

PACT Retreat – 9-13-15

Karen Krupa: Words of Inspiration

- Karen offered words of inspiration to the group. She talked about the importance of creating community.
- Community in SB was “somewhere she knew she wanted to live.” She wanted to return to a place that had done so much for her so she could do more for others.
- What makes a community successful? PACT serves a community with no boundaries.
- PACT as a group is a community in itself.
- None of us can do it all on our own.
- How important it is to determine what your strengths are.
- Karen: “What are your strengths? We then create a group of people who are all giving something that they’re good at. That will allow us to help the community as a big group.”
- “What’s something you’re really good at that you could apply to PACT? Then we’re going to come together and be able to support the community.”

How Are Things Going for You? What’s On Your Mind?

- Big Picture’s beautiful big space
- The SBHS ramp is nice for going down to the cafeteria (“The ramp is one example of the community taking care of the people in that community.”)
- In a community it’s about taking care of the people in it. The ramp is one example of it.
- Awareness of new students in the school district: “Joining a new community can be really hard, especially with students who have known each other for a long time: trying to figure out who doesn’t have someone to have lunch with...”
- “Moments of kindness are important.”
- How SLAM helps with welcoming freshmen and new students to the District. “My SLAM leaders knew that I was new. I’m still friends with my SLAM leaders on FB; one of them just got married.”

PACT Welcome Community Dinner

- Is there a way we could get a list of the new students and have students reaching out to them?
- Is there a way to reach out to FHTMS students as well to invite them to PACT?
- Could there be more of a partnership possible between PACT and FHTMS Peer Leadership?

Drug/Alcohol Issue

- Do students at SBHS feel supported by their peers? Awareness that support from someone closer to your age may be better when you’re in high school.
- Encourage SLAM leaders to become more involved in PACT and then they could encourage their SLAM to become more involved in PACT.

- “If I were in high school, I would feel more comfortable going to seek advice from someone my own age.”
- Could we identify if there are more alums at UVM and St. Mike’s who might be able to take on a bigger role in getting students involved?
- “I am so curious the drug and alcohol education is at SBHS – how effective it is. Whether it’s better to hear it from adults and be preached at or whether it’s better to get it from peers. To get help about life. To feel supported by someone who’s gone through it closer to the age.”
- “Is there is a group of alum from UVM who could have an honest discussion about drugs/alcohol with students with adults in the room?”
- “The issue of legalization of marijuana is sending mixed messages. Mixed messages sent when our school district decided to make a public statement against the methadone clinic.”
- “It’s hard for people to take time out of their day for the dialogue. In high school you’d rather hang out with your friends than have college students talk about drugs and alcohol. If those young adults could come up with a real discussion/guidance and perhaps do it during a FACE time. We can’t force people to come, but I also don’t think people will come on their own.”
- Could an idea like this almost like a Dialogue Night but during the day?
- “I think what PACT can do is be the in-between for that conversation. Can PACT be the liaison for facilitating a discussion in the auditorium?”
- Could it be modeled after the Life After High School event? Perhaps it could contain a panel.
- Topic could even be broader than just drugs/alcohol.
- SBHS Caf. 3 needs some freshening up. Maybe a brown bag series.
- “I wish I could capture my feelings of what PACT gave me. You don’t realize you might enjoy coming to community dinners and voicing your opinion.”
- How do we set that up for success? Do we really need to have adults there? Would students be more willing to talk among their peers?
- These ideas shouldn’t take the place of health class. Just to take what’s being talked about in health class and take it one step further.
- Importance of storytelling about your experience.
- Idea: everyone writes something down anonymously on a paper and then the facilitator reads it out loud. Can PACT give a survey so that high school students realize they are all feeling similar ways?
- Importance of hearing from SBHS graduates who don’t go on to college. Awareness that there were three SBHS/Big Picture grads on the Life After High School panel who went into the working world directly after high school. Topics they discussed were really important and helpful to hear.

Homework/Balance

- What’s happened to the discussion about cutting back on homework from *Race to Nowhere* and the homework study committee.

- Is it worth collaborating with some of the advisors/coaches to talk about how we could do a better job advising high schoolers re: get to everything that is important to them?
- Junior year is a really really hard year as everyone says. We get a lot more freedom; we can drive home if we have a car. There's a lot of stress throughout the day, a lot of quizzes and tests.
- It's good to know that not everyone has a car.
- People often feel like they're the only one who feels that way. That's the great thing about PACT: to find out you're the only one who feels that way. And you can give voice to that and not feel that you're different.
- That's PACT's role: finding out what those things are and bringing them to the attention.
- "I just remember high school being a time when you feel like everybody has this and I don't. Or I'm the only one who thinks that."
- Awareness that texting and driving is still an issue as is driving while under the influence.
- Awareness that in high school it's easy to feel that everyone is out having fun while you are stuck at home doing homework.
- It would be helpful to have study sessions during the day. During FACE time works but not all the time. Is there a way for teachers to offer study sessions during the school day rather than before the school day because not everyone can get a ride?
- Awareness that if more people talked about homework, then others would know. But on social media people are not posting pictures of homework.
- A lot of kids do things outside of school, and often those don't get recognized.
- People don't want to always start their homework when they first get home. Down time is important. If there was a way that some sort of organization that could help students motivate during the school day?

New Food Vendor Ideas

- Themed meals would be great
- Healthy Living
- City Market
- Zachary's
- Moe's
- Bono's
- Different vendors for different months
- Sugar Snaps (percentage going back to COTs)
- We like to support South Burlington businesses
- Subway
- Something different every month
- Go back to the Potluck idea
- Multicultural dinner for Potluck
- We could find a place more culturally different
- Lee's

- TIE Dinner – Get school French Club involved
- In the future, do a potluck for the TIE dinner
- If you're hosting, bring your friends to the TIE dinner
- Maybe the exchange students could bring a dish for the potluck
- Iron Chef –sponsored dinner – at FHTMS – make the dinner with their coaches

Martin Luther King, Jr. Day

- Contact St. Mike's to see if there speakers might come to SBHS.
- Let's do more active community service
- Put together a planning committee

PACT Community Dinners

- Need a new name so that it doesn't sound like a bunch of middle-aged people sitting around.
- Free Food Night
- Taco Night sponsored by PACT
- Chinese Food Night sponsored by PACT
- Loosen people up when they're there.
- Less structure
- What's on your mind?
- "Going to PACT diner needs to be the cool thing to do."
- "Happy people are fed people. That's how conversation naturally happens."
- If you're a PACTeen leader, you could dress a certain way.
- Check the sports/activities schedule – what teams/activities have a practice or a meeting – and find a few people from the team and convince them to come – and then they would invite the team.
- Contract Athletic Leadership Council, Theatre cast/crew, Ping Pong club, and more. Awareness we want to continue to walk the walk of being entirely inclusive.