



**MANLY VALE PUBLIC SCHOOL
Parents & Citizen Association**

**MINUTES OF GENERAL MEETING
Tuesday 13th June 2023**

PRESENT

Principal	Tina Lee
President	Karl Treacher
Vice President	Chris Nicholls
Vice President	John Gillings
Secretary	-
Treasurer	Peter Weatherston

Amy Hansen, Holly Fellows, Wendie McDougall, Xara Roznerski, Becky McGowen, Kate Williams, Naomi Kiarie-Gichanja

APOLOGIES

Karen Murgatroyd, Kaisa, Ally Malone

Minutes of the General Meeting held on 13/06/2023

Approval of Minutes Motioned: Becky McGowen Seconded: Tina Lee

Action Arising from Previous Meeting:

- Tina to add the update on the Neurodiverse Parent Support Group in the newsletter, along with the QR code and date of their first meeting.
- Tina to organise a follow up meeting with Carla to go through the requirements of the Fundraising Coordinator.
- Next meeting, to vote on spending \$2,500 on a buddy bench - SRC initiative
- Next meeting, to vote on IT spending for the year and going forward.

Correspondence In and Out: none

MEMBERSHIP: none

REPORTS:

Principal

External Validation Completed 2023.

Sarah Birrell our Assistant principal Curriculum Implementation will summarise the finding of the validation process.

Element name	School Assessment	EV Assessment
● Learning Culture	Sustaining and Growing	Excelling
● Wellbeing	Sustaining and Growing	Excelling
● Curriculum	Sustaining and Growing	Excelling
● Assessment	Sustaining and Growing	Sustaining and Growing
● Reporting	Sustaining and Growing	Sustaining and Growing
● Student performance measures	Sustaining and Growing	Sustaining and Growing
● Effective classroom practice	Sustaining and Growing	Sustaining and Growing
● Data skills and use	Sustaining and Growing	Sustaining and Growing
● Professional standards	Sustaining and Growing	Sustaining and Growing
● Learning and development	Sustaining and Growing	Sustaining and Growing
● Educational leadership	Sustaining and Growing	Sustaining and Growing
● School planning, implementation and reporting	Sustaining and Growing	Sustaining and Growing
● School resources	Excelling	Excelling
● Management practices and processes	Sustaining and Growing	Sustaining and Growing

Where to from here?

Term 3-4- Complete old plan and finish evaluation process. Complete a situational analysis of school and write a new school plan for 2024-2027.

Our focus areas will be:

1. Curriculum implementation
2. Teacher leadership and support of the Highly Accreditation process for teachers
3. Consolidating and leading HPGE- Gifted and Talented policy throughout the school.
4. Whole – school assessment review- including reporting to parents
5. Focus on well-being for staff and students. Including attendance targets – aiming for 90-95% attendance for all students.
6. Community involvement in academic, social, and emotional achievements and outcomes. Supporting our children to achieve their personal best!

Term 3- CAPA term

Congratulations to all our students and teachers and parents involved with a variety of extra-curricular activities including Drama group, Band performances, choir ensembles and dance ensembles and concerts. Currently, we have students performing every week until the holidays. Outstanding examples of school pride and representation across the Arts.

Debating teams also competing in the Premier's Debating challenge and our Multi-cultural Public Speaking competition coming to an end. Our school's public speaking competition preparation for the bear Pit Public speaking early next term. Will come out this week.

Road Safety Plan 2023

We have completed a thorough audit of our current Road safety plan and had 2 teachers trained to review and implement recommendations from the DoE Road safety dept. We have worked with Northern beaches council to try and come up with solutions to the ongoing concerns at drop off and pick up. The new signage and restrictions on the carpark are currently being ignored by the community and I am not sure what the council's plans are for the future of this.

As a school we are focussing on positive road and pedestrian safety in assemblies, our school sign and in the newsletter. We hope that there will be some positive education and changes to the current behaviour at the front of the school during drop off and pick up times.

