



DURHAM CATHOLIC  
DISTRICT SCHOOL BOARD  
*Catholic Education Learning & Living in Faith*

# DCPIC Newsletter

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

## Message from the Chair

Dear Parents, Guardians and Partners in Education,

The Durham Catholic Parent Involvement Committee (DCPIC) is a parent-led committee that functions at the regional level to strengthen the partnership between school and home. We work together with our schools and parishes to strengthen and promote our enduring gift of Catholic education. We know when parents are engaged in their children's education, not only are schools better, but our students also benefit.

The role of our Parent Involvement Committee is to:

- Support parent involvement at the regional level;
- Act as a link between parents with the Board's Director of Education and Trustees;
- Seek the advice and ideas of school councils, other parents and partners;
- Advise the Board on topics that matter to parents; and
- Plan and implement strategies to involve more parents at the regional level.

The DCPIC developed a strategic plan which identified Communications, Faith

Formation, Parent and School Council Outreach as major priorities of the committee.

We continue to improve communication to parents, school councils and partners through our newsletters, social media and recently updated website.

We provide opportunities for families to grow in our faith together through our Advent and/or Easter family events.

We start the year with our School Council Commissioning Mass to support school council members and encourage sharing of best practices between school councils.

We encourage parents to join us at our monthly meetings and events, aimed at enhancing student achievement by building parent engagement.

On behalf of the DCPIC, have a blessed Christmas and New Year!

Warmest greetings,  
Linda Dodson Trchala, Chair  
Durham Catholic Parent Involvement Committee  
Contact: [chair@dcpic.ca](mailto:chair@dcpic.ca)

## 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

### 2017

Jan 12, 2017

Feb 2, 2017

March 9, 2017

April 6, 2017

May 4, 2017

June 8, 2017



## 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 once a month, from September to June, of each school year. We also meet once throughout the summer to plan for the upcoming school year.

Visit our website at [dcpic.ca](http://dcpic.ca) for more information.

### 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.

## Pro Grant Events

### Healthy Mind, Body and Spirit Symposium

Feb.11, 2017, 8am - 1pm

Msgr. Paul Dwyer C.H.S, Oshawa

A symposium with experts, parents/guardians and educators to learn, discuss, and reflect on the topic of healthy mind, body and spirit. Look for more information in the new year.

### Who is in control? You or your iPad?

April 20, 2017, 7pm

Notre Dame C.S.S., Ajax (auditorium)

Paul Davis, Canada's leading expert on social networking safety empowers parents and age 13+ students with up to date information on how they can be safe online in today's technology-driven world. [socialnetworkingsafety.net](http://socialnetworkingsafety.net)

Mr.Davis is constantly updating his presentation and is very current; you will not be disappointed by this presentation.

Caregiving provided. Please register on [Eventbrite.com](http://Eventbrite.com) for this free event (search: Paul Davis, Ajax, Canada)



### Distinguished Catholic Volunteer Awards

Each spring during National Volunteer Week, DCPIC celebrates our Catholic Volunteers with our annual **Distinguished Catholic Volunteer Award Ceremony**. Schools are encouraged to nominate a volunteer who exemplifies parent involvement. Look for more information in the new year.

### A Year of Mindfulness for Parents

From November 2016-June 2017

Morning and evening sessions

Please drop in for an hour of mindfulness for parents with mindfulness practitioner Cara Southwood.

(<http://www.pearlmindfulness.ca>)

“Mindfulness means paying attention in a particular way; on purpose, in the present moment and nonjudgmentally”- Dr. Jon Kabat-Zinn, well-known teacher of mindfulness meditation and the founder of the Mindfulness-Based Stress Reduction program at the University of Massachusetts Medical Center.

Come for one session or come every week. Drop in for a breath! Please go to [dcpic.ca](http://dcpic.ca) for the full schedule of dates and times.

Child care provided.



Lord,

In the midst of Winter, when the days are cold  
and wind can pierce

..... remind us of the warmth of your love.

In the midst of Winter, when days are short,  
dawn comes late, and dusk arrives early

..... remind us that in the darkness your light still shines.

In the midst of Winter, when the flowers of spring still lie  
hidden in the earth, when leaves are off the trees,  
and the world can seem bleak

..... remind us that Easter is but a short time away.

And when in our lives we feel as if we are experiencing  
a season of winter, reach out to us with the power of  
your resurrection so that we may feel the warmth of  
your love and see your light that alone can take away  
the darkness of our soul.

Amen