

**Magee PAC Meeting
12 April 2022 by Zoom
-Summary-**

Position	Name	In Attendance
PAC Co-Chairs	Skye Richards	✓
	Maria Hubinette	✓
Treasurer	Monica Tang (MT)	✓
Secretary	Mira Laza	✓
Fundraising	Sandra Cheng	✓
Member-at-Large	Shannon Ezekiel (SE)	✓
	Raine Liu (RL)	✓
	Sarah Jordan (SJ)	✓
	Ruby Lilagan Peras (RLP)	✓
District Parent Advisory Council Rep	TBD	
Number of Parents in Attendance (including Executive)	19	at start
GUESTS:		
Magee Principal	Dr. Andrew Schofield	✓
PAC Liaison	Ms Susan Pearson	✓
Magee Counsellor	Mr. George Kanavos	✓

PAC Meeting Facilitators: Skye Richards
Maria Hubinette

Meeting start: 7:02pm

1. Welcome and Land Acknowledgement		
Skye Richards	<ul style="list-style-type: none"> Magee acknowledges that we are visitors to the traditional, ancestral and unceded territory of the Coast Salish peoples: sk̓wx̓wú7mesh (Squamish), sel̓ílwitulh (Tsleil-Waututh), and x̓^wməθk̓^wəy̓əm (Musqueam) nations Listen to Stolo Anthem 	
2. Parent Poll Ice Breaker		
	<ul style="list-style-type: none"> 85% participation in the poll 	
3. Approval of Agenda and Minutes		
Magee PAC Meeting Agenda, 12 Apr 2022	<ul style="list-style-type: none"> Review of Agenda (See Appendix 1 enclosed) Call for additions to agenda: -Parent teacher interviews info during Q&A with Principal Schofield 	<p>MOTION: To approve the agenda of Magee PAC Meeting, 12 Apr 2022</p> <p>First: Skye Second: Mira Vote (Zoom Polling): None opposed</p>

<p>Minutes from PAC Meeting, 8 Feb 2022</p>	<ul style="list-style-type: none"> ● Review of Minutes (See Appendix 2 attached) by Maria Hubinette ● Discussion... Lions' Cafe on March 11 POSTPONED 	<p>MOTION CARRIED</p> <p>MOTION: To approve the minutes of Magee PAC Meeting, 8 Feb, 2022</p> <p>First: Mira Second: Shannon Vote (Zoom Polling): None opposed MOTION CARRIED</p>
<p>4. Magee PAC Website Virtual Tour</p>		
<p>Skye</p>	<ul style="list-style-type: none"> ● Home page... PAC Executive... Agenda and Minutes ● Need more volunteers ● Resources... Topics for April: Earth Day, Perfectionism, etc ● Events: Lions' Café ● Fundraising and Donation... Direct Donations, FlipGive, Return It ● Use PAC email for communications 	
<p>5. Theme: Earth Month and Earth Day - April 22</p>		
	<ul style="list-style-type: none"> ● Watched video on YouTube ● 22 Apr 1970 – First Earth Day ● Tseil-Waututh Nation organized meeting this weekend Re: Pipeline ● Environmental Education in Mali video ● Interactive conversation in <i>menti.com</i> on climate-sensitive education, sustainability, transportation, ranking potential climate actions etc. 	
<p>6. Treasurer Report</p>		
<p>Monica Tang</p>	<p>Account Balances as of March 31, 2022</p> <ul style="list-style-type: none"> ● Vancity Gaming Acct: \$21,502.00 ● Vancity General Acct: \$944.90 ● PAC Direct donations: \$14,297.36* <p>*\$8535.00 was raised via direct donations since Sep 2021</p> <ul style="list-style-type: none"> ● Total cash position: \$36,744.26 ● Total liabilities to date to be reimbursed to Magee by June 30th: \$16,647.66 	

7. Dry Grad Update & Call for Volunteers – Dry Grad Committee

<p>Maria Hubinette Lisa Romalis</p>	<ul style="list-style-type: none"> • Dry Grad is a school-sponsored (alcohol- and drug-free) event • Saturday, June 18th evening and overnight (no in-and-out privileges) • Performances, food, games, photo booth, dancing etc • Need 100+ volunteers on that night for the event to run <ul style="list-style-type: none"> • Parents sign up in shifts of a few hours • A great opportunity for grade 11 parents to see what to expect next year: <ul style="list-style-type: none"> ▪ Group A: 8:00 p.m. to 11:00 p.m. *Almost full* ▪ Group B: 10:30 p.m. to 1:30 a.m. ▪ Group C: 1:00 a.m. to 4:00 a.m. ▪ Group D: 3:30 a.m. to 6:30 a.m. • For more information Contact: magedrygrad2022@gmail.com or call Susan at 778 846 5959 or Liz at 604 818 7735. • SJ: Add this info to next Newsletter • SE: Present in the past... Nice social event for parents, as well • SR: The party is on a separate night than the convocation 	
---	---	--

