



## Kitsilano PAC | October 2021 Newsletter

### Main Items

- Message from the Chair
- Welcome new PAC Executive
- PAC General Meeting
- Community Events and Resources
- Upcoming Online Events
- Support Our School & Students
- Website & Newsletter



## Message from the Chair

### Happy Fall!

It seems like the school year just started and it is already Hallowe'en! The PAC offers our appreciation for the work that has been done by administrators, staff, and teachers so that our students can attend school in person full-time this year.

We are also excited to have clubs and activities start again this Fall. Thank you to all of the teachers who sponsor clubs and make this possible. This past week Student Council sponsored a four day clubs fair to let students know about the clubs and activities available at Kits. Students can find a list of clubs on Teams if they are interested in getting involved.

At the Kits PAC AGM in September the new PAC Executive was selected. Thank you to the outgoing PAC Executive members for all of their many contributions to PAC and to Kitsilano Secondary over the past years:

- Daniela Girard - outgoing Chair
- Lorie Srivastava - outgoing Vice-Chair
- Alan Patola Moosmann - outgoing DPAC Representative
- Sophia Di - outgoing Member at Large
- Lisa Pindera - outgoing Member at Large

We also had the opportunity to meet our new Principal, Benita Kwon, at our September meeting. We look forward to Ms Kwon joining us at our next meetings on Tuesday, October 26 at 7 PM. We will also be reviewing funding requests from teachers. All parents are welcome to attend. Please register for the Zoom meeting using the link in the meeting notice of this newsletter or on the PAC website.

Please visit our [PAC website](#) for more information about Kits PAC and to subscribe to this email.

## Welcome New PAC Executive

Chair - Charlotte French  
Past Chair - Daniela Girard  
Vice Chair - Erin Arnold

Treasurer - Catherine Hicks  
Secretary - Sheila Kirkby  
DPAC Rep - Ishi Dinim  
Member at Large: Fundraising - Norma Biln  
Member at Large: Art Liaison & What's Next - Corrina Hammond  
Member at Large: Newsletter Editor - Maureen Prentice  
Member at Large: Website Coordinator - Ray Miya  
Member at Large: Grad Parent Liaison - Patricia Thiel  
Member at Large: What's Next & Meetings Host - Alan Patola Moosmann

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## Next PAC Meeting - Join Us!

Looking forward to seeing you at the Kitsilano PAC ONLINE

When? Tuesday, Oct 26, 2021

Time? 7:00 - 9:00 PM

Where? [click here for the Zoom link registration](#)

We will be reviewing the minutes from May's regular PAC meeting. They can be found [here](#).

Minutes from the September's AGM (Sept. 28, 2021) are available [here](#) on the [PAC website](#).

- You will be sent an email with your own specific link to join the meeting.
  - When you join, you will enter a waiting room until the host admits you.
  - Registration will remain open until after the meeting starts.
  - For questions about the meeting, please contact [kitspac@hotmail.com](mailto:kitspac@hotmail.com).
  - For questions about registration, please contact [alan.patola.moosmann@vancouverdpac.com](mailto:alan.patola.moosmann@vancouverdpac.com)
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## Community Events and Resources

### Kitsilano Neighbourhood House

- Youth Drop-ins run regularly, in-person, every Friday from 4:30-7:00 & Lounge Day, Online, every Tuesday from 4:30 - 6:00. This is a place for kids in grades 7 – 12 to drop-in and hang out with other teenagers in a safe space right in their own community. Cost: FREE. Drop-Ins will often include activities and special events such as movie nights, while Lounge day will be less structured and a place for teens to hang out and chat with friends. Pre-registration is required due to COVID-19. Check their [website](#) to find out more about upcoming online activities or subscribe to their [newsletter](#).

