



# Annual Report

**2016**

*Promoting parent involvement, education, and meaningful district-wide collaboration*

**Sooke Parents' Education Advisory Council, SD62 D-PAC**

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speac@sd62.bc.ca

3145 Jacklin Road  
Victoria, BC, V9B 5R1

<http://www.sd62.bc.ca/Parents/SPEAC>

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## Message From Our Executive



*"Volunteers do not get paid -- not because they are worthless, but because they are priceless!"*

- Sherry Anderson

Au si'em nu sii'ye'yu. Uy' Skweyul, huy' tseep q'u!

We want to acknowledge the Songhees, Esquimalt, Sc'ianew, T'Souke, and Pacheedaht First Nations, whose traditional territory SD62 is located on. We raise our hands and thank them for allowing us to live, learn, laugh, and love in their traditional territory each and every day.

Huy' ch q'u!

This is an exciting time for us, as we welcome new members and returning members of Executive! We have already had a full-day meeting and started planning the 2016-17 SPEAC events and meetings. We hope you enjoy and love the changes we are implementing!

This report will highlight the many events that SPEAC was involved in either via planning, coordinating, or participating. We are hoping you will see how important our work is and the benefits of SPEAC.

report interesting, it inspires you, and you find it encourages you to participate in SPEAC. Please contact [speac@sd62.bc.ca](mailto:speac@sd62.bc.ca) and let us know what areas you are interested in participating in or helping with.

We want to thank the 2015-16 Executive for all of their hard work, dedication, and commitment:

President, Brena Robinson  
Past President, Dory Thuot  
Vice-President of Communications, Crystal Andrews  
Treasurer, Teresa Mason  
Secretary, Jean Grimshaw  
BCCPAC Rep., Crystal Andrews  
Directors: Cindy Andrew, Dara Kirkpatrick, Melissa McConnell, Yvonne Sundby

We are hoping to exceed the bar you have set for us and we are honored to be your elected executive for 2016-17.

Respectfully,

SPEAC Executive, 2016-17

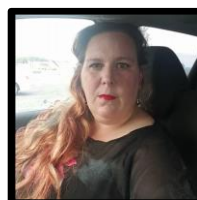
*“The DPAC is the legislated parent voice at the school district level, representing the collective views of PACs in a school district.”*

*BC Ministry of Education, Parental Involvement In School*

## Contact Information



**Brena Robinson**  
President  
speacpres@sd62.bc.ca



**Melissa McConnell**  
VP of Communications  
speac@sd62.bc.ca

## SD62 DPAC Information

**Sooke Parents' Education Advisory Council, SD62 D-PAC**

3145 Jacklin Road  
Victoria, BC, V9B 5R1

**Email:** speac@sd62.bc.ca

**Website:** <http://www.sd62.bc.ca/Parents/SPEAC>



*"A lack of transparency results in distrust and a deep sense of insecurity."*

*~ Dalai Lama*



## Financial Information

As the District PAC, we have three revenue streams: BC Gaming Grant, School District 62, and membership fees. We receive \$2500 in gaming funds and are restricted in how these funds are used. Our school district funds are based on the number of students registered in the school district and the number of schools in the district. We also receive funding for the Vancouver Island Parent Conference. Our membership fees are \$50/PAC.

### Statement of Financial Activities

For the year ending June 30, 2015

#### Revenues

General	\$15,273.46
Gaming	<u>2,500.00</u>
Total revenue	\$17,773.46

#### Expenses

All PVP dinner	\$250.00
BCCPAC AGM	2,896.49
BCCPAC fall conference	1,914.10
BCCPAC membership fee	75.00
Office supplies	152.10
PAC summit	1,860.50
Parent education	1,328.71
VIPC	<u>3,825.00</u>
Total expenses	<u>\$12,301.90</u>

5,471.56

Less: O/S pmts Mental Health Forum

5,000.00

Surplus funds

\$ 471.56

*“A lack of transparency results in distrust and a deep sense of insecurity.”*

*~ Dalai Lama*



## 2015-16 SPEAC Events

### Meetings

Our meetings are usually held on the third Wednesday of each month. We try to rotate the location of our meetings through the different schools in the school district. For 2014/15 we met in the following locations:

- School Board Office (SBO)
- Dunsmuir Middle School
- Crystal View Elementary
- Spencer Middle School
- Sooke Elementary
- Hans Helgesen

We also use a program, Blackboard Collaborate, for our members, who cannot attend meetings in-person, to participate in our meetings online. Please email [speac@sd62.bc.ca](mailto:speac@sd62.bc.ca) to inform them that you would like to participate online and to get the link emailed to you.

### PAC 101 and Foods that Fit

We held this event in October at the new Belmont. Having the hot food vendors come to give samples of their products has been a big hit for both the parents and the vendors. This gives PACs the opportunity to try samples of the foods we buy for our kids, and to meet the vendors and ask them questions. We had

We had Janet Krenz, Island Health, talk with our parents about the new Guidelines for Food & Beverage Sales in BC Schools. These guidelines pertain to all events/vending machines at schools that sell food and/or beverages.

