

**Van Tech PAC Meeting Minutes**  
**January 28, 2025**  
**In person in the library and online via Google Meet**

PAC Executive: Lindsie Tomlinson (Chair), Arvind Ghataurah (Co-Chair), Julie Cole (Treasurer), Pam Dean (Secretary), Kelly Hamilton (Communications/CPF rep), Safiann Khan (DPAC rep)

PAC Members: Van Tech Parents/Caregivers & family members

Van Tech Staff: Robert Moro (Principal)

Guests: Savoy Williams & Hayden Averill (SACY); Melanie Cheng (DPAC)

Meeting start 7:05 pm

1. Welcome and introduction by Lindsie Tomlinson, PAC chair

*With deep gratitude and respect, we are honoured to be learning and unlearning on the ancestral and unceded lands of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh Úxwumixw (Squamish Nation) & səliłwətaʔ (Tsleil-Waututh Nation).*

2. Accept November minutes (Lindsie Tomlinson)

Motioned by Kelly, seconded by Pam. Approved.

3. SACY (Supporting And Connecting Youth) Workers (Savoy Williams and Hayden Averill)

- Substance Use Health Promotion Initiative – offering education, prevention, and early-intervention for substance use (mainly alcohol, cannabis, nicotine). More info in documents attached at the end of the minutes.
- Savoy (Vancouver Coastal Health) and Hayden (VSB) work together as the SACY parent stream workers for our school (as opposed to the student stream SACY workers who are at the school for the students)
- The youth/student SACY worker for Van Tech is Nevena (Nev), who works with students at the school on Mon, Tues, and alternating Weds. Runs workshops available for students, sometimes referred within school by counsellors to speak to students individually, sometimes do presentations in PHE class. Students are welcome to approach Nev to talk and get more info around substance use

Savoy and Hayden are available for supporting parents/caregivers around issues/support with substance use

- Direction they take, what their role is depends on what the parents want, what the need is
- Comment from a parent: would like more events happening in school for students to make students more aware of the health implications of substance use. Grade-wide. One event or series.

- They are equipped to provide age-appropriate discussions around health implications
- If they can't help directly, they will do their best to connect to proper bodies to help suit the situation
- They are reaching out to get a feel for what the need is from parents. Can provide workshops or presentations to parents (see list in the document attached). Preventative strategies, signals to look out for, how to handle situations with your kids involving substance use...
- Alcohol, cannabis, and nicotine are their specific mandates (but they can direct questions regarding other addictions like gaming, gambling, etc)
- Contact: Hayden Averill [haverill@vsb.bc.ca](mailto:haverill@vsb.bc.ca); Savoy Williams [savoy.williams@vch.ca](mailto:savoy.williams@vch.ca)

4. DPAC update (Melanie Cheng; Vancouver DPAC Chair)

Vancouver DPAC Chair here to introduce herself. DPAC = District PAC (for all VSB schools, every school encouraged to have reps from their school PACs to be involved in the DPAC).

DPAC helps schools advocate for issues they have (seismic upgrades, better ventilation, facilities grants, sustainability initiatives, AED devices available in schools). In their advocacy work, they often go to provincial level and coordinate with BCCPAC.

Have many working groups that work on awareness and advocacy around many different issues

Looking ahead and making plans for the increased density in the city (planning both for enrolment places as well as for childcare)

Would love for parents to get involved. A lot of info on their website:

<https://www.vancouverdpac.org/>

Can see more info on what they do, how to sign up for a working group, etc. "Join Us" tab on the website lists 7 different ways to get involved with varying time commitments and many meetings are virtual.

Two of our DPAC reps, Safiann and Debbie, have already discussed helping/volunteering

5. Mural project update has been postponed. Mr. Moro said there is a delay in the contract and it has not been signed yet. Once signed, it will take a couple weeks for a digital draft and then about 4 weeks for the actual painting. We will receive more info when available.

