



2018-19 Annual Report

Presented at SPEAC's Annual General Meeting
on May 15, 2019

Melanie Armstrong, President

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Message from our Executive

Au si'em nu sii'ye'yu

Uy' Skweyul, huy' tseep q'u!

We want to acknowledge that SD62 is located in the traditional territories of the Songhees, Esquimalt, Sc'ianew, T'Souke, and Pacheedaht First Nations. We raise our hands and thank them for sharing their beautiful territory with us; where we live, learn, laugh, and love. Huy' ch q'u (with raised hands)!

This report will highlight the many events that SPEAC was involved in either via planning, coordinating, or participating. We hope you will see how important our work is and the benefits of being involved and participating. If you find this report interesting, it inspires you, and you find it encourages you to participate in SPEAC. Please email us and let us know what areas you are interested in participating in or helping with. Do not hesitate to contact us with a question, concern, or for information. **Email:**

speac@sd62.bc.ca

“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



2018-19 SPEAC Executive

President: Melanie Armstrong

Vice President: Dory Thout

Vice President Communications: Melissa Pritchard

Recording Secretary: Vacant

Treasurer: Vacant

BCCPAC Representative: Crystal Andrews

Director: Amber Turak

Director: Caroline Aked

Director: Kia Simonsen

SPEAC also recognizes the work of executives that filled the above vacancies for a portion of the year: Amanda Dowhy and Kristen Bingham. We also recognize the dedication and support of our member school representatives.

**Here's to all
volunteers, those
dedicated people
who give selflessly
of their time, talent
and treasures.**

**THANK YOU
FOR MAKING THE WORLD
A BETTER PLACE**

SPEAC Reports

2019 BCCPAC Conference and AGM Reports

We sent three delegates to the spring conference and AGM. The three delegates carried proxy votes for : SPEAC, Belmont, Sassenos, Royal Bay, and Westshore.

DELEGATE INFO:

Melanie Armstrong, President SPEAC

Kristen Bingham, Belmont SPEAC rep

Melissa Pritchard, VP Communications SPEAC

Conference Information:

The conference opened with a welcome from BCCPAC President Andrea Sinclair followed by key-note speaker Dr Shimi Kang. Dr Kang spoke about “The dolphin way of raising healthy, happy and self-motivated kids.

Next on the agenda was a choice of breakout sessions. Our reps attended Social-Emotional Skills through Childhood, and Treasurer and Gaming Bootcamp.

In the afternoon we all attended the Plenary Session with senior officials from the Ministry of Education. They spoke at length on the new funding formula and we realized as the presentation progressed that the changes to the funding formula are less impactful than advocating for policies that direct school board spending within the formula.

The last speaker of the day was Minister of Education Rob Fleming. Minister Fleming spoke on all the changes currently happening in the funding of public education. This was followed by a Q and A for Minister Fleming.

The final event of the conference day was the Meet the Candidates Forum. This was an opportunity to hear all the candidates for the board elections answer a series of questions.

AGM Information:

SPEAC would like to congratulate our outgoing VP Communications Melissa Pritchard on her election to the BCCPAC board. Melissa will be serving a 1 year terms as 2nd Vice President on the BCCPAC board.

This year saw 20 Resolutions make it to the AGM floor for debate. Below is a list of each resolution that pertains to our district and was passed on the AGM floor this year. Of particular note is the final resolution listed which originated from our School District.

AGM Resolutions:

Be it Resolved that BCCPAC reaffirm Resolution 2004.18—that the Ministry of Education in cooperation with ICBC to develop a comprehensive driver education program for inclusion in the high school curriculum and provide enough funding to allow boards to partner/collaborate with existing driver training institutes to implement the program in all BC high schools.

Be it Resolved that the BCCPAC advocates for expanded sexual health education and specifically for the Ministry of Education to develop and implement, with the assistance of qualified sexual health educators, an age appropriate sexual health curriculum for all grades (K-12) that includes consent and online safety and key concepts, and to provide the additional funding necessary to support consent-based training for teachers.

