

Thursday April 25th Meeting Minutes EMJS PAC

EMJS Library 7pm

Attending: Anne Tomy (PAC chair), Heather Macdonald (member at large), Genny Crane (teacher and EMJS parent), Jessica McDiarmid (secretary), Janet Langston (Vice principal), Brett Johnson (Principal), Lori Petryk (parent and guest speaker)

1. Welcome and Intro (Anne)

2. Guest: Lori Petryk, Registered Dietitian

Highlights of Guidelines for Healthy School Food and Beverage Sales - applies to all food sold to students at school

Sell most: 50% healthier choices

PAC hot lunch sells juice boxes, which are above guideline serving of juice. Less sugar boxes are available (Oasis fruit boxes for example)

Save on Foods will provide these items at cost if a list of monthly needs can be submitted.

Recommendation is to increase fruits and veg by adding White Spot Veg and Dip, Salads or similar

Grain products sold provide high amounts of sodium. Whole grain choices should be 100% whole grain. Currently we offer 50% ww on the chicken pizza.

Pizza is extremely high in sodium from the cheese, sauce, crust and meats. Vegetarian pizza would be a healthier option.

Recommendation to remove choc milk as is so high in sugar, remove pepperoni and tropical pizza (pepperoni and ham are too high in sodium). Recommend to remove pasta/meatballs and chicken and add fish and to search other restaurant options. Recommended to pull cookies and offer nut free granola bars with less than 6g sugar per serving.

Instead of bake sales: cookbooks, planners, calendars, earthquake preparedness kits, services (look up Health promoting school fundraisers on the DASH website).

Sushi meets the guidelines with no soy sauce.

Directorate of agencies for school health (DASH, www.dashbc.ca) may have a list of schools and their menus, or the district dietitian that works with schools.

Sourcing other options: look at DASH

Brett: May need to look at other fundraising options. Healthy habits start young but schools cannot tell parents how to parent.

Lori: as a school we are mandated by the Healthy Schools act to not make money off the health off of kids

3. PAC Committee Updates (Heather and Anne)

There are three hot lunches left. Tonight is the deadline for ordering for next week. Brett thinks staff may be ready to take a break from Hot lunches next year.

Spring Fair: Food trucks may not meet healthy eating guidelines. Call out for volunteers to lead certain activities. Sign up for ½ hour shifts. DJ, bouncy castles, hamster balls, all booked

Bike to school week is last week of May. Organized by GVcycling coalition. Is providing promotional items. Thrifty's may provide some snacks for the celebration station.

Grade 5 celebration: teachers are meeting tomorrow, parent info night at the Penny Farthing on May 2nd to meet about the final celebration may look like.

VAC: artists in the classroom is now all done and paid for

School supplies: PAC will do it again this year to coordinate with MONK's and the office re supply list. Anne will follow up with Jess.

Genny: We have noticed a steady decline in the quality of supplies from Monk's over the last few years - some of the items have been very poor quality or not useable, such as wood glue instead of school glue, cheap pens that don't work, no name items that do not last (pens and pencils) Rulers have been so thin not useable.

4. Budget update and surplus spending (Anne): tracking sheet shows that the budget is on track. A few line items are high balance at the moment but anticipate May June spending.

Will the activity funds go towards PISE?

(Janet) PISE classes are start May 9. All students will be participating. Will get a once a week experience for each class, and twice a week for the last week.

Budget meeting will be upcoming. April form to apply for funds will be adjusted to allow for more flexibility. Request for feedback from staff regarding programs that PAC funds for to see if they are to be carried forward.

Janet: Is Science Ventures still funded?

Yes

Brett: huge amount of primary teachers are doing garden

Anne to supply a list of PAC funded activities for survey to teachers of what is desired next year, what to cut, change for next year.

Heather: can we get Feedback from staff regarding the 2019/2020 budget keep/cuts before PAC budget meeting?

Brett: Hopefully next week, or in June.

5. A number of Exec members are looking to leave or share their exec roles. Looking for new parents to take over/ actively join the exec for next year. Considering adjusting the elections to reflect more overlap and to follow the calendar year with elections in January. May 16th exec meeting (may have another budget meeting) AGM on May 30.

“Welcome to Kindergarten” day at the end of May. Exec could supply a 1 pager to welcome parents to the PAC, get more long term parents on the exec.

6. Genny Crane: not much to add for the Teacher Update

7. Admin update:

Brett we are in the process of ordering new library furniture. May have some tables to give away soon as they are being replaced. Will be creating a flexible space. Book fair is next week in the multipurpose room. Are always looking for volunteers. Track is starting next week, Everyday between next week and May 28 there will be practice on the field. Final x country next Tuesday at Lambrick park. Rugby is continuing. Class photos are on the 30th, student led May 2nd for early dismissal.

Choir is performing at Glengarry on the 9th. Music monday happening that Monday. PISE starts on May 9th, IRide finished today (thanks to PAC), Grade 5s transition day on May 16th.

Boundary recommendations being presented to the Board Tues April 30. Is a public meeting. SD wants to set up a meeting after.

Fencing, painting, tidying up continues outside

Art Starts “Andy the musical scientist” on May 22nd

8. AOB:

Q:Projector/sound system update?

A:Sound is all roughed in. Projector is a different ask.

Q: Do we know how much we made from Monk's?

A: under \$1000, spent on whisper bikes \$648 per bike, about 15 in the building so far and more demand still.

Meeting commenced at 8:30 pm