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

From the President's Desk

The year 2007 was very challenging for many parents and students in SD43. Declining enrolment resulted in the closure of five elementary schools – Lincoln in Port Coquitlam, College Park in Port Moody, and Millside, Vanier and Coronation Park in Coquitlam (the latter is technically in Coquitlam, though it served mainly Port Moody students.) We saw the adoption of new requirements for parent volunteers, and new provincial regulations on healthy foods in school. We saw a proposal by the Board to eliminate school buses for many District students, though that proposal was eventually rejected. We also saw the retirement of long-time District Superintendent Laureen Doerksen, which created even more change in our School District. Laureen was a strong supporter of parent involvement, and will be missed, but new Superintendent Tom Grant has shown a keen interest in working with parents as he assumes the lead administrative role in SD43.

DPAC was very busy last year, working on each of these concerns, and on a wide variety of other issues, such as the current school traffic safety survey, bullying, internet safety, teacher professional development, PAC funding, and many others.

Top three reminders:

- **Fill out the School Traffic Safety Survey by clicking on the link at www.dpac43.org**
- **February DPAC General Meeting Wednesday February 27th, all parents welcome**
- **"Parenting the 'Net Generation" seminar February 19 at Gleneagle Secondary; hope to see you there.**

Richard Stewart, DPAC President
rstewart@coquitlam.ca

2007 - 2008 DPAC Executive

President	Richard Stewart
Vice President	Vacant
Secretary	Vacant
Treasurer	Darren Rosenthal
Health & Safety Coordinator	Vacant
Parent Education Coordinator	Jason Turner
Newsletter Editor	Tracy Crawford
East Zone Rep	Dina Rodriguez
North Zone Rep	Vacant
South Zone Rep	Vacant



Parenting the Net Generation

Contact Us:

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1-888-351-9834

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visit the BCCPAC – Advocacy
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www.bccpac.bc.ca/advocacy

West Zone Rep
Member @ Large
Member @ Large
Past President
Administrative Assistant

Vacant
Heidi Gable
Vacant
Claude Hrycaiko
Sandy Maloney

If you are interested in volunteering as a DPAC executive or would like more information about any of the above vacant positions please contact Sandy at 604-939-3690 or email dpac43@telus.net.

Workshop - Protect Your Child from On-Line Dangers

District 43 Parent Advisory Council (DPAC) is proud to sponsor this no-cost special workshop designed for parents/guardians whose children use the internet

The workshop takes place on **Tuesday, February 19th** at **Gleneagle Secondary School** (multi-purpose room) located at 1195 Lansdowne Drive, Coquitlam. Registration and light supper begins at 6:00 pm with the presentation starting sharply at **6:30 P.M. TO 8:30 P.M.**

Please encourage parents/guardians of elementary, middle and secondary students to attend this very informative presentation about students and the internet.

Topics include:

- Safety
- Privacy
- Online advertising aimed at children and youth
- Use of social networking sites
- Cyber bullying
- How to tell if online information is true

Register via email to dpac43@telus.net or call 604-939-3690
Space is limited; you must register by February 11th (late registration accepted upon availability) to reserve your seat. Free childcare available on request.

Parent Education

Our next focus for parent education is going to be on bullying at all levels.

We will be looking at developing the most effective ways to communicate information to parents, children and schools. Bullying has become a concern for many parents in our and many other school districts. Our goal is to provide information and resources to parents who need direction or support and to communicate to PAC's how they can support parents and children who have been bullied, witness to bullying or is a bully.

We encourage parents and PAC's to submit their ideas on issues they would like DPAC to include in a parent education workshop or presentation. Please contact us at **dpac43@telus.net**

Keep checking in on
our website –
www.dpac43.org

We continually post
information and updates
that may be valuable
for you

**DPAC: Parents Helping
Parents Helping
Students**

What Parents are Saying about Bullying

In last summer's student safety and security survey, we received some very useful information from parents about safety issues in our schools. Two of these issues received a particularly strong response from SD43 parents – traffic safety, and bullying. Partly a result of that information, we're currently conducting a full and detailed survey on traffic safety issues, which will help PACs in their efforts to improve traffic safety around their schools.

Here's what parents said about Bullying:

More than half of parents (57%) said that one of their children had been a victim of bullying in school. Most often the bully was a classmate (77%), or a child from another class in the school (43%), though "teacher or school staff person" was cited by 15%, and "another parent" was mentioned by 4%. (These total more than 100%, as some respondents identified more than one bullying incident.) Three quarters of the incidents were reported to the school/teacher, and of those, fewer than half the parents reported that the bullying incident was adequately dealt with by the teacher or school.

