

LPAC meeting Feb. 6, 2013

Meeting called to order: 704

Attendance: Barb Wolgemuth, Deidre Pattenden, Shauna Boyd, Deena Lewis, Lori Daoust-Chow, Tanya Fawkes-Kirby, Michelle Tuan, Kulli Yee, Ingrid Bahng, Laura Cain, Anthony Bischoff, Kim Lauridsen, Christine Knoll, Kelly Chow, Tricia Fung, Remi Collins

Approval of Agenda: motion to approve by Kulli, 2nd by Christine

Approval of minutes-January, 2013 PAC meeting: motion to approve by Deidre 2nd by Kim

Principal's report: Remi Collins

Feb 27-pink shirt day-message to stand up for your friends, will have assembly, valentines focus on friendship—talk about what friendship is—invitations need to be all or none-not the teachers responsibility to hand out invitations

Leigh pride wear orders due by Friday

Revisiting the behaviour matrix—pride—make it simple for all children to understand

50 kindergarten registrations so far – more families may still register—try and get the word out to families who may not be aware that registration is happening-Remi will be contacting developers to make sure buyers are aware they need to register

Basketball has started—thanks to teachers for helping out

Maypole practice for grades 3, 4, 5 run by Ms. Hodges—currently at lunch

Chairs report: Michelle Tuan

Thank you to Kulli for inputting parent emails—190 parents so far—some still coming in

Thank you to Christine and Robin for work on munch a lunch—office work/set up

Thank you to Christine for purchasing a safe and drop box

Michelle has been part of the anti bullying seminars—tomorrow night focused on elementary level

Michelle talked about the possibility of having David Pavine-(does young performers) come in during class time 40-45 min to talk about anti bullying

Ingrid suggested contacting DPAC to see if they have resources

Remi will talk to David and see what he has done previously within the district and possibilities for the school

Michelle concerned about the clutter in the —multipurpose room, courtyard and PAC office—Remi said-some items have been given to the school and may need to be used in the future—lack of storage everywhere—Remi will look and see if there are items that can be thrown out---courtyard has bottles etc.—reluctant to ask custodians –busy keeping school clean—Remi can talk to user groups to try and clean up after themselves

If there is enough interest –we can meet up and work on cleaning up some areas

Deidre asked about getting new garbage cans—we will be getting new ones—bear proof ones cost \$2000—not feasible

There seems to be a lot of garbage within the last month—working on green teams-classes responsible for cleaning up

PAC meeting sign-Michelle is trying to figure how to salvage the sandwich board

Ingrid suggested using vinyl sign to attach to fence to announce PAC meetings—Tricia will check with a sign company and report back

Movie night Feb.21-needs to be set up through munch a lunch—Michelle will talk to Christine about details

Tickets will still be available at door

Treasurers report: Anthony Bischoff

Update—attached

A new treasurer will be needed for next year

Parent Communications: Kulli Yee

Kulli has mentioned in the PAC newsletter about available PAC positions for next year

Starting to get more feedback from parents--

leighpacinfo@gmail.com-- parents can send questions etc.

PAC constitution is back on the website—should look at updating

DPAC: Ingrid Bahng

Update attached

Remi will send out info for parents on the webcast

Emergency Prep: Laura Cain

There are a few items that need to be ordered/replaced—orange bags, hard hat, batteries

District wide evacuation day in May-the backpacks will be checked at that time

Earthquake kits--There are basic items that each school need to have

Each Classroom has personal comfort kits for each child

Survival supplies are stored in boys change room

Hot lunch: Laura Cain

Few complaints about munch a lunch—about raising the price

So far less cash handling—

Discussion about how eventually PAC and school district will be online

School district policy about money handling—discussion

Hoping to keep munch a lunch ordering open until Monday

Minnekhada Liaison: Deidre Pattenden

After school programs have started—110 students participating in various programs

