

November 2025



# DPAC Pulse

Newsletter from the SD43 District Parent Council



On November 11<sup>th</sup>, DPAC Executives laid a wreath at the City of Coquitlam's Remembrance Day ceremony on behalf of the SD43 DPAC.

## The Multilingual Brain: Learning Language in Today's World!

Present by Bonita Squires PhD, MSc, (S-LP)



Join us on November 26<sup>th</sup> as we explore how children learn language. Parents and Educators will leave with a clearer understanding of how different language learning experiences, both at home and at school, shape a child's development.

Bonita Squires, PhD, MSc, (S-LP) is a Linguistic Consultant & Researcher, Educator at UBC and BCIT on Language and Communication.

Visit her website at <https://www.sweetandsquires.com>

# Staying Safe this Respiratory Season: Layers of Prevention for Influenza and Beyond

By *Christopher Hilliker*  
DPAC Vice President

From what we are seeing around the globe, we may have a challenging respiratory illness season ahead of us.

Influenza infections and transmissions are expected to:

- increase around the community
- significantly impact human health
- place increased strain on our communities and the health care system

As germs float in the air and land on surfaces around us, how can we ensure our community does the best we can this season?

Layers of prevention

The use of personal/community protective measures, which can include:

- staying home when we might be sick
- covering coughs and sneezes
- masking when in public indoor spaces and/or having symptoms
- regularly cleaning and disinfecting high-touch surfaces
- cleaning hands regularly and avoiding touching our face or eating without first washing our hands

Additionally, regardless of what influenza strain is circulating in any given season, vaccination remains protective against influenza-associated morbidity and mortality.

On November 12<sup>th</sup>, Fraser Health held a live online information session for parents to share/explore information around vaccinations, cancer prevention through HPV vaccination and school immunization clinics.

For more details we encourage you to visit

<https://www.fraserhealth.ca/youthimmunizations>

Looking out for Measles and staying protected:

[https://youtu.be/7N4HRJXOgvo?si=ox3\\_j7QS4eJhXcLz](https://youtu.be/7N4HRJXOgvo?si=ox3_j7QS4eJhXcLz)

When a child is feeling unwell, what can we do?

[https://youtube.com/shorts/qQ\\_WXkxZvEA?si=zHCLHv\\_Mkq2Dchc](https://youtube.com/shorts/qQ_WXkxZvEA?si=zHCLHv_Mkq2Dchc)

# Concussion Recognition and Management

*Dr Shazya Karmali*

On October 29, Dr. Shazya Karmali from the BC Injury Research and Prevention Unit (BCIRPU) at BC Children’s Hospital gave a presentation on concussion recognition and management to DPAC members. “Concussions are everyone’s responsibility,” said Dr. Karmali. Students recovering from a concussion need integrated support from their parents and caregivers, teachers, and school administrators, in order to return to the classroom and daily activity without lasting symptoms.

Concussion symptoms typically resolve in about four weeks, but recovery can take longer if the injury is not recognized right away or symptoms are not managed properly. Effective concussion recovery starts with a diagnosis by a health care professional, a brief period of relative rest, then a gradual return to activity. This step-wise process back to regular activity should be a collaborative effort with individuals who are close to the student, including parents/caregivers, teachers, school administrators, and coaches.

The Concussion Awareness Training Tool (CATT) is a free, evidence-based online website with information on concussions, eLearning courses, and printable resources. eLearning courses are available for a variety of audiences, including school professionals, parents and caregivers, coaches, and youth athletes. The tool was created in 2013 by Dr. Shelina Babul, Director of the BCIRPU.

Relevant resources:

Concussion Recognition Pathway:

<https://resources.cattonline.com/files/concussion-pathway>

Return to School Strategy:

[https://resources.cattonline.com/files/\\_return-to-school-strategy](https://resources.cattonline.com/files/_return-to-school-strategy)

Return to Learn Plan:

[https://resources.cattonline.com/files/\\_student-return-to-learn-plan](https://resources.cattonline.com/files/_student-return-to-learn-plan)

Access the CATT at [cattonline.com](https://cattonline.com).





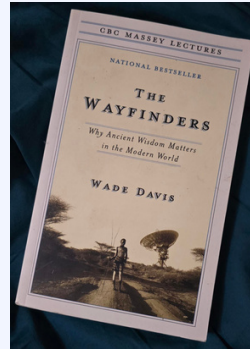
## UPCOMING DPAC MEETINGS

The Multilingual Brain  
November 26 at 7:00 pm on  
Zoom

BC's Information and Privacy  
Commissioner  
January 28 at 7:00 pm on Zoom

## Book Recommendation: The Wayfinders Why Ancient Wisdom Matters in the Modern World

By Wade Davis



*“Every effort should be made, he argued, to understand the perspective of the other, to learn the way they perceive the world, and if at all possible, the very nature of their thoughts. This demanded, by definition, a willingness to step back from the constraints of one’s own prejudices and preconceptions”*

Watch Wade Davis speaking about this book at the Garrison Institute in 2013  
<https://youtu.be/XuJsbjKKh3E?si+S66MlniWnXY8TvDc>

## 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](mailto: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](http://www.dpac43.ca) for links to useful information.



*Do you have a book, website or app recommendation that you think parents may be interested in?*

*Please email your recommendation to [newsletter@dpac43.ca](mailto:newsletter@dpac43.ca) and we may feature them in an upcoming newsletter*