



## Concord High School P & C association

ABN: 43 317 153 298

### General Meeting Minutes

6.00pm, Tuesday, 23 February 2021

	Item	Lead
	<p><b>Present:</b></p> <p>Kevin Hogan (President), Kathryn Zerk (Vice President), Linda Dunkin (Vice President), Jennifer Moore (Secretary), Alison Massey (Treasurer), Victor Newby, David Lilley, Tamara Scenna, Monita Patel, Lana Crawford, Nada Abalkhail, Burmaa, Natasha Mogilin, Jackie Yuen, Maylyn Harrison, Alexis Berry</p>	
1.	<p><b>Welcome</b></p>	Kevin Hogan
2.	<p><b>Apologies</b></p> <p>Suzanne Ellis</p>	Kevin Hogan
3.	<p><b>Acceptance of Minutes</b></p> <p>Motion: That the minutes of the meeting 17 November 2020 be accepted</p> <p><b>Moved:</b> Linda Dunkin</p> <p><b>Seconded:</b> Alison Massey</p>	Kevin Hogan
4.	<p><b>Guest Speaker:</b> Judy Joy, School Counsellor - <i>How parents and carers can support their year 7 student.</i></p> <p>Psychology services are available at school 5 days per week.</p> <p><i>Adolescent development and general development</i></p>	

	<p>It's important to bring love, care and a sense of humour while keeping the big picture in mind. Use your support networks to support yourself.</p> <p>Year 7 students are likely to feel tired and excited with a lot of energy required to adjust to the new feelings and environment. Ensure they receive plenty of downtime and rest.</p> <p>Students will face new teaching structures. At CHS, the number of teachers is minimised but it still quite different from primary school therefore they must learn to navigate their new environment.</p> <p>They will need to adjust to being the little person again after being the top of primary school. This could lead to losing a sense of who they are. They will also be coping with travel to and from school with some using public transportation or traveling on their own outside their suburb for the first time.</p> <p>Parents may also worry about their child travelling and there is no longer Oosh as an option. This can be particularly challenging for working parents who must organise their child's safety and activities after school.</p> <p>Students may miss belonging and will need to find new friends while settling in. There may be drifting and changes from previous friendships made in primary school.</p> <p>Students will be going through body changes and the development of identity. They may be questioning who they are and if they are normal. They may try out different skills and behaviours. All of this is a normal part of growing up.</p> <p>Parents need to be a safety net but recognise that children will want to test limits and boundaries. It's important to maintain a sense of humour and a capacity to adjust their reaction. React with judgement, use your support structure and keep communication open.</p> <p>Daydreaming often increases and is normal. Brain connections are changing with a lot of the work happening when they are asleep so it's important to create good sleep hygiene. Create good patterns and limit sleeping in on weekends. Blue lights on screens can trick the melatonin to thinking it's daytime and delay the release for sleep. It is recommended not having blue</p>	
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	<p>screens one hour before bed. Caffeine and chemicals can also affect sleep. Encourage quiet time before sleep.</p> <p>The frontal lobes are the last part of the brain to develop and responsible for impulse control, planning, making wise judgements and forward thinking. Research shows that this development can continue into the 20s. Parents may need to help with planning and organisation while this is developing and treat it as a learning exercise.</p> <p><i>Body changes</i></p> <p>Year 7 students will hit grown spurts at different rates. Limb growth can impact coordination. Body fat deposits will change body shapes and voices will change. This can all impact on self-image and competency.</p> <p>The sense of self can be impacted by physical and hormonal changes. Students will have up and down emotions. Anxiety about appearance is normal. Support them in valuing their healthy body and not to compare it to others. Encourage them to be their strongest, healthiest selves.</p> <p><i>Importance of connections and communication in a resilient child</i></p> <p>A strong relationship between parent and child is critical therefore it's important to maintain open communication. They may push away and want more space and it's important to give that to them while keeping the door open. Be there and be available whilst giving them space.</p> <p>Communication while doing another activity often leads to open conversations and sharing. Let them talk to you. Be available but let them do the talking.</p> <p>Support and encourage them to develop their own solutions to things. Ask open ended questions and get them to come up with their own plan. This will give them a sense of achievement.</p> <p>Don't ignore reports of bullying. Encourage them to discuss it with an adult at school and support them.</p> <p>And finally, become a good listening, be curious and set solid values. Be kind to yourself and enjoy year 7.</p>	
<p><b>5.</b></p>	<p><b>Correspondence</b></p> <p>i) Email from City of Canada Bay – Grant funding 2021. Kevin discussed in the president's report.</p>	<p>Jennifer Moore</p>

