

McKenzie Elementary PAC Meeting Minutes

Wednesday, March 12, 2026

Virtual Meeting called to order at 6:36pm

Attendance: Karangwa, Angela AG:EX (Chair), Wendy, Parayno, Alicia [ISLH] (Island Health), Alyssa Farley, Colleen, Sydney, Allison Schein, Krystina Additional attendees joined virtually (unverified #23) *Admin reps:* Carmen Gauvreau, Jordana Beattie,

1. Parent Education Presentation – Island Health (Alicia Parayno)

- Alicia Parayno acknowledged she was presenting from the traditional territories of the Lekwungen and W̱SÁNEĆ peoples.
- Overview of the Healthy Schools Team, described as a multidisciplinary resource supporting students, staff, parents, caregivers, and the broader school community.
- Shared regional and provincial health data drawn from:
 - i. Early Development Instrument (EDI)
 - ii. Middle Years Development Instrument (MDI)
 - iii. Childhood Experience Questionnaire
- Key themes highlighted:
 - i. **Belonging and connectedness** as protective factors
 - ii. **Social-emotional development**, including emotional regulation and peer relationships
 - iii. **Nutrition and family meals**
 - iv. **Sleep and screen use**
 - v. **Mental health literacy and help-seeking behaviours**
- Noted trends showing:
 - i. Declines in perceived well-being as students age
 - ii. Increased screen use and reduced sleep quality in higher grades
 - iii. Ongoing issues related to bullying (physical, verbal, and social)
- Alicia Parayno shared that a “Sleep and Screens” presentation has already been developed and could be adapted for an elementary PAC audience.
- Resources referenced included:
 - i. Kelty Mental Health
 - ii. Language Matters
 - iii. Island Health Healthy Schools webpages
- PAC discussion:
 - i. Strong interest expressed in sleep, nutrition, and mental health topics
 - ii. Preference for virtual delivery to increase accessibility and attendance
 - iii. Agreement to poll families to prioritize topics
- Next steps:
 - i. Angela Karangwa to draft and circulate a topic poll based on the presentation
 - ii. Follow-up with Island Health to confirm topics and possible dates

- **Links to documents shared:**

2. [slide deck](#)

3. [infographic](#)

4. Island Health webpage: www.islandhealth.ca/healthyschools

5. Admin Updates – Carmen

- Spring Break reminder: school closed for two weeks; families encouraged not to send students during break.
- Welcome to Kindergarten event scheduled for May 21; PAC invited to participate.
- Clarification provided on EDI and MDI surveys:
 - Participation is district-directed and voluntary
 - Administration supports students in understanding survey questions
- **Staffing update:**
 - Office staff member **Val** transitioning to semi-retirement and moving schools after Spring Break Friday March 12th is her last day. She will be missed.
- **Programs and activities:**
 - Tennis program extended through end of school year
 - TC10K Run Club preparing for spring events
 - Track and field preparation underway
 - Rugby anticipated in spring (details pending)
- **Upcoming items:**
 - Kindergarten hearing screening after Spring Break
 - Grade 4 learning survey upcoming
 - Increased activity period during April–June, including field trips
- **Volunteer reminders:**
 - Criminal record checks can take several weeks
 - Families encouraged to submit early if planning to volunteer or drive

6. Treasurer’s update

- **Recent income:**
 - i. **Purdy’s fundraiser:** \$693 received
 - ii. **Hot lunch fundraising:** approximately \$3,000 to date
- **Parent education budget:**
 - i. Recent shared session hosted by Strawberry Vale estimated at **\$79**
 1. Motion passed to increase the parent education budget by **\$26.94** to cover the cost
 - ii. *Motion carried*
- **GAGA Ball Pit project:**
 - i. Final estimated cost approximately **\$25,400**
 1. Motion passed to increase allocation from \$25,000 to **\$25,400**

- ii. *Motion carried*
 - iii. PAC to issue cheque; school to manage project through a dedicated district account
- General financial update:
 - i. Overall PAC finances reported as healthy
 - ii. Discussion noted around future planning for annual spending vs. surplus
- Library furniture (cost-sharing project)
 - i. TBD

7. Events

- **Family photo sessions**
 - Potential dates reviewed:
 - **April 17**
 - **May 7 – Preferred**
 - Carmen to confirm photographer availability
 - Colleen & Angela follow-up
- **Spring dance (Spring Fling)**
 - i. Date: Friday, April 24
 - ii. Co-leads confirmed
 - iii. DJ confirmed (budget approx. \$250)
 - iv. Poster to be created; volunteer call-out to follow
- **Easter**
 - i. **Fundraiser is live**
 - ii. **Posters with QR codes displayed at school**
 - iii. **Social media reminders and newsletter promotion planned**

8. Parent Education

- New PAC member Sydney suggested Julianne Richards, a speaker focusing on child anxiety
- Sydney to follow up with availability and cost details
- PAC expressed openness to exploring this option
- HELPING KIDS BUILD HEALTHY FRIENDSHIPS (HYBRid)
 - i. March 9, 2026 at 7:00 PM
 1. Strawberry Vale Elementary – Music Room
 2. 4109 Rosedale Avenue
 - ii. **Register to attend in-person or online at:** <https://forms.gle/n4c7xLmu1xNC3CHd8>

9. Next Meeting:

- Next PAC meeting scheduled for **April 8th (hybrid format)**
- Location: School library with virtual option available

10. Action Items

- Create + share parent education topic
- Confirm next parent education topic + date(s) with Parayno, Alicia [ISLH] after poll results
- Confirm May 7 family photo session availability
- Spring Fling (Apr 24):
 - i. poster
 - ii. volunteer call-out
 - iii. DJ/pizza coordination
- Purdy's Easter fundraiser:

- i. promote + send details for newsletter inclusion
- GAGA ball pit: write/sign cheque + school deposits to dedicated line item; facilities proceed with order
- Promote joining the PAC – Join us on slack using this link -
https://join.slack.com/t/mckenziepac/shared_invite/zt-2qgvsib0z-ZSEyWi6IXcmaJQKBiQzQ
 - i. Facebook
 - ii. Newsletter
 - iii. Short role descriptions
 - iv. In-person signage/flyers/sandwich board