Be it resolved that BCCPAC urge the Ministry of Education to recognize and add per the DSM 5 Attention Deficit and Hyperactivity Disorder to the Special Education Services Manual of Policies, Procedures and Guidelines.

Be it resolved that BCCPAC request the Ministry of Education to create a regulatory body for Education Assistants that establishes consistent post-secondary programming to meet the needs of the education system.

Be it resolved that BCCPAC advocate for the Ministry of Education to fund all schll districts to make menstrual products (pads and tampons) available free of charge in appropriate washrooms at all schools.

Be it resolved that BCCPAC reaffirm Resolution 2017.06—insist that the purchase, maintenance, and relocation costs of portables be funded with capital grants provided by the Ministry of Education above and beyond the current operating and capital fund formulas, and that all new portables come equipped with wash-room facilities.

Be it resolved that BCCPAC advocate for more consistent and increased traffic policing and ticketing surrounding all elementary schools to ensure safety of all students.

Be it resolved that BCCPAC request a change in the Community Gaming Grant program guidelines and eligible uses to allow PACs to be able to cover administrative costs, including the BCCPAC membership fee, as is already allowed for DPACS.

Resolutions Cont'd:

The resolution below was put forward by Sassenos Elementary in our district with the support and advocacy of SPEAC representatives. Although, despite strong advocacy and responses to the “no” position, we were unable to get the motion passed on the floor of the AGM. We were able to get the motion referred to the BCCPAC board and hope that we will see the formation of a Safety Committee in the next year to take on this and other outstanding resolutions on safety. As this resolution originated from our district the full text of the resolution is below.

Title of Resolution: Implementation of No Passing in School Zones

Type of Resolution: Ordinary

Submitted by: Saseenos Elementary School PAC, SD 62

Contact Person: Amanda Dowhy

Resolution Wording:

BCCPAC work in partnership with the Ministry of Education, the Ministry of Transportation, and ICBC to make all school zones in the province strict no passing zones.

Proposer's Position Statement in Support of the Resolution:

One of the largest factors in Motor Vehicle Incidents within our district (and especially around our school) are caused by drivers passing other vehicles (including school busses) waiting to turn left. Many of these vehicles execute these passes without slowing their speed or checking for other vehicles or pedestrians putting everybody at risk. By setting legal precedence that one is never allowed to pass another vehicle within a school zone (outside of a dedicated laneway) all drivers across the province will have to adhere to the same enforceable standards. Between these four partner groups there is the ability to implement traffic laws across the province and create advertising and driver education campaigns to increase the safety of all students and their families.

Implementers: BCCPAC, Ministry of Education, Ministry of Transportation, ICBC

Interested Parties: DPACs, PACs, BC School Trustees Association, Boards of Education, Ministry of Public Safety, local law enforcement

Emergency Planning Committee

Our Mandate:

Our group of dedicated volunteers consists of parents, emergency support services personnel, and school district staff, who meet once a month to discuss emergency planning issues and to advocate for robust emergency preparedness for all the schools of Sooke62.

Emergency Planning: Year in Review

This has been the most exciting year yet for our committee! After last year's inspiring presentation by Marketa Lund, emergency planning consultant, Chair Ravi Parmar and our trustees voted to dedicate **\$100,000 to emergency planning and supplies** to make SD62 a leading-edge district in emergency preparedness in BC.

To that end, our committee members Associate Superintendent Stephanie Hedley-Smith and Marketa Lund spearheaded the endeavor with two main initiatives:

1) Disaster Planning and Family Reunification Drills

-Last year 43% of our schools rated their overall emergency preparedness as "Needs Work" or "Terrible". This year every school received a **comprehensive emergency response plan**, unique to its location and possible disasters each might face, and school administrators and staff at each elementary school were taught how to conduct **efficient family reunification drills**.

