

Prospect Lake Elementary PAC Meeting Minutes
Thurs March 14th, 2019 6:30-9:00 pm

In Attendance:

Jen Snow, Harp Hornett, Ian Hellas, Sarah Angus, Carolyn Ensing, Tynke Landsmeer, Nina Heft, Desiree Davies, Wendy Bird, Shelly McIntyre, Terri Archer, Tina MacDonald, Michelle McNally, Rebbecka Ibbotson, Jenny Eastman, Brain McLennan,

Guests: Principal Anita Ko, Vice-Principal Sat Lail, Dr. Mark Sherman

CALL TO ORDER: 6:30 pm

1. **Welcome:** Tynke Landsmeer: Welcome to members and parents. We acknowledge the WSA NEC people on whose land we work, learn, and play.

- PAC Executive Introductions
- Approval of Agenda: Nina Heft, Ian Hellas
- Approval of Minutes: Harp Hornett, Nina Heft

2. **Principals Report:** Anita Ko, Sat Lail

- See attached
- The before school Tues and Thurs Sports for Kids program by students from Claremont will continue to run.

3. **Treasurer's Report:** Carolyn Ensign

● PAC Account	26,356
Cash on Hand	59
Gaming Account	2,181
Total Assets	28,597

4. **Presidents Report:** Tynke Landsmeer

- We will organize a Prospect Lake Family Market and BBQ on May 4, from 11-2 pm. Families can buy a table for \$25 and sell such things as garage sale items, baking, crafts, paintings etc. Kids can use blankets to present their items for sale. We will have a BBQ concession. We will need volunteers for the concession. We will advertise and parents can sign up online. At the same event we will auction off a reserved parking spot, for the school year 2019/20.
- Staff Appreciation Lunch- May 1st. We will ask parents to bring in food items and kids to bring in flowers, so we can thank the teachers and staff members for all their efforts throughout the year. We will need some volunteers to help serve and decorate the gym.

We will need three volunteers to help arrange flowers into bouquets for the staff. Also, we would like to present the staff with a small treat-present afterwards, so anyone that can help us organize that, please let us know. You can think about truffles of some crafty things. Ideas welcome! Sign up sheets will follow soon.

- May Election: If you are interested in joining the pac executive next year, there is a list of specific roles and duties required. See attached. We will need two volunteers to form a voting/election committee, whom are not currently involved in the PAC. If you are interested please email us.
- The position of Hot Lunch Coordinator will be available for the next school year. If you are interested in learning about the position please contact Nina at nina@mrbitter.org or email the pac.
- Outdoor Learning Project- Tues April 2, at 3 pm there will be a meeting in the library. The meeting will be with the teachers and a Wild BC facilitator to finalize teams to work on projects. If you are interested in participating, please join us. Rebecca has a list of four projects in which we will need volunteers. Additional funds will be required from the PAC (\$500) in addition to the funds received from Wild BC. The projects include: painted games on picnic tables; a wooden sorting box; wooden sorting poles; a musical wall.

5. COPACS: no report

6. Speaker: Dr. Mark Sherman- For those who could not attend the presentation, but are still interested in mindfulness, here is some info that Dr Sherman forwarded to us for the parents:

I hope that the presentation was useful and perhaps a first step in a larger conversation on how we take care of ourselves and our families:)

As promised attached please find the SOBER Breath Space practice which is a 2-4 minute mindfulness practice that can be done anywhere.

As discussed during the presentation both informal and formal mindfulness practices allow these skills to really develop in our lives and in our relationships.

Informally, we nurture awareness and compassion through purposefully creating space and pause throughout our days. Some suggestions include:

5-4-3-2-1

Soles (stopping, taking a deep inhalation and exhalation and just feeling the soles of the feet against the ground)

begin each day with a purposeful intention (eg. to be kind, to move slowly, to remember what is important, etc)

eye color

transitions (pause to notice the many transitions, and perhaps take a few deep breaths in the midst of them)

walking meditation (notice the sensation of your steps, or focus your attention on the sensation of air against skin, the people around you etc)

disconnect from technology for a period everyday, and perhaps every week. Your nervous system will notice...

gratitude (remember that no matter how challenging a day may seem, blessings abound... list 5 things you are grateful for from each day, and perhaps invite this as a practice for the whole family...)

family meal time practices

Rose, Bud, Thorn (Rose is what you are grateful for from your day, Bud is what you are hopeful for, Thorn is what was challenging)

Brave, Kind, Misstep (Each person answers 'how were you brave; how were you kind; and how did you misstep - and what did you learn from this misstep!')

Formally, practicing meditation is like going to the gym for your brain and builds capacity in compassion, concentration, equanimity, joy, and focus. Consider taking a course (check out www.bcalm.ca, Royal Roads University or MBSR-BC) Please refer to resources on my website www.livingthismoment.ca. Some phone apps with guided meditations include:

Insight Timer

CALM

Headspace

And please continue the conversation as to how we nurture awareness, compassion and ease in our own lives and in our communities:)

If anyone is interested, please sign up to my living this moment newsletter from the website to hear about upcoming mindfulness events. At the end of May I am facilitating a 3 day meditation retreat with my friend, Patricia Galaczy, at Bethlehem Retreat centre in Nanaimo. More information and registration can be found at <https://www.bcalm.ca/what-we-offer/meditation-as-an-act-of-love/>.

Thank you again for your invitation and please let me know if I can support your ongoing learning and practice in any way:)

with gratitude,

Mark

Immediate need for volunteers: please email: prospectlakepac@gmail.com

- Outdoor learning
- Staff lunch
- Election Committee

Upcoming PAC Meetings: 7:00 pm Prospect Lake School Library

- April: Tuesday 16th
- May: Thursday 16th
- June: No meeting

Meeting Adjourned: 9:10 pm