Some parents did not consider themselves sufficiently informed on the subject to comment. But of those who did express an opinion, parents had differing views on whether the school's or School District's bullying policy is effective (50%), fair (66%), well-explained (61%) or well-enforced (37%). This latter perspective, that anti-bullying policies are not well-enforced, was supported by a large number of comments received on the bullying questions. In fact, fully half of those parents who stated that they had reported a bullying incident took the time to write details and comments related to their experience.

DPAC Executive has spoken with our School Trustees about bullying; we want to be able to present to them a strong view of the issue as perceived by parents, with the goal of improving School District policies so they better protect children. So, now that we're compiling results in our Traffic Safety Survey, DPAC wants to follow up with a survey on Bullying. The survey can be accessed in the same way as the Traffic Safety survey – through a link at the top right corner of the DPAC webpage, www.dpac43.org. The online survey will open February 8 and run until March 23. Please ask parents to drop by and complete the survey.

Parents may want to tune in to a radio program on the topic of bullying, hosted by former Education Minister Christy Clark on CKNW AM 980, noon to three pm Tuesdays throughout the month of February, leading up to Pink T-shirt Day on February 27. For further information, you can try: <http://www.christyclark.ca/wearpink/>
www.cbc.ca/canada/nova-scotia/story/2007/09/18/pink-tshirts-students.html

Arts Club Theatre has a promotion for 2 February productions:

The Black Rider

Discount code: WAITS

Glorious

Discount code: Florence

Save 20% off tickets if you quote the above discount codes.

Tip for forgetful teens:

- Buy him/her an organizer. Possibly an electronic one that has built-in reminders
- Have him/her prioritize and record their assignments and appointments
- Reduce distractions - TV, cell phone, internet - during tasks that require focus
- Be their example/role model to watch and learn from

School Traffic Safety Survey Results

DPAC is conducting an on-line School Traffic Safety Survey, to gather parent's opinions on traffic issues around their children's schools. The survey will help PACs address an issue that many parents have spoken about and worked hard on improving.

As the survey nears completion, we now have some preliminary results. For example, 66% of parents said that students faced excessive traffic risks on their way to school. And the most common risk identified by parents was also possibly the most predictable – excessive traffic speed, cited by three quarters of parents. However, a very close second was “other parent drivers in drop-off/pickup areas”.

The survey is also turning up many concerns with road design, sidewalks, crosswalks and other infrastructure. For example, Port Coquitlam parents were twice as likely to cite inadequate sidewalks as parents in Coquitlam and Port Moody.

The survey also examines risks associated with snow clearing. Fewer than 40% of parents felt that snow clearing near schools was done promptly enough (only 33% in Coquitlam.) and although city bylaws typically require property owners to promptly clear snow from sidewalks in front of properties, two thirds of parents felt that accumulated snow on sidewalks on approaches to school was not adequately cleared.

The survey was designed primarily to gather the opinions of parents; however, there are other categories of respondents such as school staff and neighbours.

Final results will be compiled for each school, to allow PACs and school staff to work towards improvements.

We now have more about 1000 responses, which will provide really good data for our report to the School Board and to local governments.

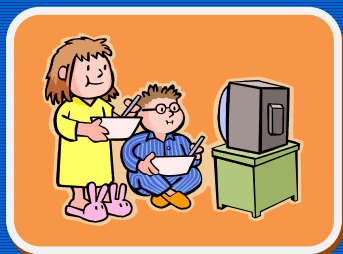
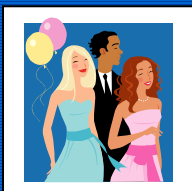
Some schools have been tremendously successful at encouraging parents to take the survey. However, there are still many schools with traffic safety issues that haven't seen very strong response, which means that our report back to those PACs won't be as helpful in assisting them in tackling the challenges their students face on the way to school. In fact, 17 schools currently have fewer than five survey responses, which will make it pretty difficult for DPAC to report back to them.

So, as we're now in the last week of the survey (the survey won't be closed off until one week after this newsletter is published), we want to ask you to please urge your parents to drop by www.dpac43.org, click the link in the top right corner, and take the survey. The safety of our children is important.

