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**Confirmed minutes from CHS P and C Association Meeting 2021.3 held on Tuesday 4 May 2021 at 5:30pm, using virtual meeting technology.**

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**In Attendance:** Megan Salmon (chair), Mark Ley (minute taker), Kathy Melky (Principal), Peter Barraclough (Deputy Principal), Jane Merrett, Heather Clarke, Emma Babbington, Angela Pearson, Amanda Ley, Andrew Boyce, Anna Castle-Burton, Kerrie Tuckwell, Kristina Dodds, Laurens Libeton, Jenny Riseborough, Josh Downton, Karine Marr, Mary Tazawa -Lim, Phillipa Hicks, Richard Harb, Sara Klug, Karine Marr, Mark Flynn, Elizabeth Hitman, Frederick Feng, Gaynor Armstrong, Amanda Petrides

Apologies: n/a

The minutes are reported in the order of the agenda.

**1. Welcome and apologies.**

Megan Salmon opened the meeting at 5:30pm noting a quorum was present. She welcomed back Kathy and acknowledged the great job that Jodi Arrow had done as Acting Principal while Kathy had a well deserved break.

**2. Minutes from previous meeting**

**Motion:** that the Minutes from the 2 March 2021 meeting be accepted as a true record.

**Moved:** Heather Clarke

**Seconded:** Kristina Dodds

**Carried**

**3. Business arising from the minutes of the previous meeting**

An update was provided on the Grand Piano which was part funded by the P&C at the last meeting. It has now arrived at the Senior Campus Hall. Kathy noted the appreciation of the school and the long term challenge to purchase a quality piano. It was spectacular at the Anzac assembly and is a great asset to the entire school. A concert is planned for later in the term with more information to come.

**4. Correspondence**

n/a

**5. Youth Aware of Mental Health Program**

The school counsellors, Elizabeth Hitman and Catherine Wassnik were introduced and outlined their roles in providing individual and, at times, small group counselling. Their roles are subject to usual confidentiality rules of external mental health providers. Students can be referred by year advisors, parents or the students themselves. At times they can refer students for external support. Their availability covers five days of support split over the two campuses. Please contact Elizabeth or Catherine if you have any questions relating to your child.

Next week, all Year 10 training will participate in the YAM, Youth Aware of Mental Health, program. The program is delivered by trained instructors and, one of them, Melinda Navin, presented key aspects of the program. Melinda is part of the Department of Education and has been on the YAM program for three years. She trains others on the program.

One in seven Australian students has had a mental health issue in the past twelve months. The most comprehensive study of the mental health of young people shows that suicide is the leading cause of death for young people. One in thirteen had thought about suicide in the past twelve months, one in twenty had a plan and one in forty reported an attempt. Females are more likely to contemplate suicide with males more likely to die from suicide.

Mental Health is reported as the most important issue for young people. They are concerned about themselves and their friends. The BlackDog Institute has developed an evidence-based program called LifeSpan involving nine strategies. YAM is part of one of the strategies focusing on help-seeking and resilience aimed at 14 to 16-year-olds. It is being implemented at a year 10 level.

The program is delivered with five sessions over two weeks. There is a focus on how to have conversations about mental health and showing concerns for others. It has been shown to reduce depression, anxiety and suicide attempts. Further information can be found at <https://www.blackdoginstitute.org.au/research-centres/lifespan-trials/>

Questions after the presentation covered how students can talk to counsellors about concerns for their friends, how they can start conversations with their friends and the dramatic language of young people that can trivialise this topic.

## Reports

### 5.1 Principal's Report

Ms Melky reiterated the importance of the Wellbeing programs, Tomorrow Man/Tomorrow Woman etc. and noted the appreciation to the P&C for supporting these initiatives. Unfortunately, there has been a number of suicides in the local region and the school is doing everything it can to proactively support students.

Great to be back after a fantastic break. Big 'Thank You' to Jodi who did an amazing job in looking after the school as well as Peter and others that stepped up. Current focus is on HSC analysis to understand and gain insights to improve and value-add future performance. Also the School Improvement Program which outlines the three strategic directions of the school to improve performance in the coming years. The Annual Report also provides a snapshot of the school in 2020, which is obviously dominated by COVID but also has good analysis of activity. Both are now available on the CHS website.

Kathy also again thanked the P&C for piano funding and noted the planning for an event to showcase it later in the year. The school is escalating the process of implementation of the shade sails. Separately, the DoE is funding a COLA on a green area at Pacific Highway. This will provide permanent protection against sun and rain which is planned for this year.

Kathy noted that the school has collected \$45k from parent contributions on behalf of the P&C this year. She welcomed and congratulated Megan Salmon and new P&C president and is looking forward to the welcome drinks.