Fundraising

Thank you to our current fundraising committee for all they are doing in building community spirit and participation in school events. The money raised is going towards resources for our students.

Fees

There are some concerns around fee payments for many families now. Unfortunately, it is difficult to subsidise these fees as they are mostly for things like gym, dance where external providers must be paid. Workbooks and textbooks are additional to the books provided for classroom use.

Excursions and incursions, PSSA travel all require buses to be covered and entry fees to be given. The It levy covers licences the students use and the payment of a technology support guy in a Tuesday. All of these things are not covered by the DoE. Please remember that the Voluntary contribution is voluntary and usually goes to support technology replacement or big items like PSSA kits, large visual books for reading (luxury items).

President

As President of The Manly Vale Public School P&C Committee, I feel it's important to provide an updated overview that encapsulates who we are and what we stand for. As a legally incorporated board, we have what's called 'Legal Personality' and with that comes significant responsibility. As a working definition, 'legal personality' refers to: any person, thing or entity that can do things, that can undertake legal actions including but not limited to entering into contracts, owning property, capable of being sued etc.

Our Parents and Citizens (P&C) Committee is at the core of the Manly Value Public School community. We're a dedicated collective of parents, citizens, school staff, and teachers who volunteer our time, skills, and effort to enhance our children's educational environment.

We owe a great deal to our committed and visionary principal, Tina Lee. Her guidance and unwavering support play an instrumental role in our committee's work. The Manly Vale Public School values serve as our North Star, helping us stay on course and focused on our common purpose: to create the best possible educational environment for our children.

School Goals :

A commitment to personal excellence, self determination and ownership of learning • Access to a dynamic environment which nurtures inquiry and responsibility • Openness to new ideas, innovation and creativity

- A positive attitude to mind, body and spirit
- Resilience and the capacity to manage change
- Compassion and empathy
- Recognition of the rights and responsibilities of belonging to a community

Our initiatives span across a wide range of activities, from planning school events to advocating for improved educational resources. The P&C Committee serves as a vital communication bridge between the school and parents, fostering a space for open dialogue, discussion, idea-sharing, learning and ethical governance.

As an incorporated board, we are aware of the need for a higher level of rigour in our decision-making processes. As such I propose we rely on solid principles that can ensure transparency, fairness, and efficiency. It is upon these pillars that we base our decisions:

Transparency: We will communicate our plans, actions, and decisions clearly, and keep all members informed.

Fairness: We aim to make decisions that consider everyone's needs and promote equality (informed by federal laws, state guidelines and global health and wellbeing research and evidence).

Efficiency: Our decisions should always contribute positively to the school community and improve the educational, health and wellbeing for our students.

Remember, every step we take, no matter how small, contributes to a rich educational experience for our children and a stronger, more inclusive community. Together, we are not just building a school; we are shaping the future leaders of our society. I am grateful for each one of you who are part of this vibrant committee. This being the case, I propose the following set of decision making principles for us as a committee to review and utilise when making decisions on behalf of the children, parents and community that we have volunteered to serve.

Decision Making Principles (Proposed)

Following our commitment to transparent, fair, and robust decision-making, I'm proposing a set of guiding principles. These will ensure that our decisions are not only well-informed, but also align with our shared values and the wellbeing of our students and community.

1. Evidence-Informed Discussion: Each decision should be rooted in accurate, relevant, and up-to-date information. We foster an environment where every opinion and suggestion is grounded in reliable evidence, ensuring our actions are based on fact, not assumption.

2. Deference to Expertise: When it comes to health and food-related decisions, we will adhere to the guidelines, recommendations, and research from leading global scientific and medical bodies. This commitment ensures our decisions are based on the most reliable, comprehensive knowledge available.

3. Prioritising Wellbeing Over Profit: The health, safety, and wellbeing of our students and community always come first. Financial considerations, while important, should not overshadow the best interests of our community.

