

Cordova Bay Parent Advisory Council

General Meeting Agenda

October 15, 2019

Members: Heidi Low, Michelle Joergensen, Karen Payjack, Petra Warnok

Call to order: 7:05pm

Discussions:

- i. Upcoming Guest Speaker
 - a. November Guest Speaker Event – Dr. Mark Sherman - Michelle
 - i. November 19th – 7-8:30pm
Mindful Parenting -- Taking care of ourselves so that we can take care of our kids
In this presentation Dr. Mark Sherman will offer how mindfulness can help us attend to ourselves and to our families. With the rising incidence of anxiety disorders in our children, learning how to be present and kind can help us to navigate the sticky points in our parenting and in our lives. In an interactive format Dr. Sherman will offer definitions, research, tips and practices to help us regulate our own emotions in order to allow those around us to regulate their own.
- ii. Sean Lillis (Saanich Fire Department)
 - i. Fire Safety
 1. Saanich Fire Department will replace your smoke detectors for free. Just give them a call.
 2. Costco is a good source for fire extinguishers. Every house should have one. Do not keep in kitchen. Fires often occur in kitchen and it would be hard to get to if there was a fire.
 3. Did you know that during a fire ban, you can take your propane firepit to the beach to enjoy a hotdog roast?
 4. House Escape Plans: Meeting Point away from home, practice with your family, keep a pair of sleepers/shoes under your bed, If you cannot leave your room go to window, shine a flashlight so firefighters can see you.
 5. Fire Extinguisher: How to effectively use it.
 6. Always Call 911 even if you've extinguished a fire by yourself. Fire Dept. will make sure it is completely out and that your home is safe.
 - ii. First Aid
 1. Reviewed Choking First Aid.
 2. 911 – When in doubt, just call.
 3. Reviewed how to care for Burns.
 4. It's better to do something, than do nothing. Good Samaritan Act will protect you.
 - iii. Sean would be more than happy to come back to do a session with Grade 5s.

Meeting Ended: 8:10pm