



Cape Horn Elementary School
PARENT ADVISORY COUNCIL MEETING
April 10, 2025 @ 7:00 pm - In Person

Attendance:	
Sarah Minton - President	Lindsay Goodridge - Principal
Andrea Williams - Secretary	Lindsay Wong - Treat days
Marvin Fernandez	Sarah Park-Manlig - Hot Lunch
Gurpreet Gill - Treasurer	Elysia Dvorak - Grade 5 Coordinator
Jessica Lenny	
Absent:	
Jeff Randhawa	

Meeting called to order at 7:01pm

Land acknowledgement

Approval of Agenda for April 10, 2025 meeting

Moved by Marvin F that the agenda be approved. **CARRIED.**

Approval of Minutes from the March 13, 2025 meeting

Moved by Marvin F that the minutes be approved. **CARRIED.**

Special Presentation on the Family Smart Organization - Cherie Harbour

- This is a local organization that was created over 20 years ago for child and youth mental health. Their mission is to help children and young people by helping their family and other caring adults.
- Their services are free, and accessible through family peer support

workers with lived experience, who are available to support adults in a wide variety of ways including:

- Emotional support by phone, email or in person
 - Attending school meetings
 - Problem solving, finding resources
- Website is familysmart.ca
 - Access videos and resources on many relevant topics for parenting and mental health
 - Attend monthly virtual or in person events that focus on connection and learning
- Local contacts are
 - cherie.harbour@gamilysmart.ca
 - kelly.allen@familysmart.ca
- Help for the Hard Times workshops are offered, that give a framework to help during really challenging times.
- Cape Horn families can contact Family Smart directly through the website or emails noted. Alternatively they can contact Jessica Lenny or Lindsay Goodridge.

Principal's Report - Lindsay Goodridge

- The school has been busy since spring break ended, with events and activities for students.
- Bhangra dancing has been organized for all classes, and will begin later in April.
- The federal election voting day has been booked for April 26th in the gym.
- Class reviews were done today with all teachers. This is done two times every year, in the fall and again in the spring. The spring session is a time to celebrate the efforts and successes that are being put in. Discussion included
 - What teachers need for their classrooms
 - What teachers need for students in the current classes, and for upcoming students
- Student led conferences are coming up on April 29th. Sign up information will be sent out by teachers. This is a chance for students to show their family what they have been learning.
- Running club has started, and will be every Tuesday and Thursday, weather permitting.

- Preparations and practice is ongoing for the Como Lake relay
- Staff met to discuss upcoming school events. They discussed not having a separate Sports Day this year for many reasons.
 - It requires a lot from teachers, and at least one teacher needs to take on the planning and organization of the event. Currently there isn't anyone on staff able to take on this huge responsibility.
 - In the past there have been many students overwhelmed and overstimulated by sports day events. Calming stations have been offered in years past, which become very busy in the afternoon especially.
 - We don't have the bouncy castle for this year.
 - Students with varying abilities struggle to participate in many of the activities offered.
- Staff have opted to incorporate Sports day activities into the school wide field trip to Mundy Park on June 6th instead. We have booked all the fields, buildings and picnic areas.
 - Indigenous sports day activities will be set up
 - Sports day activities will be planned
 - Teachers will have more flexibility this year to move between the activity stations or the walking trails in the forest, depending on the interests of their students.
- PAC had planned McDonalds hot lunch for that day. Discussion of changing the hot lunch date, or keeping it on June 6th and delivering it to Mundy Park.
 - Decision made to keep the McDonald's hot lunch on June 6th
 - Parents will be notified about the opportunity to order hot lunch for this event, hopefully more families will participate and order lunches for students for this special day.
 - Suggestion offered that PAC could provide popsicles or freezies for all students, as is usually done at this type of event.
- Kona Ice truck had been booked for June 13th, but because the sports day has been moved to June 6th, it was decided that we will cancel this treat day.
 - Gurpreet G. or Sarah M. will contact Kona Ice via FB messenger to cancel.
 - We do not believe that a deposit was made for this; Gurpreet G. will look into this.

Treasurer's Report - Gurpreet Gill

- General Account balance \$10216.68
- Grade 5 Account balance \$3078.71
- The movie night donation from RBC will be sent directly to the school; Raksha Prasad will deposit the funds to the correct account.
- The Gaming Grant from last year was unfortunately denied.
- There is a new system for Gaming Grant applications that Gurpreet is trained on, and she will ensure it is submitted for next year.

General Discussion

Gardening Plans

- We have approval for RBC to attend our Gardening event on May 1st. They will come in from 12:30-2:30 to work with students.
- There are a few items we need for this
 - A wheelbarrow (either to borrow, or a donated one)
 - Gloves for students to use when gardening
- We will be receiving 3 raised beds, similar to the one in the kindergarten outdoor area. The new beds will likely be set up in this area as well, for ease of watering (hopefully an automated watering system will be set up) and because it is lockable. Families will be invited to harvest from these garden beds over the summer.

Lego

- Classes and learning services would really appreciate donations of Lego to use in self regulation, projects etc. If families have Lego to donate it would be appreciated so much! Communication will be sent out using WhatsApp groups to request.

Safe at Home Courses

- No availability to book for the current school year pro-d days.
- Sarah M. has booked this course for September 19, 2025. This will be for students age 9-11, it will include some first aid information as well. A maximum of 30 students can attend. The cost of this will be confirmed, and can be booked through school cash online. We will invite current students first, then former Cape Horn students and siblings, and then will open it to the wider community to ensure the event is fully booked.
- Supervision will be required during the recess and lunch break times, so parents may be asked to come in. This will be confirmed.

Excel Martial Arts

- We have booked EMA to come during the lunch time from June 9-20, 2025
- Supervision ratio is 1:10. A maximum of 40 students per session can register.
- Primary and intermediate levels will each get 2 sessions per week. Teachers will be advised which students are registered for the sessions.
- The cost will be \$20 per student, and will be set up on MunchaLunch as a fundraiser.

Grade 5 Committee Updates - Elysia Dvorak

- Luncheon is being planned for June 23rd
- Movie night is planned for Friday in June. Pizza, drinks, snacks will be included
- Leaving ceremony will be June 26
- The cost of the school bus has increased from \$800 last year to \$2200 this year, to bring the students to camp.
- Parents are responsible to pay \$210, which is the same cost as last year.

DPAC Report - Submitted by Jeff Randhawa

- At the last DPAC meeting there was a presentation by Shannon Sullivan, the coordinator for Counselling Support Services. Topics discussed: How students can be supported with a. Self regulation, b. Attention and focus, c. goal accomplishment, and d. Time management
- Next DPAC meeting will be April 30th in person at the Education Learning Centre at 7pm.
- DPAC AGM will be May 28th at the Education Learning Centre at 7pm. Elections will be held for executive positions, if anyone is interested in applying, please contact Jeff R. for information.

Hot lunch and Treat days - Sarah Park Manlig and Lindsay Wong

- Hot lunches have been booked for the rest of the year.
- Freezies will be sold after school in the upcoming weeks.
- Mini Donut truck has been booked for June 9th.

Meeting Adjourned at 8:18pm

Next PAC meeting will be May 8, 2025