Family Activities to keep healthy: :

- Get outside – walk, bike ride, scavenger hunt, or hiking
- Kick a ball around
- Put on some music and dance
- Swimming / Skating
- Football / basketball / volleyball
- Walk to & from school
- Walk to the corner store / video store
- Have everyone pitch in with yard and house work

Be creative. Find ways for your kids to exercise, they will thank you as they continue to grow and thrive as healthy, fit individuals.



Changes to Physical Activity Requirements in Schools

Effective September 2008, the Ministry of Education will require all students from K-9 to participate in, and document, 30 minutes of physical activity per day.

Students in grade 9, this requirement must be met on school days when they do not participate in their PE9 course.

All students in grade 10 – 12 will be required to participate in, document and report 150 minutes a week in physical activity each year in order to meet the Graduation Transition Program requirements.

These requirements can be met both during school hours and in the community.

The new grades 10 through 12 standard replaces the current 80 hour physically activity standard in the Graduation Transition Program and must be completed in order to graduate.

See attached link www.bced.gov.bc.ca/irp/drafts/dpa_program_guide.pdf

Fundraising Ideas

Following are a few fundraising ideas that can generate money your school:

- **Bottle Drives**
- **Candy-Gram Sales**
- **Concession Stands**
- **Clothing drive**
- **Cupcake sales**
- **Craft Fair/Garage Sales/Flea Market**
- **Dances**
- **Entertainment Books/Discount Cards**
- **Food Sales: apples, Japanese oranges etc.**
- **Movie Night**
- **Penny Drive**
- **Plays/Variety Shows/Comedy Shows/Auctions**
- **Product Sales: Candles/Cookie Dough/Popcorn/Chocolate/Wrapping Paper**
- **Raffles**
- **Trivia Night**



Happy Fundraising!!!

SFU Launches New Television Program

The SFU Faculty of Education at Simon Fraser University launched a new television program, ***Your Education Matters***.

Your Education Matters, which launched January 21, 2008 on Shaw TV Channel 4, is the only television program in BC dedicated to

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www.bccpac.bc.ca/advocacy

addressing education issues beyond the headlines.

The program was created to provide insights and opinions from practitioners and scholars on education issues that matter for parents, students, educators and policy makers alike.

Your Education Matters will air a new episode with a new topic monthly and rebroadcasts three times a week on Shaw TV Channel 4:

Mondays 6:30 pm 7:00 pm
Sundays 9:00 am 9:30 am
Sundays 7:00 pm 7:30 pm

For more information about Your Education Matters, go to www.youeducationmatters.ca

The John Kaplan's Magic Show

Bring your entire family to this *spectacular* and *amazing* performance hosted by 2 schools: Aspenwood Elementary and Central Elementary.

Aspenwood Elementary:

February 8th, 2008, at Heritage Woods Secondary Theatre located at 2001 Panorama Drive, Port Moody.

Two Shows: **3:30 – 5:30 pm & 6:30 – 8:30 pm.**

Purchase your tickets before February 1st at \$8.00 each. After February 1st tickets are \$10.00. (2 years & under are free)

Tickets price includes free admission into the Nightmarket portion of the event hosted by Heritage Woods Secondary.

Purchase your tickets at Aspenwood Elementary School during school hours. For more information please contact Garcie Wong at 604-461-6600.

Central Elementary

Presented by Central Community PAC

Saturday, 23 February, 2008 at 7:00pm

Riverside Secondary 2215 Reeve Street, Port Coquitlam
In the Gymnasium

Tickets in advance: Adult: \$12.00 Child (3-12): \$8.00
Tickets at door: Adult: \$14.00 Child (3-2): \$10.00

All money raised will go to the purchase of playground equipment at Central Community School

Cool/Useful Websites

www.bullingcanada.ca

This site was designed by a grade 12 student in New Brunswick who was once bullied himself. It contains many links to other helpful sites, as well as basic tips for those who are bullied, bullying others or a bystander.

www.campaignforrealbeauty.ca

Does your daughter know that models in most fashion magazines rely on photo imaging to trim here & tuck there? This site offers your daughter the opportunity to make sense of her ever-changing moods, discover tips for improving her relationships and even create her own magazine – complete with images of woman portraying real beauty.

www.connectforkids.org

This site provides information and news on issues affecting kids and families.

www.timeforkids.com

Companion website to the Time For Kids magazine. The site connects youth with up-to-the minute news and current events. The site also offers a dictionary, measurement conversion table, country information and games.

The DPAC newsletter is distributed via email and is available on our website at www.dpac43.org
