



DPAC Pulse

Newsletter from the SD43 District Parent Advisory Council



In this issue:

- Executive Updates – 1
- President's Corner – 2
- Developmental Stages of Ages 13+ – 2
- Dealing with Disrespectful Teenagers – 3
- 2021-2022 Parent Education Events – 4
- December 7th Information Session – 4

Please send your beautiful scenic pictures of locations in our SD43 School District to newsletter@dpac43.ca and you could be in our next newsletter.

Executive Updates

2021-2022 PARENT EDUCATION EVENTS

DPAC Executive is committed to helping to equip parents with tools that will help them as they navigate the ever-changing terrain of life in a pandemic. This is why the 2021-2022 parent education events are carefully planned with topics that are relatable for parents as caregivers and volunteers. The time is always 7:00pm. Location will be updated monthly.

HOW CAN THE DPAC HELP YOUR PAC?

Is there any way you would like DPAC to support the work that your PAC does? Please let us know by sending an email to office@dpac43.ca. Meanwhile, you can follow DPAC on Facebook at [DPAC 43 - District Parent Advisory Council](#) and on Twitter at [DPAC43](#) to stay up to date on things happening with DPAC and the school district as a whole. Also, check out our website at www.dpac43.ca and the [PAC Successes/Fundraising Ideas](#) Facebook page for other helpful information.

President's Corner

by Marvin Klassen

As we wind down November and look forward to December, and the next break in the school year, I realize that this is the last Newsletter of our 2021 year. What a year it's been! From school district budget meetings online to a graduation school year-end with anticipation of returning to "normal" then a pull back to online meetings since the September start-up. Now we endure a period of weather-induced restrictions from the heavy rains that have devastated our friends and neighbours.



They say change is constant, but I'm not sure the pace of change that we've experienced in the recent two years is sustainable. However, further change is coming as we prepare for the release of Covid vaccinations for the children aged five to eleven and boosters for those twelve and over. Certainly, this will mean the changes

continue into the next term of the school year. In addition, our children in grades six and seven have now received their notices for the regular immunization program and our soon to be graduates are facing application deadlines for post-secondary plans and studies.

Hopefully these changes will not create a heavier burden of anxiety for our children, and ourselves as parents. What we do know is that these changes bring about questions of whether our children are on track, on schedule and properly prepared to achieve their dreams. Our speaker presentation from Family Smart at this month's DPAC meeting is focused on the question of knowing whether our children are on track. As parents we need to realize that behaviour is communication, and communication is not one sided. When I was a new parent, my mother told me there was only one thing she could really pass on; just make sure your children know you love them. Simple it seemed, but in practice, when everyone is facing their own stresses and anxiety, when a word or two can lead to an explosive meltdown, the practice of expressing our love to our children is much more complex.

I hope you will join us as we develop our parenting skills amid the changes we face, through both the November DPAC meeting with Family Smart and our upcoming Parent Education evening on December 7 looking further into post-secondary planning.

Developmental Stages of Ages 13+

November 24th DPAC Parent Education Event

The [FamilySmart](#) team of Moira Hazelhurst and Sarah Dover are confirmed as speakers at DPAC's November General Meeting on November 24, 2021. They will be presenting an 'In the Know' talk on the developmental stages of children who are 13 years of age and older to help parents understand when the struggles they are seeing in their kids might be something more than behaviours.

Moira Hazlehurst is a Parent Peer Support Worker for FamilySmart in the Tri-Cities, where she has lived for the last 19 years. She has two kids, ages 16 and 20. Moira joined FamilySmart to help parents and caregivers navigate their experiences with mental

health challenges like her own family was helped many years ago. What matters most to Moira in her work is that families know she understands some of what they are going through.

Sarah Dover is a Parent Peer Support Worker for FamilySmart in the Tri-Cities where she has lived for the last 15 years. Her three kids now ages 19-24, graduated from iHUB, Charles Best, and PMSS. Sarah joined FamilySmart to offer peer support to other parents as a result of her own family's experience with mental health challenges. She understands how important it can be to have someone to talk to when parenting is challenging and she sees it as a privilege to come alongside other parents to encourage and resource them.

The virtual presentation will be held on Zoom at 7 pm on Wednesday November 24, 2021.



Dealing with Disrespectful Teenagers

Adapted from raisingchildren.net.au

About disrespectful behaviour in teenagers

Sometimes you might feel that interactions with your child all seem a bit like this:

- You – 'How's that project going?'
- Your child – 'Why are you checking up on me? Don't you trust me? I always get good marks, so why ask me about it?'
- You – 'I was only asking. I just wanted to know if you're going OK with it ...'
- Your child – 'Sure you were ... mumble, mumble, mumble.'

As a parent, you might feel hurt, worried and unsure about what's happened when you have conversations like this. There are reasons for your child's behaviour and there's also good news: this phase will usually pass.

Disrespect: where does it come from?

Not all teenagers are rude or disrespectful, but disrespect is a common part of teenage growth and development. This is partly because your child is expressing and testing independent ideas, so there'll be times when you disagree. Your child is also still learning how to handle disagreement and differing opinions appropriately.