8. School Reports

<p>Principal's Report Dr. Andrew Schofield</p>	<ul style="list-style-type: none"> • Parent Teacher conferences... <ul style="list-style-type: none"> • Apologies for not giving more advanced notice... expanding registration for parents • Online • Articulation Gr 7 to Gr 8 had started: <ul style="list-style-type: none"> • Improve the link between Gr 7 and Gr 8 teachers ... Apr 19 • Gr 7 students will visit Magee... • 921 students expected next year: 117 international students. Any number below 900 (students)... affect the possibility of offering courses... too many secondary schools... should be a smaller number, so that more courses are offered to the students • First Gr 12 assembly... concern as administrator: have we prepared the students for the upcoming climate change? Need to give the kids skills to face the reality. Humanity's defining moment... critical thinking skills, building around the deeper understanding of the history... DO MORE, but keep optimism up • Appreciate support from teachers, counsellors especially around, anxiety, social issues... keep dialogue open: thanks to all parents and PAC 	
---	--	--

	<p>Q&A</p> <ul style="list-style-type: none"> • Q: Semester system? • A: Most probably yes. • LR: Many thanks from parents for great leadership • Prank on Apr 1st... Anonymous student feedback (John Smith): need more Science and Math books... the bathroom doors that are sticking need fixing etc.... • It's great that kids feel safe to approach Principal with this type of issues, even if as a anonymous prank on April Fools Day. • Q: Prom? • A: Alcohol issue concern... other schools organize off campus events. Magee usually organizes Dry Grad as sanctioned by school, but not an outside event. Parents can be involved in an outside event, but school does not bare liability 	
<p>Learning Center News Ms. Susan Pearson</p>	<ul style="list-style-type: none"> • N/A 	
<p>Counselling Team Update on Legacy Gift Student Input Mr. George Kanavos</p>	<ul style="list-style-type: none"> • New Gr 8 event... couple of hours, fun event, biking etc. • Crystal and Chris Sparrow will carve a new House Post... input from students welcome 	
<p>9. PAC Social Events and Opportunities</p>		
<p>Lion's Lot Cafe</p>	<ul style="list-style-type: none"> • April 22, 2022 • Just stop and grab a coffee if you cannot stay 	
<p>Other Suggestions</p>	<ul style="list-style-type: none"> • Walking groups, cycling etc • Open to any suggestions... email PAC with ideas, questions etc. 	
<p>10. Next Meeting and Succession Planning</p>		
	<ul style="list-style-type: none"> • Next AGM meeting: June 14, 2022 • Voting for Gaming Grant (GG) and Direct Donation (DD) funding • Voting next school year's PAC Executive... <i>PAC cannot operate and cannot receive a Gaming Grant (~\$20 000/yr) without a core Executive (chair, treasurer, secretary)</i> • Maria and Skye will stay in PAC Exec as Past Chairs... Looking for a Chair or Co-Chairs • New potential PAC member: Janice Bakas... would like to help with Teacher Appreciation Luncheon... Andrew to provide the date 	

GOOD NIGHT AND THANK YOU FOR BEING HERE!

Meeting adjourned: 8:51PM

Appendix 1

Magee PAC General Meeting, Tuesday, April 12, 2022 at 7:00-9:00 pm

Location: Via Zoom

AGENDA

1. Land Acknowledgement and Welcome
2. Introductions - Parent Poll Ice Breaker
3. Approval of Minutes and Agenda
4. Magee PAC Website Virtual Tour
5. Theme: Earth Month and Earth Day April 22
6. Treasurer's Report - Monica
7. Dry Grad Update & call for volunteers - Dry Grad Committee
8. School Reports
 - a. Principal's Report - Principal Schofield
 - b. Learning Centre News - Susan Pearson
 - c. Counselling Team Update on Legacy Gift Student Input – George Kanavos
9. PAC Social Events and Opportunities - Shannon
 - a. Next Lions' Lot Cafe - April 22, 2022
 - b. Other suggestions like walking groups or cycling
10. Next meeting and Succession Planning - AGM new executive members
 - Parents are invited after the meeting to spend a little time in a little social time

**Magee PAC Meeting
8 February 2022 by Zoom
-Summary-**

Position	Name	In Attendance
PAC Co-Chairs	Skye Richards	✓
	Maria Hubinette	✓
Treasurer	Monica Tang (MT)	✓
Secretary	Mira Laza	✓
Fundraising	Sandra Cheng	✓
Member-at-Large	Shannon Ezekiel (SE)	✓
	Raine Liu (RL)	✓
	Sarah Jordan (SJ)	✓
	Ruby Lilagan Peras (RLP)	X
District Parent Advisory Council Rep	TBD	
Number of Parents in Attendance (including Executive)	25	at start
GUESTS:		
Magee Principal	Dr. Andrew Schofield	✓
PAC Liaison	Ms Susan Pearson	✓
Invited Guest	Dr. Linda Thyer	✓

