

**PARENT ADVISORY COUNCIL (PAC)**  
**Burnaby North Secondary School**

**Minutes of Meeting Monday, March 7 2016**

**7:00 – 8:15 p.m. in the Gallery, top floor of North Building (16 Attendees)**

**School Website – <http://north.sd41.bc.ca> (see link to PAC's own website)**

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Chair:	Susan Louie	Vice Chair:	Maria Wang
Treasurer:	Gina Svorinic	Secretary:	Peter Murray
DPAC Reps:	Margaret Wong, Margarita Lo & Winnie Chan	SPC Reps:	Alison Zheng, Carol Li & Jenny Ma

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**Approval of the January 11 2016 Minutes**

The previous meeting minutes were formally approved, after correction to the treasurer's report for the general ledger to \$1987.64 from \$187.64.

**Student's Report ~ Student Government & External Representative**

- Random Acts of kindness week
  - Monday GFA
  - Flash mob
- Valhalla week kicked off this week to raise school spirit & friendly competition
  - Thursday dance "Great Gatsby" grades 10~12
  - Friday competition winners BBQ
- Student elections April 7-11

**Featured Topic: Mental Health ~ dealing with Stress & Anxiety presented by Student Councilors**

Starting with stress and recognizing the physiological effects invoked from positive & negative events. Introduction to how we are built from our primitive ancestor's fight of flight mechanisms to the stresses that are now driven by our most advanced parts of our evolving brain. On a daily basis this is explained to our children to help them understand what's happening to help them manage as they develop & start to understand how to deal with their feelings before they have a longer term impact to there health.

Moving onto Anxiety, how it differs in the way it is formally recognized by doctors while still linked to stress, it results in the self-reward system of running away from something/surviving from our primitive brains. Modern day manifestations are by avoiding things like homework, difficult decisions (like collage) or by failing to address an environmental issue that may come from home or family.

The Councilors role to help our children to take the time to acknowledge what is happening and focus on balance & routine to breakdown problems to be successful through struggle. Current studies suggest these coping strategies will setup everyone for success in the future.

Handouts plus a reading list were provided and these will be available via the school website.

### **Principal's Report – Mr. David Rawnsley**

- S-Trip Cuba not associated with School
- Report Cards home on Friday, looking to change timing in future.
- Course selection completed, summary selection emails will be sent.
- Re-Think still some opportunities uptake 20 all in, 40 considering. Ideal target 30~40
- BNS Boys & Girls teams win District Table Tennis
- School traffic liaison, invited to look at morning traffic behavior
- RCMP will be sending out information on recent attacks in local area

### **SPC Report**

No Update

### **DPAC Report**

Email questions on budget & budget impacts outstanding will be posted on school website.

DPAC website link for more information <http://www.burnabydpac.com/>

### **Treasurer's Report**

Balance of \$1870.80 in general ledger, \$56459.70 from gamed being dispersed

### **Chair's Report**

Some additional requests for gaming funds & will be reviewed by PAC executive.

Last PAC meeting of this year will be 9 May and will include election for next year's PAC team.

NEXT PAC MEETING:

Monday, April 11 2015