

**Magee Parent Advisory Committee General Meeting
February 24th, 2026 @ 7 pm**

Meeting Start Time: 7:05 pm

Meeting End Time: 8:50pm

Meeting Chaired By: Tiffany Lee

1. Land Acknowledgement

	With deep gratitude and respect, we are honoured to be living, growing, learning, working, and connecting with others on ancestral and unceded lands of the x ^w məθk ^w əyəm (Musqueam), Skwxwú7mesh Úxwumixw (Squamish Nation) & səilwətał (Tsleil-Waututh Nation).

2. Chinese Lunar New Year Game

Tiffany	Happy Lunar New Year!
Acknowledging	Year of the Horse
Activity	Matching animals and characteristic

3. Guests: Pain Pro

Shireen Mistry	
	<p>Pain Pro’s: Shireen Mistry provided information about their clinic and services and also set up a massage chair for massages. She explained the services offered by Pain Pro, and offered complimentary chair massages this evening. There was a sign-up sheet (which was full) and parents appreciated this offering. Well received.</p> <p>https://painproclinics.com/what-we-do/registered-massage-therapy/ Contact information: 604.683.7246; shireen@painproclinic.com #100-535 Thurlow Street, Vancouver, BC, V6E 3L2</p>

4. Guests: Family Start

Melina & Amy	
	<ul style="list-style-type: none"> • Melina and Amy, both Parents, work with Kelty regarding substance use and mental health challenges • both have lived experiences around this as parents • their role: to share support services for parents • family smart: is a not-for-profit located in BC and Alberta • started by 2 parents who struggled to find supports for their kids • Aim: they don’t want other parents to struggle to find support • Who they support: support for family, caregivers and youth with mental health challenges and substance use • Work with over 22 communities in BC and Alberta; In Vancouver: 2 of them • Don’t need diagnosis or a referral, arents can reach out to them directly • Serve families with youth age 24 and under • Low barrier, non-judgemental, no agenda, some parents want info, some want to talk about what is going on, where can they access support, etc • Example: one family needed supports and parent has a graduate degree, English language fluency, and still struggled to find supports • Family Start: serve as a touchpoint to ask questions and get tips/strategies that have worked for them • Family smart website has similar details and includes resources, and list their monthly events • Parents who are better supported, are better able to support their kids • They aren’t clinicians but have a range of topics that they have developed resources (including videos) • February upcoming event: eating disorder conversation; March: self-harm • Monthly presentations are pre-recorded followed by a facilitated conversation • Offer: Example of a resource: how children want their adults to talk to them (include conversation starters)

	<ul style="list-style-type: none"> • School absences: offer tips for parents of different age kids - who have struggled to go to school • Videos on their website range in topic: emotional regulation, post response after an incident, beyond behaviours – when behaviours are outside of developmental stages • Q: how do you get a peer helper: you can access this through the website, and there is contact information for them on there • Self-refer and fill them out the form • They aren't a crisis response group and are not able to respond right away • They have some language capacity • Kelty has interpreters – they have 100 language options • Part of the presentation was in Cantonese/Mandarin <ul style="list-style-type: none"> ○ Amy: child wouldn't go to school; and she was feeling crazy, always yelling, and since she worked with family smart, she was able to understand what was happening with her child, and how to respond, she appreciated learning that everyone's brain is wired differently, and she didn't learn this before having kids ○ With family smart, she has learned a lot ○ Her kids are in college now and have multiple skills ○ The service is confidential, and they don't open a case file ○ It is a private conversation; ○ We meet each family where they are at ○ We don't have a formula for how to support families ○ We always hear from families: "we wish we had known you existed earlier" ○ We can be there before a crisis and provide support ○ We can work with children who are neurodivergent ○ Don't have to work with the acute and intense cases ○ Don't have all the answers –emphasize building relationships with kids ○ We try to prevent suffering for our kids but that doesn't always work out that way ○ Teenagers aren't always open to hearing from parents ○ Important goal: help children feel like they are on the same team ○ That doesn't come naturally, so parents have to learn how to communicate more effectively and develop those connections ○ Important message: You don't have to do it alone
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5. PAC Meeting Minutes

PAC Meeting Minutes	Tuesday, December 2 nd , 2025
Passed	Christina and Sandra

6. Principal's Update

Principal's Update	
Lunar New Year	- Happy Lunar New Year
Previous Speakers	Acknowledge previous presenters, and the necessity to support well being
Tumbler Ridge Tragedy	<ul style="list-style-type: none"> - Acknowledging the Tumbler Ridge tragedy - For many staff/students, school is home away from home - Reminder to support each other, be proactive, support situations ahead of time so things don't happen, and learn what we can do differently - Important to press pause and put flags at half-mast
Sports & Arts	<ul style="list-style-type: none"> - Acknowledgement of the success of our basketball teams - Fine arts students performing - Amount of work that goes into the non-academic work kids do, what truly brings a school to life is arts and sports - When you head back outside, look at the furniture in the rotunda (work of students) - Teacher is spearheading AI applications and using AI to design furniture

