



DPAC Pulse

Newsletter from the SD43 District Parent Advisory Council



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.

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Executive Updates

DO YOU HAVE WEB DEVELOPMENT EXPERIENCE? THE DPAC NEEDS YOU!

This is an urgent call out by the DPAC for help with the website. Do you have Wordpress experience? Will you be able to assist with the redevelopment of the DPAC43 website? If yes, please send an email to office@dpac43.ca and we will connect with you. Thank you for your support.

WHERE TO LOCATE IMPORTANT INFORMATION ON THE DPAC43 WEBSITE

To view or download General Meeting [Minutes](#) and [Agendas](#), as well as previous Parent Education [Presentations](#) and [Newsletter editions](#), please click on their links.

HOW TO CONTACT THE DPAC TO SUPPORT THE WORK YOUR PAC DOES

Send an email to office@dpac43.ca. You can also follow [DPAC 43 - District Parent Advisory Council](#) on Facebook and [DPAC43](#) on Twitter to stay up to date on things happening in the school district. Also, check out the [PAC Successes/Fundraising Ideas](#) Facebook page for helpful information about fundraiser successes.

President's Corner

by Marvin Klassen

Once again, we are entering into the annual School District budget process. By the time this is published, the DPAC Executive would have had the first opportunity to discuss the upcoming budget with the SD43 Board through our stakeholder meeting.

Although the District uses a multi-year financial planning framework to stabilize year to year funding changes, the inflationary pressures we've been witnessing, hearing and reading about will be a challenge to managing the gap between the provincial funding grant and the District's actual costs. This comes at a time when the International Education program has been hit hard through the COVID years and no longer represents ten percent of the District's budget.

I am confident that the Board will meet its financial obligations while working towards meeting the needs of all our students. The education of our children depends on a financially sound foundation that accommodates both the operational needs inside our schools and the building and maintenance of those schools. Of course, the discussion of spending priorities will always be challenging as multiple interests must be balanced when all needs are crucially important to those students in need. If you have thoughts respecting input in the budget process, please feel free to email DPAC at office@dpac43.ca.

In closing, I would like to wish Secretary Treasurer and CFO, Chris Nicolls, all the best in his retirement. During his years with SD43 he has been a thoughtful and caring leader as he educated all of us on sound financial practices for a school division facing population expansion with diversity in both people and geography. Thank you, Mr. Nicolls, and enjoy your next adventures.



How to Cope with Grief and Loss

January 26th DPAC Parent Education Event

All humans experience grief and loss at some point in their lifetime. With pandemic fatalities and losses from long term illness or sudden death, grief is now more rampant than ever before. However, many still hesitate to talk about it and the grieving are left to navigate these losses without support. In this edition of the DPAC43 Parent Education Night, Erica Steward of BC Bereavement Helpline (BCBH) and Brittany Borean of Crossroads Hospice Society will be educating us on how to cope and manage grief and loss either as the bereaved or as a caregiver.



Erica Steward, a Program Manager at [BCBH](#) will be telling us the psychological, sociological, physical and spiritual dimensions of dying, death, and bereavement and also how to cope with grief and loss. In this work, she uses her Psychology and social services education to support the bereaved, their caregivers and professionals.

Brittany Borean, the Youth and Young Adult Bereavement Coordinator for [Crossroads Hospice Society](#) will be sharing information about their grief support services for youth and young adults. In her role, Brittany supports teenagers and young adults, between the ages of 13 and 29, who are grieving the loss of a loved one. She believes death and grief don't have to be scary or uncomfortable, so we should start talking about it.



The virtual presentation will be held on **Zoom at 7 pm on Wednesday January 26, 2022**. Please come out to learn how to support yourself, your children and other people you love through grief and loss.

Supporting our Children in 2022

by Judith Obatusa

Do you know the time of year when almost everyone you know is making resolutions, signing up with a gym or starting new things? Yes, the new year. The New Year is a time for a fresh start and new beginnings. It is an opportunity for us to do a reset for the better.

As parents, we always want to ensure that we do our best for our children, so we're constantly looking for ways to enhance our parenting skills and improve outcomes for our children. So in this goal making season, here are a few resolutions tried and tested by other parents, that you can use to better support your children to do well in 2022.

Don't compare, always appreciate

Comparison is the thief of joy and the enemy of progress. When we compare ourselves to other parents, we will not be content with the life we have and because we're not content, we will not be able to recognize the opportunities that are available to us. Instead of comparing yourself, appreciate yourself. Acknowledge your strengths, give yourself kudos for your positive responses to situations and people, while you continue to improve in those areas where you have identified a need.