PAC Meeting Facilitators: Skye Richards
Maria Hubinette

Meeting start: 7:02pm

11. Welcome and Introductions		
Skye Richards	<ul style="list-style-type: none"> ● Magee acknowledges that we are visitors to the traditional, ancestral and unceded territory of the Coast Salish peoples: sk̓wx̓wú7mesh (Squamish), sel̓ílwitulh (Tsleil-Waututh), and x̓^wməθk̓^wəy̓əm (Musqueam) nations ● Elder Larry Grant land acknowledgement (on video recording) ● Chinese New Year <ul style="list-style-type: none"> ● Chinese Calendar Animals ● Parent Poll on Chinese New Year trivia – FUN ● Black History Month <ul style="list-style-type: none"> ● History has not always been told truthfully; social justice and truth are important to healing the harm... Education is very important ● Donate to Vancouver <i>Black Therapy & Advocacy Foundations</i> – link in chat ● Maya Angelou recording of <i>And Still I Rise</i> ● The life of Maya Angelou on CBC Gem 	

12. Approval of Agenda and Minutes		
Magee PAC Meeting Agenda, 8 Feb 2022	<ul style="list-style-type: none"> ● Review of Agenda (See Appendix 1 enclosed) ● Call for additions to agenda – none 	<p>MOTION: To approve the agenda of Magee PAC Meeting, 8 Feb 2022</p> <p>First: Maria Second: Mira Vote (Zoom Polling): None opposed MOTION CARRIED</p>
Minutes from PAC Meeting, 7 Dec 2021	<ul style="list-style-type: none"> ● Review of Minutes (See Appendix 2 attached) by Maria Hubinette ● Discussion?... No 	<p>MOTION: To approve the minutes of Magee PAC Meeting, Dec 7, 2021</p> <p>First: Maria Second: Skye Vote (Zoom Polling): None opposed MOTION CARRIED</p>
13. Parent Engagement		
Shannon Ezekiel	<ul style="list-style-type: none"> ● Presentation of Lion's Lot Café ● Bring your own mug ● Each month we are meeting new parents ● Next: Friday, March 11 ● Poll to have coffee in the morning or later in the day... Keep it in the morning ☺ 	
14. Parent and Care Givers WhatsApp Chat Group		
	<ul style="list-style-type: none"> ● Join us ● Use QR code to link 	
15. Parent Education Event – Climate Courage		
<p>Dr. Linda Thyer, Family and Sports Medicine Physician</p> <p>Dr. Rashmi Chadha (co-author)</p>	<ul style="list-style-type: none"> ● Climate Anxiety vs. Climate Courage ● Connecting w. school community ● The 2021 Western North America Heat Dome Increased Climate Change Anxiety Among British Columbians: Results from an Experiment... 30% increase in climate anxiety ● Climate anxiety = eco-anxiety=climate distress ● Not a recognized clinical condition, yet 	

- Climate Courage = courage to face the reality of climate crisis, to feel emotions, critically evaluate our own role, and take action
- Scientific consensus = no debate in the present
- More extreme weather events: heat, drought, rainfall fire, changing oceans (warming, acidifying, loosing oxygen)
- Vancouver map... extended areas that can potentially be flooded... Richmond is under the sea level
- Warming projections are not encouraging: 1.5°C increase forecasted in the IPCC Report (Paris agreement).
- 1.5°C vs 2°C increase will have extreme consequences, including the partial melting of permafrost. A 4°C increase will make many areas on the Globe un-habitable
- The next 8 years will be critical... governments are starting to take action
- Canada has dropped out of most climate agreements because it cannot keep gas levels down. Need more action. Unfortunately, this becomes a political game.
- The climate crisis will affect mental and physical health in the future in a higher degree
- Sep 2021: first study on young people voices on climate anxiety. Many young people aged between 12-25 years old are feeling that the adults in their lives do not pay enough attention to this real threat... anxious, sad, angry, frightened, apathetic, hopeless, confused... *Permission to Feel* by Marc Brackett... Book discussing the 'mood meter' of youth with regard to climate change... and how adults need to acknowledge these emotions
- Climate anxiety is entirely appropriate... as parents, try to resist the urge to neutralize these feelings
- Respond to emotions by validating them ("This is scary... I can see why you feel this way... Let's figure out what we can do about this?")
- Need to support each other in these emotions... feel them, do not push them away... this makes us move to a new place of action...
- Although climate anxiety is not recognized as a disorder in itself by psychiatrists, it can compound existing mental conditions... Adaptive anxiety can motivate climate action; maladaptive anxiety can take the form of "anxious passivity"
- "Courage faces fear and thereby masters it"
- What can we, Canadians, do about it?
 - Reconnect with Earth by spending more time in nature... reduced stress, reduced blood

