

PHSS PAC Meeting Minutes
Monday, January 13th, 2025
5:30pm - PHSS Library

Attendance: Mary Mackay, Anne Pino, Tanis Zayschley, Chey Howitt, Rachael Eastman, Shelby Leech, Carole Logtenberg

Principal: Rae-Dene Pednaud

1. Welcome and call to order: 5:30pm

2. Additions to and approval of agenda

- **Motion to approve January 13th, 2025 agenda by Mary.**

3. Approval of last meeting's minutes

- Changed wording of one sentence.
- **Motion to approve amended December 9th, 2024 minutes by Tanis, 2nd by Rachael. Motion carried.**

4. Treasurer's Report - Jodee

- Tabled for next meeting.

5. Community School Update - Cheyenne

- Full report included below.
- Discussed the holiday support of 32 community families. Lyn Charlton's spreading kindness campaign provided the toys. The Community School provided food support. Sponsor families provided a range of gifts and necessities. The Community School coordinated the effort.
- Discussed the possibility of PHSS students to take photos of MPES events for the MPES year book.

6. DPAC Update - Rachael

- No update as the DPAC meeting is upcoming.

- Upcoming presentation: Understanding Dopamine by Matt Devenish on January 30th. Poster included below.

7. School Trustee Update

- No update

8. Guest Speaker - The Foundry - Shelby Leech

- Shelby provided us with an overview of what Foundry is and what it can provide. For details go to: <https://foundrybc.ca/> Foundry is a pilot project in BC that supports health and wellness of youth aged 12-24 and their families. It is a student outreach program hoping to have a physical building in Sechelt with a potential satellite location in Pender Harbour. They are currently gathering input from students and caregivers regarding what programs and resources they need and would most likely use. Resources include: police services, doctor/dental services, counsellors, kitchen, showers...
- A youth council contributes to what will happen in the community.
- Students surveys and caregiver surveys to be circulated.

9. Old business update

Winterfest

- \$900 in sales was made at Winterfest, including \$228 of tea towels sales.

Tea Towel Fundraiser - Racheal

- Sold \$900 worth of tea towel, \$228 worth was sold at Winterfest. There are only 13 tea towels left to be saved for next year.
- If we repeat this fundraiser next year, we could include the date on the tea towels, start earlier, have more students participate in the design competition and perhaps only have one design for sale.

Hot Lunch update

- Discussed canceling hot lunch, ordering pizzas or making sandwiches for next week's hot lunch. Rachael will make sandwiches on January 22nd. In the future, we can order pizzas if we are ever in a pinch. Ordering 20 pizzas from Pizza Hut would cost approximately \$372.

- Discussed if staff should pay for hot lunch. We will keep providing lunch for staff and kindly suggest a donation.
- In general more volunteers needed.

10. New business update

- No new business.

11. Principal's Report - Rae-dene

- Report included below.
- There will be a grade 6/7 basketball team. Wayne and Chey will coach.
- RYLA South is one of the District's premier youth programs aimed at gathering young leaders in a supportive environment to develop and inspire growth and leadership for positive change. At RYLA, Rotary offers a combination of workshops and activities over the course of three-and-a-half days to build leadership skills and connect with emerging youth leaders from across our district. The RYLA Camp is from Thursday, March 27th to Sunday, March 30th, 2025 at Camp Elphinstone in Gibsons, ages 15 (in 2025) to 18. This is at the end of Spring Break. Students MUST commit to the entire three and a half days. There is no charge to students as Pender Harbour Rotary will be paying the cost of \$550. per student,
- There are 26-28 students registered for the Feb 14th and 28th ski trip.
- Grad Fundraisers: They raised \$1300 in Hot Dog sales at Winterfest and \$800 in the bottle drive. They are doing so well.
- Jenni Peters has a connection with Camp Burley. Discussed a possible Camp Burley field trip for the whole school in May or June. Rae-dene will look into it.

12. Next meeting scheduled for February 10th at 5:30pm

13. Meeting Adjourned by Anne at 7:05pm

January 2025 PAC Meeting
Principal's Report

Welcome back and I hope you had a wonderful Winter Break!

Upcoming:

- Numeracy 10 Assessment – January 22nd – 9:00am
- Literacy 12 Assessment - January 23rd – 9:00am
- End of Semester 1 and Turn Around Day January 24th
- Semester 2 starts January 27th.
- Learning Updates go out January 31st.

Grade 7 basketball

- upcoming – teaming up with Madeira Park and Madeira Park's coach.
- Ms. Zilke and I will support

RYLA Opportunity

- Rotary Youth Leadership – March 27-30
- We will be talking to students this week

Ski Trip

- Feb. 14 and 28

Black Excellence Day

- Wednesday, January 15th
- teachers have the opportunity to join in on online activities with their classes. This is a great lead in to February which is Black History Month.

