



District 43 Parent Advisory Council Newsletter

April 2008

Volume 4

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**DPAC43 is on
Facebook!**

**Check us out and join
the DPAC43 group**

President's Message

There are few topics we could deal with that would be more important than student safety. That's why DPAC has spent so much time addressing traffic safety and bullying over the past few months. And next month on May 7th the School District is planning an Emergency Preparation exercise, to see how ready we are for a real emergency.

Out of the traffic safety discussions have come some very important proposals by PACs for improvements around their schools. Our next task is to work with cities and other agencies on implementing these improvements. This will require a lot of effort on the part of parents, and a lot of willingness on the part of these agencies. Our initial discussions have shown this willingness. We're not just pointing out the problems; we're proposing practical and effective solutions.

We're also working on some initiatives for parent education aimed at improving parents' understanding of the internet and the risks and benefits of this technology that -- for most of us -- our children understand better than we do. Watch for some great sessions that you won't want to miss.

Next month is also the BCCPAC Annual General Meeting in Richmond; we're looking to ensure the voice of parents in School District 43 is heard, so we'll need the proxy of each PAC to be both signed and assigned; drop me an email if you have question about how to do this.

**Richard Stewart
DPAC President**

Don't worry that children never listen to you; worry that they are always watching you. ~Robert Fulghum

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

Next DPAC General Meeting:

**April 30th
7 - 9 pm
Gallery Room
Wilson Centre**

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

Vacant
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.

Traffic Safety Survey Follow-up Meeting

During the three months of DPAC's survey, we received more than 1500 school-specific responses, which included more than 3300 comments and open-ended answers, from parents, neighbours, and school staff. The survey identified such issues as speed, design and use of drop-off/pick-up areas, traffic safety measures/signage, sidewalks and crosswalks, etc.

We invited PAC Executives and parents to attend a Traffic Safety Survey follow-up meeting on April 9th.

At this meeting we presented the results, discuss/compare traffic safety issues, shared input, advice and ideas and most importantly heard from representatives from Coquitlam RCMP/Port Moody Police, Traffic Engineering Officials from Coquitlam/Port Coquitlam/Port Moody, School Board facilities staff, Tri-Cities Speed Watch and By-law Enforcement departments.

Thank you very much to everyone who attended. Special thank you to our special guests.

Each school PAC will be receiving a specific summary report identifying the traffic issues identified for their school within the next couple weeks.

Parent Education

Thank you to the many parents who have submitted recommendations as to the topics you would like to learn more about at the DPAC General meetings.

Our April 30th General meeting includes 2 topics that many parents have expressed interest in learning more about.

- Emergency preparation planning and development Update
- Student Achievement Advisory Committee has developed the new "Action Plan for Learning", which replaces the School Growth Plan or School Improvement Plan. Presented by Maureen Dockendorf

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

TAKE ACTION AGAINST

BULLYING

most bullying goes unnoticed and unreported

school is a prime location for bullying

the effects of bullying can last a lifetime

Bullying is one of the most underrated and enduring problems in schools today and is a reality in the lives of all children, whether they are bullies, victims or witnesses.

DPAC wants to find out more about how the issue of bullying is addressed at schools throughout the School District.

Please visit www.dpac43.org and complete the School Bullying Survey

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.

Take Action Against Bullying Special Presentation

Take Action Against Bullying BULLYING HURTS AND KEEPS ON HURTING

Cindi Seddon presented her **Take Action Against Bullying** presentation at the March 26th DPAC General Meeting.

Cindi Seddon who is a Principal, Teacher, B.A. & M.A. Ed takes the issue of bullying seriously. She has co-authored two books on the subject, and has been interviewed many times on national TV and radio talk show programs. Cindi's expertise on bullying is both research and practically based.

Cindi's presentation was enlightening, educational and well-informed providing an overview of what bullying is, types of bullying, defining bullying and the **startling** but "**real**" statistics of bullying.

Cindi stated that bullying is a learned behaviour and affects the life of every child - the bully, the bullied child and those who witness bullying. Bullying is intentional, cruel and often very subtle. The effects of bullying lasts a lifetime.

Types of bullying:

- Physical
- Verbal
- Sexual harassment
- Relationship bullying

Statistics on bullying:

- A bullying episode occurs every 7 minutes on the school playground
- A bullying episode occurs every 22 - 25 minutes in the classroom
- Bullying episodes are brief approx. 37 seconds long
- 43% of those who are bullied fear bathrooms at schools

We encourage you to take a moment and visit Cindi's website at www.bullybeware.com to learn more.

On behalf of the DPAC Executive and attending parents, we would like to thank Cindi Seddon for this valuable presentation.

Speaking Up! Workshop

Advocacy Skill Building for Parent Leaders

This instructive and educational two evening workshop will provide parent leaders with practical advocacy skills they can use to help parents and students in their community.

Date: 1st session Tuesday April 22nd

Thank you to everyone who attends the monthly DPAC General Meetings.

General meetings are open to anyone who would like to attend.

Many meetings we have fantastic guest speakers providing valuable subject matters that parents and PAC executives have asked DPAC to address.

We encourage all School District 43 PAC's to send a representative to each (or as many as you can) general meeting to ensure communication and important information is shared.

