

# “What’s Up!” Que Pasa SD43 Newsletter for School District 43

February 2015



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Facebook Page: [quepasaSD43](https://www.facebook.com/quepasaSD43)

Important Parent ed. sessions: Gallery Room 7-8:30pm, doors open at 6:30pm

1. Thursday April 9, 2015

**EDI/MDI Parent Ed session**

2. Monday May 11, 2015

**Self Regulation**

## Message from the Editor

This is my first attempt at creating our newsletter for DPAC SD43.

It has been delayed due to: the Teacher’s Strike in June and September this year; the Civic Election in November; and our own recent DPAC interim election for a New President and Vice-President.

So it is a tall order to fill. However, our DPAC has a history of excellent leadership where many good parent education workshops and information sessions have inspired many parents including myself on how to best advocate for our children as parents.

It best exemplifies why I, as a parent, would volunteer my time to be involved in PAC/DPAC/BCCPAC.

From peeking into the vault of past editions of DPAC Newsletters, I came to realize that the resources at the DPAC office are a Treasure Trove. It is full of useful information on parenting and insightful knowledge (for example, on how to understand the struggles that our children may have at school or at home). I am looking to rediscover these resources locked away in the DPAC office. We, as the DPAC executive, hope to bring forward new and exciting parent education information workshops to share with all of you in the future.



Parents are hard pressed for time; But to make time for what is important is what truly counts.

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### “Believe, Get Involved” - What I want for my Children.

is a youtube video from DPAC past-president Heidi Hass Gable.

DPAC Newsletter Editor: Tony Jan

## Safe School Task Force/Initiative

as presented by Julie Pearce and Cindi Seddon

Key Points to take away are the following: **Protective Factors**

1. Family Meal
2. School Connectedness
3. Positive Family Relationships
4. Caring Adults outside the Family

5. Knowing where to turn for help
6. Good Nutrition
7. Feeling valued and Engaged
8. Positive Future Aspiration
9. Stable Home
10. Nine (9) hours of sleep

11. Neighbourhood Safety
12. Community Connectedness
13. Cultural Connectedness
14. Pro-social Peer Relationships

## City of Coquitlam Community Grant Writing Workshops

The city provides annual grants to non-profit, community-based organisations. Its intent is to build community spirit by providing community grant funds for public art, sports activities/programs, festivals and events.

Dates: Wednesdays, March 4 or 18

Time: 6-7:30 pm

Place: Pinetree Community Centre

Grant coordinator

Phone: 604-927-6900

Email: [communitygrant@coquitlam.ca](mailto:communitygrant@coquitlam.ca)



We are a community of volunteer parents and we need you.

ED I and MDI might seem overwhelming, but just search these terms on Google and they become very meaningful

## ED I / MDI parent ed session Thursday April 9, 2015

The presenters for this event will be:

**Susan Foster**(Early Childhood Development Coordinator for Tri-cities)

**Angelo Lam**(Middle Childhood Matters Committee Coordinator)

ED I is Early Development Instrument which is completed by kindergarten teachers across BC for all children in their classes.

MDI is Middle Years Development Instrument. It covers children aged 6 to 12.

These are self-reporting questionnaires completed by children in grade 4 and 7.

## Self-Regulation Parent ed session Monday May 11, 2015

The presenters for this event are:

**Lynda Swaine**

(occupational therapist at Sunnyhill Children's Hospital)

**Anna Lenarczyk**

(SD43 teacher / CAST team)



These skills are "Good for all; essential for some"

- Tom Grant, Superintendent SD43 (retired)

## School Board Trustee/DPAC School Liaisons 2014-2015

<u>School Board Trustee</u>	<u>Schools (assigned to each trustee)</u>	<u>DPAC liaisons</u>
Kerri Plamer Isaak (Anmore/Belcarra)	Riverside, Maillard, Castle Park, Irvine, Leigh, Panorama Heights, R.C. MacDonald	Tony Jan (Newsletter)
Chuck Denison (Coq)	Pinetree, Montgomery, Alderson, Coquitlam River, Mountain View, Nestor, Riverview Park	Edward Ram (Vice-President)
Barb Hobson (Coq)	Centennial, Minnekhada, Glenayre, Moody, Mountain Meadows, Pleasantside, Hampton Park	Shari O'Neill (Member at Large)
Diane Sowden (Coq)	Heritage Woods, Como Lake, Summit, Eagle Ridge, Lord Baden-Powell, Porter Street, Walton,	Craig Woods (President)
Judy Shirra (PoCo)	CABE, Continuing Education, Coquitlam Open Learning, Inquiry Hub (Millside), Suwałkh (Millside) Banting, Moody, Blakeburn, Cedar Drive, Kilmer, Mundy Road, Parkland	Paula Fowler (Treasurer)
Michael Thomas (PoCo)	Terry Fox, Pitt River, Cape Horn, Harbour View, Heritage Mountain, Mary Hill, Seaview	Irene Harrison (Parent Ed. Coordinator)
Lisa Park (PoMo)	Dr. Charles Best, Citadel, Eagle Mountain, Anmore, Meadowbrook, Miller Park,  Pinetree way, Rochester	Lance Gueck (Co-Health and Safe)
Keith Watkins (PoMo)	Port Moody, Encompass (Vanier), Hillcrest, Scott Creek, Central, James Park, Roy Stibbs, Westwood, Aspenwood	Corrie Noble (Co-Health and Safety)
Carol Cahoon (Coq)	Gleneagle, Kwayhquitlam, Maple Creek, Baker Drive, Birchland, Glen, Hazel Trembath, Ranch Park.	Anna Teglassi (Member at Large)



**Do you know which School Board Trustee is the liaison for your school?**

**Find them on this list.**



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website: www.dpac43.org

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## About DPAC

DPAC's mission: To facilitate, support, and advocate for the effective involvement of parents as partners working towards excellence in education.

Our Goals are: Connecting with parents through PAC's and enhancing relationships (connections) with partner groups.

General meetings are held the last Wednesday of each month (unless otherwise noted) at 7:00 pm in the Gallery Room of Winslow Centre. The meetings are open to all parents and caregivers of District 43 students.

**QUE PASA:** *Quality Unlimiting Education Parent Advisory Supporting Announcements. It also means "What's Up!" in Spanish.*

We are on the web  
and facebook.

## **BBCPAC Spring Conference and AGM 2015**

**Date:** April 30,  
May 1, 2, and 3

**Place:** Hilton Vancouver Metrotown

BBCPAC represents the parents of the whole province. They regularly attend meetings with the Ministry of Education.

If you are interested in getting involved, please contact their office:

### **BCCPAC mailing address**

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Together we can make  
a difference!