

# Minutes

## General Gordon Elementary PAC Meeting

### March 30, 2009

**Present:** Charlotte French, Dan Porter, Elke Porter, Susan Burak, Jim Skinner, Zol Fox, Jane McDougall, Jennifer Sears, Joanne Rowlands, Lisa chambers, Laura Stero, Jenny Scott, Reuben Ford, Tricia Wallace, Bill Ulrich, Tanis, Margaret, Noreen, Z Smith, Diana Schmidt, Colleen Kern, Emily Pickett, Niki Bakely, Kevin Wing, Ingrid Sulston.

Approve minutes from February – moved by Z. Smith, seconded by Emily Pickett

#### **Guest speaker Jim Skinner – ‘Developing people esteem in the age of ego’**

Hosted by Jane MacDougall

1. a very brief history of childhood –When you were learning to read you were protected as a child. Once you stopped learning you became an adult.
2. What we want for our children – want them to stand up for themselves but we also want them to do what we tell them to do. Kids are consequently confused.

Other issues:

- Parents recently separated
- Heredity
- IQ
- Birth order
- Poor motor coordination
- No breakfast
- alcoholism in family

we let kids off the hook – we blame heredity & environment etc.

3. Locus of Control and Esteem : Glasser, Adler & Vygotski
  - we act on our perceptions. It is influenced by parents, siblings, friends, etc. We are creative beings and make up our world.
  - Locus of control: internal locus yields lower stress and stronger self-concept. External locus yields higher stress and lower self-esteem.
  - Joan Tuff – found access to self-talk determines higher self esteem. Kids need to learn to trust their inner voice. You teach children ‘how to think’ not ‘what to think’. Teaching problem solving. Teaching children to listen to their internal voice rather than their peers is critical in adolescents.

Kids learn at home:

- Values

- Discipline – ideal situation is structure with flexibility
- Competition/cooperation –
- Family constellation – family order, cultural influences, etc.

By the age of 5 a child has developed a self concept – I am ..... others are .... The world is ....

#### 4. The Basics:

- Every child chooses to belong (significant worthwhile, connected, contributing & capable)
- Every child chooses their behaviour
- Behaviour is goal directed

#### 5. people esteem is based on the development of the democratic character traits of:

- mutual respect
- cooperation/cooperative problem solving
- tolerance
- encouragement

#### 6. skills of Encouragement ( see handout)

Glasser:

7 deadly sins of parenting:

- criticizing
- blaming
- complaining
- nagging
- threatening
- punishing
- rewarding to control

The 7 connecting habits of parenting:

- Caring
- Trusting
- Listening, listening, listening
- Supporting
- Negotiating
- Befriending
- Encouraging

Art of encouragement ( see handout )

Parenting workshops are available by the Adler Centre:

\$100 per person or \$150 per couple for an 8 session parenting course

There are books in the school library on 'choice theory' – ask the librarian as they are in the teachers section.

## **Update from Gordon school renewal committee on seismic upgrade**

Update on Neighbourhoods of Learning (NoL) –Presented by Z. Smith

Z has been chairing seismic committee but will be moving away this summer. Feels Gordon committee has made significant inroads in this area. Despite all the lobbying the process is still moving very slowly.

School construction history - 80 years ago schools were built to accommodate adult education after hours, indoor play areas etc. Over time the standards changed and now it is quite tight fisted in comparison. With Gordon looking at Seismic upgrade and /or rebuilding they realized it would be difficult to retain some desirable features of the building. Douglas, Sexsmith, and Kitchener have retained some of the space they otherwise wouldn't have.

Have now developed a system that will allow proposals from the 'representative team' including teachers, VSB and parents and community reps ie JKC, Agencies/organizations who might be involved in the future use of the school (VCH, girl guides, etc.). See handout.

There is a steering committee meeting/representative team meeting tomorrow. After that a visioning session all day on April 23 which brings in other potential users. The parents number may be expanded to 6. There will be a more public process before the end of the school year.

Currently we need to elect a slate of up to 6 people. Z will stay involved but we need one rep for the school committee and up to 4 for the later meeting.

Niki nominate Z and Charlotte who are already on the committee – passed.

Ingrid nominated Bill Ulrich, Jane seconded. Passed.

4 later alternates – Jennifer Sears, Tricia Wallace, Emily Pickett, Diana Schmidt volunteered. Moved by Z and seconded by Niki – passed.

### **Margaret Davidson : budget**

- 7.12 M shortfall this year for VSB. Gordon will lose it's vice principle. 384 students at present but enrolment continues.
- If registration exceeds 400 by April 24<sup>th</sup> the VP position may be preserved.
- The MAC class will be retained.

Adjourn.