Also, your child's moods can change quickly too. Because of the way teenage brains develop, your child can't always handle changing feelings and reactions to everyday or unexpected things and this can sometimes lead to over-sensitivity, which can lead in turn to grumpiness or rudeness. Teenage brain development can also affect your child's ability to empathise and understand other people's perspectives, including yours.

Sometimes disrespectful behaviour might be a sign that your child is feeling particularly stressed or worried.

You just might need to be a little more understanding if your child is short-tempered or changeable. It can help to remember that this phase will usually pass.

Handling disrespectful behaviour in teenagers

Tips for communication

- Stay calm. This is important if your child reacts with 'attitude' to a discussion.
- Use humour. A shared laugh can break a stalemate, bring a new perspective and take the heat out of a situation.
- Ignore shrugs, raised eyes and bored looks if your child is generally behaving the way you want.
- Check your understanding. Sometimes teenagers are disrespectful without meaning to be rude.
- Give descriptive praise when your child communicates in a positive way.

Tips for relationships

- Be a role model. Try to speak and act the way you want your child to speak and act towards you.
- If there's a lot of tension between you and your child, another trusted adult might be able to support your child.
- Check in with your child to make sure there's nothing making your child feel particularly stressed or worried.
- Get to know your child's friends.

Tips for discipline

- Set clear family rules about behaviour and communication. It's a good idea to involve your child in that.
- Focus on your child's behaviour and how you feel about it.
- Set and use consequences, but try not to set too many.

When to be concerned about teenage disrespect

If your child's attitude towards you and your family doesn't respond to any of the strategies suggested above, it might be a warning sign that there's a deeper problem.

If you're concerned about your child's behaviour, consider seeking professional support – good people to talk to include school counsellors, teachers and your family physician.

To read the complete article, visit raisingchildren.net.au.

2021-2022 Parent Education Events

DPAC43 Executive Team

Studies show that student achievement outcomes improve when parents play an active role in their children's education. When parents are empowered, they are better equipped to play that active role.

DPAC43 Parent Education events are designed to equip parents with information and resources that will empower them to support their children better. Parents are encouraged to take advantage of the opportunity. Below are the dates and topics planned for the 2021-2022 Parent Education events.

General Meeting Speakers					
Months	Date	Year	Type	Speaker	Topic
October	6 th	2021	GM Speakers	EXECUTIVE MEMBERS	PAC101
October	27 th	2021	GM Speakers	POST-SECONDARY BC	Josh Keller, Communications & Education Consulting <i>Supporting Our Children to Make the Best Post-Secondary Choices</i>
November	24 th	2021	GM Speakers	FAMILY SMART	'In the know' talk about the developmental stages of children who are 13 years of age and older? Why can it feel so tricky to tell if our kids are on track, going through a phase, as opposed to struggling with something more, or beyond behaviors?
December	7 th	2021	Stand Alone	POST-SECONDARY BC & BCIT	In-depth look at their website services and how to navigate
January	26	2022	GM Speakers	BC BEREAVEMENT HELPLINE	Bereavement and the stages of recovery
February	23	2022	GM Speakers	COMMUNITY GAMING GRANT	Gaming and PACs?
March	2 nd	2022	Stand Alone	FRASER HEALTH	Setting a Good Example for Our Kids – Personal story of Dr. Hassanali , Chief Medical Information Officer with Fraser Health
March	30	2022	GM Speakers	FOUNDRY BC	Back to School: balancing Wellness with Everything Else <u>or</u> School: keeping up with School
April	27	2022	GM Speakers	INDIGENOUS AWARENESS CANADA	8 Key issues for Indigenous Peoples in Canada (before June National Indigenous History Month)
May	4 th	2022	Stand Alone	ANXIETY CANADA	Mental Health Panel with Kids (Mental Health Awareness Month)
May	25	2022	GM Speakers		Elections
June/Aug.		2022			

More information about each of the presentations will be available in that month's edition of DPAC Pulse and also on the DPAC43 website [event calendar](#).

If you were unable to attend the October presentation on post-secondary education planning, you can find it on the DPAC43 website [presentation](#) page. Parents can also access other helpful resources from the [parent resources](#) page of the DPAC43 website.

Post Secondary Education Information

December 7th DPAC Parent Education Event

Parents and caregivers of School District 43 students are invited to attend this free parent information session about planning for our children's post secondary education. The session will be co-hosted by Post-Secondary BC's Administrative Coordinator, Josh Keller and BCIT's Coordinator of Program Advising, Janice Pontes. Event details can be seen below:

Date: Tuesday, December 7, 2021

Time: 7:00 – 9:00 pm

Location: Online via ZOOM

Pre Registration is Required (for everyone attending) at:

<https://www.eventbrite.ca/e/post-secondary-bc-bcit-dpac43-parenteducation-presentation-tickets-21423058845>



POST-SECONDARY BC

BCIT



At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents.

Jane Hull