



District 43 Parent Advisory Council Newsletter

February 2008

Volume 3

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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

President's Message

Last week, DPAC presented a Seminar on Parenting the Net Generation, aimed at parents struggling with the benefits and risks inherent in the emerging technology of the internet. A great team of presenters -- led by DPAC past-president Claude Hrycaiko, addressed such technologies as Facebook and other social networking sites, MSN, IM and internet chats, etc. With close to 100 parents registered, it was almost a full-house as we fielded questions on an enormous range of issues. And as a follow-up, we're considering how to expand this program, to give more parents the chance to start catching up to their kids' computer use; we may even try to enlist the help of a few high school students to help make us parents more computer literate. Please let us know your thoughts. In addition, our parent education coordinator Jason Turner is looking for input on other potential topics of interest to parents.

While the internet makes lots of parents nervous, you've told us about other things that make you even more nervous; according to SD43 parents, two of the most serious risks your kids face associated with school are traffic and bullying. So, with the wrap-up of the Traffic Safety Survey (thanks to the 1500 parents who completed the survey) comes two things:

1) the follow-up, including a report to each PAC to help them tackle some of the traffic risks that children face on the way to school; and

2) the new Bullying survey, aimed at tackling another major issue that affects many children in our schools. Make sure you drop by www.dpac43.org and complete this important survey on Bullying, which closes in mid-March.

Richard Stewart, DPAC President
rstewart@coquitlam.ca

DPAC Executive

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DPAC has taken on a vital role in supporting PACS and parents across the School District, a role that is established in the School Act. The DPAC executive is always looking for parents who would like to play an important parental role at the District level. If you're

PAC & DPAC

Representatives: If you are not receiving emails or information on a regular basis from DPAC please contact us immediately.

DPAC Representatives - please ensure you share the monthly newsletter and any other information you receive from DPAC with your PAC.

If you have any questions about anything you receive from DPAC please do not hesitate to call us. We want to hear from you and help in any way we can.

interested in the exciting and interesting DPAC programs, or would like more information about what we do, please give DPAC President Richard Stewart a call at 604-314-4345, or drop him an email at rstewart@coquitlam.ca.

At present, we have a number of executive positions still available, including Vice-President, Secretary, and Health and Safety Coordinator, plus Zone rep positions in Port Moody and Coquitlam.

For information about what is involved in any of these positions, please contact Sandy at 604-939-3690 or email dpac43@telus.net.

We'd love to have you join this great and fun team.

Let's Get Together

Over the past few weeks several inquiries have come into our office from parents and PAC's requesting information about volunteering as a DPAC executive. To better serve you and to ensure all your questions are answered DPAC has decided to host a **DPAC Social** event. This informal evening social will provide the opportunity for you to meet the current DPAC executives and learn more about becoming involved.

Stay tuned.....more information to come.

Traffic Survey Review

DPAC's traffic survey is now concluded. Thank you to all who completed the survey which has provided valuable information and data for DPAC and PAC to tackle this issue.

Results concluded that more than 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.

We received about 1500 responses, providing very strong data for our reports to the School Board and to local governments. Thank you to all the parents who participated; now comes the really important work of trying to improve traffic safety.

We're currently producing detailed reports for each school and PAC, summarizing the results of the survey as they apply to that school. We will do what we can to assist PACs in responding to the specific traffic issues around their school, through such means as traffic law enforcement, to

- 25% of Canadian kids have been asked to meet in person someone they've only met online"
- ninety-four per cent of kids go online from home, most through a high-speed connection;
- almost one-third of the 50 favourite Web sites listed by kids incorporate material that is violent (28 percent) or highly sexualized (32 per cent);
- rules about specific Internet activities make a considerable difference, especially for younger children. And while rules are less effective with older students, they still have an impact.

Resource: Media Awareness Network 2006



assist PAC's with developing action plans to tackle traffic concerns at their school. DPAC is contacting City governments in Coquitlam, Port Coquitlam, and Port Moody, as well as the local RCMP detachment and Port Moody Police Department, plus the Tri-Cities Speed Watch program. We've received supportive responses from these agencies, and will include contact information for follow-up by PACs and school communities. We're also planning to set up a meeting of the traffic safety coordinator (or other appointed person) from each PAC, so they can compare survey results and hear from these agencies about the next steps to ensure that our children benefit from improved traffic safety as soon as possible.

Workshop - Parenting the Net Generation

Do you know these *teen chat terms*?

BF OR GF	NOOB	CD9
ASL	MOS	ASLP
LMIRL	GNOC	NALOPKT

Your kids may and you should too!

The two hour *Parenting the Net Generation* workshop addressed a number of issues including:

- Internet safety, including cyber bullying, the use of social networking sites and exposure to inappropriate material;
- privacy issues and disclosure of personal information;
- marketing and how companies build brand loyalty on the Web;
- credibility of online information

Parents were provided statistical information on how kids use various Internet technologies, including: instant messaging, chat rooms, Webcams, online games and social networking sites. Workshop participants will be better equipped to help their children develop the critical thinking skills they need to make safe, wise and responsible online decisions.