4. Education and Information: We carry a responsibility to educate and inform students and the community about validated health risks associated with food choices. Part of our decision-making process includes assessing the educational value and potential health implications of our initiatives.

5. Transparent Communication: All committee members should be clear about decisions being made, including their rationale, potential impact, and associated information. Transparency ensures collective understanding and unity.

6. Consideration of All Perspectives: Every voice within our committee matters. We will ensure that all perspectives and experiences are taken into account when making decisions, fostering an environment of inclusivity and fairness.

7. Alignment with School Values: Our decision-making process should reflect the values of Manly Value Public School. Each decision must uphold these principles, thereby ensuring the integrity of our wider community.

8. Efficiency and Effectiveness: Our aim is to achieve the best outcomes with the resources available to us. We will carefully consider the short-term and long-term impacts of our decisions to ensure sustainable success.

9. Consensus Building: We strive to create an environment where everyone feels heard and valued. We aim for broad agreement in our decision-making, promoting a collaborative and inclusive atmosphere.

Remember, our shared goal is the wellbeing and success of our students and community. I appreciate your ongoing dedication and active participation.

World Health Organisation (WHO) Recommendations

The World Health Organisation (WHO) is a specialised agency of the United Nations, responsible for international public health. It was established on April 7, 1948, which is now celebrated as World Health Day. The WHO has 194 member states and is headquartered in Geneva, Switzerland.

The WHO's role is to lead global health responses, shape the health research agenda, establish norms and standards, articulate evidence-based policy options, provide technical support to

countries, and monitor health trends. The organisation has played a critical role in the eradication of smallpox, and is currently leading efforts to combat diseases such as AIDS, Ebola, malaria, and tuberculosis. One of the organisation's key functions is to compile and disseminate health information, including classifications related to food and substances, such as the International Agency for Research on Cancer's (IARC) classification of processed meats as a Group 1 carcinogen.

The WHO is governed by the World Health Assembly, consisting of representatives from its member states, and an Executive Board of health specialists elected from the Assembly. The organisation operates on the core principle that all people should enjoy the highest standard of health, regardless of race, religion, political belief, economic, or social condition.

From managing health emergencies to promoting healthy lifestyles, the WHO is a global health leader and an essential source of advice on public health matters. Their guidelines and recommendations inform policies and practices around the world, including those in our school community.

The World Health Organisation's International Agency for Research on Cancer (IARC) classifies agents—such as chemicals, mixtures, occupational exposures, physical agents, biological agents, and lifestyle factors—into five different groups, based on the strength of scientific evidence regarding their potential to cause cancer in humans. The IARC assembled a working Group of 22 experts from 10 countries. The results of their review were published in Volume 114 of the IARC Monographs, and since then The Lancet and are now universally adopted by federal and State health departments and national cancer councils globally as agreed guidelines.

Here's a brief overview of findings for each category:

Group 1: Carcinogenic to humans. This category is used when there's sufficient evidence of carcinogenicity in humans. Essentially, there's convincing evidence that the agent causes cancer. This group includes tobacco, asbestos, alcohol, and processed meats.

Group 2A: Probably carcinogenic to humans. This category is used when there's limited evidence of carcinogenicity in humans and sufficient evidence in animals. In some cases, an agent may be classified in this group when there's inadequate evidence in humans but sufficient evidence in animals and strong evidence that the carcinogenesis is mediated by a mechanism that also operates in humans.

Group 2B: Possibly carcinogenic to humans. This category is used for agents for which there's limited evidence of carcinogenicity in humans and less than sufficient evidence in animals. It may also be used when there's inadequate evidence in humans but sufficient evidence in animals.

Group 3: Not classifiable as to its carcinogenicity to humans. This category is used most commonly for agents for which the evidence of carcinogenicity is inadequate in humans and inadequate or limited in experimental animals.

Group 4: Probably not carcinogenic to humans. This category is used for agents for which there's evidence suggesting lack of carcinogenicity in humans and in experimental animals. Group 4 is rarely used; to date, only one agent (caprolactam) has been classified in this group.

