

Van Tech PAC Meeting Minutes  
February 21, 2022, via Zoom and in person

PAC Executive: Lindsie Tomlinson (Chair), Tina Kaminski (Secretary)

PAC Members: Van Tech Parents/Family Members; Amanda Hillis (Van Tech Rep to DPAC)

Van Tech Staff: Robert Moro (Principal), Nick van Iersel (Counsellor)

1. Welcome, Introductions, Chair Remarks, General Announcements & Acknowledgements (Lindsie Tomlinson)
  - a. Land acknowledgement to honour the territories of the Musqueam, Squamish, and Tsleil-Waututh
  - b. Welcome!
  
2. Accept the January 2023 minutes (Lindsie Tomlinson) M/S/C
  
3. Treasurer's Report (Shawna Deagle)  
Shawna was unable to attend the meeting
  
4. Teacher Rep Report (Angela Bigioli) – N/A  
Angela was not feeling well and unable to attend the meeting
  
5. Principal's Report (Robert Moro)
  - a. Marks have been published. We are well into our second semester.
  - b. Engaged in student course requests.
  - c. Flexible structural time is in place. Attendance is being taken.
  - d. Wednesday March 1 is a Collaborative Day. Students don't come in until second period. Opportunity for teachers to meet and discuss various topics like core competencies, next Tech Day and teacher burnout.
  
6. DPAC Announcements (Amanda Hillis)
  - a. Thursday January 23, DPAC general meeting discussing cultivating nursing foods at schools. Starts at 7pm and is online. Got to [vancouverdpac.org](http://vancouverdpac.org) to register.
  - b. Tuesday February 28 is the deadline for nominations if you want to be on the BCCPAC.
  - c. Wednesday March 8 BCCPAC town hall at 7pm. Will be discussing the Student Family Affordability Fund
  
7. Guest Speaker (Nick van Iersel)  
Parenting in the New World of COVID, Social Media, & Disconnection: Why You Should End your Work-Life Balance
  - a. Dr. Gordon Neufeld tells us about attachment theory:
    - human beings crave attachment
    - children will always attach to something rather than nothing

-if primary source of attachment is not with parent/caregiver, children will latch onto someone else who will provide unconditional positive regard.

- b. Understanding the three layers of the brain – reptilian, limbic (emotional) and cognitive
  - constant gratification of notification is addictive for kids
- c. The Myth of Normal by Gabor Maté with Daniel Maté
  - What happens when limbic is in full control and the cognitive is not even at the 1% rate?
  - Peer aggression vs bullying
- d. Social Media
  - Average North American adult is getting 46 notifications on our phone per day
  - Kids at Van Tech are likely getting hundreds
- e. Findings from a poll 3 years ago from Van Tech’s grade 8 students
  - 60% of students prefer to use social media over talking directly to peers
  - 30% of students ate lunch on their phones (Mr. Moro’s observation is closer to 90%)
- f. Grade 8 Health Fair in 2022
  - 150 kids surveyed, sleep and mental health were their most concerning areas.
  - 75% weren’t getting enough sleep
  - putting away technology was a challenge
- g. Suicide and Self Harm Stats
  - In 2018, 17% of kids aged 12-19 had self-harmed
  - If you have one caring adult that you can identify and one caring peer, your likelihood of completing or attempting suicide is by far the biggest factor.
- h. Snapchat, Instagram, TikTok, Discord
  - having an open, honest conversation with your kid and then regularly checking their messages is a good way of setting a boundary and expectation with your kid (vs showing up unannounced)
  - most students have 2 or 3 accounts
  - Doomscrolling
- i. Neufeld’s 6 stages (in years):
  - 1. Proximity
  - 2. Sameness
  - 3. Belonging or Loyalty
  - 4. Significance
  - 5. Love
  - 6. Being Known
- j. Cell phones
  - When is the right time for a kid to have a cell phone?
  - Kids need help with managing cell phone usage

- Most active screen time usage is between 12am-3am
- Set limits (# hours). Parents can challenge kids

k. Cultivate Empathy

- empathy and compassion are learned traits
- need to be done at home

l. Big Picture student social media tips

- Think before you post
- Everything is permanent
- Always get permission to include others in your posts/tweets/snaps etc.

m. Questions?

- Visit [MrVan.org](http://MrVan.org) for the slidedeck

8. Open Discussion (none)

9. Wrap Up & Adjournment (Lindsie Tomlinson)

**Next Meeting: Tuesday April 25, 2023 @ 7pm in the library and online via Zoom**

Meeting ID: 881 0054 4154

Passcode: 959353