

# MINUTES



**Date:** October 23, 2025

**Time:** 7:00 PM

**Location:** Abbotsford School Board Office

**Executives in Attendance:**

Winsome Rauch	President
Kara Dickson (via Zoom)	Vice President
Melissa Crump	Secretary
Michelle Bastien	Treasurer
Stacey Parson	Director
Pinkey Bhatti	Director

**Voting Members in Attendance**

School	Representative
Abbotsford Middle	Angela Manetti
Abbotsford Senior Secondary	Stacey Parson
Abbotsford Traditional School	Rani Prakash
Aberdeen Elementary	Alycia Lessard
Alexander Elementary	Amber Rodocker
Bradner Elementary	Melissa Crump
Chief Dan George Middle	Becky Willams
École Clearbrook Elementary	Barry Wijnandts
Irene Kelleher Toti:Itawtxw	Jolene Winkelhorst
King Traditional Elementary	Chandra Holm
Prince Charles Elementary	Michelle Bastien
Sandy Hill Elementary	Chelsea Muirhead
South Poplar Elementary	Pinkey Bhatti
W.J.Mouat Secondary	Josephine Leonard
William A. Fraser Middle	Michelle Bastien
Yale Secondary	Michelle Bastien

**Non Voting Members in Attendance:** Farida Reid (Clearbrook), Mitra Tabatabaee (Chief Dan George), Denise Watts (Chief Dan George)

**Special Guests:** Dr. Shahana Alibhai and Trustee Rupi Kanda-Rajwan

**1. Call to Order**

Chair Winsome Rauch called the meeting to order at 7:09 PM. Quorum was met.

## **2. Dr. Shahana Alibhai: “Feel Better” – Role of Emotions in Mental Health**

TEDx speaker, bestselling author, and family physician dedicated to improving emotional well-being. As Medical Director at **Foundry Abbotsford**—B.C.’s largest youth health centre and Bakerview Centre for Learning.

Foundry - youth services for ages 12-24. Medical doctor, lab work, social work, counselling, early psychosis prevention, START. 500-700 patients per month.

Adolescents don’t need more medications or things, they need education and unlearning of mental health. Goldilocks – if anything feels a little off, I need a dx, tx, or label for that. Is this stress manageable or unmanageable.

- When to intervene, when their mood impacts their sleep, sports, social and school.
- Understanding the role of emotional health – feel what you need to feel at the right time, learn how to regulate the emotions.
  - Seesaw 1 – feeling (arrow up) and regulation (down). Moms forget to feel, numb on auto pilot from years of serving others.
  - Regulation feels like – letting the snow flakes fall to the ground
  - What is the physical, mental, emotional cost of your regulation tools -often they come a friend and leave as an enemy
  - Seesaw 2 – Pain and pleasure. Cactus in a rain forest, we were never meant to have so much stimulation. The more pleasure, the more we need to increase pleasure to prevent any ounce of pain.
- Feeling – suppression, denial, blame others for our emotions. Works until it does not. Emotions are the great equalizer.

## **3. Q & A with Dr. Shahana Alibhai**

Brief time for questions. Book provided to DPAC and can be purchased at Amazon, Audible, and the Foundry.

## **4. Approval of Previous Meeting Minutes**

- Corrections – 3 names corrected
- September 25, 2025 Minutes approved as corrected.

## **5. President’s Report**

Onboarded new executives, hosted PAC 101, and met with district leadership. Engaged community partners on parent learning, supported PACs with memberships, and launched the Parent Learning Survey. Updated website resources and connected with other districts for speaker ideas. The President’s Report will be filed for record.

We continue to book zoom meetings for our PACs, please contact DPAC if you would like to book a time for your school’s PAC meeting. Members can reach out to DPAC’s Special

Education Committee if there are parents who need help navigating Learning Support Services

## **6. Treasurer's Report**

Treasurer Michelle Bastien presented reports and spoke on the closing bank balances and outstanding cheques as of September 30, 2025.

Gaming Account: \$1787.65

General Account: \$9221.41

The reports were received and filed.

