

DPAC Notes

Sheri L/DPAC Chair

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Welcome to Fall!

Our first DPAC meeting of the year is in the books, and we can't wait to welcome you to our October meeting (read on for dates, times, and sign-in info).

After many years of dedicated service and leadership, our DPAC Chair, Sheri L., is retiring from her position at the end of October. We are delighted to welcome her to her new position as "Past Chair" and will be electing a new Chair, Vice Chair, and Directors at Large at our October AGM. Please consider putting your name forward.

DPAC has been busy this month, meeting with District Admin, Provincial Admin, and Committees. We'll tell you all about it at our next meeting.

PAC 101 is first education session this year! Tune in at 6:30pm for a quick refresher. See you then!

Recipe of the Month

3 Ingredient Banana Oatmeal Breakfast Cookies

Chocolate chip banana breakfast cookies are made with just 3 ingredients and are loaded with plenty of chocolate and oats. They're gluten-free, vegan, and make a perfect quick breakfast on the go, for even your most picky eaters!

Ingredients:

- 1/2 cup rolled oats and 1 cup quick oats
- 2 medium bananas
- 1/3 cup mini choc chips

Instructions:

1. Preheat oven to 350 F
2. Spray a rimmed cookie sheet with cooking spray
3. Mash bananas in a medium bowl until broken down
4. Add in oats and gently stir until mixture looks like a thick cookie batter
5. Add chocolate chips and stir until they are just mixed throughout
6. Scoop one heaping tablespoon of the dough into your hands and form into a cookie
7. Place on cookie sheet and continue until you have 12 cookies
8. Cook 12-15 min or until set through and golden. Enjoy!



UPCOMING EVENTS

PAC 101 – 6:30pm Oct 19 (via Zoom)
DPAC AGM/General Meeting (after PAC 101)
Zoom Meeting ID: 814 0445 8230
Passcode: 196683

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2	9		5	6			3	8

Sudoku - Easy



Advocates for SD73

School District 73 has an overcapacity crisis, and with the projected growth we're expecting, the situation will go from bad to worse. We've spent the last several years trying to get the Minister and Ministry to understand our needs, and, while we aren't happy with the results so far, we *do* feel like we're starting to make a difference. We've met with members from the Ministry over the summer. Our Executive Group has started to plan out a "Path to Success" to get where we need to go. But...We need your help.

Our School Board is showing determination, and the KTTA has announced that they plan to ramp up advocacy efforts as well.

Now is the perfect time to focus our efforts and continue the push for our community, our schools and our kids.

If you have a passion for advocacy and want to help us fight for the resources our district deserves, please contact Advocates for SD73 Chair Chris Ponti at chrisponti1@gmail.com

COVID-Exposures in Schools: Notification

Interior health is now noting exposure events in schools. You can find more information at <https://news.interiorhealth.ca/news/school-exposures>

Information will be posted when a person (staff or student) attended school while infectious and there is an increased risk of COVID to the groups they were a part of.

There is often a delay in public health being notified of a positive lab test and the case investigation beginning so postings may still lag behind individual parent postings.

Parent postings can be found on the BC Parent Covid tracking page at:

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www.bcschoolcovidtracker.knack.com/ bc-school-covid-tracker?fbclid=IwAR3QkkTsX2uWv0A00ZZWi6tMxt4ct16ZJI0qNI6W2TSg-SIMbYnbgJGR54#home
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BCCPAC Update

*September 1st marked the start of the 2021-22 membership year and BCCPAC membership renewal is now due. *New treasurers can review revisions to the DPAC/PAC Gaming Grant guidelines and Capital Project grants through the recorded presentation on the BCCPAC website. *The ministry of education is proposing changes to how and when student progress is communicated. There is a link to a survey on the BCCPAC website. Public feedback period runs from Sept 27 to November 5th. Respondents have an opportunity to rate components of the policy and provide written comments.

- DPAC is looking for a generic PAC email for each school !;
- SD #73 Dress Code Policy received final approval and has been in place since June;
- DPAC continues to advocate for additional school investments due to capacity issues –
- Upcoming meeting with Education Minister;
- BCCPAC hosting a PAC 101 – Details to come;
- First year that DPACs can use gaming funds for BCCPAC fees;
- Flags were lowered across all schools on the National Truth and Reconciliation Day;
- DPAC Bursaries will benefit adult students who are endeavoring to complete their high-school education;

We need you on DPAC!!!!