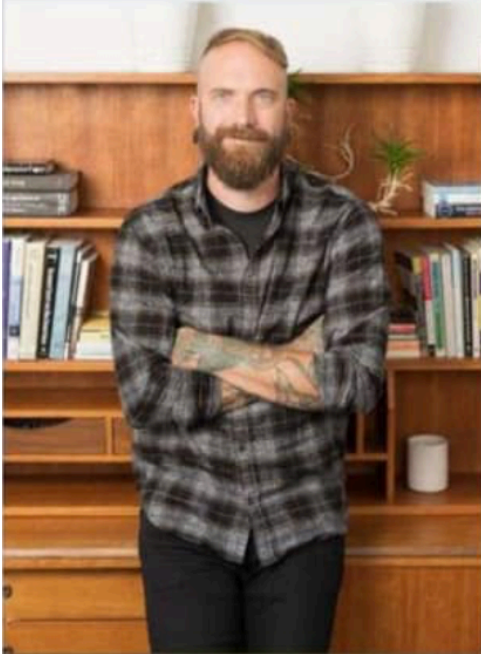
Semester 2 Changes

- We will be running Pre-Calc 12 – in 4 blocks/week – more time and in a small group
- Mr. Bellisomo is leaving and Ms. Sumner is returning as counsellor

Matty Devenish | RSW, MSW



Understanding Dopamine: Exploring Problematic Screen Use in a Dopamine Saturated Society | Private Workshop



After almost 20 years of working in substance use, addictions, and family counselling, Matty has worked with countless families who are struggling with screen overuse and addiction.

Help is often sought out during the most challenging adolescent years. Many families have reported difficulties navigating power struggles, high levels of conflict, mental health concerns, mood swings, and general concern for the young people in their lives.

Matty's workshop explores the pervasive role of technology in our lives and its impact on young people, focusing on **how screen overuse and addiction can negatively affect our social and community involvement**. This workshop offers **practical strategies for creating healthier relationships with technology by exploring:**

- the influence of technology on the child/adolescent brain & mental health
- unpacking common family struggles
- the science of addiction and dopamine
- how to build family screen plans starting in early childhood
- how to change current screen usage and create healthy plans in adolescence

As a counsellor deeply invested in the well-being of our youth, Matty understands the challenges that come with managing screen time.

We encourage educators, parents, and those who support youth to reach out and consider this offering to support the health and well-being of students and families in our community.

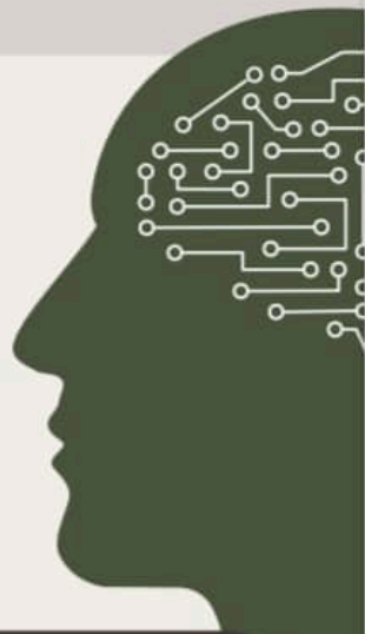
matty@mattydevenishtherapy.com | (604)-779-9489
vancouvercounsellingandwellness.ca



Kinnikinnick Elementary & DPAC presents:

Understanding Dopamine:

Exploring problematic screen use in a dopamine saturated society



Workshop facilitated by:
Matty Devenish | RSW, MSW

For parents, caregivers, and educators

January 30, 2025 | 5:30-8:30PM

Sechelt Early Learning Centre
5538 Shorncliffe Ave

Childcare Available

Refreshments and snacks will be provided.

Please RSVP or reach out to adrebett@msn.com for more information.



DPAC

District Parent Advisory Council
Sunshine Coast School District 46



Pender Harbour Community School



leisure ~ life ~ growth ~ community

PHSS PAC Meeting January 13th, 2025

- The Community School was able to coordinate holiday support for 32 families this season.
 - Families ranged in size from 2 to 7
 - We had 18 sponsors sign up, as well as items donated through the Spreading Kindness toy drive. Remaining recipient families were supported by the Community School.
 - Support included food support, clothing, basic necessities, presents for children and teens (based on their list provided), presents for adults (based on their list).
- Building Project update
 - We are working on obtaining our building permit
- Misc
 - PHCS helped out with the Foundry Craft night on Dec 19th.
 - MPES events - PHSS photography students?
 - Hiring Future Leaders for the Schools out Program in Feb/March.
 - PHCS will help the Foundry with information gathering this week regarding local transportation and possible satellite locations