

Parent Education Fund for the 2016-17 School Year

School Name	Brief Description for use of funds
Arbutus Global Middle	Our goal is to spark a conversation within our school community through the school year. Our topic of interest is Internet/social media safety and digital literacy. This is a topic brought forward repeatedly to our PAC meetings and via email.
Braefoot & Doncaster	The Braefoot PAC would like to help host (along with Doncaster Elementary) an evening of parent education with a presentation by Dr. Allison Rees. Her 2-hour presentation, "Sidestepping the Power Struggle," is a great opportunity for parents to learn concepts in communication with their children. As she teaches understanding and working with a range of children's temperaments, we believe her presentation would be beneficial to all parents of our school community.
Central	Ecole Central Middle School is a diverse, multi-cultural school. The funding will be spent on guest speakers and workshops to help support the learning of our students. Providing parent education helps to strengthen bonds between the school and its community, as well as solidify the connectedness and partnerships between educators and parents.
Cloverdale	Each year the Cloverdale Traditional School (CTS) PAC hosts between 4-5 free Parent Information Nights in which all parents and guardians of students at our school are invited to attend. Parent Information Nights provide an excellent opportunity to create a strong sense of connectedness and community within our school culture, while providing parents with access to information and resources related to education and parenting. For the 2017-18 school year, we will include: PISE; Life in Middle School (winter); Family Fitness Night (fall) and Internet Safety with the Saanich Police (spring).
Esquimalt	"Your Kids, Your School" - Esquimalt High has had a changing of the guard within the Parent Advisory Council as older members have "graduated." Grade 9 enrollment has increased and a large cohort of new parents are becoming part of the school community. "Your Kids, Your School" is an early evening networking and parent resource education event inspired by the VCPAC "PAC 101" sessions and some of the ideas promoted by Superintendent, Piet Langstraat.
Lake Hill	A focus of Lake Hill School's administration this year is self-regulation. The PAC would like to give parents and caregivers an opportunity to learn more about this topic, how it may be used in the classroom and things they can do at home. A presentation will be made through UVIC entitled "Promoting Healthy Living for Children Through Self-regulation and Emotion Regulation."
McKenzie	We will bring a guest speaker to the school for the purpose of parent education. There are a variety of topics of interest that were identified by the parent community in a recent poll/survey. The area most requested was in regard to bullying. We will host the presentation in our gym and open it up to the rest of the Spectrum Family of Schools. This presentation aligns with our initiative to bring a guest speaker for our students to talk about a 21-day Small Act Big Impact challenge (presented by Morgane Mitchell) in February prior to Bullying Awareness Day.
Mt. Doug	The Mt. Doug PAC plans to host a public education event for parents with regard to smartphone and social media use. This event in response to expressed parent interest in understanding and responding effectively to their children's use of mobile devices, with particular emphasis on social media apps used most frequently by their children, e.g., Snapchat. We will hire an engaging speaker with expertise in these issues and to facilitate a discussion among parents about effective ways of influencing, and when necessary, intervening in their children's use of mobile devices and social media.
Northridge/Strawberry Vale	Allison Rees will do a presentation on adult and child communication. This event will promote school connectedness by bringing parents together to discuss a topic of shared interest and uses the school as a community venue to support parent/child education. We are partnering with Strawberry Vale to host the event.
Oak Bay/Monterey/ Lansdowne	We will be inviting Dr. Paul Mohapel from Royal Roads University who will present "The Impact of Digital Distraction on Developing Brains." The impact of technology on our students inside and out of school is a recurring topic of interest and discussion around the Oak Bay PAC table.

