

Doncaster Parent Auxiliary Council

Email: dpac.doncaster@gmail.com

Web: <https://doncasterpac.wordpress.com/>

Facebook: www.facebook.com/DoncasterPAC



FEBRUARY

Paul Mohapel: Technology and the Developing Brain

Wednesday, Feb. 12

6:30-8:30pm in the Doncaster Gym

Register through [Eventbrite](#) for this free parent education presentation.



BINGO Night Friday, February 21

Food Available at 5:45pm (Preorder dinner by Feb. 14)

Bingo starts at 6:15pm until ~7:30pm

Donations needed for Prizes (Prize donation bin located in the main office.)

Volunteers needed :

- Set-up /Take down of tables
- 2-4 people to hand out cards
- 4 food servers

Contact [Mercedes](#) with your availability, or prizes. There is also a volunteer sign-up sheet located at the school entranceway.





Important Dates, Events & FUNdraising

Feb. 12: Parent Education Presentation

Feb. 14: Pro-D Day (no classes for students)

Feb. 21: BINGO night

Feb. 25: Hot Lunch - **Lately there has been a shortage of volunteers for hot lunches. A minimum of 1 parent helper is needed per a division. Please meet at the servery by 11:40am.**

Feb. 26: Pink Shirt Day

Feb. 29: Vancouver Island Parent Conference: The Balancing Act (see attached poster)– 8:30am-4pm at Belmont School – register before Feb. 10 and subsidy may be available – contact [DPAC](#)

Easter Purdy's Chocolate Fundraiser – details to follow

Apr. 26: [Thrifty Foods Family Fun Run](#) – part of the TC 10K – register with the Doncaster Dragons team - registration is \$15 before Jan. 31, \$20 after that until race day

March 4: PAC meeting at 7pm (in the staff room)





13TH ANNUAL 2020
VANCOUVER ISLAND PARENT CONFERENCE
THE BALANCING ACT

Saturday, Feb 29, 2020
8:30 am to 4:00 pm

Belmont Secondary School
3041 Langford Lake Road in Langford



workshops & education on
CREATIVE INTELLIGENCE • PARENTING • MINDFULNESS • FREEDOM • SEX • PERFORMANCE LITERACY

FEATURED SPEAKERS



ALYSON SCHAFER

Acclaimed Parenting Expert

Alyson is an internationally acclaimed parenting expert, family counsellor, and bestselling author. Audiences can count on Alyson to inspire and transform lives. Armed with years of research, clinical and field experience, Alyson provides a fresh and positive understanding of family dynamics along with actionable solutions that will give parents the skills and confidence needed to face modern life challenges. The end goal is to raise resilient, caring, and capable kids.



SHIMI KANG

Award-Winning Harvard-Trained Physician

A medical doctor, researcher, and expert on the neuroscience of innovation, leadership, and motivation, Dr. Kang provides science-based solutions for health, happiness, and achievement in the workplace, classroom, and at home. With almost 20 years of clinical experience and extensive research in the science that lies behind optimizing human intelligence, Kang provides practical tools to cultivate the key 21st century skills of resilience, connection, creativity, and more.

Registration: \$100 includes lunch and refreshments.

Registration deadline is Feb 20. Early bird rate: \$75 if registered by Feb 10.

For info updates or to register visit www.vipc.ca or email: info@vipc.ca

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