

February 2023



DPAC Pulse

Newsletter from the SD43 District Parent Advisory Council



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

AN EXCITING LINEUP OF SPEAKERS!

DPAC Executive are working towards an exciting lineup of informative speakers at our DPAC General Meetings for 2023. Please join at 7pm, link found on our website:

March 1, 2023: Brett Ullman, Navigating Everything

March 29, 2023: Orion Wärje, Community Health Specialist, ACES and Leah Lyth, Healthy Schools Public Health Nurse

HOW CAN THE DPAC HELP YOUR PAC?

Is there any way you would like 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 Advisory 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 other useful information.

President's Corner

by Rosey Manhas



Here we are well into the month of February! It's Black History Awareness, Real Acts of Caring, Anti Bullying Pink Shirt Day, and it's Budget time with the Board of Education.

I'd like to start off by saying a huge congratulations to Assistant Superintendent Reno Ciolfi on his retirement. Reno has been a big part of our school district and was very involved with DPAC. We will miss him dearly but we certainly wish him well on the next chapter of his life spending quality time with his family and many other fun things!

While Reno leaves us, we are happy to welcome Assistant Superintendent Nadine Tambellini. Nadine has been a part of our district for over 30 years. I had the pleasure of meeting with Nadine on her first official day as Assistant Superintendent and I must say we are very lucky to have one great district leader replacing another! She has already committed to being involved with DPAC and helping in any way she can.

As for the budget, this year parents have raised many issues with regards to the district and what we would like to see done differently or what our concerns are. After going through the feedback we received, we chose the top 6 things to discuss at this year's budget

- The ongoing need for more EA's and other support staff
- Food Stability in the future with regards to the Student and Family Affordability Fund ending in June
- Bus transportation to and from schools needs better planning
- Equity amongst all students when it comes to programs such as STEAM
- Continued Mental Health awareness and education
- Continued support for Indigenous Learners and their graduation rates

The budget process has begun, and will continue until April, when it needs to be approved. I will keep everyone updated on what the plans are for our district going forward.

I was very proud to hear all about the many schools in our district that are participating in Real Acts of Caring week from Feb 12-18. The work that one teacher in our district, Hariette Chang, did with her students to start this program has been incredible. What is so great is the timing of it all. Real Acts of Caring week occurs just before Anti Bullying Pink Shirt Day, which is Feb 22.

Wear your pink shirts and support being respectful and kind to one another. With life starting to get back to the new normal, post pandemic, it's seems that a lot of PACs are struggling with being back in person and communicating respectfully with each other. I urge everyone to remember the reasons that you joined PACs and DPACs. It's important to remember that we are all volunteering our time and efforts for the betterment of our children's education and our communities.

We hope to see you at our Stand Alone Session on March 1st. Enjoy the break after that and see you in time for our next general meeting on March 29th.

Rosey Manhas

FamilySmart Event for Parents and Caregivers

BCIT - Burnaby Campus

Caregivers as Critical Agents of Change: Strategies to Keep in Mind When Your Young Person Struggles with Emotional Dysregulation

This presentation will focus on supporting parents and caregivers with information and strategies to cope with emotion dysregulation and the challenges which many young people (ages 10-18) begin to experience as they enter and move through the adolescent years.

Presented by Nicole Allen, a Registered Clinical Counsellor working as a Group and Family Therapist at START East, we will be exploring the critical role which parents and caregivers play in creating the environment for positive change for their young people, especially when things can be the most challenging.

DATE: Tuesday, February 28
TIME: 6:30pm-8:30pm
COST: Free
LOCATION: BCIT - Burnaby Campus
REGISTER AT: familysmart.ca/Events

Parenting - Navigating Everything

Brett Ullman



Brett is a full-time speaker who travels North America, speaking to teens, young adults, leaders, and parents on topics such as parenting, mental health, and media.

Brett will be speaking online via Zoom on Wednesday, March 1, 2023, starting at 7pm.

Online registration is required to attend,

<https://www.eventbrite.ca/e/dpac43-parent-education-presentation-tickets-548044224027>

Building Healthier Children

Orion Warjen - Community Health Specialist ACES, and Leah Lyth - Healthy Schools BC



Orion and Leah will be discussing how to build a healthier child, looking into quick health fads, mental, social, and physical development, and substance abuse.

Please join our DPAC meeting on March 29th, via Zoom, at 7pm.

