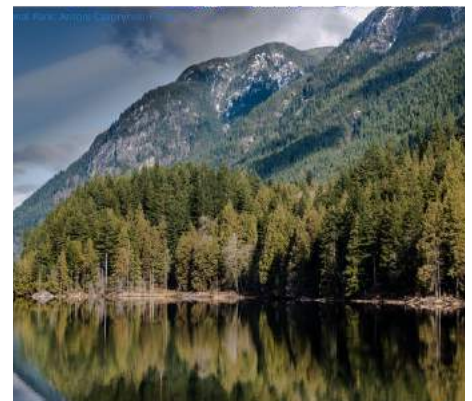




DPAC Pulse

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

Appreciating Outgoing President Marvin Klassen

After an eventful four year tenure, guiding the DPAC through a pandemic and all the resulting changes, DPAC43 members would like to appreciate the leadership of our outgoing president, Marvin Klassen.

Marvin, thank you for your contributions to the progress of our DPAC. We wish you well in your future endeavours!

DPAC AGM and General Election

The 2022 AGM and Elections for DPAC Executive Board Members is taking place **in-person** at **7pm this Wednesday, May 25, 2022**, in the **Gallery Room** at DPAC43 office, **1100B Winslow Avenue, Coquitlam**. See page five for information about the election and positions available for election. A Directional Map to the Gallery Room at Winslow Avenue can be found on page six.

President's Corner

by Marvin Klassen

With this being my final article as President for DPAC43, I would like to thank all of you for your support and your contribution to the education of our children over the past four years. Without dedicated parents like yourselves attending PAC and DPAC meetings, the parent voice would be diminished and relegated to the sidelines. When we come together and speak as one, we are heard.

I would also like to send a particular thank you to my Executive team for putting together a great year of programming, with special thanks to Rosey Manhas, an excellent partner to turn to for advice and support, and Zainab Alkassab for the incredible energy brought to us through her ability to search and find new and exciting speakers. I think all of our executive would agree that these two have made a significant contribution to this year's success. In addition, I would like to thank those that have to move on. Nipa Bhalla, who has to move on but has agreed to help out this summer with reconstructing our website, Joanne Chng, who will be leaving the District, and Rayne Johnson, who moves on to the challenging task of supporting her post-secondary students. Thank you for your time and energy, DPAC will miss all of you!



Looking back to my first year with DPAC as Treasurer in 2016, I find that the growth you have given me is overwhelming. You've all taught me so much about being a parent and a member of this education community. I find it hard to remember who I was back then, but, if you will indulge me, I'd like to return to the November 2018 newsletter and my reflections on the Educated Citizen.

An education isn't just literacy and numeracy, it's not just training for a job or career. It's about having the tools to be successful when placed in a situation where there is discomfort and difficulties, where you might have to play charades to get someone to understand you, where you need the confidence to speak in front of strangers so that the strangers become friends. It's about calculating currency conversions in your head because your phone battery is dead or using your own judgment to select right or left at the fork in the trail when your map app needs Wi-Fi but you're standing in a field. I'm sure each of you can think of numerous examples where you solve problems that have nothing to do with classes you sat through in high school, but the tools you were given helped you to get the desired result. Educated citizens have the ability to cope with the world around them and that's a great gift to give our children.

We continue to see the educated citizen as the guiding principle of education in British Columbia, but more importantly, it's how each of us improves our life and our community. Thank you for granting me the honour to represent the parents of SD43, and to further my education as a citizen over the past four years.

goodbye...?
oh no, please. Can't we go
back to page one
and do it all over again?
~ Winnie-the-Pooh



Opportunities to Participate

Collated from around our Community

Children and Youth with Support Needs Survey

The Ministry of Children and Family Development (MCFD) invites families, service providers, and sector partners to participate in an online survey to share their input into the Children and Youth with Support Needs Framework which describes a vision for a new provincial service-delivery model. Your feedback will be considered to refine and support the provincial rollout of the service approach. For more information on how to participate, click [here](#).



The survey will be open from April 20, 2022, to **September 9, 2022**, and will take approximately eight minutes to complete. You may start, stop, and resume at your pace.



The following Family Smart workshops are being offered for families and caregivers in June.

What to Say to Kids (and Teens) When Nothing Seems to Work

Dr Ashley Miller, a Child and Adolescent Psychiatrist, Family Therapist and Clinical Associate Professor of Psychiatry at the University of British Columbia, will share quick and effective strategies to help you and your child get through difficult moments in a way that strengthens resilience and relationships.

