

# **Malaspina PAC Meeting Minutes**

January 18, 2021

**Zoom Meeting called to order:** 6:32pm

**Meeting Attendees:** Val Munk, Elisha Munro, Deanna Selver, Deanna Hood (Principal), Trista Spencer, Rebecca Bartsch

**Principal's Report** – see attached

Highlights:

1. Jan 28-Feb 4 CSLs will be distributed
2. Online K registration, parents will use “My Ed” to register
3. Online student transfer process open Feb 3 - Mar 2
4. Pro d day Feb 5
5. UNBC – Vitamin D and Cognition Study

Request to change funds allocated to “Choir” to “Sundry funds for music program” – Elisha motioned; Val seconded.

**Treasurer's Report – Val**

Bus payment requests may come in. We will assess these case by case, but teachers need to be made aware that they should still ask, but we may say no if we do not have adequate funds. Trista will send info to Deanna Hood to forward to teachers.

Grade 7 hoodies – need invoice from Tasha Matovina

\$400 we can still spend out of gaming account

**PAC Initiatives – Executive**

1. Hot lunch – Feb 19
2. Bottle drive program - \$446.45
3. Spring initiatives: Gift card bouquet (Mother's Day); Plant sale; Tru Earth – Earth day; Fundscript – closer to the end of the school year

Adjourned 6:59pm

Next Meeting Thursday February 18, 2021 6:30pm

Attachment 1: Principal's Report

Attachment 2: UNBC Vitamin D and Cognition Study

## Principal's Report - Malaspina Elementary PAC

January 18, 2021

### Upcoming Events:

Jan 28-Feb 4	Mid-year CSL's distributed
January 26	Online Kindergarten registration opens @ 9am
February 3	Online student transfer process opens @ 9am
February 5	Non-instructional day - students do not attend
February 15	Family Day - holiday - students do not attend
Feb 16 - Mar 4 (written)/Mar 12 (on-line)	FSA's for Grade 4/7's
Now - April 30	Student Learning Surveys Grade 4/7's and parents
March 2	Online student transfer process closes @ 3pm
March 19	Last day before Spring Break
April 6	Return from Spring Break

1. PAC funds - Choir
2. UNBC Research Project - Vitamin D and Cognition Study

# Vitamin D and Cognition Study

We are looking for Research Participants!

Vitamin D insufficiency is common worldwide and especially among people in the north. Recent studies in northern BC have shown that many adults have low vitamin D levels, particularly in winter, and that these low levels are associated with worse cognition (i.e., thinking and memory). We do not yet know if this is also true for children.

## WHO CAN PARTICIPATE?

Students in grades 4 to 7 (9 to 13 years) and a parent (or other caregiver).



## WHAT DO I HAVE TO DO?

Participate in a Zoom session in which you will answer a questionnaire and your child will complete thinking and memory tasks. Then, you will be asked to use a home vitamin D testing kit that requires a drop of your child's blood. An honorarium (i.e., money) and the results of the vitamin D test will be given to you upon completion of the study.

## The researchers conducting this study are:

Katherine Bailey, BSHSc Honours Degree Student, School of Health Sciences, University of Northern British Columbia

Dr. Jacqueline Pettersen, Associate Professor, Division of Neurology, University of British Columbia and the Northern Medical Program, University of Northern British Columbia

**For more information, or to sign up to participate, please contact:  
Katherine Bailey or Dr. Jacqueline Pettersen  
Tel: 250-960-5414 | Email: [brainstudy@unbc.ca](mailto:brainstudy@unbc.ca)**



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