## **7. Constitution and Bylaw Committee**

Nomination for members was open until October 16. We had one nomination from South Poplar, Chris Flood

The C&B review committee will be made up of

1. President Winsome Rauch
2. Vice President Amy MacKenzie
3. Vice President Kara Dickson
4. Secretary Melissa Crump
5. Treasurer Michelle Bastien
6. Director Stacey Parson
7. Director Pinkey Bhatti
8. South Poplar Member Chris Flood

Member PACs can submit revisions for consideration by emailing [dpac.sd34@gmail.com](mailto:dpac.sd34@gmail.com).

## **8. New business**

Special guests at Meetings

President Winsome Rauch shared common practices from other DPACs and provided an update on the schedule for district leader attendance.

DPAC spoke with other DPACs (Maple ridge and Richmond) –

Maple Ridge: Trustees are invited to stay for the entire meeting but have the option to leave after their report. Often, they stay for the entire meeting to answer questions. They feel this has benefited relationships and it was helpful with asking direct questions.

Richmond: one or more trustee per meeting and district staff. Trustees often stay until the end of the meeting.

Both districts have guest speakers leave after their presentation.

Superintendent Ngieng will attend every other month this year to provide updates and answer questions related to the topics presented, and trustees will attend on a rotating basis.

Discussion summary:

Members wanted to know the benefit/purpose of trustees attending and requested clarification about what the board of education does and trustee roles. Member suggested viewing in the recorded board members meeting that are posted monthly to learn more about their roles and what they do. It was confirmed that the school act states they can come if they want. Concerns raised about members feeling uncomfortable speaking with authority members present. Benefits mentioned by other PACs are getting to know trustee members and being able to ask questions directly. Members requested more information about the role of the Board of Education and suggested that trustees provide a brief update at the beginning of each meeting.

**Motion: That DPAC request a presentation from the Board of Education on the role of trustees including their responsibilities, committee involvement, and decision-making authority as well as clarification on what falls under the jurisdiction of the Board, the Province, and PACs.**

**Moved: Alexander**

**Second: ATS**

**Passed**

**Motion: That visiting trustees be asked to provide a brief introductory update at each DPAC meeting on the current work and priorities of the Board of Education.**

**Move: Abbotsford Senior Secondary**

**Second: Prince Charles**

**Passed.**

Member questions to superintendent: Is there a budget for noon hour supervision and what is the allocation formula – admin/staff will step in a monitor, unfortunately, they are not able to fully step away from their roles to focus on supervision. Noon hour supervisors are not privy to information, training, or support that would support them in monitoring children consistently and safely.

Action: Noon-hour supervision concerns will be brought to superintendent for clarification.

Member question: who is responsible for crossing guards? Concerns about un guarded crossings and child safety.

Action: Question will be brought to superintendent for clarification.

## **9. Announcements and upcoming events**

- The PAC 101 slides are available on website [abbotsforddpac.ca](http://abbotsforddpac.ca)
- [Parent Learning Survey](#) available until October 28

- Register [BCCPAC Memberships](#) by November 15
- [PAC Executives Registration](#)
- Public Board Meeting – November 4, 6 pm; School Board Office
- [BCCPAC Virtual Membership Summit](#) Nov 15; register by Nov 7. Your PAC will need to be a BCCPAC Member before you will be able to attend.
- Immunizations – HPV and more: Information and Q&A with a Medical Health Officer - Date and Time: November 12, 2025 from 7:00 – 8:00 p.m.. Location: Online (MS Teams) Who Should Attend: Any adult supporting a student in grades 6 to 12 at a school within Fraser Health.

Dr Shahana offered a 1-2 hour follow/debrief to summarize and discuss her book “feel better”.

Members were interested in organizing this event.

Suggestions

- Determine a threshold for attendees
- Advertise and provide time to read the book

Action: President to investigate

#### **10. Open floor**

- a. Question: Is it a district rule that students who transfer schools cannot play sports for 1 year.

Answer: It is a BC School Sports rule that if you transfer schools, you cannot play a sport you have previously play for one year to prevent poaching. Possible solution is they may be able to practice but cannot compete. See BC School Sports Handbook - BC School Sports Rules and Student Transfer Exemptions for more information.

- b. Comment: ATS – requesting support with a petition to prevent supportive housing from being built across from their school. Send email to Mayor about 41% increase of homelessness regarding how the data was collected – last year only counted those who gave consent, while this year was everyone. Updates will be on ATS PAC page.

#### **11. Adjournment:**

With no further business or questions, Chair Rauch adjourned the meeting at 8:37pm

Next Meeting November 27, 2025, 7pm on Zoom