



District Parent Advisory Council No.57 Prince George

sd57dpac.ca / exec@sd57dpac.ca

Minutes - DPAC Monthly Meeting

Monday January 9, 2023 @ 6:30pm at Van Bien Training Centre and on MS Teams

Acknowledging that this meeting is being held on the beautiful unceded ancestral lands of the Lheidli T'enneh First Nations, McLeod Lake Indian Band and the Simpcw First Nation.

Executive: Chair Laura Weller (Ecole Lac Des Bois), Tara Gauthier (DP TODD), Christa Porter (Shas Ti Kelly Road), Rickie Mitchell (Blackburn), Andrea Beckett

PAC Representatives and Parents: Bailey Bouwman (Westwood), Kayla Brownscombe (Hixon), Susan Heyland (Polaris), Cherrisse Reink (Glenview), Amie Thibodeau (Buckhorn), Christina Wasstrom (Pineview), Krista Watkins (Spruceland), Justine Grebliunas (Hart Highlands), Shannon Cochrane (Westwood), Melanie Marohn

1. Call to order, Territorial Acknowledgement, Introductions 6:33
2. Adoption of Agenda
3. Adoption of Minutes from December DPAC meeting
4. PAC (Parent Advisory Council) Networking & Discussions
5. Review and Adoption of Executive Reports
 - a. Executive Board Report – staffing, bussing (partnership with Diversified)
 - b. Treasurer's Report
6. PAC and Parent Engagement
 - a. Secondary Schools Parent Feedback Forum (Jan 5) - District Staffing Update - 100 new staff hired since October. District has long on-call list now.
 - b. Empowered Parents – 2 hrs/week for 6 weeks starting Jan 25 – BITS
 - c. Spruceland Thought Exchange, Community School of the Arts Info Jan 26 6-8pm
 - d. Strategic Plan Info Session Feb 1 at 6:30-8pm at Van Bien Training Centre or Zoom

7:00pm – District Representatives and Guests join (*topics are prepared in advance*)

7. Partner Group Questions/Reports & Discussion - **THEME Mental Health and Family Resources**
 - a. Kathy Buhler, Family Smart
 - i. A parent peer support worker for caregivers of youth with mental health or substance use issues, free, no referral or paperwork required
 - ii. There are 20 divisions in BC, partner with Kelty and Foundry
 - iii. Monthly events on Zoom called "In the Know"
 - iv. Workshop called "Help for the Hard Times" for parents and caregivers whose child or youth is or has been a patient in a psychiatric unit or had an ER visit due to their mental health and/or substance use challenges.
 - b. Neil McEachern, Variety-the Children's Charity of BC
 - i. Applications/funding for Autism and Psychological Educational Assessments, primarily for low-income families, last year did 18 in PG (Northern Health)
 - ii. Funding for Mental Health Clinicians, Speech and Language Development
 - c. Intersect Youth & Family Services – Shannon Croy
 - i. Child/Youth Mental Health: Carrier Sekani, Native Friendship Centre, Foundry, and Intersect work together, some programs for 0-5 yr olds, mostly 8-18 yr olds
 - ii. Intersect drop-in intake on Tues/Thurs from 9am-3pm, triage, wait list avg 35 wks

- iii. Family Teen Mediation program; Directions for youth on probation
- iv. Parenting Through Strong Emotions – 4-week course for all parents
- v. Kayla (Hixon PAC) also works with Carrier Sekani Family Services and outlined the variety of resources and support they offer
- d. Inclusive Education – Lisa Horswell and Aubrey Mitchell – Open Parachute
 - i. Easy online access for all parents, students, and teachers – use link in brochure with any email (doesn't have to be sd57 email)
 - ii. Example parent dashboard and topics
 - iii. Encouraging teachers to get familiar with the resource, some are introducing in the classroom but ensuring a safe environment is established first
 - iv. Curriculum is plug and play, no prep needed
- e. Senior Administration – Cindy Heitman, Student Learning Surveys
 - i. Data from BC Ministry of Education and Child Care using Student Learning Surveys completed by Gr 4, 7, 10, 12 students and their parents
 - ii. Positive increases in many areas
 - iii. Established EDIB Teams – Equity, Diversity, Inclusion, and Belonging
 - iv. Disturbing trend where students feel tired and aren't getting a full night's sleep
- f. School Board Trustee(s) – Cory Antrim – nothing to add
- g. Prince George Principal and Vice Principals Association – Kristy Greenfield
 - i. Relationship building within the school – staff Champions for specific students
- h. Prince George District Teachers Association – Daryl Beauregard – societal shift
 - i. Starling Minds – BCTF online mental health resource
- i. CUPE 3742 – Paula Bass
 - i. Importance of including CUPE (educational) staff in the conversation as Youth Education Workers (YEW) and Indigenous Education Workers (IEW) and office staff have daily interaction with students and have meaningful connections
 - ii. Many trained in ASIST (suicide prevention) and mental health first aid
- j. BCEdAccess currently hosting an IEP Survey for Parents – link on Facebook

District Representatives and Guests exit the meeting

- 8. Old Business
 - a. Website update (Andrea) Website 80% finished. Partopia has provided excellent service. Will get site up once Dreamhost issue is resolved and can refine from there.
- 9. Committee Meetings
 - a. DPAC Reps (2) at District Meetings
 - i. Education Committee (Dec 6 Byaombe) (Jan 10) No delegate available
 - ii. Advisory Committee (Nov 22; Jan 24) (Christa)
 - iii. Board Meeting (Dec 13; Jan 31) (Laura)
 - b. Ad hoc Working Groups
 - i. Rebrand Advisory Group (Andrea) - suspended?
 - ii. Calendar Committee (Jan 25 3:30pm, Feb 16, Mar 2) - Bailey
 - iii. Strategic Plan Engagement Session for Rightsholders and Stakeholders (Jan 26 4-5:30pm) in-person – Tara and Bailey
- 10. BCCPAC (BC Confederation of Parent Advisory Councils) - Nominations, Awards, Resolutions



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Adjournment 8:48pm - **Next meeting is Monday February 6, 2023 at 6:30pm hybrid**