1.0 Processed Meats

The classification of processed meats, which includes bacon, as a Group 1 carcinogen comes from the International Agency for Research on Cancer (IARC), a part of the World Health Organisation (WHO). This classification means that there's sufficient evidence to support the link between the consumption of processed meats and an increased risk of cancer.

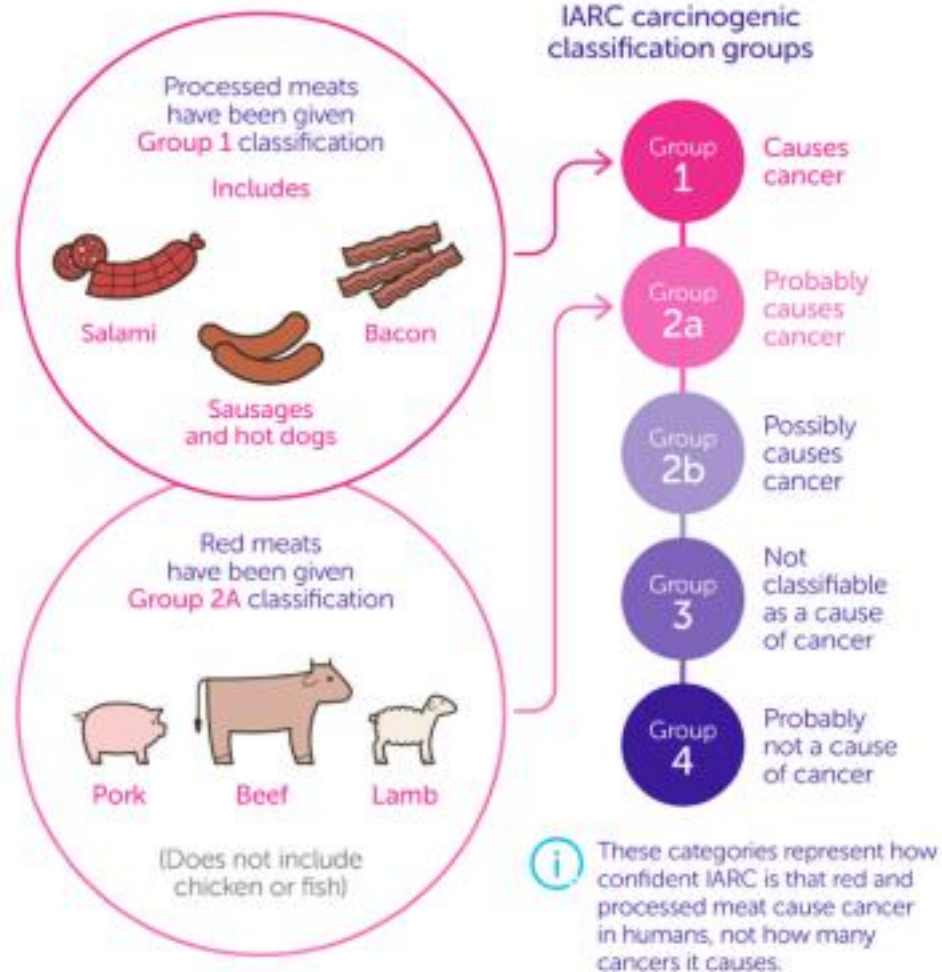
This conclusion was made after a detailed review of scientific literature performed by a Working Group of 22 experts from 10 countries, who convened by the IARC in October 2015. The results of their review were published in Volume 114 of the IARC Monographs.

According to the report, each 50 gram portion of processed meat eaten daily increases the risk of colorectal cancer by about 18%. Processed meat refers to meat that has been transformed through salting, curing, fermentation, smoking, or other processes to enhance flavour or improve preservation. It includes not only bacon, but also foods like hot dogs, ham, sausages, corned beef, and beef jerky, among others.

