

April 2022



# 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](mailto:newsletter@dpac43.ca) and you could be in our next newsletter.

## Executive Updates

### DPAC Resumes In-Person Meetings

The DPAC is happy to welcome parents back to Winslow Centre for meetings. The April 27th General Meeting and the 2022 Annual General Meeting and Elections will take place at the Centre's Gallery Room, see the map on page six for directions from the parking lot.

### Special May Parent Education Event

At **7pm on Wednesday May 4, 2022**, the DPAC will be hosting a **Zoom presentation about a research Exploring, Resilience, Barriers and the Impact of the Covid-19 Pandemic on our children**. Pre-registration is required for this FREE online event. Please register to attend at Eventbrite using this link <https://www.eventbrite.ca/e/dpac43-parent-education-presentation-tickets-323473095737>.

### DPAC AGM and Election

The 2022 AGM and Elections for DPAC Executive Board Members will be taking place at **7pm on Wednesday May 25, 2022**. The details are available on page four. Please consider running for a position on the 2022/23 DPAC Board.

# President's Corner

by Marvin Klassen

Earlier this year, as the Provincial Health Orders were rescinded, the DPAC requested that the District take steps to assure that all PACs would be able to return to in-person meetings when appropriate, that parent organized hot lunch programs return in an orderly manner, that parent volunteers be allowed to return to classrooms, and that parent-teacher conferences resume in-person.

We are very pleased to say that the District Leadership Team has worked with DPAC to assure that parents are welcomed back into our schools, that the DPAC office can open to the public once again and that our DPAC meetings can return to the Gallery Room at the Winslow Centre in person. We trust that all parents will take these opportunities seriously and guide themselves with respect and consideration for others as we begin to re-engage in the school setting.

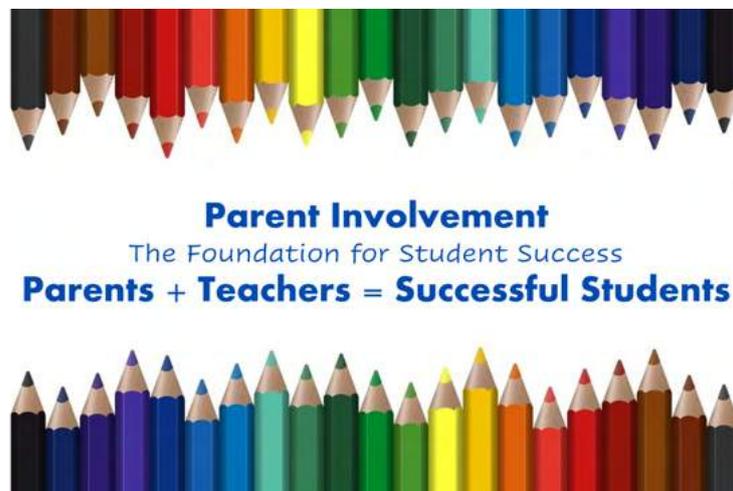


As you are aware, this is budget month for the school district. By the time this letter is in your hands, I expect that the proposed budget for the 2022-23 school year would have been adopted by the School Board. DPAC has engaged with the District and other stakeholder partners in discussions on multiple occasions over the past three months. Although all of your concerns as parents may not be met through this budget, we are pleased to see the continued commitment to increasing the number of Education Assistants this year and in years to come. I would like to thank all those parents that participated in bringing forth concerns to DPAC and to the Board. Even though our DPAC Executive Committee represents a variety of experiences within the District, it is your individual voices that shine the light into the corners.

April represents the last general meeting of the 2021-22 school year DPAC calendar, so our May 25th meeting will be our Annual General Meeting. This year we have a number of people moving on, therefore all positions are up for election. The DPAC needs new voices around the executive table. People often ask about the time commitment. Expectations range from four hours per month to as much as you wish to give, but for most positions you are looking at six to eight hours over the course of the month. Other than attendance at the monthly executive and general meetings, the rest of the time is generally at your convenience.

I ask that each of you consider this as an opportunity to expand your knowledge of the education system within our district and a chance to meet and speak with the decision-makers on the school board and the district leadership team. As a DPAC Executive member, you have the opportunity to join district committees where you are the parent rep at the table discussing policy issues that lead to changes within the District. Other committee attendees usually include an assistant superintendent, CUPE, a teacher rep, a student rep and the Principal/Vice-Principal rep. The parent perspective on these committees often leads to insightful and needed changes to policy and operations.

I hope you will consider bringing your strengths and talents to the DPAC Executive. As with any volunteer opportunity, you will find that you get far more out of it than you put in. Given the Trustees are all up for election this coming October, it will certainly be an exciting year!



# Parent Education Events

April 27th and May 4th, 2022

DPAC43 is pleased to host a trio of experts from the Ministry of Children and Family Development (MCFD) and Fraser Health to facilitate the next two editions of the DPAC43 Parent Education Night. At **7pm this April 27th**, the trio of Susan Foster, Orion Wårje, and Lynn Heinrich-Chutskoff will be presenting on **Exploring Ways to Improve Outcomes for Children in the Tri-Cities**. Also, at **7pm on Wednesday May 4th**, the trio will be on Zoom to share information about a **Childhood Research - Exploring, Resilience, Barriers and the Impact of the Covid-19 Pandemic**.



Susan Foster has been working in the Tri-Cities since 2005 doing Early Years Community Development work and is employed by the Ministry of Children and Family Development. She was also one of the founding members of the provincial Early Years Community Development Institute. Susan has over 30 years experience in a variety of positions, primarily focused on parents and families with young children, and she holds a bachelor's degree in Psychology. Susan is also a Provincial trainer for the Nobody's Perfect Parenting Program. Susan has been active in supporting the rights of Transgender and Queer people. She lives in Port Coquitlam with her husband and is the proud mother of two young adult daughters. Susan's pronouns are she, her, and hers.