pressure, but also fall in love with the planet and intend to protect it

- Courage to assess and acknowledge our contribution to the crisis (10 lane traffic converted to park)
- Canada is the 2nd country in the world in terms of emissions per capita
- Richest 10% world population is responsible for 50% of CO₂ emissions; poorest population is responsible for the least CO₂ emissions, but they suffer the most.
- Plastic pollution and greenwashing is Canada's dirty secret
- Health impacts are unfairly distributed: Asia and Africa are experiencing more per capita mortality due to climate change
- Try to take the courageous path, getting inspiration from the indigenous people... Earth provides us with our support system: air, water, soil... Need to tap into the wisdom of first nations... concept of "Seven Generations Thinking"... how our actions impact not only our children, but the next generations
- Taking action is the antidote to anxiety... where should we start? Involve our kids.
- **Community level** approach (Saanich, BC)...
- One Planet concept... if we continue this lifestyle, we would need several planets to live. Not sustainable.
- **Micro Level** action
 - Day to day decisions, household decisions, travelling around, consider ecological impact of our decisions (not only the cost, etc.)... R,R,R... reduce consumption overall, refusing to do certain activities: travel on planes, eating less/no meat, buying used goods...
- **Meso Level** action
 - Work community, school, sport/arts community... carpooling, community garden, divest from fossil fuels, donate to charity to help the people suffering from climate injustice
- **Macro Level** action
 - Talks with ministry of education, governments, media, engaging professional organizations, organize rallies, tree planting
- **Meta** action
 - National and global: youth organizations etc.
 - Links in chat
- Try to be good ancestors to our children, and their children... try to do the right thing to help new generations live a healthy life... it takes a lot of

	<p>mental energy, but the more we practice, the easier it gets</p> <p>Q&A</p> <p>Q: What about kids that are not anxious enough about the climate? Any tips?</p> <p>A: Understand that they may have their own fears, but do not want to deal with this at the moment. It may be too overwhelming, and they need their own time.</p> <p>Q: Anxiety comes in different forms... Could dismissing it (i.e. escapism) be a coping mechanism?</p> <p>A: Indeed, it takes courage to be able to feel this. Sometimes it helps talking with kids about it. Try to keep the balance between acknowledging the feeling and not being overwhelmed by it.</p>	
--	---	--

16. Student Perspectives from Climate Education Reform BC – Helpful Coping Strategies

	<ul style="list-style-type: none"> • N/A 	
--	---	--

17. School Report – Recap of semester turnaround

<p>Principal’s Report Dr. Andrew Schofield</p>	<ul style="list-style-type: none"> • Some climate justice events during Spirit Week • Teachers focus... getting ready for Semester 2 and wrapping up Semester 1... “1 day” was very useful for teachers (20% of them worked on the transition between Semester 1 and Semester 2) • Students focus... mental health, range of activities “different” that the regular school day... anxiety caused by registration difficulties... next time all events will be posted at once... • Teachers tried to control what activities the students were attending, for greater accountability... increased anxiety for student • The cost of Spirit Week was \$6,000 ... school will ask PAC to pay for a part of this, and combine with student donations • Spirit Week included 140+ workshops... co-competency for students, also showing teachers the diversity within the school... need to make students aware of climate challenge <p>Q&A</p> <ul style="list-style-type: none"> • Q: Gr 10 counsellor mentioned 30 volunteer hours... for this year??? Difficult for kids to meet with counsellor to discuss Gr 11 courses... Stressful 	
---	---	--

	<ul style="list-style-type: none"> • A: Volunteer hours are for graduation. Dr. Schofield will clarify with counsellor. Could start now and be finished by the end of Gr. 12. Could be done during clubs at school... participation at clubs = service points in school... David Suzuki foundation, the BOG • Q: When is course planning due? • A: Course Planning is supposed to be done during class w counsellor in the next 4 weeks. Must be finished around April... • Q: Report cars only on MyEd? • A: Yes, but please do save them separately. Most important Gr 10, 11, 12 • Q: Continue w semester system next year? • A: Do not know yet • AS: Textbook selection is made from a variety of sources... teachers and/or administrators refer books around. For some controversial books, there is a conversation prior to recommending them to the students 	
8. Parent Social After-Party		
	<ul style="list-style-type: none"> • 10 parents left 	

GOOD NIGHT AND THANK YOU FOR BEING HERE!

Meeting adjourned: 9:20PM