

MONTEREY MIDDLE SCHOOL PAC MEETING MINUTES

Thursday, November 9, 2018

1. Introduction and Welcome – Paula Marchese

Attendees: Paula, Joanne, Mercedes, Krista, Ladan, Kathryn, Sharon, Kirsten, Sarah, Liz, Ken, Heather, Lynne, Laura, Shelley, Kathy, Hazel, Holly, Julie, Mary, Julia, Janice

2. Mary Klovance, School Counsellor

- This is her first year at Monterey. She's been a high school counsellor since 2012 and previously worked in various capacities with youth in crisis
- Anxiety – difference between stress and anxiety is that stress is motivating
- Kids see her about academic stress, time management, homework
- Some kids are struggling, thinking that they are supposed to be the best – we need to show them that it's okay not to win, not to know
- Allow kids to start making decisions, come up with own punishments - gives them buy-in, less likely to argue
- Goal setting – many kids don't know how to goal set – sit with them, pick a goal, break it down
- Kids can drop in at her office and if she isn't busy, she can see them right away. They can also sign up outside her office and she'll arrange to see them
- She has some students see her weekly but her worry is that her schedule will fill up - might be better seeing a private counsellor for continuity
- If you have concerns that your child might have anxiety, the first step is to go to your GP for a referral
- She teaches mash-up on Fridays and one block on Monday – friendships, I statements: "I feel", "I wish", life skills, dealing with gossip

3. Administration Update – Ken Andrews and Liz McMaster

• Ken's Update

- he's really pleased that they've structured a counsellor into the "mash-up" exploratory: the kids get cooking/sewing, wood shop, art, drama and mash-up which consists of a class with the librarian, a class of indigenous music education/culture for grades 6/7 (and digital tech for grade 8), and a class with the school counsellor
- Const Perry (school liaison officer) will be at the school talking to grade 8s and possibly grade 7s about drugs and alcohol, what she's seen, sexualization - sexualizing the environment/inappropriate comments and legal ramifications
- Grade 6 Young Entrepreneurs Marketplace program is working well. He's felt that it would be great to do something with the older levels so this year there will be a math games night for grade 8s demonstrating volume, estimation, etc. It will take place March 14 (Pi Day), the night after the YEM, to take advantage of supplies already rented/organized for March 13

- Sharon has been doing a fantastic job with Fun Foods
- There are prospective plans for a district committee to look at lockdown drills and how to advance them: at recess, at lunchtime, surprise drill rather than pre-announced. Committee wondered if parents would be okay with this type of drill? Parents at this PAC meeting were in favour of more spontaneous drills but that it had to be clear to students that they were still drills, not a real threat. Ken confirmed the kids would be told it is a drill and indicated he'd pass along our PAC's feedback to the district for this prospective committee to consider
- There's a survey coming out from SD61 about catchment boundaries. They have population projections to 2032. MMS is slated to grow until 2021/2022 and then decline back to today's numbers. Some of the types of issues addressed in the survey include: should schools prioritize catchment students or offer specialty programs (soccer, baseball, challenge, etc.) that draw kids from other schools? Is it better to be closer to your school but have to cross a busy road or farther from your school but safer travel routes? New catchments will go into effect September 2020.

- **Liz's Update**

- Successful Halloween – one of the few schools that encourage kids and teachers to dress up
- Remembrance Day ceremony tomorrow 10:45-11:45 – every year they try to have a special speaker – Mitch Barnes will talk about father and grandfather who fought in WWI and WWII
- We have sex ed talks: grade 8s starting next week. Island Sexual Health delivers them

4. Speakers Update – Ladan and Paula

- Dr. Magali Brulot – child psychologist in Victoria – how to support your child struggling with anxiety – she'll waive her fee because she has a child at Monterey. Scheduled for January 16 and will replace January PAC meeting
- Kingsley (Ambit representative) – presentation on gender diversity. He'd like there to be no more than 30 people. Ladan wondered if 40 would be a better number because it isn't going to be a workshop, it'll be more a presentation, but then it was decided that 30 would be fine and if it fills up, we can have a waitlist and see if it is practical to have a second session. The cost is \$150 for 20 people and \$5 per person after that – maybe Feb 21 for date?
- Overhaul the Overwhelm" speaker in April?
- Const Perry could also speak at the school

- 5. Christmas Hampers Update – Krista Henry**
 - Each division at Monterey supports a local needy family. It is our 17th year participating
 - Hampers will be delivered December 20th - quality control 8-10am, delivery between 10-noon. Looking for volunteers
- 6. Upcoming Events**
 - **Staff Appreciation Lunch – Paula Marchese**
 - It will be held on February 13. There will be an online sign-up form coming out second week of January to sign up for food and drinks as well as volunteers for set up and clean up
 - **YEM Pizza Parlour – Julie McCracken**
 - Last year it was too complicated so she's planning to keep the food options simple this year. She doesn't have kids in grade 6 or 8 this year so will pass on her information/data to someone interested in taking over from her. Made almost \$800 last year so a worthwhile event. Sharon Dowling offered to be the overall coordinator for both nights – Grade 6 YEM on March 13 and new Gr 8 Math Games Night on March 14. Julie said 3 people organizing would be ideal: one for signage, one for decor, one for food.
- 7. New Business**
 - None
- 8. Next Meeting Thursday, February 17, 2019, at 7pm**
- 9. Adjournment 8:35pm**