

Norma Rose Point PAC Meeting Minutes

Date: December 7, 2016

Location: NRP Foyer

AGENDA

Approval of November Meeting Minutes

PAC Chair Report

Finances

Committee Reports

School Report

New Business

PAC Executive Members in Attendance: Jody Yau (Chair), Beth Krisciunas (Lunch Committee Chair), Kelli Kadokawa (Co-Secretary), Wendy Yip (Co-Secretary), Julie Wang (Communication Chair), Donghong Liu (Volunteer Chair), Qiuning Wang (PAC Co-Chair), Sharon Yu (PAC Co-Chair)
Please note that there was a great turn out for this PAC meeting but an attendance sheet was not circulated.

School Admin & Staff in Attendance:

Rosa Fazio (Principal), Sean Marlyn (Vice Principal)

Call to Order: 6:30pm

Greetings and acknowledgement that we live and work on the traditional lands of the Musqueam, Squamish and Tsleil-Waututh Coast Salish People.

1. Approval of November meeting minutes

Motion: Beth moved to approve the minutes from the November PAC meeting. Csilla seconded. All in favor, motion passed.

2. PAC Chair Report/Finance Report - Jody

- NRP is collecting food donations for the UBC AMS Food Bank as well as the Vancouver Food Bank. Jody suggested that the PAC Executive will sing carols for the community who collects the most. Donations will be picked up on December 14.
- Jody announced a surplus of \$2044 from the Direct Appeal, all of which will go to the purchase of supplies for the pottery program as agreed upon at the last PAC meeting.
- The lunch program to date has netted \$6868, up about \$900 from last month.
- The Gaming Grant has been successfully submitted and we can expect to hear back by the end of January.

3. Committee Reports

Lunch Committee - Beth

- Beth indicated that there have been some challenges with the lunch program this year due to behavioural issues in the 7/8 Community.
 - The administration has addressed the missing lunches by having the 7/8 Community pick up their lunches from outside the office, but the problem continues.
- Glitches in the new system have been rectified.
- There are currently 4 caterers: Sushi Sushi, Calhoun's, Boston Pizza and Foodie Inc.
 - A new caterer will be introduced to replace Foodie Inc. in February/March.

Events Committee – Beth

There are two events on the horizon:

- Staff Appreciation Luncheon on December 13

Action Item

Volunteers needed to help set up and decorate for the luncheon. Sign up to bring a dish.
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- Multicultural Day Fair on January 23
 - Parents host booths in the gym, introducing traditions and customs from their own culture, and teaching students how to do things from their culture.
 - Parents who would like to spend a day at NRP showcasing their culture are needed.
 - No food. Crafts are great.
 - There will be an info session scheduled for January 6.

4. School Report – Sean Marlyn

- December report cards will be issued on the last day of school, December 16 and will include the student's perspective.

5. New Business

- We said a heartfelt thank you to out-going Vice Principal Sean Marlyn and look forward to welcoming Carrie Froese as incoming Vice Principal.
- The PAC meeting was followed by a presentation by Parent Education Night Guest Speaker Deborah MacNamara, "Understanding Resistance and Opposition". Deborah is on faculty at the Neufeld Institute, Director of Kids Best Bet at the Counselling and Family Resource Center, and author of "Rest, Play, Grow". Please see Jody's notes on Deborah's presentation below.

Next PAC meeting: January 10, 6:30. All parents are welcome.

Understanding Resistance and Opposition

Deborah MacNamara
Faculty, Neufeld Institute

Probably most challenging is the parent/child relationship as well as student/teacher relationship.

Think of it like this; the more someone tries to push you to do something the more you are resistant to it

Counter Will: why kids resist and how to deal with it

- an instinct to do the opposite of what we are told
- instinct to break rules
- disobey and defy
- Resist and counter
- Balk and talk back
- Become preoccupied with toboos
- Be belligerent
- be quarrelsome and argumentative
- Be incorrigible
- Be obstreperous
- Be noncompliant and defiant

Why are we born like this?

The counterWill instinct

Will see it: employer and employee: if you work for someone you do not like if they ask you to do something are you likely to want to jump up and do it?

: sales and consumer- if you go to a store that you know employees are on commission are you apt to ask for help?

: individual and society-

: husband and wife, wife and wife, husband and husband-

:self and self- more you say you have to do something the less likely you are to

do it

:Adult and child:

Will means: intentions and initiatives

- wants and wishes
- preferences and priorities
- judgments and opinions
- plans and decisions
- Meanings and motives
- Designs and purpose

Kids creating their own will is healthy.

The CounterWill instinct:

Is a defensive reaction to perceived coercion

- physical

- behavioural
- emotional (the guilt trip- "well your brother would help me with that" do not force a child to say thank you. Instead say to them "if you have a thank you in then now would be a good time to say it"
- cognitive - that "you have to believe this" Instead of telling kids drugs are bad ask them what they think would happen to them if they took drugs?

The counterWill instinct

- Is a reaction to perceive control and coercion defensive
- Serves attachment by protecting against outside influence and direction

Attachment

- Attachment is normal and is very helpful to the child. Usually the attachment is strongest with the parent that is around the most
- That drives
- Unfolds over the 1st 6 years
- in the 1st 3 years-
- #1 to senses
- #2 sameness
- #3 belonging and loyalty
- #4 significance (by the age of 4)
- #5 love (by the age of 5)
- #6 being known (by age of 6)

Handling counterWill:

- at age 3 as well as adolescence the child is developing into their own person
- you cannot find yourself or have the room to figure out who they are without blocking out the external noise from around.
- if your child at age 3 was very strong in their counterWill, when they become tweens (9 or 10 years old) you can expect the child to be just as strong in their counterWill now.

Don't let counterwill break the connection:

- don't use separation as a consequence
- don't take it personally
- anticipate and expect counterwill
- do not make behaviour the bottom line
- reflect the resistance as natural and normal-
- keep reactions to counterwill in check- sometimes you have to bite your tongue
- repair damage done by counterwill fallout

Enhance Attachment

collect before directing-

- collect meaning getting into their face in a positive way (ie breakfast, reading a book with them...).
- Warm up the relationship before bringing up anything that may produce counterwill.
- strengthen the relationship

- deepen the attachment

Reduce Coercion

- refrain from using a commanding or prescriptive manner
- make agendas less explicit
- refrain from focusing on the SHOULD`s, the MUSTs and the HAVE TOs
- use as little force and leverage as possible
- back off until you get a better attachment hold- no need to engage with a child if they are demanding and will only accept one answer. Try letting them know that you are happy to listen to them when they are ready to hear both a yes or a no
- use structures and routines to orchestrate behaviour
- draw attention AWAY from the coercive elements of the situation
- provide for some sense of choice (ie having the kids set their own homework)
- put the focus on the child`s will
- make room for the child`s initiative and involvement
- solicit good intentions where possible (that "can I count on you?"
- place in charge where appropriate and possible (not food, coming/going or who to hang out with though. Nothing about health and safety. That is our job as a parent)

Work at the relationship and let the relationship work for you

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www.macnamara.ca