6. Principal's Report (Rob Moro)

- Semester 1 has now ended. 'Incomplete (I)' days for students who hadn't completed everything were this week, Mon and Tues. Report cards coming out on MyEd on Friday. Instructions will be sent out as to how to access the report card (will need collaboration with your student to sign in).
- Grade 12s will have a presentation coming up for driving and road safety, put on by ICBC.
- Scholarships for Grade 12 students: Info on Teams
- Student council is doing a rose gram for Valentine's Day. Also working with the school choir for option to make it a singing telegram.
- Spring sports teams (extracurricular). Tryout/registration info available on Teams.
- Student learning survey. Ministry survey mainly geared for grades 10,11, 12 but will be given to all students (to look at trends) and will be sent to parents as well. Want feedback. Want to know how to improve (too much homework, course-load, student habits, how are things going). Used to design school learning plan (is reviewed yearly). Want to know where to focus on improvements. Need support from students and families as the more info they have, the better the school can be.
- Teachers are submitting requests for Semester 2 gaming grant funds with a deadline of Feb 12
- February is Black History month. There will be an assembly Feb 28 for all grades.
- Happy Lunar New Year

Question: Do parents have access to Teams? Answer: Only through their child.

7. Treasurer's report (Julie)

Full report attached here.

Some of the Gaming Grant funding requests have started to be paid out. Of the \$24,104 approved from semester 1, \$8,465 has now been paid out.

\$22,732.77 available for Semester 2 teacher's requests.

8. Vote on a 'change of use of funds' request for one of the requests we approved previously

Original request – cost of transit and food on field trips for Indigenous students

New request – cost of food at Indigenous Leadership Group (during Tues FIT) and Indigenous Advocacy Group (Thurs FIT). They would still like to use funds for transit and food on field trips but turns out there will be less field trips taking place than originally anticipated. No change in total funding request, just slight change in usage.

Lindsie checked that meetings during FIT are within gaming grant guidelines.

Vote took place (all attendees, online or in person, are welcome to vote). All votes were 'yes'. Motion passed to approve the change of funds request.

9. Updates/comments/open discussion

- Are meetings always on a Tuesday? Dates set up at the end of the previous school year. Maybe for next year, we can alternate days so not always the same day of the week.
- Are there suggestions for things students can do on Pro D Days. Mr Moro said he can mention to staff for teachers to offer suggestions for things for students to do that are related to subject matter or general interest.
  - Note that from a liability standpoint students can't come to school that day and teachers need to do their professional development
  - Maybe this would be good from an entire district standpoint. Come up with lists/suggestions to put out there to students/families. Something to post on facebook groups? Post ideas and opportunities in the community.
  - Mr Moro will talk to school communities worker
  - Some school clubs do meet up on ProD Days. There are also volunteer opportunities.
- Parent brought up that their student (grade 8) did not read a book in English and the class listened to an audiobook instead. Might be a resource issue or helping all students be at the same level. Mr. Moro can talk to English Department.

Next PAC meeting will be February 25 and will be for allocating remaining gaming grant money for semester 2.

Please reach out to the PAC ([chairvt@gmail.com](mailto:chairvt@gmail.com)) if anyone has ideas for discussion, thoughts on what they would like to hear from SACY parent workers, etc.

Meeting adjourned 8:30pm

**Van Tech PAC Financial Statements**

2024 - 2025 School Year

January 28, 2025 PAC Meeting

**Van Tech PAC Gaming Account**

Account Balance at August 1, 2024	19,161.33
2024 - 2025 BC Gaming Grant - Received November 2024	<u>32,060.00</u>
Total Gaming Funds Available for 2024 - 2025 School Year	51,221.33

Gaming Account Disbursements

August 2024	
September 2024	
October 2024	
November 2024	4,384.25
December 2024	-
January 2025 Disbursements	
Music Therapy	375.00
Music - Fall Retreat	600.00
Athletics - Curling	3,098.66
Athletics - Rugby	1,450.00
E-sports	451.18
Connections Club	427.26
Here 4 Peers	800.00
Library - Books for Extracurricular Reading	686.23
Library - Volunteer Event	293.18
Reach for the Top	283.50
Total January 2025 Disbursements	<u>8,465.01</u>
Total Gaming Account Disbursements	<u>12,849.26</u>

