

COPACS News October 8, 2009

<http://copacs.sd63.bc.ca>

Action Item:

Be Heard! What do you think public education funding should look like?

Send your letters and suggestions to the Budget Consultation Committee. “Nothing says IMPROVE EDUCATION FUNDING more clearly than a gazillion budget submissions from cranky parents (and trustees and DPACs and teachers, etc)” as quoted from a District Parent.

The deadline for public input is **Friday, October 23, 2009**

<http://leg.bc.ca/budgetconsultations/index.htm>

<http://www.fin.gov.bc.ca/budgetconsultation/budgetbrochure.pdf>

Events for October:

Consuming Kids: the Commercialization of Childhood

Free local screening to view a film on the subject of commercialization of children. This film comes from a young mom in Victoria who is a teacher as well. This brand new and critically acclaimed film throws desperately needed light on the practices of a relentless multi-billion dollar marketing machine that's selling kids everything from junk food to violent video games. *Consuming Kids* will change the way you think about childhood in the 21st Century.



Consuming Kids.pdf

Free Local Screening: **Wednesday, October 14, 2009 at 7:00 pm**

at **Discovery Coffee, 664 Discovery Street, Victoria, BC**

Restorative Justice Training

A three day event is being offered on **Oct. 17, 18 and 24, 2009**. Restorative justice practices attract a wide range of learners. This workshop aims not only to attract prospective volunteers for local community justice programs and in-school practices but also to educate the general public. For further information email dockside42@hotmail.com or call 519-0309.



RJ Training.pdf

Treasurer's Workshop for PACS

Presented by: SD63 Secretary-Treasurer Joan Axford

Date: **Tuesday, October 20, from 7:00 pm to 9:00 pm**

Location: District Resource Centre at 6843 Central Saanich Road (behind Keating Elementary)

Please feel free to bring another PAC Executive with you or send someone in your place (it is perfect for future treasurers training, but it can also be very helpful to have another person hearing the material). Joan Axford is donating her very valuable time for this workshop. Thank you, Joan!

Please email COPACS Treasurer Beth Sangara Sangaras.CB@shaw.ca

Deadline: Friday, **Oct. 17, 2009** to confirm your attendance. Thanks.

MY TWEEN AND ME

This program is being offered at KELSET Elementary on **Mondays starting October 19 to November 23, 2009, 7 – 9 pm**

The cost for the program is \$50 per family.

Please contact Joyce Wautier at joycecolin@shaw.ca to register or with any questions.

My Tween and Me is a new parenting program for families with children 7 – 12 years old developed by BC Council for Families. “The goal of *My Tween and Me* is to strengthen the confidence and ability of parents to positively influence the lives of their school-aged children to help prevent risky behaviours.”

Program Content

The sessions are:

- Healthy Development – this includes information about typical development, understanding temperament and personality, gender and development, and understanding protective and risk factors
- School Life – this includes information about building self-esteem, helping your child succeed at school, how children learn (multiple intelligences), and understanding learning disabilities
- Family Relationships – this includes information about family of origin, family values, parenting styles, communicating with your child, sexuality, siblings, and influence of family history on risky behaviours
- Peer Relationships – this includes information about the importance of friends, ways to support healthy friendships, risky behaviours and the influence of friends, bullying in children’s relationships
- Today’s World – this includes information about world influences, the news, and media and technology
- Building Community – this includes information about your neighbourhood and community, building community, and building resiliency.

The theme that runs through all the sessions is the concept of ‘protective factors’ and ‘risk factors’ where “risk factors increase the likelihood that a young person will take dangerous chances, while protective factors decrease that likelihood”. The goal of the program is to help parents enhance protective factors and reduce risk factors. This helps parents to gain confidence in their ability to positively influence their child.

The information can be tailored to meet the needs of the group and has both an information component and a discussion component.



MY TWEEN AND
ME.doc

“BE A CAREER ALLY”

Place: St. Andrew’s High School; Time: 6:30 – 9:30 pm; Cost: \$20

Date: **Monday, Oct. 26th**

Registration deadline: Monday, Oct. 19th

Play a positive role in helping a young person build their future. Learn new ways and attitudes to help teens navigate their options, how to understand current labour market realities, and what it takes to truly be an “ally.”

Dawn Schell, M.A. and Flo Follero Pugh, M.Ed.

Email - info@workflo.ca or call 250-595-5307 to register

Community Events:

Peninsula Crossroads Community Justice Program invites you to celebrate our 10th Anniversary

October 21, 2009 at Bayside Middle School, 1101 Newton Place, Brentwood Bay

5:00pm light dinner catered by Kitchens of Distinction

5:45pm AGM and recognition of our 10th anniversary

6:30pm **Dr. Brenda Morrison speaks about restorative practices in schools. She is a Professor, in SFU Faculty of Criminology and author of 'Restoring Safe School Communities'.**

RSVP by October 9th, 2009 to Allan Collier for catering purposes at 656-6063 or silcol@telus.net



Royal Oak Community Association (ROCA) General Meeting:

Please mark your calendars for our next General Meeting on **Wed, Oct 28 at 7pm at Saanich Community Church**. Our guest speaker will be our new **MLA, Lana Popham**. It's a chance to hear what Lana foresees upcoming and a chance for Lana to hear your views, concerns and questions. We will also have **Jeff Chow, the Royal Oak area planner for Saanich**, to hear your views, concerns and questions. A great double-header!