FSA tests—50 students not writing, 120 are writing

Talked about district budget deficit

Mr Lagesten is back-was away battling cancer

Community hub person will start liaising with elementary schools

Grade 5 leaving: Kim Lauridsen

The Grade 5 students will have their pictures taken—will give some dates—unsure yet when that is happening

New business:

Jesse miller will present an internet safety workshop on April 2 and April 3—there will be a session for parents followed the next day by the workshop for the children—workshop will be paid for out of parent education not social responsibility as previously discussed

Snowflake ball update

141 students attended

Wishing well raised almost \$1100, plus \$141(\$1 from each ticket sold) donated towards Gaby Davis foundation

DJ and chocolate fountain have been donated in the past—next year they will not be donated—these extra costs will need to be added to the budget—Michelle has offered to volunteered to do the pictures again next year

San Remo pizzas donated the pizzas

Will spend the overage from this year's ball minus \$ 100 towards supplies for next year's ball

Carnival update:—Kim has decided to postpone the meeting into March

Boy's night update:

Planning meeting on Tuesday

Would like to have a Star lab—portable planetarium—as well as a sports activity, food-chocolate fountain—dance and DJ in multipurpose room—will be held on April 26

New business:

*Anthony has a proposal for deposit management plan that will be added the next agenda—money handling policy

*Discussion around money handling protocol

*Working on getting a safe and drop box—

*Recommending that there always be two people handling money

*Mr. Collins again iterated that the PAC and office money needs to be kept separate

*PAC has a surplus in the bank--Ingrid suggested putting the extra money into a term deposit--would like to use the extra money

*PAC is open to ideas about how to spend the extra money

*We have spent money on technology this year

*Grant application for playground is coming up

*Mr. Collins is checking into playground options—feels we do not need another climbing structure but would like to have digging opportunities

*Could use more soccer balls, Tonka trucks, shovels, buckets

*At the end of the year should summarize PAC activities

*I pads have just had apps added, Ms Jeon and Ms. Letkeman will be first to use—will see how other school have been imaged—talk about what has worked and what hasn't-- will be in classroom by next month

*Kelly would like to have the next month's agenda reflect that there will be discussion about spending money

Motion to adjourn by Tricia at 9:27p.m. 2nd by Laura

DPAC Meeting – January 30, 2013

Notes taken by Ingrid Bahng, Leigh Elementary DPAC Representative

- FSAs are currently in progress.
- There is a program regarding self-regulation being piloted at Seaview Elementary. This teaches students to notice how they are feeling, to self-regulate and take responsibility for themselves.
- In light of the budget shortfall SD43 is looking at ways to cut back on expenditures. Some other school districts have put away money for "rainy days" but SD43 believes in spending the dollars now for students that are in school now. Saving dollars for a rainy day and then realize you have extra money in the bank you can't then go back and spend those extra dollars on past students. The students should benefit from the money that is available to them.

- DPAC presented a pre-recorded webcast with Dr. Dan Siegel regarding The Brain, The Mind and Relationships Helping Grow the Brain. This is a study of the biology of relationships and the brain. He discussed the seven daily essential mental activities (sleep time, physical time, focus time, time-in, down time, play time and connection time) to optimize brain matter and create well-being. Please see attachments for additional information on The Healthy Mind Platter. If you would like to see the one-hour webcast prior to the parent session this can be made available to you by the principal from your school.

On February 21 Dr. Dan Siegel will be presenting a parent session on The Healthy Mind, if you are interested please contact the DPAC office (DPAC website is located at <http://inspire.dpac43.org/>, everyone is welcome.

He will be working with district teachers and administration on this subject on February 22 which is a Professional Day.

The Healthy Mind Platter



The Healthy Mind Platter, for Optimal Brain Matter

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Seven daily essential mental activities to optimize brain matter and create well-being

Focus Time

When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.

Play Time	When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.
Connecting Time	When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry.
Physical Time	When we move our bodies, aerobically if medically possible, we strengthen the brain in many ways.
Time In	When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain.
Down Time	When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge.
Sleep Time	When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.

