

Lake Trail PAC Meeting
January 10, 2019, 7:00PM, Lake Trail Library

Acknowledged that we are on the ancestral lands of the Comox Valley bands

Attendance: Gerald Fussell (GF), Donna Graves (DG), Heather Green (HG), Kathleen Hawksby (KH), Ramona Simard (RS)

Call to order: 7:09 pm

Recognized the traditional territory of the K'omoks First Nation.

Adopt agenda:

Motion: RS

2nd: DG

All approve

Approval of last meeting's minutes:

November minutes: RS, DG, all approve

Principal's report:

There were concerns about students travelling to school on foot in the snowy road conditions amongst sliding cars and arriving with wet clothing and footwear.

Outdoor exercise circuit has been purchased and is in the process of being shipped. 7-8 stations will be around the perimeter of the school grounds.

All disposable dishes replaced. Using these for everything they can.

LTNC is having their AGM dinner next Thursday - want to encourage high participation by parents.

Will be focusing on what will work to engage the students and the community ____.

Watching cross boundaries - seeing if it becomes a pattern for grades 8's wanting to go to Vanier earlier due to friendships.

Participating in middle years development instrument (psychosocial health) sometime over the next 3-4 weeks.

Treasurer's report:

End of November 2018

Gaming account balance \$10,740.64

Fundraising account balance \$2,623.33

DPAC's report:

New executive elected. Chair - Danita Schmidth, Vice-Chair - Donna Graves, Secretary - Lorne Taylor, Treasurer - David Gillis.

District seeking another volunteer parent to sit on the budget committee. 6 meetings over the year until June to be shared by two people. Need to report back to DPAC at a regular DPAC meeting. Times to be determined. Email DPAC if interested in being on the budget committee.

Salad bar program presentation by Shannon Simpson:

3 students from Vanier help with prep each week, the same day salads are served.

Farm to school vs farm to cafeteria funding; one is federal and one is provincial.

CV salad bar committee meets on Wednesday January 23rd at Brooklyn Elementary at 7pm, everyone welcome.

Youtube video about salad program www.youtube.com/watch?v=z_90fn9MUf4>.

Goal is to have salad bars in every school. 300\$ a week fundraised via the salads.

Locally sourced food.

School board meeting January 22nd.

If we have a school have an issue we want to bring forward as a resolution, now is the time to bring it forward.

DPAC seeking opinions/whether school supports the following EPP PAC resolution to be submitted May 2019:

“Be it resolved that the Ministry of Education develop and implement an age-appropriate sexual health curriculum for all grades (K-12) that includes consent and online safety as key concepts, with the assistance of qualified sexual health educators, and to provide the additional funding necessary to support consent-based training for teachers.”

Motion made and carried: To bring Lice 911 to the valley for a evening parent education session costing up to \$650 + GST.

Childhood Stress and anxiety building resilience occurring at Courtenay el feb 28, 6-8pm . DPAC sponsoring.

Trustee's report: Covered in DPAC report

LTNC report: N/A

Old business:

Zoom: Elisha not present to discuss.

Farm to cafeteria grant: We could apply for regional as well as federal grants for farm to cafeteria.

New business: None.

Next meeting: February 7, 2019, 7:00 PM, Lake Trail Library.

Adjournment: 8:07PM

Motion: RS

2nd: DG

Minutes written by Heather Green

‘intheknow’

information + support

Video Gaming, Social Media Misuse and other Digital Addictions

By briefly presenting the assessment, treatment, and prevention of problem video gaming, social media misuse, and other related digital addictions among 8 to 25 year-olds, this presentation discusses the impact of our technophilic culture on child development, more precisely brain development. Insight on how we can minimize the negative impact our technophilic culture can have on infants, children and adolescents, as well as managing and understanding assistive technologies in education, will be discussed.

Tuesday, January 15, 2019
6:00pm – 7:30pm

Lake Trail Middle School
805 Willemar Ave
Courtenay, BC V9N 3M1

FREE OF CHARGE

To secure your spot please RSVP by phone or email to:

wendy.safruik@familysmart.ca

604.878.3400 / 1.855.887.8004



‘intheknow’ provides expert speakers on topics important to families and/or to those working to support the mental health of children and youth. The in person viewing also provides an opportunity for supported conversations between families and/or service providers.

Participating can happen either in person at various community sites or online at:
www.familysmart.ca/in-the-know



Strengthening Families

Together

Helping Canadians Live with Mental Illness

12 weekly sessions starting Jan. 24

Thursdays 6:30-8:30 p.m.

Campbell River & North Island Schizophrenia Society

850E – 12th Ave. Campbell River

This education program is open to family and friends of individuals with serious and persistent mental illnesses, as well as college students at no charge. The program is also open to health care/social service professionals for a \$25 fee.

**Register by contacting 250-914-3059 or
crss@shaw.ca**

A transportation allowance is available for those who live outside of Campbell River.

Snacks, coffee and tea provided.

Limited seating, register today!