

Port Moody Secondary School
Parent Advisory Council Meeting Agenda with Meeting Minutes

Date: Tuesday December 5, 2023 @7pm -8pm
Location: Library @PMSS

Attendees: Jeremy Clark, Miwa Aoki, Judi Zaklan

1. PAC Chair's speech (10 min.)

1.1 Call to order **at 7:06pm**

"We acknowledge we are on the unceded traditional territory of the Kwikwetlem First Nation, which lies within the shared territories of the Tsleil-Waututh, Katzie, Musqueam, Qayqayt, Squamish, and Sto':lo Nations"

1.2 Welcome and Introductions

1.3 To pass the minutes of the previous meeting for November 2023

Not enough people to pass. Postpone until January meeting

2. Principal's Report (20 min.)

2.1 Overview: programming, staffing, facilities, etc.

- **Request for additional staff has been submitted to district**
- **Science teacher will be leaving to take on a VP position at another school**

2.2 What's coming up

- **Hosted IB info night (2 nights) at the end of November; well-attended**
 - **Dec 15 IB application**
 - **Jan 20 assessment**
- **Athletics are in full swing, including swim Provincials, Sr. boys soccer in provincials, basketball and wrestling has started up**
- **Dec 12 band and choir performance; drama group competition coming up**
- **Winter Market held by business students, will be happening during lunch on Dec 12**
- **Gr 11/12 IB report cards coming out next week**

3. Treasurer's Report (10 min.)

3.1 Review and approve the proposed PAC budget for FY 2023/2024

- **\$2500 refunded by school to PAC donation account**
- **\$950 in donations from families**
- **See below for account balances**

4. DPAC updates (10 min.)

- **Meeting was held on Nov 29.**

- **There are two main topics: The first topic is how DPAC can assist PACs (mainly how to form a PAC and operations). Second topic on how to make nutritious lunches. See slides below.**

5. Others (10 min.)

5.1 Concerns / Issues:

- Call out for nominations to fill After Grad committee: Chair, Vice Chair, Secretary, Treasurer
 - **Venue (Surrey Fun Park) has been booked**
 - **Mr. Taylor (staff) will continue to move things along**
- **Fanny is resigning as PAC treasurer. Will need to find replacement**

5.2 Round Table

- Next meeting: January 9, 2024

6. Adjournment 7:44pm

Port Moody Secondary School PAC
 Financial Information 2022/2023
 Year Ending June 30, 2024

Gaming
 Account
 Summary
 Report

General - PAC	YTD Actual	General - Aftergrad	YTD Actual	Gaming	Budget 23/24	YTD Actual	Difference	Totals
Opening Cash - 07/01/23	\$ 679.24	Opening Cash - 07/01/23	\$ 101.60	Opening Cash - 07/01/23		\$ 3,322.55		
Receipts		Receipts		Receipts		\$ 22,440.00		
Interest	-			Interest				
				Gaming grant				
				After Grad 50/50_April				
				After Grad 50/50_May				
Opening Balance Plus Receipts	\$ 679.24	Opening Balance Plus Receipts	\$ 101.60	Opening Balance Plus Receipts		\$ 25,762.55	\$ -	
Disbursements		Disbursements		Disbursements approved 2023-24	Budget	Actual	Variance	
				Animation Club	\$ 638.59		638.59	
				Art and Animation Club	\$ 369.85		369.85	
				Athletics	\$ 5,373.97		5,373.97	
				Board Game Club	\$ 500.00		500.00	
				Cubing Club	\$ 515.00		515.00	
				Drum Line Club	\$ 2,875.49		2,875.49	
				Library Learning Commons	\$ 407.30		407.30	
				Library - Reach for the Top	\$ 412.45		412.45	
				Robotics	\$ 3,000.00		3,000.00	
				SOAR	\$ 500.00		500.00	
				Table Tennis Club	\$ 122.82		122.82	
				Theatre and Improvisation clubs	\$ 5,658.74		5,658.74	
				Year end celebrations and events	\$ 3,000.00		3,000.00	
				PAC bursary	\$ 500.00		500.00	
				Subtotal	23,874.21		23,874.21	
				Disbursements AfterGrad 2022-2023				
				Cash price for 50/50 draw owner				
				Fees for Raffle Nexus Canada Inc				
				Gaming license fee				
				10% fundraising fee ro Raffle Nexus				
				Aftergrad Prizes				
				Aftergrad Food Station				
				Aftergrad Selfie Station				
				Stop payment fee for lost cheque #218				
				Pizza for AfterGrad				
				Bus Rental				
Total Disbursements	\$ -	Total Disbursements	\$ -	Total Disbursements	\$ -	\$ -	\$ -	
Closing - Nov 30, 2023	\$ 679.24	Closing - Nov 30, 2023	\$ 101.60	Closing - Nov 30, 2023	\$ 25,762.55	\$ 25,762.55	\$ -	\$ 26,441.79
		After Grad Donation (#14001)	\$ 117.35	PAC Donation (#14000)				\$ 5,762.24
		Graduation-Aftergrad (#90004)	\$ 1,546.89					
		TOTAL	\$ 1,765.84					TOTAL \$ 32,204.03

Healthy School Lunchbox Webinar.pdf (page 1 of 21)

Healthy School Lu...

The ABC's of packing a healthy school lunchbox

Presented by Krista Parr
Registered Holistic Nutritionist



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Food Matters

Step 1: Eat Real Food

Step 2: The 3 essential elements



Food Matters

For our children, food is fuel but it is also the building blocks of their growing bodies. The food they eat at school can have a huge impact on their focus, energy, and behaviour. It's not about perfection! Understanding a few fundamental concepts can serve as a helpful guide when faced with the question of "what's for lunch?"

Step 1: Eat Real Food

- Whole, without any edible parts removed
- Minimally processed
- Comes from Nature, not a factory
- Would your great-grandmother recognize it?



Something colourful & fresh

- Vitamin C to support the immune system
- Water content for hydration
- Fiber for gut health
- Various vitamins & minerals
- Next best: frozen, canned, or dehydrated produce





Protein

- Provide the building blocks for growth
- Repair muscles & tissues
- Manufacture hormones and antibodies
- Keep us feeling satiated and provide sustained energy



Protein Examples:

- Deli meats
- Pepperoni
- Eggs - hard boiled or make egg cups
- Cheese
- Yogurt
- Hummus
- Roasted chickpeas
- Edamame beans
- Dinner leftovers
- Hemp seeds
- Tofu & Tempeh

Healthy Fats

- Eating fat doesn't make you "fat" but the type of fat matters
- Neurological development linked to the amount of proper dietary fat intake - brain is more than 60% fat!
- Essential for the absorption of calcium, and vitamins A, D, E, and K
- Slows down the blood sugar spike, stabilizing mood & energy.
- Helps keep us feeling fuller for longer



What about grains?

Feel free to include things like bread, crackers, pasta, rice, cookies, granola bars etc.

I call these "energy foods" because they provide energy but often not too many nutrients.

We also get energy from colourful foods, protein, and fat, so I don't necessarily consider grains "essential" like I do with the other elements. But kids love them, they're convenient, and yummy!



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Let's Connect

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