Dates:

- Wed 1st June: 6.30pm
- Tues 7th June: 5pm
- Thurs 9th June: 12pm
- Mon 13th June: 6.30pm
- Thurs 16th June: 5pm

To attend, register at <https://familysmart.ca/events/>. If none of the dates and/or times work for you, call 604-878-3400 to speak with a Parent Peer Support Worker to confirm a day and time that works for your schedule.

Help for the Hard Times

Registration is now open for the June sessions of "Help for the Hard Times", a workshop series for parents/caregivers living in the Fraser region whose child or youth has had an admission to a psychiatric unit or has had ER visits due to a mental health concern.

The workshops are FREE but registration is required at <https://familysmart.ca/help-for-the-hard-times-workshop/>.

Feasts of Coquitlam

Join the Coquitlam Heritage Society to learn recipes and stories from four local cooks. This interactive experience starts with an hour of cooking together followed by an hour of enjoying the dishes you've made. Learn about the the food and the culture it comes from in an intimate setting.



June Dates:

- June 9 Caribbean food with chef Anthony Cross
- June 30 Ghanaian food with cook Fitnat Fahrner

To attend, please register at <https://www.coquitlamheritage.ca/eventsregistration/feasts-of-coquitlam>. (Ages 16+)
The price is \$25 per Feast

Parent Education Resources

From DPAC43 Parent Education Events and BCCPAC Conference

If you missed any of the following Parent Education presentations, visit the DPAC43 website Presentations page at <https://dpac43.ca/documents-page/presentations/> to access them:

May 4, 2022: Presentation by the Tri-Cities Children's Research Action Team trio of Susan Foster, Orion Wårje, and Lynn Heinrich-Chutskoff on **Childhood Research - Exploring, Resilience, Barriers and the Impact of the Covid-19 Pandemic**.

March 2, 2022: Dr. Amyeen Hassanali's presentation on his **Path to a Medical Career**. Dr. Hassanali is Fraser Health's Chief Medical Information Officer.

February 23, 2022: Indigenous Awareness Learning presentation by Stephanie Maki, SD43's District Principal of Indigenous Education.

April 29, 2022: The Brooking Institution's [Playbook for Family-School Engagement](#) shared at the 2022 BCCPAC Conference. Click on the link in the sentence above to access this one.

For more resources from the 2022 BCCPAC Conference and AGM, visit [Parent Education Conference](#) on the BCCPAC website.



2022 DPAC Election Information

From DPAC43 Board

DPAC43 is composed of 12 elected positions and this year all the positions are up for election. The position of the President is a two-year term while the other 11 positions are one year terms. This year, in addition to the other DPAC board positions, the position of the president is also up for election.

If you will like to make a difference in our school community and lend your voice to the decisions that impact our children, volunteering on the DPAC is a great place to start. If you're already active on your school PAC, the DPAC provides an opportunity for you to be part of those district-wide conversations that affect all of our SD43 schools. Your experience, your ideas and your creativity is valuable and beneficial to our school community. Volunteering with the DPAC will give you the opportunity to share all that goodness with the community.

If you're still interested in running for a position on the 2022/23 DPAC Board but have not completed a nomination form, nominations will still be taken on the floor during the AGM.

Position	Responsibility
President	Presides at membership and executive meetings, speaks on behalf of DPAC, consults with DPAC members, appoints committees where authorized by the membership or executive, ensures that the DPAC is represented in school and district activities, ensures that DPAC activities are aimed at achieving the purposes set out in the constitution
Secretary	Takes notes at General and Executive Meetings
Vice President	Assists the President, Acts as Chair When Necessary
Treasurer	Tracks finances, prepares reports, pays bills, administers payroll and CRA filings
Newsletter Editor	Prepares and Coordinates Monthly Newsletter and Updates Website
Parent Education Coordinator	Coordinates Speakers for Meetings and Parent Education Events
Health & Safety Coordinator	Monitors PAC Student Safety Concerns and Liaise with District, ICBC, Fraser Health
PAC Communications Liaison	Manages Social Media Postings, Assists with Website, Communication Lines with PACs
Members at Large (4 Positions)	Assist and Support Executive

DPAC Reps should please be sure to sign-in and pick up their voting card upon arrival at the AGM on Wednesday, May 25. Note that all voting cards should be returned at the end of the meeting.

DPAC

Directions to the Gallery Room

From the DPAC Office