	<ul style="list-style-type: none"> - He is trying to demonstrate what AI can do in a positive way - Magee's AI policy: we can't stop AI and they are looking for parent feedback
Peer Leadership 12	<ul style="list-style-type: none"> - For Grade 11 families, there will be peer leadership 12 - We are going to be offering this as an on timetable course - Idea behind it: students are already doing amazing work, there are so many clubs, and this will allow kids to be recognized for it, and give kids real skills - Final year for these students and this way, they can give back to the wider community, provide tangible mentorship and do practical things like supporting incoming grade 8s - Also be good for student resumes - Teachers will be attached to the classes to provide guidance/mentorship - This course isn't full developed, but it is a work in progress - They don't have to have it on timetable yet
Courses	<ul style="list-style-type: none"> - Courses: schedule is tighter and tighter, so budget keeps getting tighter and tighter - Hard to switch courses – students need to make the best choices that they can ahead of time - Forced to limit spaces because of the budgets - If you haven't seen what courses your kids have signed up for – ask them to see them, and discuss it with them; Reach out to the counsellors - For grade 10s: start look at what will be needed for post-secondary programs and aim to get those courses in - Hard to rearrange courses later
Q & A	<ul style="list-style-type: none"> - Question: when will students know if some of the new classes will be running: like the Yoga class? - Answer: yoga is running; film isn't going to run; choir may run - Question; stem cohort: engineering and physics - 28 students signed up - One will do physics theory - Other do the practicum and it is for senior kids on timetable - Question: when do students need to get their courses in? - Finished course planning - Last Friday

7. Update:

Magee Sports	
	<ul style="list-style-type: none"> - Magee sports update: Basketball season was a huge success for the boys' and girls' teams; Gr.9/10 Junior Girls' team and the Gr.11/12 Senior Boys' team both won the City Basketball Championships; Gr.8 Girls and Gr.8 Boys Bantam teams also had a good season - Girls' hockey playoffs - Golf, tennis, badminton, soccer coming up
Q & A	<ul style="list-style-type: none"> - How do we hear about upcoming sports? - There are announcements: when tryout outs are happening and there are announcements posted on the gym - Possible to add the try outs on the website? - Chat with Ms Forbes for more information (she is the athletics director)

8. Kim Barthel Talk Update

Marzie	April 21 st : Kim Barthel
Number of tickets sold	- Not enough
Break Even	- 200 tickets required by March 13 th , 2026 to cover costs
Who is she	<ul style="list-style-type: none"> - Started as an OT, and worked with different folks; she's an expert on child mental health - We are hoping to fill the theatre - Please circulate the posters

	<ul style="list-style-type: none"> - Put it on your social media - Having a little wellness fair before - She has offered a book and one course to be raffled off
More Info	<ul style="list-style-type: none"> - For more info: please check out her website

9. DPAC Update

Paula	
	<ul style="list-style-type: none"> - Happy Lunar New Year
	<ul style="list-style-type: none"> - DPAC meetings are online and encourage everyone to attend
	<ul style="list-style-type: none"> - Allows you to network & allows us to learn and advocate
	<ul style="list-style-type: none"> - Much of DPAC capacity has decreased - Previous meetings: in person, and allowed people to come together - Trying to do hybrid meetings to increase in person networking
	<ul style="list-style-type: none"> - Due to internal DPAC issues, the website was taken down, but a new website has been developed - DPAC Chair: Melanie Cheng is going on leave and she is running for school board trustee so she stepped down as DPAC Chair - Angela is acting Chair - DPAC is in transition and next meeting is in 2 days: encourage people to attend on Thursday by going on the DPAC online and view the meeting - All exec meetings are open and so are general DPAC meetings - All parents and caregivers welcome to participate in the general meetings - Offer great workshops: DPAC hosted workshop by Boys & Girls club - DPAC is also connecting with SACY who supports and connects with youth (Hayden is at Magee and a support worker) - SACY workshop at Magee: Building Bridges: May 21st - Eric Hamber has invited Magee families to their capacity café - Youth talk about their experiences (very powerful and informative) - This will be coming to Magee next year - Last general DPAC meeting: issues discussed: racism in schools: this is a problem in most of the schools - VSB is the only district that doesn't have cameras, and we want our bathrooms to be more accessible and safe for all kids to use them - Question: Will cameras be placed outside the door of bathrooms? - Not to be put inside bathrooms but to combat vaping in the school, and only use footage if you have to identify vandalism - It serves as a deterrent to do things but it also speeds up the process if something happens - Political issue in Vancouver; Parents are advocating for this - The more we can participate in the working group for advocating for cameras - Magee working group ... see some action – trustees are the ones who have to make final decision on these ... contact trustees ... dpac more in tune - Email Paula if you want to - Magee starts a step in the next meeting; parent focussed - This is a civic election year, good point, put it together fast

10. Wrap Up

Lunar New Year	<ul style="list-style-type: none"> - Please enjoy treats and beverages
Next General PAC meeting	*** Our next PAC general meeting will be on April 28, 2026 ***