

June 2026



DPAC Pulse

Newsletter from the SD43 District Parent Council



Presidents Corner

Well, that's it for the 2025–26 school year! It flew by so quickly. Congratulations to all of our Grade 12 students who will be graduating and moving on from our district. As I reflect on the past year, I'm reminded of the many outstanding presenters who joined us and the valuable learning opportunities they provided. We're already looking forward to an exciting lineup for next year.



At our AGM on May 27, we said goodbye to two members of our executive team as Nick and Darin retired from their positions. Thank you, Darin, for your dedication and volunteer service with DPAC. We wish you all the best in your continued work with BCCPAC. I would also like to sincerely thank Nick for his three years of service with DPAC. On a personal note, I am especially grateful for your support and collaboration. You have been alongside me longer than anyone else on the executive, helping guide DPAC through several transitions

NEXT DPAC MEETING



Welcom Back Social &
PAC 101

Come learn everything
you need to know about
being a PAC executive

September 16
Social starts at 6:30 pm
PAC 101 starts at 7:00 pm
at the ELC
1080 Winslow Ave, Coq

and changes. Your thoughtful insights and commitment will be greatly missed.

At the AGM, members also elected three new faces to our executive team. Please join me in welcoming Hannah, Angie, and Melanie. I look forward to working with you, as well as all our returning executive members, in the coming year.

The 2026–27 school year will be my seventh (and final) year with DPAC, as my youngest child will be graduating next June. It will be a special year, and I am excited to continue supporting parent engagement across our district.

Our first meeting of the new school year will take place in person on September 16 at the ELC. We'll kick things off with a Welcome Back Social at 6:30 p.m, followed by a presentation from Leah Coss of Build a Biz and our PAC 101 information session.

On behalf of the DPAC Executive, I wish all of our families a safe, relaxing, and enjoyable summer. Thank you for your continued support throughout the year.

Warmly,
Jamie Manchester
DPAC President
president@dpac43.ca
www.dpac43.ca

How can the DPAC help your PAC?

Is there any way you would like the 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 Advisor Council 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 for links to useful information.

Resource Recommendation from Carol Todd, Coordinator Supportive Technologies and Digital Literacy for SD43

Fraser Health Tips for the Summer

- Fraser Health Summer Health
 - Sun & Heath Safety
 - Breath Easier
 - Eat fresh, grow fresh, and live fresh
 - Get Outside
 - Travel smart, travel healthy
 - Protect yours from pests
- 10 tips for summer event safety
- Water safety for children
- Metro Vancouver cycling maps
- Play the BINGO style Screen aware challenge
- Ask Fraser: your digital health care navigator

Wellness and Mental Health Supports

- Foundry Tri-Cities

Tri-Cities Kids Matter

- Tri-Cities Kids Matter - Community Resources Map
- Parenting Resilient Children at Home & at School

Screen-Free Resources for the Summer

- Recreational screen time and mental health among Canadian children and youth
- 67 Screen-Free Activities for Kids
- Screen-Free Summer Fun: 100 engaging Activities for Kids
- 100 Things Teens Can Do When Bored Without Screens

Staying safer online during the summer months:

- Information re: FIFA 2026: Know Before You Go - Need To Know Information

Podcasts to listen to:

