

Armstrong PAC Meeting - February

Date: February 18, 2026

Time: 6:30-8:00

Land Acknowledgement

Welcome and Introductions

Parent Education: Deborah Garrity of the BC School Centered Mental Health Coalition to speak about children and youth mental health. Resources attached.

Electing a Temporary Chairperson: Janelle

New Business:

1. Principal Update
 - a. Digital Literacy and Citizenship content: go to [Burnabyschools.ca](https://burnabyschools.ca) click on Parents and Supporting Your Kids, this will take you to all the parent resources for modules on Digital Literacy and Citizenship. This is accompanying parent content to the curriculum for the four cohorts taught by the teachers. Teachers may follow a different timeline than suggested on the website. Talk to your child's teacher if you have questions
 - b. Reminder about our Social and Emotional school goal which focuses on how we develop attuned relationships for creating a sense of belonging.
 - c. Helping kids tolerate uncomfortable feelings- building this aspect of self-regulation and resilience: School will continue to explore this and children's self-regulation and how to support parents to bring this information into the homes. Could be offered as a future parent education session.
 - d. Update in the process for the Sensitive Topics curriculum: Difference is it is very clear that students cannot opt out of the content, but can opt out of the school providing the information. Parents will receive a letter when your child's class will be engaging in learning on sensitive topics. This is part of the regular curriculum on personal health, there is a letter that will go home to notify that these topics will be covered in class. The letter states what the content is, key concepts, and breaks it down by grades. It specifies that students may not opt out of the provincial curriculum but parents may choose to deliver this learning in their own way, in consultation with the school. There are too many risk factors with students not receiving this information. Schools will need to follow up with parents, and parents will need to explain how this information will be taught to the child if they opt out of the classroom sessions.

- e. Reminder if you are in the school between 9 and 3 that you need to check in at the office. It can be uncomfortable for children to have unfamiliar adults in the school
 - f. Two upcoming spirit days:
 - i. Feb 26th - twins and triplets day.
 - ii. March 13th - anything but a backpack day.
 - iii. Question regarding communication to parents: Grade 7 leadership organizes spirit days with a group of teachers, who then relay this to the classroom teachers. Communication should come from the classroom teachers and it's posted on the school website.
 - g. Emergency management drills: next set of practice drills on April 10th. Practiced twice a year. Have 5 official drills. When done, the drills are sent out to parents. Last email regarding this would have been sent out around October 18th.
 - i. Question specifically about lockdown: move into classrooms, children remain quiet, classroom doors are in locked position at all times, cover all interior windows (as able), students get out of sight and go down low, teachers take attendance, released by police or firefighter (or principal if delegated by authorities)
 - ii. If outside, safe assembly sites are Cariboo School or Cariboo Park - staff know to gather the students they can and move them to safety.
 - iii. School has protocols, and all situations that occur are always debriefed with the school team and the conversation continues when new events come up.
 - iv. All drills are done on the same day to ensure all get done. Try to find a balance between not causing fear, but being prepared
 - h. Question on whether the front door can be locked: there is no one designated person that can be assigned at the front to regularly unlock the door. The front door is the only door that is unlocked in the school, all other doors are locked (unless a teacher opts to open their door to the outside). School continues to discuss this situation.
2. Head Teacher Update
- a. Basketball just wrapped up yesterday (boys) and last week (girls)
 - b. Track will be next - practices to start shortly after Spring Break for grades 4-7

- c. Question regarding parent driver volunteers for after school events and ensuring students are safe (e.g. at home or leaving event with safe, trusted adults): Jen to follow up with coaches
- 3. Past Event Updates
 - a. Gardenworks - made \$125. Easy to run, but in order to keep it interesting, suggest doing it every other year.
- 4. Upcoming School Events
 - a. Family Social Night - Feb 26th. Games Night
 - i. Still need a few volunteers
 - b. Nellie's Cleaning Products
 - i. New fundraiser is LIVE
 - ii. Local cleaning company out of North Van, most products are Canadian-made
 - iii. 20% goes back to the school, free shipping for over \$100
 - iv. Please send the link to family/friends! This will be an ongoing fundraiser.
 - v. Products ship right to your home
 - c. Fun Lunch - March 13th (TBC)
 - i. Last fun lunch, White Spot was successful!
 - ii. Next one: Hellcrust pizza - they will cut pizza slideouts in half and give them to us for \$5. Still need to decide what to charge.
 - d. Cobbs Bread
 - i. Lougheed mall
 - ii. 5% back to school with your purchase
 - e. Family Social Night - April 24th. The following is to be determined by February's PAC meeting: did not decide. Pros/cons of different options reviewed. To be discussed further by PAC Executive.
 - i. the type of social event
 - 1. Not another games night
 - 2. Art night - staff room could be used. Challenge of age-mixing. Consider splitting parents and kids into different groups.
 - 3. Cookie decorating
 - ii. a point person
 - iii. Check with City of Burnaby re: movie licence
- 5. Upcoming and Ongoing Fundraising

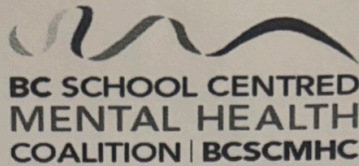
- a. Yearbooks: update
 - b. Spirit wear: update on quotes
 - i. CreativeInsignia - lower cost option; where grad hoodies have come from and has done the spirit wear. **Group opted to go with this one**
 - ii. PhotoExpressions - more expensive. Likely has a start-up fee for the Armstrong graphic - question is how much is the start-up free?
 - iii. Goal of spirit wear is to be accessible for most families, and not to be making a PAC money-maker
 - c. Spring Family Photo Session: April 1 and 2 - watch for sign-up emails!
 - d. Ongoing Fundraising: PAC donations via MunchALunch, Mabels Labels, & Lougheed Mall Cobbs Bread, Nellie's laundry and dishwashing soap. Please consider donating to these!
6. New Items
- a. PAC body to evaluate possible donation to Tumbler Ridge PAC's GoFundMe - donate \$100. Motion by Jess, seconded by Sushma. Unanimous YES vote
 - b. The school board has approved a Pay to Play model for Grade 6 & 7 band, starting next Sept. For more info on the selected model:
<https://burnabyschools.ca/new-optional-elementary-band-for-next-fall/>
 - i. Will run after school at six different sites, once per week
 - ii. \$350 per student per year, with minimum of 20 students in each location's program
 - iii. Run through the District's Burnaby Community and Continuing Education
 - iv. Registration for next fall is anticipated to take place from April to May of this year
7. Social Media:
- a. Private Armstrong Facebook and Instagram groups. You will be asked security questions to ensure we retain our privacy. Please join the groups and encourage your friends. No pictures of kids will be posted.
 - b. WhatsApp volunteer group
 - i. Add your name and number to the sign-up list or request via email
 - c. Questions, ideas? Connect by email armstrongschoolpac@gmail.com

Q&A Period:

Call for Motions:

**Next Meeting: Wednesday, April 15, 6:30-8:00
(PLEASE NOTE THERE IS NO PAC MEETING IN MARCH)**

Meeting Adjournment: 8:04



Burnaby Neighbourhood House 604-299-5754
info@burnabynh.ca
Family drop in programs / Learn & Play Family Place / newsletter

City of Burnaby 604-294-7450
parksrecandculture@burnaby
Youth centres for preteens and teens (Brentwood, North Burnaby, Metrotown)
Recreational and social activities at Burnaby community centres and schools

Erase (MCFD)
erase@gov.bc.ca.
Information on school safety with resources to support the community

Family Smart 604-878-3400
info@familysmart.ca
Provides young people and families with information and tools to enhance the quality of life and access services. Monthly online events / workshops / resources

Family Support Institute 1-800-441-5403
fsi@fsibc.com
Empowering and supporting families with peer to peer support, information, events and monthly newsletter

Foundry BC 604-451-5511
info@foundrybc.ca
Wellness services for youth ages 12 – 24 in BC / supports education along with health & wellness needs of youth and families. Available in a number of communities with more being added. Burnaby opening soon. Also have virtual foundry (online@foundrybc.ca)

Health & Justice Alliance
info@healthjustice.ca
Doctors of BC initiative working with legal system. A collaborative approach to provide support, resources and serve families experiencing the stress associated with divorce and separation. Newsletter – "The Chysalis"

Healthy Schools BC
schoolnutrition@fraserhealth.ca
Brings together healthy schools information, stories and resources / action guides / newsletter – "Learning in Motion"

Kelty Mental Health 604-875-2084
keltycentre@cw.bc.ca
Assistance with navigating mental health system and accessing resources and tools to support well-being / peer support available for adults and youth / newsletter

Stigma Free Society 778-956-9613
info@stigmafreementalhealth.ca
Provides education and fostering awareness / student mental health toolkit / newsletter