We had the following round-table discussions:

- How to hold an effective meeting
- Secretary role and responsibilities
- Treasurer role and responsibilities
- Gaming grants and fundraising
- Hot lunches

Our goal was for PACs to network with one another, get the information/resources they needed, and to share what they learned with their PACs. We had great feedback from parents and are looking forward to this event on October 15, 2015 at Belmont Secondary.

## **All Presidents' Dinner**

We held this event in January 2015 at the SBO. Presidents and Vice Presidents of SD62 PACs were able to network, share information, and provide valuable feedback to SPEAC. We will be hosting a similar event at the Whitespot Restaurant, in Langford, on November 5, 2015.

## **Vancouver Island Parent Conference (VIPC)**

We worked with the Victoria Confederation of Parent Advisory Councils (VCPAC) to host a conference that parents would find meaningful and valuable. Last year, the theme was "*School Wellness: Mental, Physical, Emotional, and Spiritual*" and the VIPC was held at Spectrum Community School. There was some live streaming of the sessions held in the theatre, which were recorded as podcasts and VIPC provided the links to all attendees.

The keynote speaker was Robin Grill, from Australia, who spoke to parents about "*Love, Fear, and Shame in Education*". Featured speakers included Gary Anaka, the Brain Guy, and Brenda Whittam-Neary. You can find podcasts of the following sessions on the VIPC website (<http://vipc.ca/2015-conference/72-2015-videos>):

- Robin Grill, *Love, Fear, and Shame in Education*
- Robin Grill, *Parenting For a Peaceful World*
- Brenda Whittam-Neary, *Self-Regulation*

The 2016 VIPC, *Launching the Framework: Changing Our View of Education*, is scheduled for Saturday, February 27<sup>th</sup>, at Royal Bay Secondary. The District PACs of Greater Victoria, Sooke, and Cowichan are working together to host this conference. The featured speakers include: Yong Zhao, Rod Allen, Jeff Hopkins, and Shelley Moore. Registration opens on November 2, 2015. Visit <http://vipc.ca> for more information.

## **Sex, Drugs, and Social Media**

In February, we hosted this event at Dunsmuir Middle School. The speakers included Jennifer Gibson aka "The Sex Lady", our very own Cindy Andrew, and RCMP Cst. Scott Rothermel, SD62's Community Liaison Officer.

They provided parents with important up-to-date information to support their teens in today's world. They discussed issues facing today's youth; consent, pornography, sexuality, drugs, social media, and decision making.

The event was so important that parents asked for another session to be held in Sooke. Our speakers agreed and they held a second session at Journey Middle School in May 2015.

## BCCPAC Spring Conference and AGM

We had three parents travel Kelowna for the conference and AGM. They had parent education sessions on the Friday; these sessions included the following:

- Ha
- Parents as
- In
- And several others

The Annual General Meeting was held on Saturday until Sunday at 12:45 pm. There were 24 resolutions for the membership to vote on and below is the results of the elections.

The highlight of the event was when BCCPAC presented our very own, Stephanie Longstaff, with the Lifetime Achievement Award for her 17+ years of hard-work, dedication, and advocacy for parents and students.

### 2015-2016 BCCPAC Board of Directors

President	John Bird**
1st Vice-President	Farah Shroff
2nd Vice-President	Jen Mezei**
Secretary	Kendra Mann**
Treasurer	Gordon Byers
Director	Karen Nordquist**
Director	Tracy Wright**
Director	Shelley Courtney
Director	Darlene Campbell

\*\*Newly Elected Board Members

## Child & Youth Mental Health Forum

Our Healthy Schools Committee worked with the F.O.R.C.E. Society to host this informative session on National Mental Health Day, May 7<sup>th</sup>, at Spencer Middle School. Parents learnt what they could do to promote the mental health of their children and about helpful resources that are available in our communities.

The Healthy Schools Committee is looking at doing a similar event in May 2016.

## Promoting Mental Health Forum

This forum was an idea that came from our 2013/14 Healthy Schools Committee. One year later, they were able to make their vision a reality. The one-day conference was titled, *"Promoting the Mental Health of Our Children and Youth: A Comprehensive School Centered Approach"*, was funded by a Healthy Schools BC School District Readiness Grant, and organized by a CRD-wide Healthy Schools Mental Health Forum Planning Committee.



This event had over 200 attendees from the south island school districts. The attendees included parents, educators, administrators, and trustees; but the most powerful attendees were the students. Their voices were so powerful and one student in particular brought the entire room into tears.

## **PAC Summit & End of Year Celebration**

We held our 3rd Annual PAC Summit & End of Year Celebration in May at Royal Bay Secondary.

Our featured speaker was our very own Jim Cambridge, Superintendent, who shared information about the budget shortfall and . . .

Our keynote speaker was Maureen Dorkendorf.

- Nancy Walt, Director of Curriculum and Assessment – Learning Division, Ministry of Education, discussed the new approach to how curriculum will be taught to our students and how it differs from previous practices. The powerpoints from her presentation are still available on our website midway down the page (<http://www.sd62.bc.ca/parents/speac.aspx>).
- Maryanne Neal, Professor at Royal Roads University, former DPAC & PAC Rep., former employee of the Ministry of Education, discussed change and led roundtable discussions about how PACs can foster a culture of resilience to meet upcoming school changes.