When we compare our children to other children, we will not be able to see their strengths and talents and therefore, we will not encourage them to develop them. In 2022 instead of comparing your child to others, appreciate their personality and abilities, while encouraging them to do better where required.

Avoid drama, stay calm

Our children can push our buttons hard enough to make us yell and they can wind us up tight enough to make us lose control. Before you react, pause whatever you're doing and take a deep breathe; then respond like Big Brother is watching. When you're in public with your children, you always think before responding and you always tone down any aggression, so try that at home too.

Stress in our lives can also make us lose our cool more easily with our children. Thankfully, technology has made it easier for parents to access resources like CMHABC's [BounceBack](#), CMHA's [Living Life to the Full](#), WE Charity's [Wellbeing](#) and apps like [Calm](#) and Anxiety Canada's [MindShift](#) to help them reduce and handle stress so that they can improve their interactions with their children. In 2022, check your reactions every time you're about to lose it. As you know, practice makes perfect and sooner than later, you'll get used to responding calmly and avoiding the drama that comes with losing your cool.

Get involved in school

Various studies show that regardless of income, status and race, children whose parents are involved in their education are more likely to have higher grades and test scores, attend school regularly, have better social skills, show improved behavior and adapt well to school. One way parents can get involved in their children's education is through volunteering in their school and there are many opportunities to do this through your Parent Advisory Council (PAC). Doing this also models a positive attitude toward the school and learning to your children. This makes your children appreciate the opportunity they have to get an education. So, this 2022, become an active member of your child(ren)'s school community.

As we look forward to a peaceful and prosperous year 2022, let us apply these suggestions to support our children to have a happy new year! Remember, happy children make happy parents.



Every child's behavior is telling us something. Our job is to see the behavior as information, not aggravation.

Unknown

Understanding PACs from A-Z and Why they are Important for Families

by BC Confederation of Parent Advisory Councils (BCCPAC)

We invite parents/guardians/caregivers to join us for an interactive session on **Thursday, February 10 @ 7:00pm PT.**

Whether you are involved with your school PAC or your district PAC (DPAC), whether you are part of a small or large school or large or small PAC, whether you have children about to enter public school or have children already enrolled in K-12 public school, this session will help you better understand the parent advisory council structure (PAC, per the School Act) by which ALL public school parents are represented - at the school level by their PAC, at the district level by their DPAC and at the provincial level by BCCPAC.

During this session President Sinclair will provide an overview of the key elements such as: the importance of the PAC/DPAC and their role within the school and the district; why communication and transparency with your school community is important and can be done easily; why an updated Constitution and Bylaws is critical; the benefit to your school of being involved at the DPAC level; parent engagement and succession planning, and a few general tips and tricks.

Presented by: Andrea Sinclair, BCCPAC President

Andrea has been active in public education since before her twins were born in 2004 and provides education and information regularly to families. She has broad experience serving in various roles, including Member at Large, Secretary, Vice Chair, and Chair on PACs. Andrea believes strongly that parents/guardians need to understand the K-12 system and the critical role of families in the PAC structure; it's through working together and leveraging our collective strengths that together we can effect positive change. With over 25 years of business experience and over a decade in public education advocacy, Andrea's goal is to continue to ensure the parent perspective and voice is heard for the benefit of parents.

Register Today! Please also **forward to a friend.**

2022 Member Recognition Awards

Adapted from the BCCPAC's January Newsletter

Each year at the [Annual General Meeting](#), the BCCPAC presents awards to individuals who have been nominated by their peers for the dedication and work they have achieved within their PAC or DPAC. It is these contributions that have helped make a difference for families. Select an award below to review the award background and submission details:

- [Bev Hosker Motivational Award](#)
- [George Matthews Award for Excellence](#)
- [Lifetime Membership Award](#)

Recognition of our students is equally important; The BCCPAC [Educational Award](#) honours a well-rounded Grade 12 student attending a BCCPAC member school who plans to pursue post-secondary studies. The recipient will receive an award in the amount of \$1000.

All **award submissions must be received by email/online by February 28, 2022** and winners will be announced at the BCCPAC's in-person Annual General Meeting on Saturday April 30, 2022.

All questions regarding the BCCPAC member recognition awards and the submission of the 2022 award applications can be [emailed](#) to awards@bccpac.bc.ca.

Nominate your exceptional members today! They surely deserve it.