



FROST ROAD ELEMENTARY PAC

Meeting Minutes

April 16th 2026

Meeting called to order 7:00 pm

In Attendance:

Executives: Sunam Gill, Mal Shahab, Annie Knoblauch

Admin: Kerry Schwab, Connie Kostas

Parents: Marcella, Linda

February minutes were approved by Mal and seconded by Sunam

We welcomed guest speakers, Marie and Jen from FamilySmart. This is a new program for any interested families and it is a non profit organization, here are some ways that FamilySmart is able to support your school parent community:

Integrated Child & Youth Team (ICY) Family Peer Support Workers (Jen, Nav, and/or Marie) can host free educational events on mental health or substance use topics for parents and caregivers at Frost Road. These are video presentations followed by a supportive discussion facilitated by Family Peer Support Workers. Each event would be 90 minutes.

ICY Family Peer Support is available through a referral from your school counsellor. Peer support services are available in Hindi, English, and Punjabi.

FamilySmart has trained Family Peer Support Workers who are parents who have lived experience supporting their children and youth with mental health and/or substance use challenges. They listen without judgement, provide practical resources and guidance navigating the mental health and substance use systems. Support is free and there is no waitlist. If parents feel like this is a good fit for them, they can self-refer.

FamilySmart also offers free online and in-person events for parents & caregivers who are parenting a child or youth with mental health and/or substance use challenges. Some of the upcoming events are: Emotion Regulation Part 2: Deepening Our Understanding, Supporting

*Please note information is subject to changes prior to the adoption of meeting minutes, at the next PAC meeting scheduled on May 21st, 2026 @ 7:00pm



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Our Kids with Substance Misuse While Caring for Ourselves, and ADHD - The Real Deal. New topics are covered every quarter. These events are facilitated by Family Peer Support Workers and aim to help strengthen our understanding and connection to the kids we support.

On May 7th, National Child & Youth Mental Health Day, FamilySmart is hosting an online, supportive event called When Our Children Hurt Inside: Nurturing Awareness and the Power of Relationships.

Principal's Report:

-Basketball play days went well as well as badminton games, the grade 7s will be enjoying a Dragon boat field trip (no cost to the students as all funds were paid for by PAC) and the grade 5s will be going to Victoria on April 30th.

-We currently have 564 students registered at Frost Road, and will be saying goodbye to 83 grade 7 students and welcoming 46 Kindergarten students next year, 23 divisions have been approved for the upcoming school year

-Jump Rope for heart will be on April 17th and the track meet will be on June 2nd, all students can enjoy practices and try out for the first few weeks, only 2-3 students will be able to represent our school per grade per event. We wish all students the best of luck! We know you will make our school proud!

-We wish Ms.Mclauchlin a very fond farewell and happy retirement!

Treasurer's Report:

-a review of the PAC account was completed including disbursements and deposits from Purdys, Munch a Lunch and a subsidy from the school district.

-PAC will be applying for the gaming grant for the 2026/2027 school year

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Fundraising report:

-Neufeld fundraiser went great! We raised \$775.00 and the family photo fundraiser raised \$500.00

-Our school carnival is coming up! Make sure to purchase your game tickets/wrist bands soon! (available on Munch) Admission is free and we will have live music, a cotton candy machine, and lots of fun games and prizes for all!

-Our walk-a-thon for tech will be on May 15th, the top earning students from both primary and intermediate will win a special prize!

Meeting adjourned at 7:45pm

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