



DPAC Pulse

Newsletter from the SD43 District Parent Advisory Council



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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

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.

SPECIAL PARENT EDUCATION EVENT

At **7pm on Wednesday March 2, 2022**, the DPAC will be hosting a special **Zoom presentation** to parents on how we can set a good example for our children. Our guest speaker for the evening, **Dr. Amyeen Hassanali, Chief Medical Information Officer with Fraser Health Authority** will be sharing his personal story as a child and a parent with us.

Pre-registration is required for this FREE online event. Please register to attend at Eventbrite using this link <https://www.eventbrite.ca/e/dpac43-parent-education-presentation-tickets-271276383967>.

President's Corner

by Marvin Klassen

As we come to the end of February, and the lifting of many of the recent COVID-19 restrictions, it seems we can all take a breath of fresh air as we re-evaluate how we move forward as Parent representatives in our school system. This includes a number of important thoughts about our future.

First, although we have seen an increasing number of parents attending our PAC and DPAC meetings through online platforms, there are many good reasons to return to in-person meetings. The ability to come together and learn, meet other parents with similar concerns, and share those conversations that develop organically when people meet in person are only some of the benefits. Of course, we don't want to lose the participation of those that are unable to attend in person. Scheduling, family time and health concerns are just a few of the reasons that attending online is the preferred choice for some parents. There will be some challenges, but DPAC hopes that we will be able to provide a hybrid meeting option later this spring. We would encourage PACs to explore options that will be best for their particular groups and situations.



Second, as we do each year, we have to work on succession planning. In addition to the standard ending of leadership terms and changing of schools, the past two years have been challenging for all PAC volunteers as many parents are finding that their volunteer time with their PAC has turned from an enjoyable activity to a stressful second job. As people are moving on, we need to find the leaders amongst us that can help bring new energy to our organizations at all levels including PAC, DPAC and BCCPAC. If you've been interested in a position, please consider it now. **Nominations to the PAC and DPAC can be made at their AGM meetings, while the BCCPAC deadline for nominations is February 28.**

Finally, keeping in mind the need for renewal of Parent Advisory Councils at all governance levels, this fall will be the municipal election for city councils and school boards. In my view, there is no more important role in the democratic process than participation in your own community, be that by volunteering, voting or running for elected office. If you've been contemplating the way your education system is working, maybe it's time to start planning your campaign for school trustee.

Indigenous Awareness Learning

February 23rd DPAC Parent Education Event



One of the objectives of SD43's [Directions 2025](#) Strategic Goal #1 is to instill understanding of First Peoples Principles of Learning and Indigenous Technology History. In furtherance of this objective, DPAC43 has invited Stephanie Maki, SD43's new District Principal of Indigenous Education to share some tips on Indigenous Awareness at our February Parent Education Night.

Stephanie has previously been an Indigenous Academic Support Teacher and Indigenous Secondary Resource Teacher at School District #44. She holds a Master of Education in Leadership with specialization in Indigenous Education and has 25 years experience in teaching K-12 and administration at the Vice Principal level.

Stephanie has previously presented at Indspire: the National Gathering for Indigenous Education, various school districts and at the National Indian Education Association Conference in the USA. In addition, Stephanie has contributed to many curriculum initiatives including co-authoring materials for the National Film Board of Canada, [Pearson Inquiring Minds: First Peoples and European Contact and Global Issues and Governance](#). She also has a published chapter in [Learning, Knowing, Sharing: Celebrating Successes in K-12 Aboriginal Education in British Columbia](#).

The virtual presentation will be held on **Zoom at 7 pm on Wednesday February 23, 2022**. Please come out to learn how you can actively contribute to Truth and Reconciliation in our community.

Child and Teen Sleep in the Pandemic

Adapted from the Healthy Schools BC February 2022 Newsletter

"Adequate sleep and daytime schedules may be linked to resilience, a valuable asset for children and adolescents in these difficult times. Now is the time to reinforce good sleep habits, along with good nutrition and regular physical activity, to best empower children and adolescents to navigate the "brave new world" of online and hybrid schooling, boosting their resilience as they encounter social and economic stressors beyond their control."

The pandemic has dealt a blow to our carefully set schedules and this has affected our children's sleep patterns. A study published in the April 2021 edition of the Journal of Clinical Sleep Medicine explains how the pandemic has altered daily schedules, schooling, and extracurricular activities leading to negative impacts on the sleep-wake cycles of our children. According to the sleep professionals that conducted the study, parents can adopt some strategies to help their children improve their sleep quality despite the disruptions of the pandemic. Some of their suggested strategies include maintaining household routines and avoiding excessive pandemic-related media coverage which has been shown to contribute to worsening sleep quality.

To learn more about the study, visit jcsm.aasm.org.

