

# Keating PAC Consent Agenda

Keating Multipurpose Room/ [MS Teams](#)  
September 15th, 2025, 6:30-8:00 PM

## 1. Approval of Last Meeting's Minutes

- ☐ Motion to approve last meeting minutes.

## 2. Executive Reports

- ☐ Motion to approve executive reports.
  - a. Co-Presidents
  - b. Co-Vice Presidents
  - c. Treasurer
- ☐ Motion to approve finances as presented.
  - d. Secretary
  - e. COPACS

## 3. Committee Reports

- ☐ Motion to approve Committee Reports

## 4. Old Business

# Consent Agenda - Supporting Materials

Last Meetings Minutes: [here](#)

## Executive Reports

### 1. Co-Presidents - Jane Bassett and Kim Woodcock

First, we would like to extend a warm welcome to the Keating Community this new school year! A special welcome to our new principal, Philip Jungen, and our new Vice Principal, Sarah Dunn.

Our PAC Executive Team for the 2025/2026 school year is as follows:

- Jane Bassett & Kim Woodcock - Co-Presidents
- Alex Shaw and Andrew Buckley - Co-Vice-Presidents
- Shauna Haddow - Secretary
- Catherine Kay - Treasurer
- Sarah Custeau - COPACS Rep

We have lots to look forward to this year! Some **important dates** that we have in our calendar so far are:

- PAC Meeting: September 15 at 6:30pm in the Library or online.
  - We encourage any and all families to attend our PAC meetings. It's a great way to learn about what is going on around the school and to have your voice heard.
- Welcome event: September 17 from 3-5pm
  - Families can visit their child's classroom and see the school.
  - Come visit our PAC table to learn more about what we do!
- Halloween Dance: October 24 in the school gym (parents/guardians and siblings are welcome). More to come on that!

We are always **looking for volunteers!** We have space for everyone, whatever time you can commit! Also visit our Sign up Genius [here](#) to see what is available, or email us at [keating.pac@gmail.com](mailto:keating.pac@gmail.com).

The **Keating Lost and Found** is located near the entrance to the D-Wing. We ask that parents and students check it regularly so it doesn't get out of control. We are always looking for parents to help keep it organized, so please get in touch if you are able to help.

## 2. Co-Vice Presidents

No report at this time.

## 3. Treasurer

General Account: \$50,466.88

Gaming Account: \$4,994.80

There will have to be a few adjustments for the budget as a few changes were forgotten.

[september 2025 financial](#)

## 4. Secretary

Google drive has been updated a bit, last year's agendas, minutes, and consent agendas moved to a previous year's folder. The website has been updated with relevant meeting dates, hot lunch dates, and exec members <https://www.keatingpac.ca/> Welcome Package Pdf and Hot Lunch info pdf have both been created in Canva

## 5. COPACS

1st meeting of the school year is Sep 8th 7-9pm

Some upcoming **COPACS-endorsed workshops** and events that have been made available for our parent community (these are organized by [Family Smart](#)):

- **Monthly Event: Emotion Regulation**

**Join us for a video presentation and discussion with Nicole Allen**, Clinical Counsellor at Fraser Health's START Program. Nicole shares practical strategies for coping with emotional dysregulation—something many young people experience as they move through adolescence. We'll also explore how parents and caregivers can create environments that support positive change, especially during difficult times.

**Event Dates:** 3 sessions available this month

**Facilitated Discussion:** Led by a FamilySmart Parent Peer Support Worker

**Register Here:** [familysmart.ca/monthly-events](https://familysmart.ca/monthly-events)

**Watch the Video Now:** [Emotion Regulation – Nicole Allen](#)

- **Peer Support for Families**

I'm available to connect via **video chat, phone, or email** to:

- Listen and understand your current challenges
- Offer emotional support
- Share local resources and services tailored to your family's needs

**Book a free session with me:** <https://lisa-tate.youcanbook.me/> **Telephone:** 250- 940-6105

No waitlist & no cost.

- **Explore More Topics**

We host monthly online events with expert speakers and offer space for discussion and connection.

**Sign up here:** [FamilySmart Monthly Events](#)

**Watch previous topics:** <https://familysmart.ca/videos/>

- **Help for the Hard Times**

A monthly workshop for families whose child or youth has:

- Been a patient at Victoria General or Royal Jubilee Hospital, or
- Visited the ER for mental health or substance use concerns.

**Learn more:** <https://familysmart.ca/help-for-the-hard-times-workshop/>  
Free resource for families.

- **Circle of Security – Free 8-Week Workshop**

This workshop supports parents and caregivers to:

- Understand and respond to a child's emotional needs
- Support emotional regulation
- Strengthen self-esteem and healthy development

**Next Session Starts:** Tuesday, October 7th

**Time:** 10:00–11:30 AM

**Location:** 345 Wale Rd, Boardroom

**Register by contacting:** **Melissa Henderson** - [mhenderson@thrivevictoria.org](mailto:mhenderson@thrivevictoria.org)  
or/ **Reachelle Wolfe** - [rwuolle@thrivevictoria.org](mailto:rwuolle@thrivevictoria.org)

## Committee Reports

Committees for 2025/2026 will be struck at the first meeting

## 1. Hot Lunches Update

2025/2026 Hot lunch dates, with one extra date added this year:

September - none

October 17th - pizza

November 14th - pasta

December 12th - sushi

January 9th - hot dogs

January 30th - edo Japan

February 20th - pizza

March 6 or 13, depending on basketball tournament - Adrianas

April 10th - hand held (wraps, sliders)

May 1st - pizza

May 22nd - Chinese (stir fry, pot stickers, rice noodles)

June 12th - hot dogs

Reminder to re-register at [keating.hotlunches.net](https://keating.hotlunches.net) and add your student(s).

Our code is KHL