

Dear Counselling Corner:

Our child came home today and excitedly told us about something called 'RAC Week'. It sounds like fun and as if it is about promoting kindness. Will you please give us some more information? Thank you!

Confused Mom and Dad**Dear Mom and Dad:**

RAC stands for Real Acts of Caring and is doing something caring and kind for another and not expecting anything back in return. Each year, RAC is highlighted by 'RAC Week' which is happening this year during February 12-18, 2023, however, we encourage our students to participate in RAC behaviours all year long. RAC originated in Port Coquitlam in 2005 in a grade 4/5 class and has since spread all over the Coquitlam School District and to other parts of BC and Canada. Each year, students in SD43 lobby with local and provincial governments to have RAC Week recognized through proclamations. This year, students in Ms. McDowell's class wrote a letter to the Education Minister, Hon Jennifer Whiteside, asking that a proclamation be passed. We are still waiting to hear back from her. Students at Porter Street will be presenting at local municipal council meetings including Coquitlam, Port Moody, Belcarra and Anmore to promote RAC Week. There are many social and emotional benefits associated with having your child participate in caring and kindness activities. Please check out realactsofcaring.org to learn more about RAC and to get involved!

If you wish to meet with me or if you have concerns about your child and would like to access my services, please email me at hchang@sd43.bc.ca.

The Counselling Corner is intended to offer some helpful ideas, encouragement, and insight on a variety of topics to support your child's social and emotional learning.

Harriette Chang
School Counsellor