



## Minutes of Parents Association Lusk Community College Parents Association

### 8th Annual General Meeting in the College on Thursday 24<sup>th</sup> of November (7.00pm) 2022

#### In attendance:

Tricia Lynch(Chair), Ian Byrne(Secretary), Aine Cunningham(Dep Secretary), Bernice Corless(Treasurer/Parent Rep), Gabriel Kelly(Parent Rep), Claire Handley, Eileen Doyle, Lisa O'Brien, Paul McNally, Cate Monaghan(Dep Chair), Audrey Kavanagh, Pat Cole (Principal), Oliver Dennis, Dave O'Keefe, Liz Tully, Patricia Muteza, Joseph Cilomba, Michael Lenehan, Olivia Toolin, Jules Thompson (Jigsaw workshop).

#### Apologies: Eamon McBride, Liz Dennis

- The Chair opened meeting welcoming everyone. Secretary mentioned the previous AGM minutes and the Parent Rep proposed and the Dep Chair seconded them.
- The Chair went through the AGM Presentation explaining the format for the night, what the PA did, what they don't get involved in. She went through role of Chair, Chairs report, PA Projects, PA future plans.
- The Secretary gave the secretary's report and role.
- Bernice gave Treasurers report, went through PA Committee Financial Statement with Closing Bal €825.82. Mentioned difficulty switching signatories for PAs Post Office account. Advised no change before three year term. Bernice said that she was prepared to stay on as Treasurer for another term because of this.
- Gabriel gave the Parent Reps report. Mentioning training received in Child Welfare and Report writing. Mentioned board members appointed for 5 years but PA Rep only 3 years until now. Mentioned the role required reviewing Policies, Guidelines and Reports as part of the BOM.
- The Chair introduced the committee members, explained that they have all stepped down and their roles would be appointed at the first PA Meeting in the following few weeks.
- Principal (Pat Cole) gave a report. School received Library Resource Grant and Arts Project Grant from the dept. The LC results were good and the JC results haven't been analysed. Thanks to teachers volunteering their time into a lot of extra-curricular activities. Number of students in school growing. Waiting lists for special classes. Will reach 1000 capacity in Sept 2023. Not enough teachers for available places so with DDLETB are planning a recruitment drive. A number of students suffering with Anxiety/Depression as a fallout from COVID-19. Low student attendance levels an issue. School Self Evaluation (SSE) focus on schools purpose (student employment and parental engagement with the school).
- The Chair explained that the Constitution needed to be amended, on the advice of the ETB PCA, to remove all references to Parent Reps as their roles remit is linked solely to the schools board of management. She explained that Committee amended the Constitution and gave it to the Principal to put onto the school website for review by the Parents. The Chair asked for a show of hands for those in favour of Ratifying those amendments. Over 2/3rds of attendees put their hands up (Constitution requirement for ratification of changes to the Constitution) therefore the amended Constitution was ratified.
- The Secretary explained that the PA Committee were looking for new members and that the first meeting would be in the next few weeks. If they were interested in joining they could tick the box on the attendance sheet and leave their contact details.
- The Secretary gave an introduction to the speaker from Jigsaw, Jules Thompson.

#### Jules Thompson gave a talk on "Supporting Young People's Mental Health".

- Marks story: Watched video of how Mark's mental health deteriorated due to challenging events.
- This caused feelings of ideation (thinking about suicide).
- The Mental Health Spectrum ranges from poor to good. Challenges will lower it and support will raise it.

- Advice to Normalise conversations –go for drives or walks (so they can't see your facial expression).
- Mental Health is affected by >Failing and not being crushed >Coping with Rejection >Relationships >Studying and Play >Belonging (part of a group)
- Should be able to talk of Mental Health the same way as you talk of Dental Health
- Building Blocks of Mental Health: >genes >family discord >bullying (24/7 social media) >early caregiving poor >school >Brain plasticity growing till 25 >Drugs (schizophrenia/Paranoia/lack motivation) >Discrimination >Relationships
- Talked about factors influencing Self-Respect, Depression
- Three Main Points:
  1. Not talking about problems linked to suicidal behaviours – One Good Adult (talk to a trusted adult)
  2. Shared Problems helps mental health
  3. Many people in distress aren't seeking help

**Lusk CC Parents Association Treasurers Report**

<u>Date</u>	<u>Transaction</u>	<u>Description</u>	<u>Cr</u>	<u>Dr</u>	<u>Total</u>
▶ 15/03/20	Opening Balance				€741.02
▶ 13/03/21	Withdrawal	Zeeko		€356.30	
▶ 13/03/21	Interest		€1.95		€386.67
▶ 24/05/21	Withdrawal	Demand (muffins)		€175.00	€211.67
▶ 11/09/21	Lodgement	Applegreen(162.00)	€13.00		€224.67
▶ 17/12/21	Withdrawal	Flowers Guest Speaker		€20.00	€204.67
▶ 31/12/21	Closing Balance				€204.67
▶ 01/04/22	Interest		€0.15		€204.82
▶ 26/04/22	Fundraiser		€621.00		€825.82
▶ 17/11/21	Closing Balance				€825.82

\*An Post Savings Account with 2 Signatories: **Treasurer and Deputy Treasurer**

**Membership of the Current Parents Association 2021/22**

Tricia Lynch	Chair
Cate Monaghan	Deputy Chair
Ian Byrne	Secretary
Eamon McBride	Dep Secretary
Bernice Corless	Treasurer & Parent rep School Board
Lisa O'Brien	Dep Treasurer
Gabriel Kelly	Parent rep School Board
Alexandru Burla	PA member
Paul McNally	PA member
Audrey Kavanagh	PA member
Bob Hartigan	PA member
Claire Handley	PA member
Eileen Doyle	PA member
Selena Kavanagh	PA member
Susan Moore	PA member
Liz Dennis	PA member
Beata Laczek	PA member