While the risk of developing cancer from eating processed meats like bacon is small compared to other risk factors, like smoking, the evidence of its link to cancer is strong enough for the IARC to place it in the same category as tobacco, alcohol, asbestos, and other known carcinogens.

For this reason, many health organisations recommend limiting the consumption of processed meats, to reduce the risk of colorectal cancer and other health issues.

Meat and cancer: How strong is the evidence?

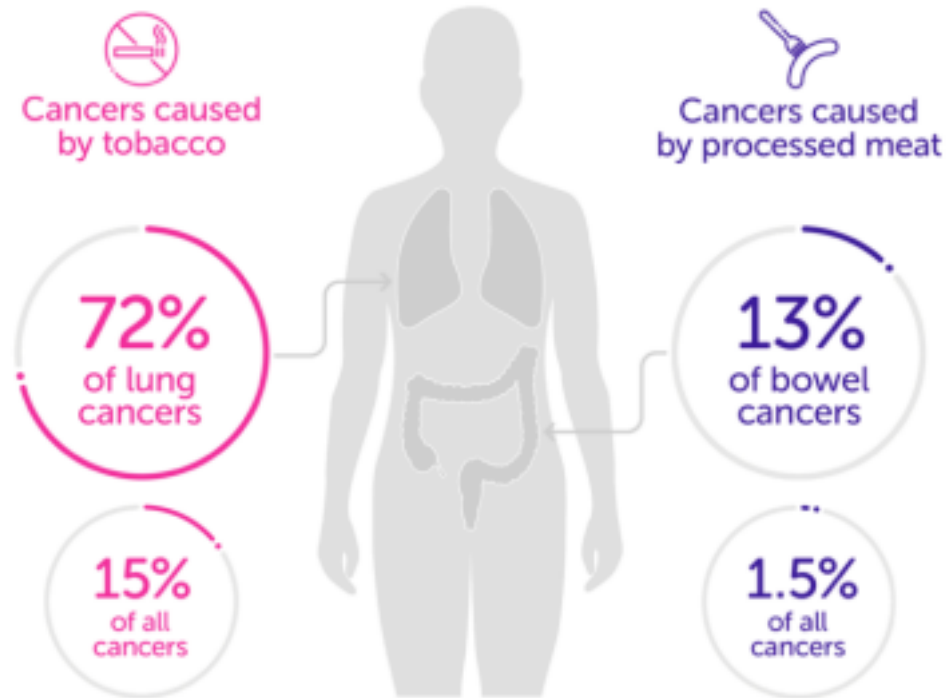


Together we will beat cancer



Tobacco vs meat – what's the risk?

The evidence that processed meat causes cancer is as strong as the evidence for tobacco, but the risk from tobacco is much higher...



Together we will beat cancer



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How much matters?

The latest study analysed data from half a million UK adults over almost 7 years and found that moderate processed and red meat eaters – those eating 79g per day on average – had a 32% increased risk of bowel cancer compared to people eating less than 11g of red and processed meat daily.

To put this in context, for every 10,000 people on the study who ate less than 11 grams of red and processed meat a day, 45 were diagnosed with bowel cancer. Eating 79 grams of red and processed meat a day caused 14 extra cases of bowel cancer per 10,000 people. These figures are just for the independent effect of meat consumption, as they take into account other differences between these groups of people, for example sex, deprivation, smoking, physical activity, alcohol intake, other aspects of diet, reproductive factors, and body mass index.

Professor Tim Key, who co-led the recent study and is deputy director at the University of Oxford's cancer epidemiology unit, says that while the impact of cutting back on processed meat might be smaller than quitting smoking, it's still important.

"Everyone eats and everyone is at risk of colorectal cancer," he says. "So any increase in risk makes a difference when we look at the whole population."

And he sees the results as a reminder for those following government guidelines. "Current government guidelines suggest if you eat more than 90 grams a day on average you should cut down to 70 grams a day. Our results suggest cutting down a bit more gives slightly lower risk, and are a reminder that there is still an increase in risk for modest intakes of meat."

