

Byrne Creek Secondary School Meeting
Minutes
February 10, 2021

Present: Effie Aadland, Sara Labrash, Marty Graham, Bal Dhillon, Naz Jakir (co-hosts)
Samantha Nelson, Elena Generolova, A. Inaim, Henry C., L. Nerpio, Lora Abbaga, Maria Ferraresso,
Melanie Primeau, Moreno Stefanon, Myla, Rosangela Cavalcante, Ted Iwashita, Zuki Vilah, Samantha
Nelson, Stephane Lacramp, Tina Vargyas, Sandra Medeiros (recording minutes)

1. Meeting called to order at 7:03pm.
2. Adopt January minutes. Carried. Seconded.
3. Presentation - Marty Graham on Healthy Habits - Sleep.
 - Information on circadian rhythms, most people are most alert at 10am. Classes where students learn about sleep: PE/Healthy Living, Science, CLC, Psychology.
 - In 2019, 50% of Burnaby students are considered sleep deprived. Sleep deprivation creates memory loss, paranoia, hallucinations, fatigue and other symptoms similar to ADHD.
 - Children to 13 years need 9-11 hours sleep and 14 and up need 8-10 hours. Cycling through different sleep cycles repairs the mind and body. Preventions of good sleep: worries, stress, electronics.
 - Routines are important for good sleep, such as earplugs, eye masks, no electronics in bedroom, consistent sleep/wake times, reading before bed.
 - Request for what parents would like to see to promote healthy sleep habits – clubs, posters
4. Principals Report – Effie Aadland:
 - February 3 beginning of third quarter; Feb 9 – report cards posted on MyEd and newsletter sent out. Virtual Open House so parents can see what is happening at the school. Woodworking class project created 12 benches that have been placed around the school for extra seating.
 - Feb 16 – course selection begins and portal opens. Info/links on school website. Course selection must be completed by March 5. Special programs – students apply and get an interview; if they don't get in to their program of choice, there is time to adjust their courses.
 - Theatre production will be streamed March 10-12 for viewing.
 - Health and safety guidelines have been update with new mask mandate. Some explanation on the Covid letters being sent – If there is a case at the school, Fraser Health issues early notifications to everyone. Additional notification sent to self-monitor to close contacts. Fraser Health will then send a school bulletin when all contact tracing complete.
5. Community Report – Bal Dhillon:
 - Skateboard club starting, will run 10 weeks with Miss Clayton and Ms Tong.
 - Food hub – food organized every second Friday and distributed.
 - Talked about ideas for hip hop literacy class and a podcast.

6. School Report - by Sara Labrash
 - Yearbooks are being worked on.
 - Gardening Club has received plants and delivered to classrooms.
 - Bottle Drive was challenging this year and looking for more creative fundraising ideas.
 - Pizza sale – Order February 16, Pick up February 23 (\$5)
7. Athletics – Moreno Stefanon –
 - Jerseys approved and students excited. Will apply for a grant.
 - Considering Athlete of the Month to be featured on the community podcast.
8. Chair Report/Treasurer Report– Naz Jakir –
 - Gaming Account: \$37,313.69; General account: \$1695.11. There are extra funds due to lack of field trips; there will be discussion on whether to hold this amounts over for next year or to use for other purposes.
 - Parks & Rec programs still running with less programs and covid protocols. Adapted spring/summer camps will be held. Pilot program Story Walks in the parks where pages of stories will be displayed that people can read while walking. Fortius Building planning is underway.
 - City Report: Reports being done on housing needs and and population projection.AGM is May 1st – parents who wish to attend can connect with Naz.
 - School District – Anti Racism group starting with up parents, students, school board, Principal and Vice-Principal associations
9. DPAC – Covid update, discussion on mental health. Action plan for all schools is still community engagement. Support being provided by Food Hub. Next meeting is February 22.
10. Meeting adjourned 8:10pm.
11. Next meeting: April 14 (no meeting in March due to Spring Break)