2) Supplies and Storage

-Last year 44% of PACs in our district rated their emergency supplies as "Needs Work", "Terrible", or "Nonexistent". This year Marketa Lund conducted a detailed survey of emergency supplies and supply storage at each school, made a list of necessary supplies, and organized **the purchase and delivery of basic supplies to each school** so that every site has at least the minimum amount required throughout our district. This does a lot to tackle the inequities of emergency preparedness among our have and have-not schools.

3) Emergency release drills for middle and high schools

-we will advocate strongly for the expansion of the **emergency release drill practices in our middle and high schools**.

4) Information gathering

-will **we review the emergency preparedness surveys** that we sent out on May 9, 2019 and use them to inform our advocacy and education initiatives.

Thank-you!

On behalf of the committee, I would like to thank Chair Ravi Parmar, our school board trustees, Associate Superintendent Stephanie Hedley-Smith, and consultant Marketa Lund for their tireless support of this endeavor. Emer-

gency preparedness is like a newly-planted tree that requires a large initial investment to take root, but only a little regular pruning and fertilizing nurtures it to support and shelter us for many years to come.

And to our committee members, you have all played an active role in the new district emergency preparedness sub-committee as a voice for parents and families; and provided the information that PACs need to encourage better emergency readiness in our schools and homes. Thank-you a million times for your support, encouragement, and dedication this year!

Prepared by Melanie Armstrong, Chair, May 11, 2019



Healthy Schools Committee:

SPEAC's Healthy Schools Committee was expertly led by Director Amber Turak this year. Healthy Schools offered a multitude of opportunities this year for both students and parents. The emphasis for the committee was on whole body health. The committee organized, participated, or assisted in the following events throughout the year:

Playshop: open to all parents interested in learning beautifully useful and simple ways to purposefully play and practice Physical Literacy with their young children.

Parenting in the Digital Age: we offered childcare at this event to allow parents to hear this important information on screen time, online safety and more

Informal roundtable discussions at Serious Coffee locations: we offered parents the chance to join us for coffee and childminding for informal discussions on what they would like to see more of from our Healthy Schools Committee

As the Committee chair, Amber also attended the SD62 Healthy Schools meetings and events and provided SPEAC'S voice at those. SPEAC is sorry to say Amber is moving back into classroom teaching next year (our loss will be a gain for students!) so will be ending her involvement with SPEAC. We will be seeking a new person to take on this exciting portfolio and keep the momentum going.



Healthy Schools

Financial Reports

Sooke Parents Education Advisory Council

Statement of Cash on Hand as at May 11, 2019

Cash on hand as of, 1-Jul-18	\$4,922.45
Revenue as of, 7-May-19	<u>\$13,257.20</u>
Total Revenue	\$18,179.65
Total Expenditures as of, 7-May-19	<u>\$6,975.84</u>
Cash available as of, 7-May-19	\$11,203.81
Cash in Bank:	
Gaming account	\$2,535.00
General account	<u>\$8,246.35</u>
Cash on hand as of, 7-May-19	\$10,781.35
Outstanding payables:	<u>\$0</u>
Cash available for use as of, 7-May-19	<u>\$10,781.35</u>

Statement of Receipts and Disbursements (Unaudited)

From July 1, 2018—May 7, 2019

RECEIPTS	Actual	Budget	Over (Under)
BCCPAC Reimbursement	\$440.60	\$270.00	\$170.60
SD 62 Core Funding	\$7266.60	\$7266.50	\$0.10
SD 62 Conference and District meetings	\$2250.00	\$2250.00	\$0.00
SPEAC Membership	\$800.00	\$800.00	\$0.00
Gaming	\$2500.00	\$2500.00	\$0.00
	\$13,527.20	\$13,086.50	\$170.70