Cancer Council Home | Lifestyle choices and cancer | About the campaign | Contact us | Cancer Council NSW Website

You hold the cards to reducing your cancer risk

1 in 3 cases of cancer can be prevented.¹

Overweight and obesity | Red and processed meat | Alcohol | Fruit and vegetables | Physical activity | Smoking | UV exposure

▶ Play meat video

Red meat, processed meat and cancer

Did you know that eating more than 700 grams (raw weight) of red meat a week increases your risk of bowel cancer? Or that the risk of developing bowel cancer goes up 1.18 times for every 50 grams of processed meat eaten per day? The World Health Organization has classified processed meats including ham, bacon, salami and frankfurts as a Group 1 carcinogen (known to cause cancer) which means that there's strong evidence that processed meats cause cancer. Eating processed meat increases your risk of bowel and stomach cancer. Red meat, such as beef, lamb and pork, has been classified as a Group 2A carcinogen which means it probably causes cancer.

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Recommendation to the P&C:

- a. Share the World Health Organisation and Cancer Council facts about bacon and processed meat via the school newsletter and post a health statement on a new noticeboard at Cafe Owl. The noticeboard can be used for other P&C approved Community notices.
- b. Provide a range of options (e.g Vegemite / Avocado etc.) - As is currently the case.

World Cancer Research Fund

<https://www.wcrf.org/diet-activity-and-cancer/risk-factors/meat-fish-dairy-and-cancer-risk/>

Australian Cancer Council

<https://www.cancercouncil.com.au/1in3cancers/lifestyle-choices-and-cancer/red-meat-processed-meat-and-cancer/>

Harvard School of Public Health

<https://www.hsph.harvard.edu/nutritionsource/2015/11/03/report-says-eating-processed-meat-is-carcinogenic-understanding-the-findings/>

National Cancer Institute

<https://www.cancer.gov/news-events/cancer-currents-blog/2021/red-meat-colorectal-cancer-genetic-signature>

Action: members to read over guidance principles and to discuss next meeting

Canteen

The canteen is very busy. With the cold weather we have seen an increase in hot food sales so we are working hard to keep up with demand

Butter chicken has been selling very well. 207 sold

Pasta 295 sold

Vegetarian options remain low in sales but with a slight increase in spinach and ricotta

Continue to have students needing lunch from the canteen. Some have lost lunch to the crows but many just didn't have lunch packed or thought they should have had lunch but no order placed. Office continues to assist us in managing payment of these. I would like to increase the recess amount to \$2 to cover time and food costs.

My staff, volunteers and i feel strongly about supporting students In choosing freely from our menu.

We are required to balance a number of competing factors.

- Environmental factors- eg. packaging
- Cost- some families have money to spend, some are stretched in the current financial environment. More expensive options often do not sell well

- Guidelines- we must follow these guidelines. They don't always match different nutritional beliefs and diets. They are set by the government.
- Excitement- Students express regularly that they want nostalgic canteen foods and exciting foods. We have found that this has increased following Covid Lockdowns and we think it is important that the canteen is part of letting the students feel connected with the school

MVPS canteen follows the healthy school canteen guidelines. Links to these have been published in the newsletter.

We need to have 75% everyday items across the menu,

Glee drinks were introduced for a number of reasons.

- Falling drink sales (most likely due to increasing costs)
- Environmentally positive packaging... cans are 100% recyclable forever, no straws or plastic
- Exciting for students
- less sugar than the current drink options
- Lower cost

Motion: lost recess IOU increase to \$2 unanimous yes

Treasurer

Annual audit of our financial statements has been completed by Sarah Garland - many thanks to Sarah. I will share the report outlining her findings for the next meeting. She has suggested a donation from P&C to the school library for her time/effort.