Arts Club Theatre

Save 20% off
ticket prices

Poster Boys
Playing at the Granville
Island Stage
Online Discount Code:
CAROLINE

Rabbit Hole
Playing at the Stanley
Theatre
Online Discount Code:
HOWIE

2nd session in the fall of 2008
(only those who attend the 1st session will be invited to attend session 2)

Time: Event starts with a light dinner at 5:00 pm in the DPAC boardroom followed by workshop 5:30 to 9:00 pm at Winslow Centre, 1100 Winslow Avenue

Deadline to register is April 17, 2008. Late registrations will be accepted but not guaranteed.

To register please contact Sandy Maloney or Claude Hrycaiko at 604-939-3690 or dpac43@telus.net

Sponsored by Coquitlam DPAC 43 in cooperation with BCCPAC

BCCPAC AGM and Spring Conference

Empowering the Parent Voice

The (BCCPAC) BC Confederation of Parent Advisory Councils is hosting their Annual General Meeting (AGM) in May.

At the AGM delegates, representing their Parent Advisory Council (PAC) or District Parent Advisory Council (DPAC) elect the Board of Directors, debate and vote on resolutions, put forward by the membership, and conduct the business of BCCPAC.

This two-day conference; which includes impressive workshops and distinguished speakers, focuses on building relationships and establishing positive and cooperative working relationships with administrators, teachers and parents.

Workshops topics include:

- Minute Taking Standards
- Teamwork's
- Public Speaking
- Working Together
- Making Meetings Work
- Laughing Matters
- Media Training
- Unfolding the Mystery: PAC DPAC Finances

Date: May 1 - 2nd Conference
May 3 - 4th AGM

Place: Radisson President Hotel & Suites Vancouver Airport
8181 Cambie Road, Richmond, BC V6X 3X9

Please visit www.bccpac.bc.ca for more information or to register.

All proxy forms must be completed and signed by **two members** of that member's PAC executive in order for an authorized delegate to exercise Regular Member voting rights. Each PAC has received an information package from BCCPAC that included information on the

**DPAC:
Parents Helping
Parents Helping
Students**



conference, registration forms, Proxy information and Proxy forms. Please ensure you thoroughly read through this information package. All proxy forms must be presented at the Credentials Desk at the AGM in order to be exchanged for voting cards. Delegates who do not have a member-authorized proxy form will not receive a voting card.

Members who are unable to send their own PAC or DPAC delegate to the AGM may authorize another registered voting delegate to cast their vote. Please contact Sandy at dpac43@telus.net for more information on how to exercise this process.

Your vote counts and makes a difference! Please ensure you complete your proxy forms so that your PAC can be represented appropriately at the AGM.

For more information please visit www.bccpac.bc.ca or contact Sandy at dpac43@telus.net

In the Drivers' Seat - Workshop for Parents of Teen Drivers

Car crashes can be reduced up to ½ when parents take an active role.

Join us for a practical workshop for parents and teen drivers.

Find out how you can make a difference.

Place: Hertiage Woods Secondary School

Date: May 12, 2008

Time: 7 – 9 pm

To register call Monica Hanser 604-942-4527 or by email

127-PAC@sd43.bc.ca

Register early as space is limited. Sponsored by the BCAA Traffic Foundation

2007 Teddy Bear Picnic

The 19th Annual Teddy Bear Picnic will take place on Sunday, June 8th at Coquitlam Town Centre from 11:00am till 4:30pm. The Grande Parade will precede the opening of the Teddy Bear Picnic starting at 10:00am.

Children, and adults, can enjoy many exciting and fun filled activities such as – cookie decorating, teddy bear playground, miniature physical training course, gymnastics and tumbling, kid's zone, bicycle safety course, fire safety house and face painting.

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

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

The Teddy Bear Picnic has always provided a day of great family fun, entertainment and adventure. Admission is \$3, children under 3 FREE.

Royal Bank After-School Program Grants

RBC is calling for applications for the 2008-2009 school year for its After-School Program Grants. In its 10th year, RBC is offering up to \$2.5 million in grants, \$900,000 of which is set aside to fund as many as 23 first-time grant recipients.

The grants are awarded by regional panels made up of youth and education experts to a limited number of community-based charitable organizations, including schools. Each organization should have a mandate to keep students in grades K-12 safe as well as positively engaged through an enriched curriculum after their classes end each day. RBC After-School Grants are provided by RBC Foundation and range between \$25,000 and \$40,000.

The deadline for funding applications is **April 28, 2008**. Grant recipients will be advised by July 2008. Information on the program can be found at:

<http://www.rbc.com/community/donations/after-school/index.html>

Cool/Useful Websites

Yahooligans! (yahooligans.com)

The ultimate kid-friendly search engine. Based on the popular adult Yahoo! site, it's a safe place for children to look for information and has a great list of age-appropriate reference links.

Ask Jeeves Kids (ajkids.com)

The best search engine for answering simple kid questions like, "How does an iceberg form?" or "What causes hiccups?"

Kids Click! (kidsclick.org)

This site was created by a group of US librarians so kids could find age-appropriate Web content on everything from science to health to popular entertainment. All links are non-commercial and non-violent.

How Stuff Works (howstuffworks.com)

This award-winning site clearly and concisely tells kids (and adults!) how different things work — from the everyday (how automobile engines run) to the unusual (how Jell-O sets).

Fact Monster (factmonster.com)

This is a one-stop reference source of kid-friendly facts and articles. The award-winning site also has loads of interactive tools that encourage kids to improve their math, spelling and vocabulary.

The DPAC newsletter is distributed via email and is

available on our website at www.dpac43.org

