



District Parent Advisory Council

DPAC Pulse

November 2019

DPAC Executive Updates

Here are a few of the things the DPAC executive is working on:

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Parent Ed Presentations

We are organizing the following events for 2020:

- ADHD Information Night, and
- Education and Consulting Services (Tiana Sharifi from Sexual Exploitation).

Dates and places to be announced.

Your school events on Social Media

If your school has a Christmas community event and you would like DPAC to share it on its social media channels, please send a .jpg and a short description to our Communication Coordinator:

Teri Towner, communication@dpac43.ca

Follow us on Facebook (dpac 43 - District Parent Advisory Council) and on Twitter (@dpac43)

Happy Holidays!

The end of the year is a time for remembrance. We remember where we came from, and have a moment to think about where we are going. May your New Year be all that you hope for, and may it be sprinkled with love, laughter, health and goodwill.

From all of us at DPAC, Happy Holidays!

"It does not matter how slowly you go as long as you do not stop."

— Confucius

CONTACT US:

Do you have any questions, comments, or suggestions?

Please contact the DPAC at:

Ph: 604.939.3690 || Email: office@dpac43.ca || Web: www.dpac43.ca || 1100B Winslow Avenue, Coquitlam V3J 2G3



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President's Corner

A message from DPAC President

Watching the last days of November slip away we realize that the plans for the end of 2019, and the decade, are suddenly upon us. Christmas activities tend to overshadow the day to day routines and when the initial events are over, it's hoped we have time to relax and reflect for a short time before we open the book to the next chapters of life. For DPAC, the past months have focussed on the mental health of our school community. Our October meeting introduced us to the many concepts and intricacies of restorative justice practices in the classroom while the November Parent Ed night brought awareness to the signs and symptoms of someone in a mental health crisis. The two topics go hand in hand when managing the stress and anxiety we've come to realize our children encounter in their student life. The tools provided take patience to learn and thoughtfulness to practice, but the results are healthier children and happier families. In the months to come we will continue our focus on the school community with presentation on the district budget process, our multi-cultural school community and connections to the larger community.

Looking from the mountain top of the decade perspective, its interesting to note how far our district and the education world has changed. I recall the news reports of out of control budgets, cutbacks and teacher strikes. Now our school district has a strategic plan, expanding infrastructure, cutting edge technology, and a new curriculum being implemented. But the 2020 plan is no longer the future. We need a new strategy for 2030. Our population will continue to grow and will require even more resources and capital. Technology, although expanding, has an impact on our children that we are only starting to grasp. The pressure to succeed in the growing competitiveness will mean deepening mental health concerns. Together these may change the role of teachers and our schools, but our role as parents remains the same; love and support our children so they can find their place in this amazing new world. At DPAC we will strive to help you with this to the best of your ability.

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Volunteering for DPAC

The DPAC is only as strong as the people who give their voluntary work, so we encourage all those who want to make a difference in our District to consider running for a position on the Executive in May 2020. Maybe you can start to volunteer as a Member at Large? As such you can initiate your commitment with a small involvement, and compromise as much as you can. Below is the experience of our volunteer, Maria Ledezma, who was formerly Member at Large and currently entering her 2nd term as Newsletter and Website Editor.

Coming from Venezuela, Maria found that she could not understand the school culture. She then became part of her son's elementary school PAC helping with events and hotdog day. She quickly learned that the school is a community! As a parent coming from a completely different culture the school was the "small town" we needed, of course it takes a village to raise a child! She found good friends, solidarity, good advice and empathy. She then became the school DPAC representative and since then has been attending DPAC meetings as much as possible, as she knows it the best source of information and resources for parents in this huge adventure: raising a child! She feels her life changed when she found that very good parents can have serious difficulties with the education of their children: nobody is immune.

Please volunteer as a DPAC member!!

EducationPlanner BC

Please visit:

<https://educationplannerbc.ca/>

Find advice about your children's post-secondary education. Careers, programs, post-secondary institutions.

How much does attending post-secondary cost? What types of expenses will you have? How to apply for financial aid such as scholarships and bursaries?

Additionally there are other sites to explore:

- Government of Canada: Resources for Young Canadians
<https://www.canada.ca/en/services/youth.html>
- Government of Canada Job Bank: Career Planning Quiz
<https://www.jobbank.gc.ca/career-planning/quizzes>
- Work BC Resources Order Forms, resources for parents
<https://www.workbc.ca/Resources-for/Resources-for-Counsellors-Teachers-Parents/WorkBC-Resource-Order-Form.aspx>

Or just Google "students and career planning" and you will find more information!

Free government money for B.C. kids' education savings!

British Columbia Training & Education Savings Grant Information:

Families in British Columbia are encouraged to start planning and saving early for their children's post-secondary education or training programs. To help, the B.C. Government will contribute \$1,200 to eligible children through the B.C. Training and Education Savings Grant (BCTESG).

The parent or guardian plus the child must be residents of British Columbia.

The grant can be used for a wide range of educational programs, including vocational schools, apprenticeships, trade schools, colleges, universities, and other certified institutions. Once the beneficiary is enrolled in full-time or part-time studies at a qualifying post-secondary educational program, the BCTESG is withdrawn from the RESP by the way of Education Assistance Payment. The grant may also be used for full-time education outside of Canada (a program at a foreign educational institution which is at least 13 weeks in duration).

If the bank or financial institution used for the RESP also supports the BCTESG, any family can simply fill in a straightforward application to receive the grant. If the bank or financial institution used for the RESP does not support the BCTESG, parents are encouraged to open an additional RESP for their child at a partner institution that offers the grant.

<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/scholarships/bc-training-and-education-savings-grant>

Executive Email Addresses

Here is a list of the 2019/2020 SD43 DPAC Executive emails. Please send us any questions, concerns or new ideas to present at DPAC meetings.

Marvin Klassen	President	president@dpac43.ca
Judi Zaklan	Vice President	vicepresident@dpac43.ca
Edward Ram	Treasurer	treasurer@dpac43.ca
Charlie Loo	Secretary	secretary@dpac43.ca
Maria Ledezma	Newsletter/Website Editor	newsletter@dpac43.ca
Shari O'Neill	Parent Education Coordinator	parented@dpac43.ca
Hui Wang	Health and Safety Coordinator	healthandsafety@dpac43.ca
Teri Towner	Parent Communication Coordinator	communication@dpac43.ca
Ally Wang	Member at Large 1	member1@dpac43.ca
Corrie Noble	Member at Large 2	member2@dpac43.ca
Will Davis	Member at Large 3	member3@dpac43.ca
Rayne Johnson	Member at Large 4	member4@dpac43.ca

Next DPAC General Meeting is

January 29, 2020

*“Educating the mind without educating the heart
is no education at all.”*

-Aristotle