### Big Sisters of BC Lower Mainland Study Buddy Program (Free)

- Study Buddy is a weekly 1:1 mentoring program that focuses on schoolwork. Students in this program not only improve their academics but also report a higher level of self-esteem and better social interaction with peers.
- Referral criteria: Female-identified youth (girls, transgender youth and non-binary) age 7 to 17 at the time of application who are in need of academic support or assistance for school-related work and able to meet the minimum time commitment (1 hour per week for at least 6 months).
- For more information, please contact: Ivy Chiang, Program Manager  
Email [ichiang@bigsisters.bc.ca](mailto:ichiang@bigsisters.bc.ca) or call C: 604.832.9136
- [www.bigsisters.bc.ca](http://www.bigsisters.bc.ca)

### Kelty Mental Health Resource Centre (BC Children's Hospital)

- BC Children's Kelty Mental Health Resource Centre provides peer support, information, and resources to help you talk to and guide a youth in your life to the services and supports they may need.

- Find tips for starting a conversation with your youth about their mental health, how to support a youth who comes to you with concerns, information on how to reach a parent peer support worker at the Kelty Centre, and additional resources and tools.
- Foundry, a unit at Kelty, offers young people ages 12-24 resources and services online and through centres across BC, including virtual counselling and youth peer support.
- Check their [website](#) for more information.

### Youth Empowering Youth

- Youth Empowering Youth (YHEY) is a developmental movement led by teens for teens to nurture, support, and strengthen young leaders.
- YHEY is a safe, positive place where teens can explore their talents while equipping themselves with the life skills they need to reach their goals.
- Through a comprehensive curriculum based on the Slight Edge Principles, YHEY dives into real issues like identity, self-assurance, resiliency, and taking responsibility for thoughts, feelings, and actions.
- Each 90-minute Zoom class builds on the principles of the last lesson and is designed to be fully participatory and interactive.
- For more information check the YHEY website [here](#).

## Upcoming ONLINE PAC Events

### Kits PAC Meeting

**October 26  
7:00 PM**

Zoom link for  
[registration](#)

All parents are welcome and encouraged to come to PAC meetings. You will learn more about what is happening at the school and hear from:

- invited speakers on topics of interest to parents
- updates from the Principal,
- updates from teacher representatives and student council

### What's Next

**Emily Carr University of  
Art + Design**

**Nov 3 7:00 PM**

Online - Watch your email inbox for PAC's invitation with the zoom link

### What's Next

**Capilano University**

**Wednesday, Nov 3  
9:30-10:30 am  
10:30-11:30 am  
4:30-5:30 pm**

**Tuesday, Nov 9  
9:30-10:30 am  
10:30-11:30 am  
4:30-5:30 pm**

**Thursday, Nov 18  
9:30-10:30 am  
10:30-11:30 am  
4:30-5:30 pm**

Virtual Fair With Capilano University

Online Sign Up [here](#):

### What's Next

**Simon Fraser University  
SFU**

**Tuesday, Nov 16**

Online registration with password  
673335

Online Sign Up [here](#):

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## Support Our School & Students

Each year PAC supports the school in a variety of ways, including allocating donations for the purchase of sports uniforms and equipment, extra supplies for the classrooms and help for students in clubs and extra-curricular activities.

Wondering how donations were spent in the past? Check out the Kits PAC website budget page [here](#).

Thanks to generous parent donors, school administration and the Kits community, Kits PAC made the upgrade to the weight room happen. Check out this short video [here](#) by Kris Polonijo, PHE Department Head and Ajiab Gosal, PHE Fitness Conditioning Teacher.

Our suggested donation is \$50 per student, but you are welcome to donate any amount you wish.

If you would like to make a donation, you can use [School Cash Online](#)

- click **Make a Donation** on the Home Page, and
- select **Fund Destination 'S-Kitsilano PAC'**

Once you **Add to Cart** and complete your payment, you will automatically receive a **VSB system generated tax receipt**.

Thank you for generosity of time, money and care.

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## Visit our Website & Subscribe to this Newsletter

Please visit [our PAC website](#) for news, updates and events.

[Subscribe](#) to receive our Newsletters and information about PAC events. Please forward this newsletter to others so they can subscribe.

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Follow Us on Instagram!