Van Tech Gaming Account Balance at January 28, 2025	<u>38,372.07</u>
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Gaming Funds Approved (but not Disbursed) for 2024 - 2025 School Year

August 2024	
September 2024	
October 2024 (\$24,104.31)	15,639.30
November 2024	
December 2024	
January 2025	
Total Gaming Funds Approved (but not Disbursed) for 2024 - 2025 School Year	<u>15,639.30</u>

Total Gaming Funds Available	<u>22,732.77</u>
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**Van Tech PAC General Account**

Account Balance at August 1, 2024	855.96
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General Account Disbursements

August 2024	-
September 2024	-
October 2024	-
November 2024	-
December 2024	
January 2025	-
Google Meet Subscription	47.90
February 2025	
March 2025	
April 2025	
May 2025	
June 2025	
July 2025	
August 2025	
Total General Account Disbursements for 2024 - 2025	<u>47.90</u>

Van Tech PAC General Account Balance at January 28, 2025	<u>808.06</u>
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Total PAC Funds Available for Disbursement at January 28, 2025	<u><u>23,540.83</u></u>
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## SACY: Substance Use Health Promotion Initiative

**SACY is a joint initiative between the Vancouver School Board and Vancouver Coastal Health.**

### **What is SACY?**

**Supporting And Connecting Youth (SACY) - Substance Use Health Promotion Initiative** engages Vancouver parents/caregivers, teachers, students, administrators and the greater community to strengthen school-based substance use education, prevention and early-intervention programs and policies.

**The goal of SACY is to:** *Enhance the prevention and brief intervention infrastructure in VSB schools and surrounding community to prevent substance use, delay substance use and reduce substance use related problems.* At SACY we believe that young people that feel connected to their schools, who have supportive family, and have adult allies and mentors are stronger, healthier and better able to live up to their full potential.

### **How do we work?**

The SACY team uses a comprehensive and evidence-based approach to deliver coordinated prevention and early intervention strategies that emphasize relationships, connectedness, positive youth development, and social and emotional learning. SACY utilizes a number of unique activities including “Capacity Cafes” (where youth voices educate adults), community service-learning opportunities, parent engagement and specific activities that involve Aboriginal and multi-cultural communities.

What does SACY work focus on?

- Strengthen youth’s connection to school, family and community.
- Build resiliency in youth, parents/caregivers and within the community by focusing on strengths versus deficits.
- Encourage open and honest dialogue on issues related to substance use.
- Promote positive youth development - emotional, physical, intellectual and spiritual.



- Create opportunities for youth voices to be heard.

### **SACY has three interrelated activity streams:**

Youth Prevention, Engagement and Education  
Parent/Caregiver Engagement and Education  
Individual School Site Consultation and Support

### **SACY Youth Prevention and Engagement Stream**

SACY Youth Prevention and Engagement workers work in secondary schools to provide effective and relevant prevention strategies for youth, and to support youth who may be at higher risk for abusing drugs or alcohol. Youth Engagement under the SACY philosophy is about creating safe places for students from all backgrounds to share their personal perspectives and to have their voices heard by their peers.

By building trust with young people and allowing them to speak about their experiences, expertise, concerns or issues, it is possible to help youth feel safer, and more supported and connected in their lives. They then can more readily explore options for their lives that make sense while embracing their values, goals and passions.

### **SACY Parent and Family Engagement Stream**

Experience has shown that youth with strong connections to family are less likely to use substances in a problematic way. SACY Parent Engagement Facilitators help equip caregivers to support youth to flourish emotionally, socially, spiritually and physically.

**What do SACY Parent Engagement Facilitators do?** Our facilitators work in secondary schools and communities, offering workshops for caregivers of teens and preteens. These workshops focus on understanding the developmental changes of adolescence, practical strategies to work together with youth, and communication and relationship-building skills that can strengthen parent-teen relationships. We are also available to connect parents and caregivers with community resources and supports to keep families strong and healthy.