Throughout the presentation there were fantastic recommendations and learning's provided by Mr. Hrycaiko. Some of these recommendations are listed below:

- Teach your kids the value of their personal information and protect their privacy on the Internet by not sharing personal details when signing up for free e-mail accounts, using chat rooms, bulletin boards, instant messaging or visiting Web sites. This includes name, gender, age, home and school addresses, e-mail addresses, phone number, picture, credit card information or passwords.
 - *Most youth have their own e-mail account (71 percent). Of these, 81 per cent have a free Web-based account (e.g. Hot Mail). When registering for these accounts, 86 per cent indicate their gender, 68 per cent provide their real name, 29 per cent their address and 20 per cent their phone number.**
- Set clear rules about what kind of sites your kids are allowed to visit.

Contact Us:

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Coquitlam, B.C.
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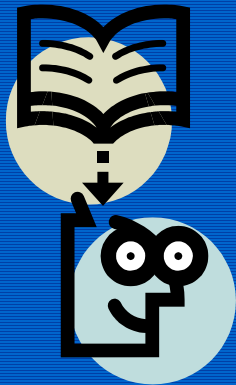
Ph: 604-939-3690
Fax: 604-939-3695
Email: dpac43@telus.net

Website: www.dpac43.org

Advocacy Info Line:
1-888-351-9834

or
visit the BCCPAC – Advocacy
web page at:

www.bccpac.bc.ca/advocacy



- *Almost half of young Canadians use the Internet from home for at least an hour every day and many of them do so with little or no adult supervision, guidance or rules – only 24 per cent say they talk to their parents a lot or a fair bit about what they do online.**
- Talk with your kids about predators and potential online dangers. Young children should not participate in chat rooms. If your teens participate in chat rooms, make it your business to know what chat rooms they visit and who they talk to. Have a house rule that no one provides personal information in chat rooms.
 - *More than four in ten youth say they have met someone new on the Internet who asked for information such as their photo, phone number, street address or name of the school that they attend.**
- If your children use Instant Messaging, check who is on your children's contact list. Find out if they know each person and encourage them to delete the names of people they have not already met in person.
 - *More than half of young Canadians surveyed say that when using IM they often or sometimes talk to people they have never met.**

A very special THANK YOU to Mr. Claude Hrycaiko for a fantastic and educational presentation.

The presentation was developed for parents to present to other parents. For information about organizing a workshop at your school please contact dpac43@telus.net

BF OR GF = Boyfriend/Girlfriend

ASL = Age/Sex/Location

LMIRL = Lets meet in real life

GNOC = Get naked on (web)cam

NALOPKT = Not a lot of people know this

NOOB = Newby

MOS = Mom over shoulder

ASLP = Age/Sex/Location/Picture

CD9 = Code 9, Parents Nearby

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

Parks & Recreation Programs

The Port Coquitlam Parks & Recreation Departments is planning a number of



**Wear a PINK shirt
on Feb 27th and
send a message:**

Bullying Stops Here!

Web sites

bullybeware.com

cyberbullying.ca

bullying.org

Thirty-four per cent of students in Grades 7 to 11 report that they had been bullied within the current school year. Among those, 27 per cent say they had been bullied over the Internet.

(Source: *Young Canadians in a Wired World*, Media Awareness Network, 2005)

new children’s programs, including after school programs and summer camps at the new Leigh Square Community Arts Village. They are requesting your input and feedback on what programs you would like.

Please contact Janice Kulhanek, Program Coordinator – Tots & Children, Kat Wahamaa, Program Coordinator – Arts & Culture or Bryony Hollick, Programmer – Arts & Culture at 604-927-8441.

Parks & Recreation Departments in all communities work very hard in developing a variety of fun, educational, challenging and memorable programs and camps throughout the year. Check out their programs online or call for more information.

Port Moody Parks & Recreation
Arena Office – 604-469-4556
Kyle Centre – 604-469-4561
www.portmoody.com
www.citysoup.ca

Coquitlam Parks & Recreation
604-927-4FUN (4386)
www.coquitlam.ca
www.citysoup.ca

Port Coquitlam Parks & Recreation
604-927-7970
www.city.port-coquitlam.bc.ca

School Bullying Survey

DPAC wants to find out more about how the issue of bullying is addressed at schools throughout the School District. For many students, bullying results in feelings of torment and anguish that last months or years, sometimes with tragic consequences.

The few minutes it will take you to describe your experience and concerns related to the issue of bullying will greatly help us to identify policy issues and proposed measures that will improve the safety of our children. The results for each school will be provided to the Parent Advisory Council at that school, and the District's results will also be presented to the Board of Education for School District 43.

