

DCPIC Newsletter



DURHAM CATHOLIC DISTRICT SCHOOL BOARD
Catholic Education: Learning and Living in Faith

**Winter
2018**

Message from the Chair

Dear Parent(s)/Guardian(s),

The Durham Catholic Parent Involvement Committee continues to promote parent engagement, both at the school and system level, and we are proud to advocate for parents and families at the regional level. Since September, our committee was pleased to host three regional events including a Commissioning Mass/Orientation Session for Catholic School Councils, a Math Café for Parents, and a screening of an Advent Family Movie. The interest and participation rates at each of these events was overwhelming, and we will continue to work on your behalf to organize future events that build our sense of community here in the Durham Catholic District School Board.

Looking ahead to Spring, it will be our privilege to recognize parent volunteers in the schools through our Distinguished Catholic Volunteer Awards Ceremony. This will take place during National Volunteer Week on April 17, 2018. Also, in late Spring, we will distribute our annual parent survey. Information from the survey will help us plan regional events and activities to support parent involvement. Please watch for the digital survey link via social media and the school/Board website.

Beginning with the Spring issue of our newsletter, we will be shifting to digital distribution in order to be better stewards of our environment. The DCPIC newsletter will be available at dcdb.ca and your school websites, under school news.

During our Board's Year of Service, and especially through the season of Lent, may your families find the opportunity to focus on faith and our call to love and serve one another. May the fulfillment of the promise of new life at Easter bring you and your families great joy.

Yours in Catholic Education,
Linda Dodson-Trchala, DCPIC Chair

Contact Us

Website: dcpic.ca
Email: info@dcpic.ca



Meeting Dates

Meetings are held at
650 Rossland Road West,
Oshawa in the Board Room
at 7:00 pm

March 22, 2018
April 12, 2018
May 17, 2018
June 7, 2018



Let us work together to ensure that children continue to smile: their faces serene, filled with joy and hope."

— Pope Francis on World Children's Day



Lenten Prayer

Dear Lord, I know you receive what is in my heart. Let me be inspired by Your words and by the actions of Your son, Jesus. Guide me to journey with You during Lent through fasting, charity and prayer, and help me to pay greater attention to You and to those around me.

Fun Activities to Support Math Learning at Home

Give your child plenty of opportunities to count

- Play number games during everyday activities, such as counting the number of steps, the number of trucks you see while driving, or counting the number of items going in the laundry.
- Read the calendar and determine the number of days until an upcoming event.
- Young children can count the number of items that you bought at the store. If you buy multiples of 1 item (such as 10 cans of cat food), practice counting by 2's, 3's, or higher numbers.
- Have your child count the change needed to pay for an item.
- Watch your child play to understand her mathematical knowledge. When your child counts, does she touch each object once? Is his voice in sync with his tag?
- Have your child distribute cookies or toys to family members, with each person getting an equal number.

Help your child recognize shapes and size relationships

- At the grocery store, ask your child to find items that are triangles, circles, rectangles, and other shapes.
- Ask your child to recognize or stack the groceries you bought by container shape or organize by size.
- Organize a scavenger hunt where your child has to find objects of different shapes.
- Make snowflakes using symmetry. Fold a square piece of paper in half diagonally to make a triangle, then fold in half 2 more times. Cut out small diamond or circular shapes from the edges, and then unfold it. Experiment with different numbers of folds and shapes.

Help your child develop reasoning skills

- Help your child think about the permanence of a set. Put 6 pennies in a row, and then change the arrangement. Ask "Did the quantity change?"
- Kindergartners love repetition and patterning, which fosters mathematical thinking. Clapping patterns help your child discover sequences and predict what comes next.

Mental Health Benefits of Developing Social Emotional Learning Skills

Social Emotional Learning (SEL) is the process where children and adults develop the fundamental knowledge, attitudes and skills that allow them to understand and manage emotions, set and achieve positive goals, develop empathy for others, establish positive relationships and make responsible decisions. Focusing on developing our children's' SEL can improve academic performance and reduce emotional distress. SEL is not a single program or teaching method. It involves coordinated strategies across home, school and community.

Here are some ideas for developing social-emotional learning skills in children:

- Teach children to identify feelings by recognizing and labeling them, and to recognize their strengths. **(Self-Awareness)**
- Teach children strategies to regulate their emotions, thoughts, and behaviors by managing stress, controlling impulses, motivating them, and setting goals. **(Self-Management)**
- Promote social awareness by encouraging children to take the perspective of others and empathize. **(Social Awareness)**
- Promote healthy relationships by encouraging clear communication, active listening, cooperation, resisting inappropriate social pressure, negotiating conflict, and seeking and offering help. **(Relationship Skills)**
- Assist children to make constructive and respectful choices about their behavior by discussing ethical standards, safety concerns, social norms, well-being of others, and consequences of behavior. **(Responsible Decision Making).**

Source: Collaborative for Academic, Social and Emotional Learning. <http://www.casel.org/>

Diane Mullane

DCDSB Mental Health Leader

DCPIC – Fall Events

Math Café for Parents November 2017



Advent Movie "The Star" December 2017



DCPIC – What We Offer

Support for Catholic School Councils

The DCPIC gathers resources and shares best practice to assist local Catholic School Councils in fulfilling their roles and responsibilities. The promotion of parent involvement is our central focus.

Parent Resource Centre

Located at 1003 Giffard St. Whitby, and open to all parents and guardians in our Board. We provide tools and resources to support student achievement and wellbeing. Contact us for hours of operation.