



# DPAC Pulse

Newsletter from the SD43 District Parent Advisory Council



## *In this issue:*

- Executive Updates – 1
- President's Corner – 2
- Balancing Wellness – 2
- How Nature Can Protect Well-being – 3
- 25 Fun Spring Activities to Enjoy – 3
- Resources & Opportunities to Participate – 4

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

## Executive Updates

### SD43 Standard Acknowledgment of Territories

A territorial or land acknowledgement is an act of reconciliation that recognizes and respects the living history of the First Peoples on whose traditional lands we live, work and play. Below is SD43's standard Acknowledgment of Territories which is available for PACs to use at the beginning of meetings:

**"Today we acknowledge the Traditional Territory and honour the Ancestors and all relations who walked this land long before we were gathered here today. We would like to acknowledge, with gratitude, this beautiful place where we live, work, play and learn – the Coast Salish Nations. All My Relations."**

### Parent Education Event Save the Dates

Please save the dates for the following DPAC Parent Education Events:

- **April 27th:** Exploring Ways to Improve Outcomes for Children in the Tri-Cities
- **May 4th:** Exploring, Resilience, Barriers and the Impact of the Covid-19 Pandemic

# President's Corner

by Marvin Klassen

As we return to school from spring break, we do so under new guidance as to how our children will encounter and interact with each other. The changes also concern parents returning to school buildings. For some there is a sense of relief, yet for others this may bring trepidation and further concern. For the majority of parents, I suspect we are somewhere in the middle. Much like the mornings where it appears the sun will shine, we will still carry an umbrella out of an abundance of caution.

PACs will have to decide whether they will return to in-person meetings or continue to gather online. At DPAC we've been weighing the pros and cons of both, while looking at alternatives that can offer the option for in-person and online attendance. We are still in the early stages and hope to have something worked out for our April meeting.

Meanwhile, this is budget month for the school district. There are three school board meetings involving the 2022-2023 budget process this month. I and other DPAC members will be attending these meetings. At the end of the month the BCCPAC Conference and AGM takes place, in person. The early bird pricing and registration deadline is April 7. If your PAC is a BCCPAC Member, get set to register your delegates for attendance. If you are unable to attend, you may provide your Proxy to DPAC with your voting instructions and we will carry your proxy for you.

On a completely different topic, the new gaming guidelines are out. There are some changes in this year's booklet so be sure to review the funding guidelines with your executive. One significant change to note, this will be the last year that gaming funds may be used for scholarships and bursaries. For some PACs this may mean a shift so be sure to discuss with your executive.



## Balancing Wellness with Everything Else

March 30th DPAC Parent Education Event

In this edition of our DPAC43 Parent Education Night, Sierra Turner and Lily of [Foundry BC](#) will be giving a presentation on balancing wellness with everything else.



Sierra is the Communications Coordinator supporting the Virtual Care Services Team at Foundry BC. She brings her lived experience as a high-level athlete navigating the pressures and anxieties of sports and school, in addition to struggles with an Eating Disorder, Anxiety and Depression. Her lived experience brought her to Foundry initially in the role of a Peer Supporter. This has grown into a role supporting communications while working on a mental health consulting and leadership coaching program through UBC. In her spare time, Sierra enjoys running, listening to audiobooks, and hiking with her dog.

Lily is one of the Family Peer Supporters at Foundry BC Virtual Care. She provides Family Navigation and Family Peer Support to caregivers supporting their youth who live with mental health challenges. Lily is a mom with lived experience of supporting her two children, now aged 19 and 21, who have struggled with their mental health from childhood into their teen years in areas such as depression, anxiety, bipolar disorder and suicidality. Lily's role is one of connection, compassion, and community. Her experience in the domains of education and social services, as well as supporting loved ones through hard times, empowers her in her work at Foundry.



The presentation will be held on **Zoom at 7 pm on Wednesday March 30, 2022.**

***“A child’s mental health is just as important as their physical health and deserves the same quality of support.”***

*Catherine, Duchess of Cambridge*

# How Nature Can Protect Your Well-being

Adapted from the Healthy Schools BC March 2022 Newsletter

**"Whether we garden, have a view of nature out our window, visit nearby parks, or even just watch a nature video, we can help ourselves deal with the stresses and strains of COVID isolation by giving ourselves and our kids a dose of "Vitamin N."**

The past two pandemic years have led to increased mental health concerns in many lives, especially among teenagers. However, studies have shown that those who spent more time in nature these past two years were happier and less stressed. From reducing stress to restoring our attention, this article explores four proven ways that getting outside and connecting with nature can help support our mental health and well-being. Whether it's by teachers taking their class outdoors, families going on hikes together or individuals going in groups or by themselves, we all reap the benefits of spending time in nature.

