October 2026

# DPAC Pulse

*Newsletter from the SD43 District Parent Advisory Council*



## Presidents Corner

Fall Is Here, and the Holidays Are Fast Approaching!

As we settle into fall there is lots happening within our schools in SD43.

Congratulations to all successful candidates in the recent election! I look forward to working with our newly elected Board and continuing to bring forward the concerns, ideas, and successes of our families. Strong communication and collaboration between DPAC and the Board are essential to supporting all students in our district.

We are encouraging all school PACs throughout SD43 to register or renew their BCCPAC membership before December 1st. We at DPAC are making a concerted effort to attend all BCCPAC events, both online and in person, to ensure SD43 is seen and heard as a strong community representing over 70 schools!  I am personally committed to attending the BCCPAC Annual General Meeting (AGM) in person and would be happy to carry proxy votes for schools that are unable to attend. The more our schools participate, the stronger our

## NEXT DPAC MEETING

Wendy Yu, District Principal of Diversity and Anti-Racism
and
Veronika Farnell, District Principal of Technology and Information

October 28
7:00 pm at the ELC
1080 Winslow Ave, Coq



collective voice can be in advocating for students and families across British Columbia.

Digital Literacy and Citizenship: A Resource for Every Family
Having Carol Todd as SD43's Digital Literacy and Citizenship Coordinator is an invaluable resource for our district, and I encourage all parents and caregivers to take advantage of the information and support available. Technology and the online world are evolving at an incredible pace, and we will be sharing resources and updates in our monthly newsletters. There are excellent presentations and practical information available to help guide important conversations with your children. I encourage every parent and caregiver to stay curious and involved in their children's digital lives. Familiarize yourself with what they are watching, the online games they are playing, and the social media platforms they are using. Open, ongoing conversations can help us better understand their online experiences and support them in navigating the digital world safely and responsibly.

Our October DPAC Meeting is in person on Wednesday, October 28, 2026 . This will be our last in-person DPAC meeting until spring, and we are pleased to welcome two members of the SD43 leadership team!

Wendy Yu our District Principal of Diversity and Anti-Racism will be presenting so we can learn more about the district's work in diversity, inclusion, and anti-racism.

Veronika Farnell our District Principal of Technology and Information will be presenting on navigating the new SD43 website and App.

I hope to see many of you there!
Thank you for everything you do to support your school communities. Together, we can continue to strengthen family engagement and ensure the voices of SD43 families are heard.

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

# Why Digital Literacy and Online Safety Matters

Carol Todd, Coordinator Digital Literacy SD43

Click to read 'Digital Literacy for Families & Caregivers'
1. Informative links for bookmarking
2. Conversation Starters for Family Engagement
3. Upcoming Events for Families | Online Safety
4. Articles – Trending topics in the news
5. Book Titles
6. Podcasts, Webinars and Blogs






**Digital literacy** is no longer simply about knowing how to use technology. It is about helping children develop the skills to navigate the digital world safely, responsibly, thoughtfully, and with balance. When families learn alongside their children, they are better equipped to support learning, promote well-being, and prepare young people for a future where technology will continue to influence nearly every aspect of life.

For families in SD43, understanding digital literacy and online safety is especially important because technology plays a significant role in how children learn, connect with others, access information, and spend their free time. By building their own knowledge and confidence, parents and caregivers can better guide meaningful conversations, establish healthy habits, and help their children make safe and informed choices online.

**Children are spending more time online**
• Students use devices for schoolwork, communication, gaming, social media, and entertainment.
• Families need to understand how digital activities affect learning, sleep, mental health, physical activity, and relationships

**Online risks continue to evolve**
• Children may encounter cyberbullying, misinformation, scams, inappropriate content, online predators, and privacy risks.
• New technologies, including artificial intelligence, create opportunities but also introduce new challenges and responsibilities.

**Online actions have real-world consequences**
• Digital footprints can affect friendships, reputations, educational opportunities, and future employment.
• Teaching respectful online communication helps students become responsible digital citizens.

**Parents and caregivers often feel overwhelmed**
• Apps, games, social media platforms, and online trends change quickly.
• Digital literacy education helps families stay informed and feel more confident having conversations with their children.

**Digital literacy helps children think critically**
• Students need skills to determine whether online information is trustworthy, accurate, and credible.
• These skills are essential for learning, civic engagement, and making informed decisions.

**Healthy technology habits support well-being**
• Families play a key role in establishing balanced screen use, healthy sleep routines, and positive online behaviours.
• Understanding how technology is designed to capture attention can help families make more intentional choices

**Creating a consistent home-school partnership**
• When schools and families share common messages about online safety, privacy, respect, and responsible technology use, children receive clearer guidance and support.

***For more information, contact Carol Todd at ctodd@sd43.bc.ca***

## DPAC MEETINGS

Nov 25 - Online

Jan 27 - Online

Feb 24 - Online

March 31 - Online

April 28 - In Person

May 26 - In Person (AGM)

## 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.

fraserhealth

Better health. Best in health care.

# Respiratory season and fall immunizations

## Keep your children free from respiratory illnesses this winter

As the weather gets colder and more time is spent indoors, we are more likely to get sick with things like colds, flu or COVID-19 because these illnesses spread more easily in enclosed spaces. Everyone should take these steps to protect themselves and limit the spread of respiratory illnesses:

- If you have symptoms, stay home and away from people, especially those at higher risk of serious illness.
- If you are sick and cannot stay away from others, wear a well fitted mask and ventilate your space well whenever possible. Learn more about masks here.
- Get vaccinated against flu and COVID-19.
- Wash your hands often with soap and water. Use alcohol-based sanitizer if soap and water are not available.
- Cough and sneeze into your elbow.

## Vaccinations for respiratory illness

Vaccinations prepare our immune system to recognize and respond to viruses. When children get immunized, they are less likely to get sick or pass along illness to others. When children remain healthy, they are better able to focus on learning, playing and doing the activities they love. Their parents and caregivers also have less disruptions in their personal and work routines. Register your children with the Get Vaccinated system so you can be reminded to get flu or COVID-19 vaccinations when they are due. Seasonal respiratory vaccinations are available from pharmacies, public health units and some primary care providers.

## School-aged immunizations

Getting your child vaccinated on schedule is one of the best ways to protect their health. To set young people up for long-term health and well-being, vaccines are offered routinely in kindergarten, grade 6 and grade 9 with catch-up opportunities in other grades.

Protection is long lasting for most vaccines, except for whooping cough. This vaccine is one of the infant immunizations that can wear off and needs to be given again around Kindergarten and Grade 9 to provide protection. All routine school-aged immunizations are free in British Columbia. If your child is not up to date with their vaccines, please make an appointment with a public health unit, family doctor, nurse practitioner or pharmacy.

If your child's record shows their vaccines are not current, but they did get vaccines from a health care provider outside of public health:

- Contact the health care provider who immunized your child and ask for a copy of the immunization record.
- Provide these immunization records to Public Health online at: http://www.fraserhealth.ca/immunizationform
- Learn more about school-aged immunizations, including how to access your child's records, here: Children and youth immunizations – Fraser Health Authority