



# DCPIC Newsletter

**PIC acts as direct link to the Director of Education and the Board of Trustees**

## Message from the Chair

Dear Parent(s)/Guardian(s),

Welcome to a new year of “Learning and Living in Faith” in the Durham Catholic District School Board. We hope that our families have had a seamless transition to a new year and you’ve settled into your school routines. As Chair of the Durham Catholic Parent Involvement Committee, it is my privilege to serve on our committee as we work to support and promote parent engagement in the schools. The research on parent engagement is very clear. Parents who are engaged in their child’s education have a positive impact on student achievement and well-being. Parent engagement can range from direct involvement in the schools to communications at home between parent and child about learning. Providing opportunities for our families to build these connections is, therefore, an important priority for us.

We have a few special events planned this year to promote parent engagement, which are highlighted in this newsletter. Events have been planned based on the feedback we received from our Year-End Parent Survey. Please consider joining us. All are welcome.

Wishing you a wonderful year!

Yours In Partnership,  
Linda Dodson-Trchala  
Chair, DCPIC



## Contact Us

DCPIC.ca  
Twitter.com/DCPIC  
facebook.com/DCPIC.ca  
info@dcpic.ca



Meetings are held  
at 7:00PM  
650 Rossland Road  
In the Board Room

Nov 9 , 2017

Dec 7, 2017

Jan 11, 2018

Feb 15, 2018

March 22, 2018

April 12, 2018

May 17, 2018

June 7, 2018

## DCPIC - What We Offer

### 1. Support for School Councils

The DCPIC provides resources to assist local Catholic School Councils in fulfilling their roles and responsibilities and organizes events to promote parent involvement.

### 2. Meetings and Events

Our committee meets every month. Agendas and Minutes of our meetings are posted at dcpic.ca under the Meetings tab.

All meetings are open to the public. Please consider attending.

### 3. 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.

## Inspiring Your Child to Learn

### MATH TIPS

Much in the same way that we can help our children by reading with them every day, we can also help them love math by doing math with them every day. Here are some ways we can do this:

Try our Problem of the Week from our Twitter feed (@DCDSBMath) or from the University of Waterloo's CEMC site <http://cemc.uwaterloo.ca/resources/potw.php>

For younger children, try some of the puzzles from the website <https://mathbeforebed.com/>

At dinner time, tell your child(ren) how you used some math today or ask them to teach you what they learned in Math today.

Go for a walk around the block. Estimate how far you think it is then measure it using Google Maps. Time how long it took you to walk this and record this time every time you do the walk. Keep a track of the total amount of kilometres you walk together.

Each morning, have your child(ren) find out the temperature either from a weather app on your phone or from a thermometer.

Play dice games (e.g. Yahtzee, Farkle, Pass the Pigs, Shut the Box), card games (e.g. cribbage, Oh No 99) or games that require spatial reasoning (Blokus, chess, checkers, Pentago, Kanoodle).

## Planned Events

Nov. 11, 2017 - People for Education Conference  
<http://www.peopleforeducation.ca/>  
Rotman School of Management,  
University of Toronto- 105 St. George Street,  
Toronto, ON M5S 2E8

Nov. 22, 2017 - Math Café for Parents  
<https://www.dcpic.ca>  
Pope Francis Centre, 652 Rossland Road West  
Oshawa, ON L1J 7C4

Digital Story Telling Project – rsvp by November 25, 2017 (go to [dcpic.ca](http://dcpic.ca))

Advent Family Movie “The Star” – December 2, 2017 – 10:30am – Landmark Theatre, Whitby

### Autumn Prayer

O God of Creation, you have blessed us  
with the changing of the seasons.

As we embrace these autumn months,  
May the earlier setting of the sun  
remind us to take time to rest.

May the crunch of the leaves beneath our feet  
remind us of the brevity of this earthly life.

May the steam of our breath in the cool air  
remind us that it is you who give us your breath of life.

May the scurrying of the squirrels and  
the migration of the birds  
remind us that you call us to follow your will.

We praise you for your goodness forever and ever.  
Amen.

## The Mental Health Benefits of Physical Activity

The research is clear - regular physical activity is great for our physical health, but it is also a good stress buster and helps with self-regulation. Physical activity stimulates the release of feel-good brain chemicals, reduces the level of stress hormones, and helps relieve anxiety. If you are feeling sluggish, exercise makes you feel more energized and alert. If you are feeling agitated, it can help you feel more calm and settled. Exercise improves focus, learning and recall. Teachers have observed that their students are better able to stay on task after physical activities. Finally, adults and children alike sleep better when they have

exercised during the day and we know that good sleeping habits are essential for positive mental health. As parents, it's important to find fun and creative ways build regular, enjoyable physical activity into our families' lives.

To learn more about the connection between physical activity, learning, mental health and stress management, read: Spark: The Revolutionary New Science of Exercise and the Brain, Dr. John Ratey (Little, Brown and Co., 2008)

Diane Mullane  
DCDSB Mental Health Leader