Find out more about how nature protects our wellbeing [here](#).

## 25 Fun Spring Activities to Enjoy

Adapted from Real Simple and The Spruce Magazines

Spring is here and we can feel it all around us! Here are a 25 fun things parents and children can do to create new memories this Spring.

1. Plant a spring garden (or even just a plant or two)
2. See the cherry blossoms
3. Have a picnic at the park
4. Take a hike
5. Ride a bike
6. Walk on an empty beach
7. Fly a kite
8. Blow bubbles
9. Find a playground and swing on the swings
10. Draw pictures on the sidewalk with chalk
11. Skip stones across a pond
12. Play catch
13. Bake festive spring cupcakes with pink (or lavender or yellow or baby blue) frosting
14. Visit the farmers market
15. Pick strawberries at a farm
16. Eat jellybeans
17. Watch bumblebees at work in a garden
18. Notice the trees budding
19. Listen to the birds singing
20. Feel the sun on your face
21. Wear open-toed shoes
22. Buy a colorful umbrella
23. Decorate your home with fresh tulips and daffodils
24. Have a Spring Scavenger Hunt
25. Take Spring Photos

For more ideas, check out these [12 At-Home Spring Activities to Boost Your Child's Development](#).

# Resources & Opportunities to Participate

Collated from our Community and the Healthy Schools BC and BCCPAC Newsletters

## Free Seminar on How to Support Your Grieving Teen

Crossroads Hospice Society will be hosting an educational seminar, How to Support Your Grieving Teen on **Wednesday, April 13th from 6:30 – 8:30PM PST on Zoom**.

This free workshop will provide parents and caregivers information on grief and how it manifests in teens, as well as optimal support strategies for both home and school. Visit <https://crossroadshospice.org/pages/how-to-support-your-grieving-teen> to register.



Please feel free to forward this information to anyone in your circles that you think may benefit. There are no catchment area restrictions to this event!

## K-12 Consultation on the Proposed 2022 BC School Food Guidelines

The Ministries of Health and Education are requesting parent/guardian, DPAC and PAC feedback on proposed changes to the 2013 Guidelines for Food and Beverage Sales in B.C. Schools.

Both Health and Education are seeking feedback on the proposed 2022 School Food Guidelines to help them identify challenges schools might face with implementation. They are very interested in hearing about any resources or tools you think would be useful in supporting schools with implementation.

The first set of Guidelines for Food and Beverage Sales in BC Schools were published by the Ministries of Education and Health in 2005. These were updated in 2008, 2011 and 2013. With the release of Canada's food guide in 2019, the Ministry of Health has drafted proposed 2022 Guidelines that reflect current national and provincial nutrition recommendations. They also reflect the findings of the 2020 school administrator survey on implementation challenges with the 2013 Guidelines.

We are inviting you to provide feedback and your input AFTER your review of the Proposed 2022 Guidelines AND the K-12 Discussion Paper outlining the Ministry's rationale for the proposed 2022 Guidelines:

- Register for the PAC/DPAC webinar on April 5 to hear an overview of the proposed changes, ask questions and provide your feedback. Registration closes April 1, 2022.
- Complete the BC School Food Guidelines Feedback Survey online. The survey takes 10 mins or less and is open until April 30.

The Ministry of Health and BCCPAC thanks you in advance for your participation in this consultation process.

## Living Life to the Full

Register your school or youth club for Living Life to the Full for Youth, an evidence-based resilience skills course from the B.C. Division of the Canadian Mental Health Association. In eight weekly 1.5-hour sessions, the course covers topics such as combatting low mood and isolation, problem-solving, healthy thinking, managing anger and anxiety, and boosting self-esteem. Take part for free thanks to a special initiative funded by the Ministry of Mental Health and Addictions. [Find out more.](#)



## SunSense

Sign your school up to become a SunSense certified school. The SunSense program provides free resources to elementary schools to create a sun safe environment at school. These include UV bracelets, lesson plans, posters, a shade planning guide, policy toolkit and more. By tracking activities, schools earn points towards certification. [Find out more.](#)



## New Survey Results About Youth Health and Well-being in B.C.

The Youth Development Instrument (YDI) is a self-report questionnaire administered to Grade 11 students to learn about their social and emotional development, health, and well-being. The YDI's first pilot was conducted in 2021 and over 2,000 students participated across six B.C. school districts and one independent school. Infographics of the findings can be found [here](#). If you are interested in participating or you would like more information, contact the YDI team at [ydi@sfu.ca](mailto:ydi@sfu.ca).