The highlight of the evening was when SPEAC was able to acknowledge and celebrate all of the outstanding parent volunteers, in our school district, for all of their hard work and contributions to our schools. We cannot forget how nice it was for everyone to leave with some swag! Thank you Dory for all your hard work on this!! It was a great way to end the school year and we look forward to hosting a similar event in 2016!

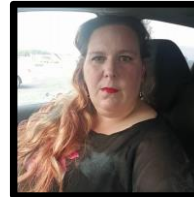
## 2016-17 SPEAC Executive



**Brena Robinson**  
President



**Dory Thuot**  
1<sup>st</sup> Vice President



**Melissa McConnell**  
Communications  
Vice-President



**Jean Grimshaw**  
Treasurer



**VACANT**  
Secretary



**Melanie Armstrong**  
BCCPAC Representative



**Amanda Dowhy**  
Director



**Cindy Andrew**  
Director



**Crystal Andrews**  
Director



**Dara Kirkpatrick**  
Director



**Eldora Gruber**  
Director



**Mannie Ross**  
Director



**Teresa Mason**  
Director



**Yvonne Sundby**  
Director

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## 2016-17 Committees

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### **SPEAC Committees**

We are always looking for parents who are willing to participate in our committees. Please email [speac@sd62.bc.ca](mailto:speac@sd62.bc.ca) if you see one that you are interested in!

#### **Healthy Schools Committee**

Cindy Andrew, Chair

Brena Robinson and Jean Grimshaw

#### **Communication and Engagement Committee**

Dory Thuot and Mike Hansen

#### **PAC 101 Planning Committee**

Yvonne Sundby, Chair

Dory Thuot and Dara Kirkpatrick

#### **Emergency Preparedness Committee**

### **School District Committees**

#### **Education Standing Committee**

Brena Robinson and Yvonne Sundby

#### **Education Committee of the Whole**

Brena Robinson and Mike Hansen

#### **Finance/Budget Committee**

Brena Robinson

#### **Transportation Committee**

## 2016-17 SPEAC Meeting & Event Schedule

Date	Time	Event	Location
<b>Sept. 19</b>	7:15-9:15 pm	Healthy Schools Committee	SBO
<b>Sept. 21</b>	7 pm	SPEAC Meeting	SBO
<b>Oct. 12</b>	TBD	Parent Education Night Mental Health and Resiliency in Kids	Royal Bay
<b>Oct. 19</b>	7 pm	SPEAC Meeting	John Stubbs
<b>Oct. 20</b>	7 pm	PAC101 & Foods that Fit	Royal Bay
<b>Nov. 9</b>	TBD	Parent Education Night Sex and Drugs	Royal Bay
<b>Nov. 16</b>	7 pm	SPEAC Meeting	Sangster
<b>Nov. 21</b>	7:15-9:15 pm	Healthy Schools Committee	SBO
<b>Nov. 24</b>	6 pm	All SD62 PAC Presidents, Vice-Presidents, and SPEAC Representatives' Dinner	SBO
<b>Dec. 14</b>	7 pm	Special SPEAC Meeting - BCCPAC Resolutions	Axe & Barrel
<b>Jan. 16</b>	7:15-9:15 pm	Healthy Schools Committee	SBO
<b>Jan. 18</b>	7 pm	SPEAC Meeting	SBO
<b>Feb. 15</b>	7 pm	SPEAC Meeting - Special Presentation	Ruth King
<b>Mar. 15</b>	7 pm	SPEAC Meeting	Happy Valley
<b>April TBD</b>	TBD	BCCPAC AGM - Discuss resolutions and elections	TBD
<b>Apr. 17</b>	7:15 – 9:15 pm	Healthy Schools Committee	SBO
<b>Apr. 19</b>	7 pm	SPEAC Meeting	John Muir
<b>May 17</b>	7 pm	SPEAC AGM	SBO
<b>Jun. 14</b>	TBD	4 <sup>th</sup> Annual PAC Summit and End of Year Celebration	Royal Bay

## 2016-17 Proposed Budget

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**General Account**

Carry over from last year	\$1,570.08
SD62 Grant	6,600.00
SPEAC Membership	1,000.00
SD62 VIPC contribution	2,250.00
Total General Account	11,420.08

**Gaming Account**

Carry over from last year	178.82
BC Gaming Grant	2,500.00
Total Gaming Account	2,678.82

**Total Grants and Donations** \$14,098.90

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**General and Administrative Expenses**

All PVP & SPEAC Rep Dinner	\$350.00
Office and Miscellaneous Expenses	500.00
BCPAC Membership	75.00
PAC Summit & Celebration	2,200.00
Parent Education (including Food)	2,7400.00
BCCPAC AGM	3,500.00
Vancouver Is. Parent Conference	4,160.00
Total Expenses	<u><u>\$13,575.00</u></u>

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Estimated Surplus	<u><u>\$523.90</u></u>
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