

PSAA PAC Meeting - March 9, 2023

Agenda

1. Call to order -
2. Welcome and Introductions
 - a. Travis McNaughton, Kalena Feist (Linden), Rick Abbott (Vida/Joel), Ashley Wilhite (Sara), Alesha Lake (Austin), Naomi Hartung (Olivia/Tanaya), Ashley Lyster (Bronson), Andrea Rushfeldt (Tanner), Alyssa Chalmers (Kailem), Jackson Parker
3. State of the program address:
 - a. Feedback Surveys
 - i. Feedback is being shared with various individuals depending on which program it refers to (ex. Sport specific, FI, English, etc)
 - ii. Goal is to continue to improve the program through parents and students feedback/voices
 - iii. 2 per year - one towards end of first season and one towards second season of play
 1. 1st one - focus for teachers and sport
 2. 2nd - focus for next year (end of May)
 - iv. 50 responses, would like to see over 50% range moving forward
 - b. FI Programming - Planning for next year
 - i. Schedule - academic change this year doesn't seem to be working the best; plan for next year FI core subjects for next year in the morning to mirror english; ELA will go back to using a virtual learning platform, designated space for those students to come work on their English and one of PSA's staff members will be in the room to support; hoping to have a better schedule laid out by May to ensure families know what next year

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will look like; possible FI/PSA information night this year to ensure clarity for next year

1. Parents are happy to hear that PSA is listening to concerns and taking action
- ii. Integration
- iii. Feedback
- c. App - Monitoring *****KNACK (3rd party app)**
 - i. Go to the website and kids can make a shortcut to their phone
 1. Teacher / Student / Coaches view in this app
 - ii. Primary function to monitor health and well being of the student athletes; expectations can be high to want to ensure that their mental health is taken care of
 - iii. Can access via phone or chromebook
 - iv. All profiles are linked to their PSD Google accounts
 - v. FI students have their profiles created, however, continuing to work on how that will look and be used in the future in the FI classrooms; logistically can be tricky for reminders and check ins
 - vi. Will continue to send emails/information to promote and ensure that everyone is aware
 - vii. Daily check ins - kids sign in first thing in the morning
 1. Level 1 - optional, early morning heart rate, establish baseline (risk of injury, how they're feeling) 15%-20% increases is a red flag
 2. Daily questionnaire - sleep, stress level, soreness (7pt scale)
These go to teachers for them to monitor daily; student, school, sport - which one is it

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3. Percentage max, vertical jump using lasers - looking in deviations in max vertical jump (indication again to ensure kids aren't training when not ready to and coaches/teachers are supporting mental health)
- viii. Profiles
 1. Sept - June - go through anthropometrics
 - a. Can gauge age of adulthood
 - b. Peak height velocity - look at early or late developers
(know when to focus on specific types of training based on where they are individually)
- d. App - Pro-Day
 - i. Performance metrics at pro day
 1. September, February, June
 2. Baseline - proper movement programs run by physiotherapists
(squat, trunk stability, push up, shoulder mobility, sprint, seated med ball throw, jump - scores out of 3; can support their training moving forward; communicate to kids and coaches discrepancies)
Want to ensure there aren't kids who are specializing too early
 3. Is effective and continuing to improve functionality; work in progress
 4. Wanting to get to the point where we use sports specifics metrics along with athlete in general specifics; use of video; coaches are continuing to use it more to support their programs as well

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5. Parent accessibility eventually; growth mindset; kids don't always see how much they are improving, so good for them as well to see during these check points to see their growth as an individual
 6. Available to both middle school and high school, however, middle school is using it more because of timetabling and availability to connect with a consistent teacher/coach first thing
 7. Want coaches and teachers to be able to use this and connect first thing with athletes to change program for the day if needed; teaching kids how to use this and to learn when/how to change their own programming; building an intrinsic motivation piece to hopefully get kids on board to see the effectiveness and buy in for kids
- e. App - Reporting
- i. From coaches go right into the app itself; coaches corner; coaches and sport partners have ability to tap in to add information
 - ii. Students get their student readiness assessment on the app
 - iii. Second round of pro day scores have been updated
 - iv. PSA is willing to work with teams/groups in the community to support their groups throughout the year
- f. Sport Science TAD Update
- i. Designed to be where our kids learn about themselves, their developments and grow as human beings
 - ii. Sports psychology is a large piece (Lidia from UofA for example); growth mindset, self compassion, perfectionism

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- iii. Highly competitive group who is very hard on themselves; how do we pursue this dream of yours in a healthy way; tools to work through adversity; how do we refocus during setbacks; training their brains
- iv. Sports med (Tara Smith) - taping, primary care
- v. TAD - ex. boxing, character development, speakers, leadership (ex. Lifting each other up, feeding the good wolf) , goal setting, have seen a lot of growth in our athletes because of this program
- vi. All of these concepts are taught up to elite levels; optimizing performance in high pressure situations
- vii. Wanting to make the teaching in the afternoon more transparent so that families know what is happening in the afternoons
 - 1. You tube video [***Subscribe](#) - Monday mornings (kids watch with their classes every monday morning and it is available to parents as well)
 - 2. Equipt coaches as well working with athletes to parallel what the focuses are during these afternoons
- viii. Moving towards a 'marking' aspect for the kids to ensure accountability
- g. Parent-Teacher Interviews
 - i. They are going on right now, if you haven't received an email please reach out to your child's teacher to set something up with them; teachers are incredibly flexible with this time and 'place' (in person, gmeet, phone call)
- h. Powerschool App
 - i. Keeping up to date on kids marks/comments
- 4. New Business

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- a. FI PSAA rep - update Broxton School Council
5. Feedback/Questions
- a. Parent question - grade 7 group (too big?) what is happening next year? It will not be that large again - extenuating circumstances changed what was originally set up at the beginning of the year
 - b. Goal for class sizes - 25 kids max, 2 classes per age group
 - c. 90 enrollments for ELA, FI 15? and 20 HS; working on acceptance of new students
 - d. Next PAC meeting lay out teaching assignments, classes/sizes, etc.
 - e. Website is being updated as we speak
 - f. Master schedule next year for our families to follow so they know where their kids are that day, rather than having numerous schedules for each sport
 - g. Announcing date of open house in June at the latest and reminder in mid august
 - h. Question about support for teachers working with like minded student athletes (ex. Competitiveness); acknowledged in afternoon work to help support students; understanding their individual identities, values and other pieces to 'life' other than just their sport they are focused on
 - i. Looking at having all classes closer together next year if possible; possibility of subject specialist teachers next year for all grades (teacher collaboration, consistency across the program, teachers specialize more)
 - j. Accelerated math, targeted support around literacy and numeracy, accelerated literacy
 - k. From Broxton - parent council is wanting to ensure that PSAA is included as much as can be and they feel that PSAA is a part of Broxton - parents from PSAA are encouraged to come out; Meetings are 3rd Wednesday of every month

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- I. Presentation of guest lecturer (Monique) - a parent would like additional information in regards to the specific presentation and why (concerns of a political viewpoint)
 - i. Wanting to share that words have power, the N word has come up in various places within the program, so wanting to face it and talk through with the kids and treat it as a learning experience for the kids
 - ii. She will be presenting next Wednesday 7:00 evening to the parents that requested to attend prior to their kids receiving the info (in the grade 7 room at Broxton) and then bringing it back to the classroom
6. Adjournment - Jackson Parker at 5:12pm

***I definitely missed a few things, feel free to add or delete/change anything you see fit!