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Oaklands	The Oaklands PAC would like to bring in local guest speakers, Dr. Allison Rees and Jennifer Gibson to speak to our school community. Dr. Rees and Ms. Gibson will address our parents' interests in child development and behaviours and how parents can help their children.
Quadra	Quadra PAC would like to host an education night on SUGAR for the parents and teachers at Quadra School. The topic, "Sugar, it's not a treat," would be presented by nutrition and wellness coach, Danielle Daem. The session would include the latest research on the effects of sugar on the brain and easy-to-use recipes for snack and lunches for parents to prepare.
Reynolds	We are pursuing a speaker(s) for drug awareness and sexual health awareness for parents. Canadian drug laws regarding the legalization of marijuana are changing in the near future. We would like to have a speaker who can explain and help parents understand the new laws and what parents should be mindful and aware of with their teen's behaviours. In addition to the topic of marijuana, we will be seeking an expert on vaping. This person will explain what vaping is, the equipment used and describe the most up-to-date research on its health effects on youth. In the spring, we would like to provide a speaker from Island Sexual Health Society to present a talk on being an approachable adult.
Sir James Douglas	We propose to provide our parents (and those from the community and our Family of Schools) with a panel discussion featuring 2 clinical psychologists; the topic will be anxiety. Our speakers work together although they have different backgrounds and can bring different perspectives on the topic of anxiety in our children and how we can help them.
South Park	We will be offering a Parent Education Speakers Series as part of the PAC program, as has been offered in past years. We will have 3 presentations this year, which will be held in the fall/winter/spring. Topics relate to parenting or ways that parents can help support their children better. We are also aiming to do 1 presentation every year that provides parents the opportunity to learn something new that would be beneficial to their personal growth and development as an individual.
Strawberry Vale	Parent engagement and involvement is a primary goal of our PAC and this goal is fully supported and encouraged by our school. Offering workshops for parents fosters a stronger and more involved community. Additionally, parent education workshops equip parents with information and practical strategies that can have a significant ripple effect throughout the school community. Our PAC has identified speakers to present on the proposed topics, which include childhood anxiety, online safety, supporting children's math literacy at home, dealing with behavioural problems, and healthy meal preparation.
Tillicum/Colquitz & Spectrum	Jesse Miller, of Mediated Reality is a recognized leader in the field of social media education. Mr. Miller will make 7 presentations to our 3 schools in 2 days. Mediated Reality will introduce content to student audiences, incorporate community concerns, and provide current information that opens conversations and prompts continued solutions to assist parents, educators and youth to engage in social media. Educating parents and students simultaneously by the same presenter is the best way to facilitate dialogue between parents and their children and promote positive change with respect to the use of social media. There is tremendous power in everyone having the same information at the same time.
Torquay	The Torquay PAC would like to have Sheepdog Self Protection to present to our parent population. Torquay Elementary is currently participating in the District of Saanich's Active and Safe Routes to School 2017-2018 program. The program provides tools for students to walk, cycle, or otherwise use active transportation for the school journey wherever possible. In order to keep our kids safe, parents need the tools to teach their kids. Sheepdog strives to provide the best training possible to give participants the knowledge and tools they need to protect themselves and their loved ones. They educate participants on the reality of the society we live in and provide them with the tactics that can keep them "safer."

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Vic High	In February 2017, the Vic High PAC hosted A Gender Diversity for Families workshop led by Ambit Gender Diversity Consulting. In a supportive setting led by two professional consultants, parents shared some of their struggles, concerns and success stories about parenting gender-diverse youth. The event included basic training regarding gender awareness as well as suggested resources for continued support. Our PAC would like to host a similar event in the 2017/18 school year as the need for such support within our community is ongoing.
Vic West	Our PAC would like to host a Family Board Games Night. Our goal is to host a screen free social night where parents, care givers and students can come together around the tables to chat and have fun. This event provides the opportunity for parents to support their child's literacy and numeracy explorations through the use of a variety of games. Parents will learn how to foster engagement of learning through relevant game situations, table talk and the sharing of strategies. One of our goals this year is to be inclusive of all families. We will have games for all ages and skill levels, and we will welcome families to bring games from home and share with and teach the other families.