I previously misunderstood/mis-stated the approved band donation as \$4,000. The amount approved is actually \$5,000 each year although no instruments were purchased last year. Instead \$4,000 has been spent this year, with \$1,000 remaining from last year and \$5,000 for this year.

We have spent \$21,389 this year on the approved items listed and we have a further \$9,000 approved spend.

We discussed last month in detail the request by Tina for funds to cover future expected IT replacement each year of circa \$40,000-50,000. After reviewing in relation to the funds we have available, I think we can commit to this for this year but that we revisit to approve each year.

Manly Vale Public School P&C Inc.
Treasurers Report
13-Jun-23

Total in bank account		179,932
Excluding Band a/c (separate)		127,297
Approved expenditure		(9,000)
Uniform shop storage est.	(3,000)	
Band instruments (2023 donation from P&C)	(5,000)	
Band instruments (Remaining 2022 donation from P&C)	(1,000)	
Net of approved expenditure		118,297
Historic target float/balance (prudent)		50,000
Available to spend		68,297
Plus: estimate of funds still to be raised this year		40,000
Total available to spend this year		108,297
Summary of disbursements – 2023		(21,389)
Athletic singlets	(2,305)	
Painting Handball Courts	(2,000)	
Oval Maintenance 2023	(3,600)	
3 x charging cabinets	(10,184)	
2023 hospitality	(800)	
Café Owl Paint	(500)	
K-2 Playground equipment	(2,000)	
Summary of 2023 fundraising (net of costs)		9,520
Athletics carnival	-	
Father's Day	-	
Mother's Day	9,520	
Trivia night	-	
Skipathon / spellathon	-	
Summary of 2022 fundraising (net of costs)		46,777
Athletics carnival	1,547	
Father's Day	4,236	
Mother's Day	8,545	
Trivia night	32,449	
Skipathon / spellathon	-	

Action: Peter Weatherston requires administrator access for the westpac merchant terminal. Moved by Wendy McDougall Seconded by Becky McGowen.

Motion: \$200 donated to the library for time spent on audit by Sarah Garland voted: unanimous yes
Motion: vote for p&c to support IT spending passed over from last meeting \$50k unanimous yes

Class Coordinator Update

Mother's Day was a huge success and the kids all had a wonderful morning choosing a gift for mum/special friend. We raised just under \$10,000 raffle and stall combined.

Skip a thon is this Thursday 15 July. Students have received sponsorship forms which are due back Thursday morning. The top 3 classes in K-2 and 3-6 who raises the most money will receive prizes. Thanks to Tina, Sharon and Sarah along with the teachers for your support to run this fundraiser.

A huge thanks to Lisa Sullivan and her volunteers for Taco Tues, it is going along smoothly. Orders close today (Tues 13 June) & parents can pickup their orders next Tues.

Father's Day breakfast planning is well under way. We have held a meeting with stage 1 volunteers to discuss the running of this event. We have had a good number of volunteers to run this event. Cafe owl will be closed on that day and they are working with us to serve and organise the breakfast.

Parent social night we will be holding a meeting next week with stage 2 volunteers to do a handover and discuss this event.

Again a big thanks to the many volunteers who put their hands up to help run these events.

Band

no report

Uniform Shop

Ipad now sorted. Back to school vouchers finishing at the end of the month. Eftpos machine is broken. Eftpos machine also used with fundraising so can't use the Shopify system. Uniform shop would be able to use 3 machines on a busy day so could potentially use 2 eftpos machine and one shopify machine.

Cafe Owl

no report

Other Business

Neurodiverse Parent Support Group

no report

Mtg closed at 9:10pm

Next Meeting
General Meeting: Tuesday 18th July 2023

Action:

- Tina to discuss Buddy Bench with Wellbeing Team
- Action: Peter Weatherston requires administrator access for the westpac merchant terminal.
Moved by Wendy McDougall Seconded by Becky McGowen.
- Action: Xara ask Sally about Airfryer and whether its been sorted
- Action: members to read over guidance principals presented by Karl and to discuss next meeting