Green News:

Waste Reduction Week October 19-25 2009

www.wrwcanada.com/

Check out the new District Policy 1370 – Environmental Learning and Sustainability (more light reading)



1370 - Environmental Index Sept09.pdf
Learning Sustainabilit

Report on the Greening of Waste Management in School District SD63:



ThreeSource_Final_Report.pdf

Programs of Interest for Schools and PACs:

The **2010 Spirit Schools program**, created by ActNow BC and the Ministry of Education, encourages schools to take the World Healthy Living Challenge and show their spirit by taking part in the many activities of the Vancouver 2010 Education Program. There are great prizes to be won including visits from Olympic and Paralympic BC Athlete Ambassadors and visits from the 2010 mascots. The first 500 schools registered will receive 30 Olympic branded pedometers for use in their school. Visit www.sharingthedream.gov.bc.ca/ Registration **deadline is October 31st.**

The **Memory Project** is designed to connect veterans and students online and in classrooms across the country. The program includes more than 1500 veteran volunteers who represent a wide range of conflicts including the Second World War, Korean War, Peacekeeping Operations and current Canadian Forces experiences. The Memory Project has many veterans from Victoria who are eager to visit students and classrooms. To book a speaker visit www.thememoryproject.com and fill in the [Request a Speaker Form](#). Allow for 2-3 weeks prior to the date of your request. For questions call 1-866-701-1867

Healthy Human News:

World Mental Health Day October 10, 2009

www.who.int/mediacentre/events/annual/world_mental_health_day/en/index.html

World Food Day October 16, 2009

<http://www.fao.org/getinvolved/worldfoodday/en/>

National School Safety Week October 17-23, 2009

<http://safety-council.org/campaigns/national-school-safety-week-2009/>

SD 63 Health and Safety Website – information on hand sanitizers

<http://142.31.146.32/moodle/health>

Caution! - Alcohol based Hand Sanitizers are flammable and moderately toxic

The hand sanitizer Purell and similar products contain 62% ethyl alcohol (drinking alcohol) and a small amount of Isopropyl alcohol (rubbing alcohol). As such this product is both flammable and moderately toxic. Keep this product out of reach of children, if swallowed this product is likely to cause upset stomach and nausea - call poison control 1-800-567-8911.

Although supplementary wall mounted instant foam hand sanitizer has been made available in all schools, Elementary schools should focus on having children use soap and water at existing hand washing facilities. Do not provide unrestricted access to individual pump bottles in the elementary classroom.

[See Material Safety Data Sheet for this product](#)

-  [School Absenteeism Report](#)
-  [Custodial and Supplemental Cleaning H1N1](#)
-  [H1N1 Pandemic Response Plan](#)



Pain and Mental Stress in Sport: What do we think of it?

An informative weekend for coaches and athletes to explore this interesting topic presented by Athletics Canada, PacificSport Victoria and the University of Victoria Athletics and Recreation.

DATE: October 23-24, 2009

LOCATION: University of Victoria

FEE: \$35 per coach, \$20 per accompanying athlete



NAHPCV-WORKSHOP
.pdf

MORE INFORMATION:

http://govikesgo.com/sports/2009/9/25/MXC_0925095312.aspx?path=mcross

Information for Students:

Homework Basics

Kids are more successful in school when parents take an active interest in homework - here are some tips.

<http://www.kidshealth.org/parent/positive/learning/homework.html>

After-School Snacks

If your kids come in from school and head straight for the kitchen for something to eat, here's how to make sure they still have room for a healthy dinner.

http://www.kidshealth.org/parent/food/general/afterschool_snacks.html

Getting Along With Brothers and Sisters

Brothers and sisters might not always get along. How can you keep the peace? Find out in this article for kids.

http://www.kidshealth.org/kid/feeling/home_family/sibling_rivalry.html

Money Troubles

Money is tight for many families now. Find out why, and how to make the best of it in your family.

http://www.kidshealth.org/kid/feeling/thought/money_woes.html

Be a Green Kid

Every day, people make choices that affect the amount of trash and pollution that gets produced in our world. What can you do?

http://www.kidshealth.org/kid/watch/house/go_green.html

The Pink Locker Society

Meet Jemma and her friends in The Pink Locker Society. It's a book and website for girls curious about growing up. Great advice about periods, bras, and boys!

<http://www.kidshealth.org/kid/feeling/friend/pls.html>

Game Time!

Here's where you'll find games and activities to help you explore your health and the human body.

<http://www.kidshealth.org/kid/closet/index.html>

Newsletters:

Crown Publications October Newsletter



oct-09-newsletter.pdf

2010 Olympic and Paralympic School Year Newsletter



Sharing the Dream
Newsletter-October 2



HAT August
2009.pdf

HAT Chat Newsletter

Parent Education Opportunities:

ANAPHYLAXIS SUPPORT GROUP:

Do you have a child who is anaphylactic (has a life threatening allergy) to peanuts, nuts, soy, dairy, raw eggs, or any other allergen? Please join us at the next Protect Allergic Children Today (PACT) meeting. Meetings are held the fourth Thursday of the month (excluding December, March and June) at the Royal Oak Middle school library, from 7-9 pm. Contact Cheryl Cuddeford , ccuddeford@shaw.ca or 250-216-7879 for more info.

Living and Learning Through Loss.

We provide free grief and loss educational programs to youth aged 13-18 in SD's 61-63. Our not for profit organization has been around for about twenty years now. Recently we decided to make a concerted effort to partner more closely with school districts to increase the profile of our programs and make it easier to reach qualified youth. Would your organization be interested in a presentation from our board on our organization and the services we provide? Please call Charlie Troger at 250-658-1284 if you wish more info or check out our web site at www.teenloss.com.

Sibling Rivalry

As upsetting as it can be for a parent, conflict between siblings is very common. Luckily, you can take steps to help your kids get along.

http://www.kidshealth.org/parent/positive/family/sibling_rivalry.html

Provocative Reading???

Responsibility