**For further information, about SACY Family/Parent team, please contact Savoy Williams ([savoy.williams@vch.ca](mailto:savoy.williams@vch.ca)) or Hayden Averill ([haverill@vsb.bc.ca](mailto:haverill@vsb.bc.ca)).**





SACY Parent & Family staff is a partnership between Vancouver School Board (VSB) and Vancouver Coastal Health (VCH) to work with schools and families to strengthen connections with youth and to support their healthy social, emotional & physical development. SACY is available across the district to collaborate on referrals to community services for families, as well speakers and supports for enhancing parent and family engagement for schools.

### Caregiver Presentations and Resources

Organization	Topic	Contact
SACY Capacity Café	<b>Youth Voices:</b> Parents can hear directly from youth about the stresses and pressures youth face; learn from youth perspectives.	Your school SACY contact <a href="http://www.vsb.bc.ca/SACY">www.vsb.bc.ca/SACY</a>
FamilySmart and Parent in Residence	<b>Mental Health:</b> FamilySmart empowers families and works collaboratively with professionals to meet the mental health needs of families. Parent in Residence may be available to speak	<a href="http://www.familysmart.ca">www.familysmart.ca</a>  604-878-3400
Parents Together Parents in the Know	<b>Parent Support &amp; Education:</b> A mutual support group for parents to develop skills to end conflict in their homes. A facilitator & parents from the groups are available for presentations / Q & A on surviving some of the challenges of the teen years.	604-325-0556  <a href="mailto:parentstogether@bgcbc.ca">parentstogether@bgcbc.ca</a>
VCH C.A.R.T. VCH Public Health Nurses	<b>Child &amp; Adolescent Response Team:</b> A Vancouver Coastal Health child and youth clinician may be available to speak on topics related to youth mental health. <b>Your School Nurse</b> can talk about issues related to youth physical and mental health.	CART: (604) 874-2300  VCH Public Health nurse: your school administration
GetCyberSafe.ca	<b>Internet Safety:</b> is a national public awareness campaign created to inform Canadians about cyber security and the simple steps they can take to protect themselves online.	<a href="mailto:info@safeonline.ca">info@safeonline.ca</a> <a href="https://www.getcybersafe.gc.ca/en">https://www.getcybersafe.gc.ca/en</a> <a href="mailto:contact@cyber.gc.ca">contact@cyber.gc.ca</a>
BC Problem Gambling & Gaming	<b>Problem Gambling (&amp; Gaming) Prevention:</b> public education, consultation to professionals, and prevention activities related to problem gambling, including some online gaming presentations.	1-888-795-6111 <a href="mailto:info@bcresponsiblegambling.ca">info@bcresponsiblegambling.ca</a>
VSB Diversity Mentor VSB Anti Racism Mentor	<b>Inclusive Practice:</b> Providing education and support designed to build capacity within schools & individuals with respect to issues of diversity & inclusive practices.	<a href="https://www.vsb.bc.ca/page/68984/equity-and-anti-oppression-eao">https://www.vsb.bc.ca/page/68984/equity-and-anti-oppression-eao</a>
VSB Secondary Counsellors	<b>Guidance Counsellor:</b> Talk to your administrator inviting a school counsellor to talk with parents about supporting youth (especially grade 8 parents) in secondary school	Your Secondary School Website
VCH Tobacco Reduction Program	<b>Offering Vaping Prevention presentations</b> to elementary and secondary school classes, teachers and parents. Please include the following details when requesting a session: name of school, type of presentation, expected no. of attendees, proposed date with times)	<a href="mailto:smokefree@vch.ca">smokefree@vch.ca</a>

Contact Savoy Williams, SACY Parent Family Engagement Cultural Diversity Specialist ([savoy.williams@vch.ca](mailto:savoy.williams@vch.ca)) or Hayden Averill, SACY Parent and Family Engagement Coordinator ([haverill@vsb.bc.ca](mailto:haverill@vsb.bc.ca)) for additional questions and support.

Visit <https://www.vsb.bc.ca> for more information