DISBURSEMENTS

PAC Presidents Dinner	\$454.60	\$442.51	(\$12.09)
BCCPAC AGM and Meetings (Note 1)	\$2,003.12	\$3,400.00	\$1,396.88
BCCPAC Membership Fee	\$75.00	\$75.00	\$0.00
District Meetings (Note 2)	\$450.00	\$500.00	\$50.00
Office Expenses/Bank Fees (Note 3)	\$242.83	\$500.00	\$257.17
PAC Summit (Note 4)	\$222.53	\$3400	\$3177.47
Parent Education & Advocay (Note 5)	\$627.76	\$2062.44	\$1434.68
Vancouver Island Parent Conference (Note 6)	\$2900.00	\$3525.00	625.00
	\$6, 975.84	\$13,904.95	\$6,929.11

Excess (Shortfall) of Receipts over Dis- bursements	\$6,281.36	-\$818.45	-\$6758.41
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Notes on Statement of Receipts and Disbursements:

Note 1: We budgeted to send six delegates but only sent three due to scheduling conflicts.

Note 2: Parents representing SPEAC at district meetings are reimbursed as per section 23 of SPEAC's bylaws. Not all reimbursements have been claimed for this year.

Note 3: This also include the annual fee of \$202.83 for our online meeting tools that allows SPEAC to host meetings remotely.

Note 4: Expenses not yet accounted for include catering, awards, invitation printing and other related costs for the June 3rd event.

Note 5: Includes meeting snacks, babysitting, and other event meeting costs.

Note 6: Includes \$500 donation and \$1900 for tickets for 25 parents in our district to attend. We budgeted to provide two free tickets to every member school and one free to non-members. Not every school sent attendees.



SPEAC Budget -Approved
School year 2018/19

	Budget	Estimates	Actual	Budget Over/Under
General Account				
Carry over from last year	\$4,862.45		\$4,862.45	\$0.00
BCCPAC Reimbursement	\$270.00		\$270.00	\$0.00
SD62 Grant	7,266.50		7,266.50	\$0.00
SPEAC Member Registration Fees	800.00		550.00	(\$250.00)
SD62 District contribution to parent education and district meetings	2,250.00		2,250.00	\$0.00
Total General Account	15,448.95		15,198.95	(\$250.00)
Gaming Account				
Carry over from last year	60.00		60.00	\$0.00
BC Gaming Grant 1	2,500.00		2,500.00	\$0.00
Total Gaming Account			2,560.00	\$2,560.00
Total Grants and Donations	\$15,448.95		\$17,758.95	\$2,310.00
General and Administrative Expenses				
PAC Presidents' Dinner	\$442.51		\$442.51	\$0.00
Office and administration expenses and bank fees	500.00			\$500.00
BCCPAC Membership Fee	75.00		75.00	\$0.00
Parent Education, Advocacy, and Recognition including:	12,887.44			
PAC Volunteer Appreciation Summit		3,400.00		\$3,400.00
Parent education misc. including food and event costs		2,062.44		\$2,062.44
BCCPAC AGM		3,400.00		\$3,400.00
Vancouver Island Parent's Conference (VIPC)		3,525.00		\$3,525.00
District meeting and interview reimbursements		500.00		\$500.00
Total Expenses	\$13,904.95		\$517.51	\$13,387.44
Surplus 2	\$1,544.00			

1. BC Gaming Grant has now been approved.

2. Surplus of 10% holdback for next year of \$1544.

SPEAC Events

SPEAC was pleased to either plan, host, co-host or provide assistance with the following events this school year.



PARENTING IN THE DIGITAL AGE

Tuesday April 16th, 6:30-8:30 p.m.

Belmont Secondary School Theatre

Presented by:

Pacific Centre Family Services

- Sara Radford (Sexual Abuse Intervention Program)
- Mia Golden (Crime Reduction and Exploitation Prevention)

Free! Please register early as LIMITED SEATING AVAILABLE

Free child minding is available thanks to SD62 District PAC (SPEAC)

Concerns over your child's online presence?

