



# Meeting Minutes

November 21, 2022

Online Zoom

## Burnaby D.P.A.C.

Burnaby Central Secondary School  
Room A206 – Conference Centre  
6011 Deer Lake Parkway, Burnaby, BC  
[info@burnabydpac.com](mailto:info@burnabydpac.com)  
[chair@burnabydpac.com](mailto:chair@burnabydpac.com)

### Attendance:

#### Schools by Zone

##### Brentwood North

- Alpha
- Burnaby North
- Aubrey
- Brentwood Park
- Confederation Park
- Capitol Hill
- Gilmore
- Kitchener
- Lochdale
- Montecito
- Parkcrest
- Rosser
- Sperling
- Westridge

##### Cariboo Lougheed

- Burnaby Mountain
- Cariboo Hill
- Armstrong
- Cameron
- Forest Grove
- Lyndhurst
- Seaforth
- Second Street
- Stoney Creek
- Twelfth Avenue
- University Highlands

##### Central West

- Burnaby Central
- Moscrop
- Brantford
- Buckingham
- Cascade Heights
- Chaffey-Burke
- Douglas Road
- Gilpin
- Inman
- Lakeview
- Marlborough
- Morley

##### Kingsway South

- Burnaby South
- Byrne Creek
- Clinton
- Edmonds
- Glenwood
- Maywood
- Nelson
- South Slope
- Stride Avenue
- Suncrest
- Taylor Park
- Windsor

#### District Staff

- Gina Niccoli-Moen, Superintendent
- Roberto Bombelli, Assistant Superintendent
- Janice Nakatsu, Assistant Superintendent
- Wanda Mitchell, Assistant Superintendent
- Richard Per, Assistant Superintendent

#### Board of Education

- Jen Mezei, Chair (Brentwood North, Kingsway South)
- Bill Brassington, Vice Chair (Kingsway South)
- Gary Wong, Trustee (Central West)
- Peter Cech, Trustee (Brentwood North)
- Larry Hayes, Trustee (Cariboo Lougheed)
- Kristin Schnider, Incoming Trustee (Cariboo Lougheed)

#### DPAC Executive and Members at Large

- Ashley Sandquist, Chair (Brentwood North)
- Laura Ward, Vice Chair (Cariboo Lougheed)
- Alfred Romann, Treasurer (Kingsway South)
- Christine Nguyen Secretary (Central West)
- Lisa Young (Cariboo Lougheed)
- Adriana Constantinescu (Burnaby Central)
- Harinder Parmar (Brentwood North)

### 1. Welcome and Land Acknowledgement: Ashley Sandquist

- Meeting was called to order at **7:02 pm**
- Acknowledgement: We are fortunate to meet on the traditional, ancestral, and unceded territory of the Coast Salish nations, Musqueam Selilwitulh and Squamish people, where we live, work and play.

### 2. Introductions: Ashley Sandquist

- Acknowledged and greeted all the attendees

### 3. Mental Health Wellness: Nick Christofides, SD41 Director of Instruction Specializing in Safe and Caring Schools Burnaby

- Discussion Topic: Stress Focus for 2022-23 School Year
  - [Link to presentation slides](#)
  - Mental Health Literacy and Awareness – Bringing conversation to staff and students so that they can get the help they need.
    - Managing Stress has been a little more difficult to handle since the pandemic – Stress is something that we need to face and not avoid

- Campaign focus on STRESS: Awareness Building Posters
  - Face it, practice awareness to build capacity, to manage it more effectively
  - Benefits of Sleep to promote positive mental health
  - Mind up program discussion
  - Definition of Well-Being – Positive Mental Health
    - Self-Compassion requires three core components: Self-Kindness, Recognition of our Common Humanity, Mindfulness
    - Guiding Principles
    - Social and Emotional Learning (SEL) – Three-Tiered Approach
  - Adolescent Survey study
  - The importance of Stress
- Availability of Mental Health Clinicians for counselling interventions
  - Parents can access this support through the school counsellor

#### 4. Approval of Agenda: Monday November 21, 2022

- A motion was made to approve the agenda and any modifications.
- Moved by: **Amy G.**                      Seconded by: **Natalia R.**

#### 5. Approval of Minutes: Monday, October 17, 2022

- Amendment(s): Section No. **Attendance**
  - Stride Avenue added to Attendee List
- A motion was made to approve the previous meeting minutes with the above amendments.
- Moved by: **Sally F.**                      Seconded by: **Amy G.**

#### 6. DPAC Updates: *Executive Team*

- **Topic Heading:** Lost Access to DPAC emails since October 1, 2022
  - Should be up and running end of this week. Working with our server provide to resolve the issue. Currently [info@burnabydpac.com](mailto:info@burnabydpac.com) and [chair@burnabydpac.com](mailto:chair@burnabydpac.com) are not accessible
  - Reminder NOT to reply to emails from - [dpacinfo@burnabyschools.ca](mailto:dpacinfo@burnabyschools.ca) - DPAC Information (DO NOT REPLY) Send enquiries to [dpacchair@burnabyschools.ca](mailto:dpacchair@burnabyschools.ca) until server issues are resolved.

#### 7. Questions and Answers: None

#### 8. Show and Tell

- Marlborough: Hot Lunch is back. Pumpking patch went great. Purdy's fundraiser and Christmas concert to look forward to.
- Clinton Elementary: Purdy's fundraiser, Christmas concert and part of it will be virtually recorded; movie night and caroling. Would also like to connect with another PAC who have experience with running a Christmas market
- Taylor Park: Pancake breakfast for fire fighters, Christmas concert and Purdy's fundraiser.
- Brantford: Jingle Bell community walk, Christmas Pancake and Craft Fair in Decemeber
- BMSS: Holiday themed fundraisers, plants/wreaths for Grad – orders due Friday, Nov 25<sup>th</sup> and pick up Dec 12<sup>th</sup>.
- Brentwood Park: Giftcard fundraiser, reference: [Brentwood Park Fundraiser](#)
- Alpha: DryGrad Purdy's fundraiser, campaign number is 64670

#### 9. Adjournment:

- **A motion was made to adjourn the meeting.**
- Moved by: **Sally F.**                      Seconded by: **Hoti A.**
- Meeting came to an end at: **8:25 pm**

Next Meeting Date: Monday, January 16, 2023 – Safe & Caring Schools Burnaby