DPAC AGM is October 19th!

Seeking Chair/Vice-Chair/Members at Large!

Reach out to us for more info: sd73dpac@gmail.com



MASK MANDATE

Education Minister Whiteside and Provincial Health Officer Dr. Henry announced updates to the Public Health Communicable Disease Guidance for K-12 Schools and the Provincial COVID-19 Communicable Disease Guidelines for K-12 settings to require masks for K-Grade 3 students. The rollout began on Monday October 4th. All students in BC schools are now required to wear a mask when inside a school building, including while at their desks and on buses. This builds on the existing guidelines that already applied to all students from grade 4-12.

According to the BCCDC, masks act as a barrier and help stop the spread of droplets from a person's mouth and nose when they are talking, laughing, yelling, singing, coughing or sneezing. Masks are one of many layers of protection to help prevent the spread of COVID-19, which includes other important protective measures such as frequent hand washing and avoiding crowded spaces.

Kamloops Grandparent & Kinship Care Circle

Every 2nd & 4th Monday each month via Zoom at 9:30am
Starting September 27th, 2021

To register or for more info, contact:
Cynthia at 250-572-4690 OR
Cassandra Strain at 250-384-8042
cassandra.strain@parentsupportbc.ca

Free & Confidential!

Parent Support Services
Society of BC

PSS RECOGNIZES and RESPECTS all the INDIGENOUS NATIONS, TRADITIONAL LANDS & TERRITORIES that we GATHER, LIVE, WORK & PLAY ON across BC.

We thank the Province of British Columbia for their financial contribution



United Way



Child Care Resource Centre



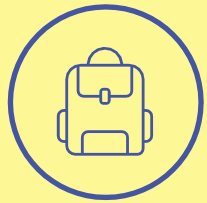
DPAC Meetings for 2021-22

October 19 – 6:30pm
November 16 – 6:30pm
January 18 – 6:30pm
February 15 – 6:30pm
March 15 – 6:30pm
April 19 – 6:30pm
May 17 – 6:30pm
June 21 – 6:30pm

Zoom Meeting ID: 814 0445 8230
Passcode: 196683

Only a generation of readers will spawn a generation of writers.

– Steven Spielberg



Digital Resources

Are you looking for a comprehensive resource list to use from home? A collection of digital resources to inspire curiosity, exploration, critical thinking and creativity? Curated by SD73 Staff, these lists are geared towards either Elementary or Secondary students, and cover such topics as language, arts, science, math, space, the environment and more! Click on links from NASA, Audible, Historica, and the Khan Academy (just to name a few)

Links can be found on the SD's website at www.sd73.bc.ca (Parent Resources tab), or directly via the links below

elementary students:
<https://wakelet.com/wake/58431543-ddc4-4451-8e83-35c669062867>

and for secondary students:
<https://wakelet.com/wake/9ee53d95-0998-4395-b0bf-8b9381d032bb>

EASE at Home (Grades K-3)

Strategies to help young children cope with anxiety during the COVID-19 pandemic and beyond

Sometimes it's hard for adults to know what to say or do to ease a child's worries, especially during times of change and uncertainty. As the most important big people in their world, parents and caregivers can help children feel safer and soften the sharp edges of whatever is happening to make their worries grow.

Relaxation Skills: Tense & Relax

What is it?

When kids and adults feel worried, they tense up physically. This muscle tension can feel uncomfortable and contribute to general feelings of unease. Tense & Relax involves children learning to tense up, hold, and completely relax each muscle group, one at a time. This [Floppometer](#) video describes this concept in a child-friendly way.

How?

Help your child understand the difference between feeling tense and feeling relaxed by asking them to imagine themselves as:



Stiff, uncooked spaghetti, then soft, cooked spaghetti

A rigid robot, then a floppy jellyfish floating in water



A body-builder flexing each muscle group one by one

Alternatively, read a tense and relax [script](#) out loud. Use a calming tone and pick a quiet time like after lunch or before bed when you won't feel rushed

Follow along with a guided tense and relax exercise like the one in this [video](#) by GoZen

Hint: Just like Calm Breathing, Tense and Relax exercises are best practiced regularly so they will be more effective when your child needs to calm their body down.



EASE (Everyday Anxiety Strategies for Educators) is a collection of classroom lessons that have been adapted for parents and caregivers to help children manage anxiety and worries at home.

