roshael Slezash Secretary: Elaine Addison Emergency Preparedness: Tony Nathan Principal: Rick Mesich Regrets: S. Topic, R. Krushel, V. Kallur Attendees: L. Shortridge, K. Charnetski, L. Thate, Z. Saeed, A. El Kohen-Koszegi, A. Dussledorp, E. Wang, Andrea, J. Kaur, Sanaz, K. Hermanson, Phuong, G. We, R. Fontelbasso, Sanaz, P. Pandher, R. Kaur

The Sands PAC acknowledges the traditional territory of the Tsawwassen and Musqueam First Nations and all of the Hun'qumi'num speaking peoples who have been stewards of this land since time immemorial on whose land we live, learn and play. We would also like to offer our respect to all the Elders who have gone before us, to the elders and First Nation people who are with us today and to all Canadians who are on the journey of Reconciliation.

Call to Order: 7:04

Welcome and new introductions

Minutes from Previous Meeting

- approved

Principal's Update: Rick Mesich

- pleased with what he has seen so far, excited to be a part of the school
- Kirsten Hermanson, district manager in prevention management, was introduced to talk about parenting workshops. Sands will be a pilot for a 2 part parenting series in conjunction with Alongside You, funded by DPD and Fraser Health Oct 13 is Connecting with Youth. On Oct 27, youth will speak to parents, caregivers, and the community

about their lived experiences. The youth will speak openly and honestly as they will be the educators in the circle. Grant given through United Way for snacks and food. Feel free to email khernanson@deltaschools.ca although flyers will be sent out.

- Introduction – New staff:
 - Joanna Tseng – Music & Career Life Education
 - Sam Lee – Social Studies
 - Heather Cooper – Modified Academics
 - Shawna Bell – Education Assistant, Modified Academics
 - Andrea Heard – Education Assistant, Life Skills
 - Vicki Whittaker – Education Assistant, Modified Academics
 - Jessica Seacrest – Education Assistant, Modified Academics
 - Sukhpreet Sidhu – Education Assistant, Grad Quest/LST
- Although COVID-19 is not as concerning as it has been in the past, we still need to recognize that the virus is still in our communities and can be impactful on some people. The safety guidelines are like the guidelines from last June that include:
 - Getting vaccinated
 - Daily health checks
 - <https://www.deltasd.bc.ca/wp-content/uploads/sites/2/2022/09/Sept-2022-Daily-Health-Check.pdf>
 - Washing your hands regularly
 - Sneezing and coughing in the crease of your elbow
 - Staying home if you are sick and follow the BCCDC Guidelines
 - <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/if-you-have-covid-19>
 - Wearing a mask is a personal choiceIf we can follow these guidelines regularly, then we will keep our school community safe from spreading COVID-19.
- Staffing
 - We have 1 vacant Math position and we are in the process of interviewing candidates.
 - Our school population is at 724 students
- We will be having a Grade 11 & 12 Assembly during Flex Time (9:50AM) in the Gym on Thursday, September 22nd to discuss everything graduation related.
- Grade 8 Transition
 - August BBQ- Invited students and families to a community barbeque to reduce stress and anxiety over the first day of high school.
 - Games Day Fridays
 - Mentorship Meetings – each grade 8 student will be in a small group with a senior mentor who will answer questions and facilitate discussions on various topics throughout the school year.
 - Grade 8 Assembly on Monday, September 26th on inclusion and acceptance with everyone's differences.
 - Grade 8 Retreat - students have a day to meet their peers, to experience team building activities and to develop strategies to help them navigate the high school culture.

- Grad Boat Cruise
Ticket sales will take place next week starting on Tuesday, September 20th at lunch. Tickets will be \$115.00 which includes transportation to and from Coal Harbour, a buffet dinner, a 3-hour boat tour and a DJ for dancing. Payment can be made in cash, by cheque (made payable to Sands Secondary School) or by debit/credit. Grade 12 students will be required to have submitted their Field Trip Consent form and their Code of Conduct Agreement prior to purchasing a ticket. Students will arrive at the front of the school by 4:15pm to meet the buses. The buses will leave the school at 4:30pm to Coal Harbour. The ship will depart Coal Harbour at 5:30pm. Students will return to Sands Secondary by 9:30pm.
- Mental Health School Goal
 - As a school, we will be investigating how to best support the student's mental health wellness. A number of staff members have been trained in the Teen Mental Health Curriculum. We want our students to be informed about the feelings they are experiencing and strategies of how to cope through those feelings
 - Has PAC had a presentation on the Mental Health Curriculum? Answer is no.
- Emergency Preparedness Bin:
 - Water and food have been ordered and should arrive soon
 - Vanessa Heal will be circulating a contents list to school for their bins
 - Ms. Macintosh will be setting up a meeting with PAC reps to ensure our bin is well stocked.
- Parent Workshops:
"Help for the Hard Times" workshops are designed to support parents/caregivers whose child has had an inpatient stay or has had ER visits due to a mental health or substance use concern. As parents ourselves, we know how difficult it can be to support a child after a mental health crisis and we want to help. The workshops are FREE and registration is required: www.familysmart.ca/workshops.
Safer Schools: "The Modern-Day Predator" was designed to provide education to Parents/Caregivers, School Administrators and Community Partners as a means for the prevention of sexual exploitation. This session provides tools to address issues like consent, creating healthy boundaries and grooming both online and in person
The event takes place on September 28, 2022, from 7-9pm and is \$29 a person.
- Athletics:
Various athletic teams are starting for the Fall season. The teams running include: Grade 8 Boys Volleyball, Grade 8 Girls Volleyball, Junior Boys Soccer, Senior Boys Soccer, Junior Boys Volleyball, Senior Boys Volleyball, Junior Girls Volleyball, Senior Girls Volleyball, Swim Team
- Received a recommendation from the Staff Committee regarding cancelling Parent Teacher Conferences this year as these meetings are not an effective way to communicate with families as they regularly do not see the families of students who are having difficulty. The COVID environment proved that there are other ways to communicate effectively without having face-to-face meetings twice a year. They feel that the PTI meetings have little to no effect on improving learning or meeting learning outcomes.

Treasurer's Report: S. Topic via R. Khan

- up to date
- submitted the info to BC lotto
- should get grant quite soon

DPAC update: V. Kallur

- meeting is this evening

Dry Grad update: R. Khan

- went well, starting to plan for meetings in Oct.

Emergency Preparedness: T. Nathan

- nothing new to report

Elections: run by Gladys We

- Razia: President
- Roshael: Vice Chair
- Suzana: Treasurer
- Elaine: Secretary
- Catherine Russell: DPAC representative
- Ken Charnetski: Dry Grad liaison
- Tony: Emergency Preparedness

Thank you to Rhonda and Vijay for having been a part of our PAC executive. We hope you will continue to join our meetings when you can.

2022-2023 Meetings:

- October 18
- November 15
- January 17
- February 21
- April 18
- May 16
- June 2

Adjourned: 8:03