

**Clayburn Middle School
Parent Advisory Council**

Clayburn Middle Library Learning Commons
January 24, 2024

ATTENDEES –

Shannon R (chair), Tara L. (vice chair), Nadine C., Stef F., Heather Reid, (Principal), Elizabeth Smoes, (Vice Principal), Deb Cameron (Mental Health Clinician)

REGRETS –

Corina R. (secretary), Michelle W.

CALL TO ORDER –

Shannon, Chair, called the meeting to order at 7:05pm.

LAND ACKNOWLEDGEMENT –

We acknowledge that the Abbotsford School District is located on the traditional and unceded territory of the Semá:th First Nation and Mathxwí First Nation. With this, we respect the longstanding relationships that Indigenous Nations have to this land, as they are the original caretakers.

GUEST: Deb Cameron – Mental Health Clinician

- works with 4 Middle Schools in the area.
- offers Mental Health support within these schools, working mainly with parents and teachers to facilitate education around Youth Mental Health and offer resources within the community.
- Runs parent groups, including “Coffee and Connect” - first Thursday of the month from 8:30-9:30 in the staff room
- Debra can be reached by email at debra.cameron@abbyschools.ca and welcomes parents to contact her with any questions or concerns around their child’s mental health
- Can offer lots of connections to community support
- Mental health happens in the schools, treatment happens in the community

1. *START Program*

- For youth up to age 19 in acute mental health crisis (a sudden onset of Mental Health symptoms, suicidal ideation, or self harm). 1-844-782-7811 or 604-557-2095
- Open 9-9 Monday to Friday, 12-9 on weekends and holidays
- Will do screening over the phone for crisis control, and will assist the youth and parents in accessing longer term support in the community

2. Child & Youth Mental Health

- Serves youth in the community ages 6-18 who are experiencing more chronic and consistent mental health challenges.
- Family based program, clinicians work with youth and parents together. Can help teach parents how to manage mental health struggles within the home and offers mental health support tailored to the child's needs.
- Intake clinics are self referred and Deb can help walk parents through the intake process
- Deb speaks to the period of growth and development which occurs during middle school and differentiates between "typical teenage moods" versus real mental health concerns. How badly is it affecting the youth's ability to function in everyday life? hygiene, peer relationships, academic performance, etc. Distress is consistent or dramatic; functioning is impaired.
- Deb notes that mental health is a state of being – in a state of flux all the time. When we experience periods of low mental health, we build resilience

PRINCIPAL'S REPORT – provided by Heather Reid

Please see attached.

Additional Notes from principal's report:

- PAC contributed \$1,200 toward student ice skating
- MDI for grade 8s begins tomorrow with passive consent
- Special interest day – January 26
 - Each child picks top three choices of activities
 - Snow days delayed the process
- Outdoor volleyball nets – budget \$500 to be purchased in the Spring with nicer weather
- Parent teacher conference is coming up at the beginning of February (Feb 7/8)
- February 7 and 8 will be early dismissal (11:30am). Students back to school Friday February 9 (NOT a NI day)
- There will be an announcement on Friday with sign up directions for Parent/Teacher conferences.
- Monday January 29, sign up for parent teacher interviews will be open and available for 2 weeks.
- Next NI day is February 16

APPROVAL OF NOVEMBER 22, 2023 PAC MEETING MINUTES

Shannon made a motion to approve the PAC Meeting Minutes from November as written. The motion is seconded by Tara. The motion is passed without opposition.

TREASURER'S REPORT

Gaming Account:

Account balance as of last meeting: \$17,067.21	
Deposits: \$0.00	Withdrawals (cheques written): -\$2,345.69 <ul style="list-style-type: none">• \$246.13 (Scholastic)• \$77.70 (Shawn Harvey-Art Club Supplies)• \$535.88 (OneTEAM Sports Group – Kemp)• \$448 (OneTEAM Sports Group – Kemp)• \$1,000 – (Ace Runners – disc golf supplies)• \$37.98 – (Tara Lawrence – cookies and juice boxes for Gr. 6 immunization clinic)
NEW account balance: \$14,721.52	

General Account:

Account balance as of last meeting: \$1,512.53	
Deposits: \$2,580 <ul style="list-style-type: none">• \$2,580.00 Cheque from school (PAC donations)	Withdrawals (cheques written): -\$397.40 <ul style="list-style-type: none">• \$29.97 – (cheque) Staff luncheon expenses• \$367.43 – (cheque) Staff luncheon expenses
NEW account balance: \$3695.13	

OLD BUSINESS:

1. Social media – moving from FB page to a group

NEW BUSINESS:

1. Joint Partnership Meeting
 - February 5 from 6:30-8:30pm
 - Two representatives should be PAC chair and other – Shannon unable to attend as she will be there representing DPAC
 - Stefanie can attend
 - Shannon will see if Corina is available
 - Tara will see if she is able to attend
 - Action: Shannon will send Stefanie email to register
2. DPAC update
 - General meeting – January 25, 2024 @7pm via Zoom

- Link is emailed to PACs every month (and is the same link every month) – email clayburnpac@gmail.com to request link
- Parent night series – next session Thursday, February 15, 2024 6:00-8:00pm at Matsqui Centennial Auditorium “Evolution of Inclusion”
 - 6:00-7:00pm – parent fair
 - 7:00-8:00pm – key note speaker Dr. Shelley Moore
 - 8:00-8:30pm – Q & A and continuation of parent fair
 - If you would like to attend, please register so we can have an idea of how many people are coming
 - Link to register is on the school calendar:
<https://clayburn.abbschools.ca/events/parent-evening-series-4-evolution-inclusion>

OPEN FLOOR

- No questions/comments

ADJOURNMENT –

There being no further questions or discussions, the PAC meeting was adjourned at 8:10pm. Motion to adjourn by Shannon, seconded by Stefanie, the motion is passed and the meeting is adjourned.

The next PAC Meeting will take place on February 28, 2024 @ 7:00pm in the Library Learning Commons (LLC).