7 Things Teenagers Need from Parents

A Psychology Today Article Adapted from the BCCPAC February 2022 Newsletter

"...I know that being a parent is really hard. Sometimes you probably wonder why you did it. But I'll get better. I promise. I'll get older and we'll enjoy each other again. Until then, understand that I appreciate you. "I may not say it often, but still I love you."

One of the deepest desires of every parent is to understand their children and support them through life. For many families, this desire is severely tested during the teenage years. This Psychology Today article shared by the BCCPAC highlights seven things teenagers say their parents can do to support them in their teen years:

- 1. Give me space.** Don't come in my room, corner me, or make demands. I don't have any answers. I need to be alone. I need space.
- 2. Don't yell at me.** I can't stand it. When you yell, I feel worse about myself. I feel unloved. I feel like I am your biggest disappointment.
- 3. Take my electronics away.** I can't put my phone down; I try, but I just can't. I know it's devouring all my time, but I can't help myself; I need you to set limits on technology. Please. I will fight you, but it's what I need.
- 4. Bring me someplace quiet.** I say I don't want anything to do with you but if you could bring me somewhere we could walk together and not argue, I think I would like that. Even if we don't speak, I will feel comforted.
- 5. Stop spoiling me.** Stop giving me everything I want. I want to earn things, it helps me feel grown-up. I want to learn how to save money, spend money, share money.
- 6. Find me someone to talk to.** I need an adult who isn't you to admire, someone I want to be like, a person who believes in me, and who understands me. A mentor, a counselor, a therapist...anyone who can give me hope when I have too little for myself.
- 7. Tell me that you love me.** I pretend not to care. But I really need to hear you say the words, 'I love you.' Even though I'm making your life hell, I still need to feel loved. Especially by you.

To read the complete article, click [here](#).

Resources & Opportunities to Participate

Collated from the February 2022 Newsletters of the Healthy Schools BC and BCCPAC

2022 ParticipACTION Community Better Challenge

From **June 1st to 30th**, individuals, schools, organizations, sport groups, recreation centres and community groups can take part in the [2022 ParticipACTION Community Better Challenge](#). This annual campaign promotes physical activity by awarding Canada's most active community a \$100,000 prize. You can help your community win by hosting and tracking in person or online physical activity events at your school during the month of June.



UBC Parent-Child Research Studies

- **Family Supports for Child Behaviours Study:** Are you a family with children (ages 6-11) who have difficulties with attention and peer relationships? UBC is conducting a study of a 5-6 week virtual parenting program on child behaviour management and child friendship making skills. See image for details or email parentstudy@psych.ubc.ca
- **Children's Interpretation of Teacher Behaviours Study:** UBC's [Peer Relationships in Childhood Lab](#) wants to understand how children and their parents interpret teachers' behaviours in the classroom. If you have a child in grades 1 – 4, join a 30-minute online study with your child. Participating families will receive a \$20 CAD gift card to amazon.ca. [Check eligibility and join the study](#)

Participate in a
FREE VIRTUAL PARENTING PROGRAM
in our Family Supports for Child Social Behaviours Study

<p>You may be eligible for the program if...</p> <p>Your child:</p> <ul style="list-style-type: none"> • Is between the ages of 6-11 • Has difficulties with attention, impulsivity, or hyperactivity • Has trouble making or keeping friends <p>AND if you:</p> <ul style="list-style-type: none"> • Have difficulty with attention, impulsivity hyperactivity, or have low mood 	<p>What happens in the study?</p> <ul style="list-style-type: none"> • Participate in eligibility screening via phone call • Participate in the parenting program for 5-6 weeks • Complete questionnaires at 3 timepoints • Get up to \$105 for your participation! • The entire study will be online!
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Interested in participating?
Have questions?
Contact Sophie Smit!
parentstudy@psych.ubc.ca
604-822-8756

TCLIP Is Looking for New Immigrant Advisory Table Members

The Tri-Cities Local Immigration Partnership's (TCLIP) is looking for community members to join their New Immigrant Advisory Table (IAT).



The IAT consists of individuals who represent a range of countries of origin, lengths of time in Canada, occupational backgrounds, ages, gender and various other forms of diversity.

This is a governance role in which members provide advice to partners and government from insights gained through their experience and needs as newcomers. Members will have experience (lived or professional), knowledge, abilities, or skills related to immigrant settlement and integration in the Tri-Cities and are non-partisan.

IAT Members are volunteers and must live or work in the Tri-Cities. To apply for membership, send an email to tricitieclip@success.bc.ca by **March 13, 2022** with your resume. An application form will be sent to you after receiving your email.

Your Youth can Apply for the McCreary Centre Society Youth Action Grant

The McCreary Centre Society Youth Action Grants (YAG) program provides BC youth ages 12-19 with the opportunity to lead a project to improve youth health in their school or community. Applications are accepted on a rolling basis. [Criteria and forms are available online.](#)



Photo by Shane Rounce on Unsplash

The greatness of a community is most accurately measured by the compassionate actions of its members.

Coretta Scott King