

ACT Council of P&C Associations Inc

Maitland House
100 Maitland St, HACKETT ACT 2602
Ph: (02) 6241 5759 Fax: (02) 6241 8839



Report on P&C Council General Meeting 27 October 20 (attended by 22)

This report is provided to P&C associations to inform parents generally about the activities of P&C Council.

Notices: P&C Audit/Financial review workshop 7pm Thursday 17 Nov 20 via Zoom

1. Guest Speaker - Addie Wootten, CEO of Smiling Minds. Smiling Minds is a not for profit organisation based in Melbourne but work nationally. The Smiling Minds free app is used by between 500,000 to 600,000 people per month by students, parents, teachers and schools. Smiling Minds' goal is to facilitate skills development, wellbeing and mental health, building tolerance and resilience in people. Mindfulness is learning how to pay attention to what we are doing right now and not worry about the future or past. It involves developing emotional and behavioural regulation skills, improving attention and concentration and facilitating optimal environments for learning. Improvements in students can include decreases in psychological distress and tension, better emotional and behaviour regulation, better academic performance and lower depression and anxiety. The Smiling Minds schools' program started in 2015 to produce mindful leaders, communities, curriculums, students and teachers. It provides lesson plans, resources for students and training for teachers, plus information for parents. Six (6) different curriculums are matched to student development levels, from 3 years of age. Meditation practice and mindfulness exercises are included. Age based programs are provided for 7-9 yrs, 10-12yrs, 13-15 yrs, 16-18 yrs, adults and classrooms. The program is planned for opening to schools in the ACT early next year. The program can be modified/adapted by teachers for students with learning difficulties and it is easier to start at a younger age when there is less resistance within older students. However, there are many high schools using the program. Council consider forming a Working Group to help promote mindfulness to the EDU and Minister.

2. Update on Supporting Parent Engagement Grants. Successful Round 1 grants have been announced. Lyneham PS was looking for partners in their grant who would like to share costs of engaging a consultant. Delegates should contact Terry if interested. Council's grant application is to provide up to 100 P&C parents with either face to face or online cultural awareness and competence training.

Discuss continuing issues from the COVID restrictions. There was no change advice from EDU or ACT Health on School/college formals and graduations this year and teacher/parent student interviews. Council will continue to lobby for increased parental involvement in formals & graduations, our aim being to have as many parents participate as possible. It was largely in response to our representations that there was an increase from 100 to 200. Our COVID Safety Plan for P&Cs holding polling day BBQ/food and other stalls at their schools was developed after consultation with P&Cs. EDU insisted on training of COVID Safety officers the Tuesday night before the election. Only those P&C doing the training could hold the stalls.

3. Discuss ACT election results. It was noted that the Greens were likely to have a greater say in the future ACT government and that Council reps had met with the Greens education spokesperson, prior to the polling day. Council will follow up with the new government & Minister to review their election promises and confirm their implementation.

4. NAIDOC week & P&C Council's Colouring Competition. A list of NAIDOC and RAP ideas has been sent to P&Cs. Council's own contribution is a colouring in competition using the NAIDOC week's rainbow serpent template. Prizes and certificates will be provided in all age groups. Indigenous are available from: <https://www.magabala.com/>

5. Other issues from P&C Associations

No change in advice from EDU and ACT Health on the return of P&C meetings to school venues. However, in some schools, P&C officers were allowed to meet on the premises. Many P&C parents prefer online meetings and more seem to be joining such meetings. Problems with P&Cs being able to use the school's Webex or Google Meets services were noted and the risk of misuse of email addresses was a concern.

6. Next meeting –Hot Topics General Meeting after the AGM at 7pm on Tuesday 24 Nov via Zoom.