

## Prospect Lake Elementary PAC Meeting Minutes

Tuesday March 13, 7:00 – 8:30 pm

In attendance: Tracy Johns, Jennifer Snow, Ian Hallas, Alicia Pine, Amy Laughren, Carolyn Ensing, Sheri Ramsay, Sam Beecher, Shelly McIntyre, Suzanne Richards, Tracy Michaels, Desiree Davies, Crystal Hrynyk-Foreman, Andrea Rantucci, Tynke Landsmeer

1. Welcome, Introductions, Approval of Minutes & Agenda, Meeting reminders. Approval of minutes from last month by Shelly second by Sam, approved. Motion by Sheri to approve minutes today, seconded by Carolyn, approved.

2. Principal's Report – Anita Ko; with an update on our discussion about digital safety in the classroom.

See attached digital report for photos and information about Project Wet, Indigenous education and other fun projects. Reports come home this week. See report for new Ministry revised reporting language. Make sure to pay attention to the comments on your report cards to have a better understanding of what the language means.

ROMS principle Carly Hunter will be attending our PAC meeting on April 17<sup>th</sup> and do a presentation for new parents to ROMS. See attached report for all of the transition activities. If your child is interested in band, make sure you apply by the deadline of May 1st. If you have concerns about placement check in with your child's teacher.

Before school sport opportunity- no cost for kids in grade 2-5 for before school activities. 8-8:30 t/th mornings April 10-May 31.

Cross country is just for grades 3-5 but the whole school will be participating in running and tying it in with math.

We are now on twitter @sd63Plake

### **IT safety**

Incognito mode is disabled so parents can see their child's browsing history when logging in from home.

Kids cannot clear browsing history.

There are safe search sites in *Chrome* that can be used.

Restricted mode for *Youtube*.

There are trigger words that pop up about self harm and dangerous situations but not necessarily about inappropriate images. Google classroom is a way to avoid having children be able to search anything they want and is controlled by the teacher.

The teachers at PLES believe in technology as a tool, not an outcome and have a purposeful plan for its use. Focus on safety and being a digital citizen. Teachers are starting to delve into coding. *Scratch Junior* for the younger kids. Possibly work with ROMS kids to help mentor our intermediate students. See Anita's report for details.

Grounds crew has checked the playground equipment and deem it stable. There has always been some give but they see no concerns. It has been checked and will continue to be. Anita let us know that there is a government grant for playgrounds and she would like anyone who knows or can check into it to please do so.

A question was raised about the possibility of before and after school care but we do not have the space. We have been advised by the district that due to increasing and then decreasing enrollment over the next few years that we are unable to build, add a new school, or have another portable.

3. Digital safety – Sam Beecher gave us more info on the impact of increased screen use on mental health. Sam works at Saanich Child and Youth Mental Health at Royal Oak. Intake days are t/th and you can meet with a clinician and see what kind of services you may need and what may be available for your needs.

At the center they are seeing an increase in anxiety due to increased screen use. Kids can access porn. Kids 8 or 9 years old often have their own phones etc. Typically kids come across porn etc. accidentally. Coming across this before they can handle what they are seeing causes problems for their brains. It can become addictive because it gives a dopamine release equivalent to a morphine hit. Another problem is that there is not enough research on screen time and what it is doing to our brains and bodies. Physically there is concern about cell phone radiation and wifi. Many countries are starting to ban phones and wifi as we in Canada are only just starting to introduce them as tools for learning.

Although some of the programs are focused on coding and problem solving, most are not. They are superficial and don't allow kids to develop good cognitive skills. What they are seeing in the center is that kids get way too much screen time (2+ hours per day) and are presenting with difficulty reading and expressing emotions, anxiety, and depression including suicidality. Sleep is disrupted by being on screens close to bed times. Blue and green light impacts melatonin production and should be shut off 3-4 hours before sleep for kids. Basic recommendations - no screens in rooms, turn everything off by 9pm or earlier. Some book resources Good Pictures Bad Pictures, Hold on to Your Kids, The Shallows, The Whole-Brain Child,

Mindful Parenting, The Explosive Child. Any kind of addiction before the frontal lobe is fully formed (25 years old) is way harder to break. Questions were raised about whether we could book a presentation for the White Hatter for social media safety.

4. COPACS report – Amy Greenfield, nothing to report as there was no meeting this month
5. Treasurer’s Report – Sam Beecher; update Easter Purdy’s, Red Barn cards

See attached report. There are still a few discrepancies with hotlunch.net we will conference and try to sort it out. Our assets are roughly \$22,304, but we still need to pay some allocated money. Purdy’s and Red Barn cards did not do too well this year.

6. President’s Report – Alicia Pine, Tynke Landsmeer

- Spring Flowers- Can we get pictures? The company says the baskets always look different so it may not be as pictured. We would like to be able to see a sample and think that they would sell better.

- Spring Fair – Thurs May 17

We will set a meeting with all the leads in the second week of April. **Date TBA**

- Leads are all set.

- Staff Appreciation Lunch – April 27th  
International theme.

7. Earthquake preparedness. We are going with Total Prepare. They will deliver for free. Setting up an account and will give discounts to families as well. We need to get rid of some old stuff but most is good. 360 litres of water, 360 food rations (5 year shelf life), bathroom tent for the portable toilet, flashlights, waterproof matches, 24 hour candles, light sticks, hand warmers, blankets, sleeping bags. The question is raised if we should have comfort kits again. Crystal thinks it is a good thing, both as a mom and a teacher, and will discuss at the staff meeting.

#### **Upcoming PAC Meetings and School Events:**

- Tues, April 17, 2018, with a visit from the Principal of Royal Oak Middle School
- Tues, May 15, 2018, with the PAC Executive elections

Contact your PAC at: [prospectlakepac@sd63.bc.ca](mailto:prospectlakepac@sd63.bc.ca)

- **Your PAC Executive**
- ● **Members at Large – Suzanne Richards, Ian Hallas, Andrea Rantucci**
- ● **COPACS Liaison – Amy Greenfield**
- ● **Secretary – Tracy Johns**
- ● **Communications – Victoria Santiago**
- ● **Grade 5 liaison - Jon Waters**
- ● **Treasurer – Sam Beecher**
- ● **Vice President – Shelly McIntyre**
- ● **Co-President – Alicia Pine & Tynke Landsmeer**

Please help us raise funds for your children and school with these ongoing fundraisers:

- Please save your receipts from Country Grocer and your Canadian Tire money. Place them in the bin on Secretary, Mrs. Blackwell's desk
- If you shop at Cobb's Bread, please mention Prospect Lake School before you pay. 5% of what you spend comes back to the school.
- If you shop at Peninsula Co-op or buy gas at Save on Gas, please quote membership number #79184
- Red Barn gift cards: we offer these for sale each month and Red Barn gives the school 10% back.
- Please make sure to thank these local businesses for the support they provide our school.