



## SEAQUAM PAC MEETING

**November 27<sup>th</sup>, 2017**

**Meeting start time: 6:35 pm**

**In attendance:**

Julie Barrett	Deb Gottschalk	Andy Fontana	Natalie Dusanj
William Xie	Krista Barrett	Christina Shyong	Kat Maihara
Ofelia Apostol	Lisa Hignell	Brian Esau	

**Minutes from October 30, 2017**

- Approved by Natalie Dusanj & Kat Maihara

### 1. Principal's Report – Mr. Mesich

- Remembrance Day Ceremonies
    - Music and Drama students performed for all staff and students on Friday, November 10<sup>th</sup>.
    - Trustees Nick Kanakos and Rhiannon Bennett attended both ceremonies
    - Seaquam Alumni Petty Officer Troy Stickley who spoke at the ceremonies and visited several classes over the course of the week.
  - Safer Schools Presentations
    - Parent Presentation – Nick Chernoff provided a Parent presentation on Monday, November 6<sup>th</sup> where over 75 parents participated and members of the Delta Police Department. Many parents were grateful for the presentation and presentation notes.
    - Student presentations – Nick Chernoff also presented to students on November 7<sup>th</sup> throughout the day. There were a number of Ah-Ha moments from the students. The most impactful part for the students was showing them how to turn off the geo tracking on their phones. Nick showed them how they can easily be tracked to their homes simply by the images that they post on social media.
  - Delta Night of Music
    - The Seaquam Choir and Wind Ensemble performed at South Delta Secondary on November 7<sup>th</sup> where both groups were the highlights of the evening.
    - Both groups performed to family and friends over the course of a 2-hour presentation. Several schools performed over the course of the evening.
  - Athletics:
    - Sr. Boys Football team lost to Terry Fox in Quarter Finals Playoffs
    - Congratulations to Tyson Philpot named MVP, Jalen Philpot and Gavin Murray named to the First Team All Stars
    - Jr. Boys Football lost to Vancouver College in playoffs.
    - Junior Girls Volleyball team finish 9<sup>th</sup> in the Province
    - Senior Boys and Girls teams off to Provincials this week
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- Swim Team off to Provincials
- **Mental Wellness Initiatives**
  - Staff participated in a session with Kim Schonert-Reichel and Molly Lawlor last Friday to develop strategies to support teachers and students with anxiety issues.
  - Stress contagion where if one person is anxious, it spreads to others in the vicinity.
  - Based on research, the greatest impact on student anxiety are adults saying hi to students using their name, volunteerism (the act of helping others reduces anxiety) and mindfulness strategies
  - District Student Council selected Mental Wellness as the topic all schools wish to collaborate on to create an initiative.
  - Break the Divide Club looking to develop a Mental Wellness evening for the community in early 2018
- **Operation Green**
  - Student forum led by Seaquam students in Operation Green on Thursday, November 23<sup>rd</sup> at DMEC where Secondary students led full group and small group conversations with Elementary students on environmental issues and developed action plans to implement into their schools.
- **Upcoming Events:**
  - Drama Program One Act Plays – Thursday, November 30<sup>th</sup> 7-9pm in the Theatre
  - Snow Ball Dance – Wednesday, December 6<sup>th</sup> from 6-9pm Cafeteria
  - IB Parent Night – Thursday, December 7<sup>th</sup> 6-8 Library
  - Report Cards Posted - Friday, December 8<sup>th</sup>
  - Last day of school - Thursday, December 21<sup>st</sup>
- **Hamper Distribution**
  - The Seaquam staff will be creating and distributing hampers to our neediest families to help them over the holidays. We are looking to distribute the hampers on the last day of school.
- **Happy Holidays to PAC**

## **2. Treasurer's Report – Natalie Dusanj**

- Reviewed gaming fund requests for the year from our school teams and clubs
- Motion to accept accepted requests by Deb Gottschalk & Brian Esau – motion approved.

## **3. Co-Chairs Report – Julie Barrett / Andy Fontana**

- Nothing to report

## **4. D-PAC Report**

- meet the trustees: 5 of the 7 school board trustees showed up;
  - general introduction about responsibilities of trustees
  - each briefed his/her motivation of serving as trustee
  - round table discussions between one trustee and a few DPAC members
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- report back of round-table discussions -- wide range of topics: inclusion, special needs student, online safety

5. **Misc.**

- Emergency Bin – all inventory has been updated
- We will check and see if we are expected to service the community in case of an emergency in which case we will need more supplies
- Water bottles and food rations are good until 2020

6. **Meeting adjourned at 7:29pm**

7. **Next meeting is January 22<sup>nd</sup>, 2018**

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