Wonder how much is too much screen time?

What are the risks and the rewards?

Symptoms, signs, and strategies

Sara and Mia get real about what parents need to know for your child or teen

RSVP via

<https://www.eventbrite.com/e/parenting-in-the-digital-age-tickets-59620017076>



12th ANNUAL 2019 VANCOUVER ISLAND PARENT CONFERENCE

CHANGE: IT'S HERE TO STAY

Saturday March 2, 2019
8:30 am to 4:00 pm

Belmont Secondary School
3041 Langford Lake Road in Langford

workshops & education on
RESILIENCE • EDUCATION • THE BRAIN • RELATIONSHIPS • SEXUALITY • TECHNOLOGY • ANXIETY

FEATURED SPEAKERS

ALYSON SCHAFER
Alyson is the international bestselling author of three parenting books: *Breaking the Good Mom Myth*, *Honey, I Wrecked the Kids*, and *Ain't Misbehavin' Wrecked the Kids*. She has also been interviewed by publications such as *Consequence*, *Real Simple*, *Parent Magazine*, *Reader's Digest*, *Canadian Family*, *On Baby*, *Canadian Living*, *The Toronto Star*, *The Globe and Mail*, and *Motherhood*. She was also on "Talk an Expert" Columnist for *Today's Parent* magazine. www.alyonschaffer.com

ANN DOUGLAS
Ann Douglas speaks conversations that matter about parenting. She is the resident parenting columnist for CBC Radio and the creator of Canada's bestselling series of pregnancy and parenting books, *The Mother of All Books*. In 2016, she will be releasing a brand new book—*Happy Parents Happy Kids*—and launching an online school for parents. www.anndouglas.ca

Registration: \$100 includes lunch and refreshments.
Registration deadline is Feb 17. Early bird rate: \$75 if registered by Feb 3.
For info updates or to register visit www.vipic.ca or email: info@vipic.ca

PRESENTED BY DISTRICT PARENTS' ADVISORY COUNCILS OF GREATER VICTORIA & SOOKE

PLAYshop

Parents playing on purpose



February 19, 2019

6:15pm to 7:45pm

David Cameron Elementary

FREE

Hosted by Sooke Parents Education Advisory Council (SPEAC)

Learn about ways to engage your children in fun activities and games that build their movement skills, confidence and motivation to be active. Most importantly, learn how both you and your children can have fun and develop skills at the same time.

Parents and children are welcomed to attend. Leave with 10-12 activities you can do right away and access to more resources!

Please RSVP to Amber at mamaturek@gmail.com. Drop-ins welcome.



Exercise Science, Physical & Health Education



SPEAC Rep Bootcamp at our October meeting

We are holding a special session at our October general meeting on the 17th during the regular meeting time to give all new SPEAC reps the information they need to be able to fully participate right from the beginning and learn how your school benefits from being a part of SPEAC. This will be a great opportunity for new and returning SPEAC reps or anyone else interested in getting involved with SPEAC. You don't have to be involved at your child's school PAC to be involved with SPEAC.





SD62 PAC and Parent Night

PAC 101

Learning sessions for all key
PAC roles



Foods That Fit



Come out and learn about how
the Food Guide impacts your
Hot Lunch choices, meet local
hot lunch providers, sample
their options and network with
other PACs.

WHEN: MONDAY, NOVEMBER 5th, 2018

WHERE: BELMONT SECONDARY SCHOOL

TIME: 6:00pm- 9:00pm

*PAC 101 round table discussions including: meeting procedures, key PAC roles, hot lunch, new curriculum, and more and keynote on Healthy Schools

SPEAC was pleased to once again host our PAC 101 night. Want to know more about the different PAC Executive roles? Are you interested in learning more about SPEAC? Questions about gaming grants? All SD62 Parents are welcome and encouraged to join us for this free yearly event. Round table discussion/information tables for all key PAC executive roles are hosted by a parent experienced with that role.