The Healthy Mind Platter Overview

The US Department of Agriculture (USDA) recently replaced its food pyramid with a needed revision, a "choose my plate" pictorial example of a dish of food groups to remind us of what a daily diet should consist of to optimize physical health. What would be the equivalent of a recommended daily diet for a healthy mind?

With an obesity epidemic rampant in the US, this change is welcome and hopefully will inspire people to be aware of how they compose their day's food intake. Our mind, embodied in our extended neural circuitry and embedded in our connections to others and even the way we relate to our planet, is also in need of careful attention to establish and maintain mental health. Poverty, hunger, and homelessness threaten the essential needs of many throughout the world. War and natural disasters fill many lives with fear and suffering. And even for individuals in more stable environments, modern life can be filled with an overwhelming focus on the outer world and an experience of being isolated from meaningful connections with others. Multi-tasking with its fragmented attention and the sense of becoming overwhelmed with information overload frequently fracture a sense of wholeness. In each of these conditions, the embodied and socially embedded requirements for a healthy mind are not being created in daily life throughout the world. Many are deficient in a daily regimen necessary for mental well-being.

So what would be included in *The Healthy Mind Platter*? In the field of interpersonal neurobiology, we define a core aspect of the mind and also propose that a healthy mind emerges from a process called "integration"— the linkage of different components of a system. That system can be, for example, the body as we connect upper and lower regions to one another. Integration can also include how we connect with others in a family or a community, honoring differences and promoting compassionate linkages with each other. If we embrace interpersonal neurobiology's proposed definition of a key facet of mind as an embodied and relationally embedded process that regulates energy and information flow, how can we make a practical definition of mental habits that can help people with their diet of "daily essential mental nutrients"? How can we use the focus of attention to strengthen integration in our bodies and in our relationships on a daily basis? What would the fundamental components of such a health-promoting daily regimen of mental activities be?

To address these questions, my friend and colleague, David Rock, a leader in the organizational consulting world, and I got together and created what we're calling *The Healthy Mind Platter*. Here is how we describe the elements of this plan for a healthy mind.

The Healthy Mind Platter has seven daily essential mental activities necessary for optimum mental health. These seven daily activities make up the full set of "mental nutrients" that your brain and

relationships need to function at their best. By engaging every day in each of these servings, you promote integration in your life and enable your brain to coordinate and balance its activities. These essential mental activities strengthen your brain's internal connections and your connections with other people and the world around you.

We're not suggesting specific amounts of time for this recipe for a healthy mind, as each individual is different, and our needs change over time too. The point is to become aware of the full spectrum of essential mental activities, and as with essential nutrients, make sure that at least every day we are bringing the right ingredients into our mental diet, even if for just a bit of time. Just as you wouldn't eat only pizza every day for days on end, we shouldn't just live on focus time alone with little time for sleep. The key is balancing the day with each of these essential mental activities. Mental wellness is all about reinforcing our connections with others and the world around us; and it is also about strengthening the connections within the brain itself. When we vary the focus of attention with this spectrum of mental activities, we give the brain lots of opportunities to develop in different ways.

One way to use the platter idea is to map out an average day and see what amounts of time you spend in each essential mental activity. Like a balanced diet, there are many combinations that can work well.

In short, it is important to eat well, and we applaud the new healthy eating plate. As a society we are sorely lacking in good information about what it takes to have a healthy mind. Since the mind is both embodied and embedded in our connections with others and our environment—both natural and cultural—these seven essential times help strengthen our internal and relational connections. And since the brain is continually changing in response to how we focus attention, we can use our awareness in ways that involve the body and our connections to create a healthy mind across the lifespan! We hope that *The Healthy Mind Platter* creates an appetite for increasing awareness of how to nourish our mental well-being each day too.

The Healthy Mind Platter was created by Dr. Daniel J. Siegel, Executive Director of the Mindsight Institute and Clinical Professor at the UCLA School of Medicine in collaboration with Dr. David Rock, Executive Director of the NeuroLeadership Institute.