

# **École Cariboo Hill PAC Meeting Minutes**

## **2 March 2020**

**Present:** Sherman Woo (Chairperson), Mike Gregus, Raveena Nat, Cindy Grewal Blaison, Leah Bosello, Andy Chin, Kareena Nat and Amisha Roopra

### **Welcome and introductions**

Parents, students and staff present introduced themselves

### **Approval of agenda**

Motion to approve made by Mike and seconded by Raveena - Carried

### **Approval of minutes**

Motion to approve the minutes with corrections made by Mike and seconded by Raveena - Carried

### **Student Reports:**

#### **Student Government**

This is PRIDE week, so no events planned for this week. There will be a Spirit Day held next week and a bottle drive is being planned for after Spring Break.

#### **DSAC**

There was a recent student networking meeting in which Cariboo participated and it was successful.

#### **Dry Grad**

Pizza sale in February was successful and they sold out. Mr. Chin bought the remaining 2 slices.

Next event is the Sting event (like a game of tag) and also planning a Spring pancake breakfast.

There is some concern of not having enough parent volunteers for the 8 Rinks event. The committee may send out an email requesting grade 10 & 11 parents to volunteer.

Tekla to provide specs & requirements for the sound system.

Planning another samosa sale.

#### **COMPASS Survey Results**

**Guest Speaker:** Leah Bosello, Dept. Head for Physical and Health Education

The survey is a measure of the overall health and wellness of students according to them.

Some interesting stats from Cariboo:

77% of students feel they are at a healthy weight

72% are meeting the National Guideline of 60 min/day of physical activity

50% of students purchase their lunch at school at least one time per week

41% of students buy from school vending machines

38% are meeting the 8+ hours of sleep guideline

4% are meeting the average of 2 hours or less of screen time per day

17% of students have used e-cigarettes or vaped in the last 30 days

1% are daily smokers

5% currently smoke

9% have had an episode of binge drinking in the past 30 days

8% have used cannabis in the past 30 days

5% have consumed cannabis edibles in the past 30 days  
66% would like to attend post-secondary  
78% rate their emotional and mental health as good, very good or excellent  
14% wouldn't know who to approach if they needed help  
23% feel depressed most days of the week  
31% felt nervous or anxious or on edge on most days in the last two weeks

*The highlights presentation will be posted on the PAC page for those are interested in viewing it.*  
From approx. April 8 – May 8, in Burnaby & New West, there will be a physical activity initiative where students will be encouraged to walk 30 minutes per day

**Principal's report: Andy Chin**

Fine Arts Night was a success. Includes dance, band, choir, visual arts and an art auction.  
Grade 9 immunizations took place on February 11<sup>th</sup>  
Course selection should now be completed for students. Confirmation will go out to parents after Spring Break.  
There will likely be approx. 20-25 more students at Cariboo in September 2020  
This is PRIDE Week. Dance at Byrne Creek on Wed and at Cariboo on Thursday.  
Term 2 is now complete. Marks will be posted next Thursday.  
Grade 12 Capstones will be on April 12

**DPAC report: Mike Gregus**

There were presentations made on the following: Community Schools, Trustee information, highlights of updated IEP. Links to presentations can be found on the Burnaby DPAC website at <https://www.burnabydpac.com/agendas-minutes/>

**French Immersion report:** No report

**Treasurer's report: Raveena Nat**

Raveena went over the accounts for February 2020. We will need to decide at some point what we will do with the General Account as there are now new rules around where PAC donations are deposited. They will now be directed to the school and the school will then provide these monies to the PAC as needed.

**Report from Chair: Sherman Woo**

Nothing to report.

**New Business:**

There was some discussion about COVID-19. There is still very low risk of contracting the virus at schools. Students are reminded of hand washing. Some out of country trips for students have been cancelled by the District. There is some likelihood that the Cariboo student trip to New York during Spring Break may be cancelled.

**Adjournment:**

Meeting was adjourned at 8:01 pm.