Orion Wårje is a Community Health Specialist with Fraser Health's Wellness Team, focusing on Adverse Childhood Experiences (ACEs). Orion is currently co-chair of the Early Childhood Development Committee in Tricities, and is an active member of the Children's Research Action Team. Orion holds a Masters of Public Health as well as a Masters of Counselling Psychology, and has spent over a decade doing research in the field of child and youth mental health.



Lynn Heinrich-Chutskoff has lived in all 3 communities of the Tri Cities. She is the coordinator of Middle Childhood Matters at Fraser Health, working with families and children 6 to 12 yrs. Lynn's interest in research includes local MDI, EDI and removing barriers at the community levels. She is a champion of the Tri Cities Children's Charter of Rights. Lynn has a son graduating this year and is familiar with the SD43 trades and hockey programs. She previously was a co-chair for PAC and is a long time community volunteer and events supporter.

Please note that the **Wednesday May 4, 2022** presentation will be held on **Zoom at 7 pm on that day**, and pre-registration is required. Please remember to **register at <https://www.eventbrite.ca/e/dpac43-parent-education-presentation-tickets-323473095737>** to receive your sign-in details.

## National Child & Youth Mental Health Day

From Family Smart

**May 7, 2022** will mark the **15th observation of the National Child & Youth Mental Health Day**. Founded by Family Smart in 2007, May 7th has been set aside to build caring connections between young people and the caring adults in their lives. The day is about creating opportunities for homes, schools, organizations and communities to connect around Family Smart's "I care about you" message.

Check this list of **[Virtual Events for Parents & Caring Adults](#)** for learning opportunities to help you deepen and strengthen your connections with your children.



# 2022 DPAC Executive Board Elections

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. The 2021-22 year is the second year of our current President's term,

Due to personal commitments and life changes, many of the DPAC board positions require new volunteers. If you will like to make a difference in our school community, there are many opportunities for you to make your voice heard and make impact in the decisions that affect our children. When you join the DPAC as Jamie Manchester, an eight-year PAC and DPAC veteran volunteer says, "You get to be a voice, you get to be heard and you get to start the change to inspire others to do the same."

If you're interested in joining the 2022-2023 DPAC43 Board, contact [office@dpac43.ca](mailto:office@dpac43.ca) for a nomination form.

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
Vice President	Assists the President, Acts as Chair When Necessary
Secretary	Takes notes at General and Executive Meetings
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

***As a member of the DPAC Executive, you get to have a say in what goes on in your ENTIRE school district! In addition, if you choose to be on a committee, you get to give parent feedback directly to the people that make decisions for the district.***

*Jamie Manchester, 2020-2021 & 2021-2022 DPAC Treasurer*

# Resources & Opportunities to Participate

Collated from around our Community

## Programs and Resources from Kinsight

Here are a list of learning opportunities that your children and youth can participate in.

**16-week computer programming course for youth aged 14-20:** Kinsight's Youth Leadership Group is partnering with Aigolearning, a nonprofit organization with the dual purpose of promoting coding in children and young students' contribution to teach children coding. For information about the dates and times, please email **Erin Kinnie**, Youth Group Facilitator for Kinsight at [ekinnie@kinsight.org](mailto:ekinnie@kinsight.org).



**Paths to Transition:** This collaborative webcast with SD43 provides information about the steps you and your youth's high school can take to best prepare you & your youth for life after high school comes to an end. View the [Video link here](#)

**Transition to Adulthood - Parent Handbook & Transitioning Youth Checklist:** This handbook and the accompanying checklist provides information related to transition-planning ages, stages & steps. It also includes information and links to a variety of other resources and services. Browse the Handbook and Checklist [here](#).

## The Journey to Community Exhibition

This interactive exhibition titled "Inclusion: The Journey to Community." located at the Port Moody Station Museum will be on display until the **summer of 2022**. The museum is **open from 1pm to 8pm Monday to Sunday**. **Vaccine cards will be required for visits.**



On December 3, 2021, on the International Day of Persons with Disabilities the BC Self Advocacy Foundation, Community Ventures Society, Inclusion BC, and the Port Moody Heritage Society hosted a virtual launch of the interactive exhibition. You can view the virtual launch on [YouTube](#).

## Equity, Diversity & Inclusion in Teaching and Learning (UBC)

This five-module introductory course was created for instructors in all disciplines who are interested in developing their capacity to create more inclusive classrooms and learning environments but are not sure of where to start.

The content is also relevant for anyone who is involved in teaching and learning in higher education, including Teaching Assistants, educational developers, or staff who support instructors. Questions of equity, diversity and inclusion are especially important for students who belong to social groups that have been historically, persistently and/or systemically underrepresented and marginalized.

Research shows that inclusive teaching practices are in fact helpful for all students, not only for underrepresented or marginalized students. In addition, beyond classrooms, all students live and work in a world that requires the ability to interact with people who have different perspectives or lived experiences, and where the capacity to consider equity and inclusion will make for stronger, more innovative and more thoughtful teams and projects.



While any of the five modules can be taken independently, it is recommended that you start with Module 1 to make sure that you are familiar with the basic concepts and vocabulary used in the course. Visit [UBC Inclusive Learning](#) to get more information.

PACs and individual community members are encouraged to share this opportunity with our school administrators and teachers. Remember, building a society where no child is left behind is the responsibility of every one of us.

# Directions to the Gallery Room

From the DPAC Office