Survey responses are completely confidential. On the last page of the survey, respondents are asked if they wish to provide contact information (phone or email), which is entirely optional; any personal identifying information will be held in strictest confidence.

Thank you for taking a few minutes on this important subject. To ensure our results are complete as possible, please encourage other parents and students at your school and other schools to do the same.

Please visit www.dpac43.org, click the link in the top right corner, and take the survey.

Did you know that...

15% of the student population has a learning disability (district statistic)

The LDA runs 8 programs for children, 2 of which are tutoring programs with Orton Gillingham Certified Tutors

1768 people used/visited their facility last year

LDA has been opened since 2000



Statistics on Teen Impaired Driving:

Road crashes are the number one cause of teen death in Canada

One in eight deaths and injuries from road crashes is a teenager

45% of teens killed on the road have been drinking

20% of high school students in the last year drove after smoking cannabis

1 out of the 4 Canadians killed is under the age of 24

Male drivers account for **87%** of teen impaired driving deaths and **89%** of injuries, while girls are more likely to be killed or injured as passengers.

Family Resource Centre's New Location

The Family Resource Centre has moved from Coronation Park to 3610 Hastings Street in Port Coquitlam.

They provide a variety of programs for children (community based programs), run Parent Advocacy Workshops as well as providing a lending library and vital information about services and organizations in our community.

The Family Resource Centre is comprised of LDA – Fraser North, Autism Tri Cities, AD(H)D Support and Information, the Simon Fraser Society for Community Living, and the Gifted Children's Association Tri Cities.

Workshop: CREATIVE GIRL TIME (For Girls ages 7 - 12)

This program will benefit girls that are shy, withdrawn, are feeling "left out", or have difficulties with socialization skills. They will, through crafts, games, team building, role playing, leadership, and communication, learn to develop friendships, build self esteem and confidence, and establish effective communication skills.

Program Start Date: Thursday, February 21/08, 6p.m. - 7:30 p.m.

Program Ends: Thursday, May 15/08 (no lesson on March 20th)

Fee: \$210.00 for Chapter members (12 lessons)

\$235.00 for non-members (12 lessons)

If you have any questions do not hesitate to call or email them. Their trained and professional staff welcomes your questions and inquiries.

Learning Disabilities Association of BC - Fraser North Chapter
#14, 3610 Hastings Street
Port Coquitlam
Telephone: 604-464-1187
Email: ldafn@telus.net
Visit online at www.ldafn.ca

Dry Grad

Many grade 12 parents are or soon will be experiencing **Pre-Grad Prep**. Discussions and excitement over the dress, the tux, the shoes, transportation, the "date" and so much more.

It's an enormous moment in their lives.

High schools in our district are hosting a Dry Grad. A safe place for graduating students to dance, win prizes and socialize with their friends until early morning.

If your school is hosting a dry grad please encourage your Dry Grad committee to contact MADD Greater Vancouver for donations or sponsorships at 604-515-9212.



Contact Us:

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Website: www.dpac43.org

Advocacy Info Line:
1-888-351-9834

or
visit the BCCPAC – Advocacy
web page at:

www.bccpac.bc.ca/advocacy



Spring Break Camps

As March approaches many parents are looking into Spring Break camps and activities. There are several options in our school district (and outside) to choose from.

Below are just a few of the exciting camps to consider:

- Port Moody, Port Coquitlam and Coquitlam Parks & Recreation - www.citysoup.ca
- Place des Arts - www.placedesarts.ca
- Club Avivia - www.clubaviva.citysoup.ca
- Sasamat Outdoor Centre - www.sasamat.org
- Evergreen Cultural Centre - www.evergreenculturalcentre.ca
- The Rock Wall Climbing Gym www.therockwall.com
- Port Moody Arts Centre - www.pomoartscentre.ca



Cool/Useful Websites

www.kidsreads.com

Find information about favourite books and authors, including excerpts from the hottest new releases.

www.funology.com

The million and one games, magic tricks, recipes, experiments and craft projects.

www.virtualmuseum.ca

A great site aimed at making learning Canadian history and geography a lot more fun.

www.schoolnet.ca

This Government of Canada site has over 7,000 links for kids and parents on a variety of news-related topics across Canada.

www.coolmath4kids.com

Games, brain twisters and colouring-book activities for a variety of age groups help make math fun.

www.cwf-fcf.org

This site encourages young naturalists to actively participate in wildlife conservation.


Fundraising Ideas

Following are more fundraising ideas that can generate money your school:

- Car Wash
- Walk-a-Thon/Bike-a-Thon
- School Calendar (pictures of students/events)
- Flower / Plant Sales
- Holiday Craft Fair
- Gift Cards (order gift cards in bulk at a reduced rate)



Have an idea? Share it. Please send your ideas to dpac43.org.

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