The topic of consent has attracted a lot of attention. In school, consent is covered in the curriculum in PDHPE on relationships and respect. Year 9 lessons on consent split up the genders to facilitate a better discussion. Feedback was positive with lots of respect. Year 10 in PDHPE touches on

relationships and sexuality with a very sensitive approach. It is also covered in the LifeReady program, This is DoE mandatory course, 25 hours, involving a year 11 camp.

Questions covered consent information being in the newsletters and upcoming school camps.

### **5.2 President's report**

Thank you to Mary and the team for all the efforts in managing the uniform sale. Other thanks to Karine for all the information on Wellbeing issues and the social team, Heather, Richard and Jane, in planning the Welcome Night on 20 May at West St campus.

### **5.3 Treasurer's report**

The Treasurer's report as at 27 April 2021 was circulated prior to the meeting, Angela talked to the report noting the funds collected by the school. There is now around \$170k in surplus with plenty of money to spend.

### **5.4 Subcommittee Reports**

#### **Uniform Subcommittee**

Mary noted the success of the uniform sale. The meeting thanked Mary and all involved. It was noted that lost property should be collected by kids. Need more stock for the next sale which will be advertised through the newsletter.

#### **Sports Subcommittee**

Anna introduced and welcomed the new sports administrator Hettie Jamison. This year there are 18 basketball teams, 10 netball teams and will conduct the sports fitness again. New basketball uniforms have been arranged and organised for casual employment through coaching and umpiring. Kathy stressed the importance of Working With Children checks.

#### **Social subcommittee**

Richard updated on the 20 May welcome back drinks. Try booking is being used and they are looking for volunteers. There will be two tours of the school, 72 registered in less than a day. Kathy to advise if we can go higher than the current 150 person limit.

#### **Communications Committee**

Jane noted the massive effort that Susan has made to improve the communication on Facebook and Website across the different year groups.

#### **Environment Committee**

Kristina noted the Air quality monitors which will be discussed in the general business. Also discussed the Parliamentary Inquiry into the Western Harbour Tunnel/Northern Beaches Link which is looking for submissions. It has different terms of reference to EIS and notes the changed traffic in a post-COVID environment. A submission is planned on behalf of the P&C and working with other local schools. Also planning a school working bee in Term 3.

#### **Wellbeing Subcommittee**

Karine discussed the key wellbeing information that she is looking to communicate online. Very keen for other parents to share their experiences and concerns. Looking to get programs that have worked well in previous years.

## 7. General Business

### 7.1 Welcome Night

Discussed in the Social Committee Update.

### 7.2 Wellbeing - Student 2021 Program

Kathy endorsed the programs and noted the various Wellbeing programs targeting each year group. The programs have also been highly successful and beneficial for parents. Karine noted that Tomorrow Man/Tomorrow Woman dates are being locked in for 2021. Suggested parents attend to understand the program better.

**Motion:** that the P&C approve funding of up to \$22,925 for the 2021 Student Wellbeing program.

**Moved:** Heather Clarke

**Seconded:** Mark Ley

**Carried**

### 7.3 Environment - Air Quality Monitors

Kristina's proposal covers four air quality monitors, two at each site to validate the data. It was an issue last week due to air quality issues and cancellation of the cross country. Sensors feed into the grid providing live air quality maps. They could also be good to link into the curriculum. Questions - Where do you get access to reading? Real time at purpleair.com. Maintenance? Easy to use and instal.

**Motion:** that the P&C approve funding of up to \$1,200 for the purchase of Air Quality Monitors.

**Moved:** Jenny Riseborough

**Seconded:** Angela Pearson

**Carried**

### 7.4 Health and Safety - First-aid courses and Defibrillators

Megan noted the tragic circumstances that have resulted in a focus on support for first responders. Considered appropriate to provide first aid training to parents, coaches etc who would benefit from formal training. School happy to host defibrillators on school grounds. Currently don't have defibrillators at school campuses but think it's necessary equipment. Units proposed to be purchased don't require training and are recommended as they provide instructions with voice and visual prompts and CPR support. Funding will provide first aid training for up to 50 people and two defibrillators. Kathy supported and said in the past they had not been purchased as they required training. Today's versions are much more user friendly and the school may look to add to two proposed.

**Motion:** that the P&C approve funding of up to \$10,000 for first-aid courses and defibrillators.

**Moved:** Angela Pearson

**Seconded:** Heather Clarke

**Carried**

### 7.5 CHS Discounts, Offers and Entertainment Book

Update from Richard that there is still an issue with the Entertainment Book. Looking to update the online link. Will discuss further at the next meeting.

Final questions and discussion covered lockers and female toilets.

There being no other business, the meeting closed at 7.20pm.