6.	<p><b>Business arising from previous meeting:</b></p> <p>No Business arising from the previous meeting.</p>	Kevin Hogan
7.	<p><b>Principal's Report</b></p> <p>It has been a good start back to school with students settling well.</p> <p>There is a teacher shortage in some areas within TAS with four vacancies needing to be filled. These positions are currently being filled by teachers with underloads, but some are being taught out of faculty. Three positions were advertised last week.</p> <p>There was a flood in August of last year in D Block which affected 12 classrooms and 3 staff rooms. Work should be completed on those areas by the end of term. There are currently two demountables on the oval as kitchen spaces and an VA demountable in the car park. These will be removed once the repairs are completed.</p> <p>Year 7 has completed the best start assessment. The assessment allows the school to identify where students are struggling and excelling. Results will be available next week.</p> <p>A notification will go out in KIT outlining the best way to contact the school with their first point of call being year advisors or for year 7, class mentors.</p> <p>A decision had to be made in August of last year reading Year 7 camp for 2021 and with the uncertainty around Covid at the time it was decided to no go ahead with the camp. This year there will be a two-day incursion for Year 7 students to create a camp-like experience. In lieu of the P&amp;C supporting sending mentors to the camp as per usual, the school requested that the P&amp;C support a team coming in to work with students during the incursion.</p> <p>Motion: The P&amp;C support the Year 7 incursion by approving \$3800 funding.  <b>Moved:</b> Natasha Mogilin  <b>Seconded:</b> Kathryn Zerk</p>	Victor Newby
8.	<p><b>Treasurer's Report</b></p> <p>Alison Massey reported that she is working on gaining access to the accounts. Linda Dunkin currently has access.</p>	Alison Massey

<p>9.</p>	<p><b>President's update</b></p> <p>In November 2020 contact was made with our State Local Member and the Mayor of Canada Bay Council seeking their support and partnership with the P&amp;C for school funding programs and grants.</p> <p>Our Local Member responded seeking to meet in early 2021 and advised that a formal response would be provided to the request. To date no further contact has been received from the State Local Member.</p> <p>The Mayor of Canada Bay Council formally responded advising the grants from Council are limited and that the Council has a Policy position not to support State Government Schools as this is a State Government responsibility. The Mayor did seek to meet, support and work with the P&amp;C in 2021.</p> <p>The full response from Council is listed in Correspondence.</p> <p>Support will continue to be sought from all local members and council in supporting grant applications and other funding sources.</p> <p>It should also be noted the council elections are scheduled to be held in September 2021 and further approaches will be made.</p>	<p>Kevin Hogan</p>
<p>10.</p>	<p><b>AOB:</b></p> <p><i>Update on transport</i></p> <p>Students 16 and over cannot use an opal youth cards as they could leave year 10 and work. If they do not have the appropriate card, they can face a \$50 fine.</p> <p><b>Uniform Shop</b></p> <p>The uniform shop was run by the P&amp;C until September 2019 when the school took it over. It has been relocated to a demountable. Upon review, the uniform shop was reported to not be operating at a great profit, bringing in around \$5,000 profit in the last year after a turnover over several thousand in sales. The Uniform shop coordinator has resigned, and the school admin has been managing it so far this year. The school is looking to streamline a number of processes and ensure quality control. They are</p>	<p>Kevin Hogan</p>

	<p>currently open Mondays and Wednesdays. You can order online by completing a form and emailing it into the school. Payment is made through the pop account. The school is keen to improve ordering and paying online and is investigating this. It was suggested that parents could volunteer with picking and packing and assisting students with sizing.</p> <p>Jen Moore suggested that the P&amp;C create its own website. Mr Newby supported the idea and will put Jen in contact with someone at school to assist in linking between the two pages.</p> <p>Motion: Approval of \$250 to register a domain name and set up a P&amp;C website. <b>Moved:</b> Kathryn Zerk <b>Seconded:</b> Linda Dunkin</p>	
	<p><b>Meeting closed 7.25pm</b></p>	

**Next Meeting: General Meeting, 6.30pm 23 February 2021.**