

DONCASTER PAC NEWSLETTER

WWW.DONCASTERPAC.WORDPRESS.COM

UPCOMING EVENTS

- **Wednesday, April 22 @ 7 pm:** Parent Education Night “Supporting Children with Anxiety”
- **Tuesday, May 5 @ 6:45,** PAC Mtg (Budget Approval)
- **Friday, May 15,** Pro-D Day
- **Monday, May 18,** Victoria Day
- **Saturday, May 23 @ 10 am to 2 pm:** 5th Annual Doncaster Community Yard Sale
- **Thursday, June 18 @** End of Year BBQ



Vacant DPAC roles

We are currently seeking parent volunteers for the following key positions:

- Co-Treasurer
- Website Coordinator
- Fun Lunch Coordinator
- VCPAC Representative
- BCCPAC Representative

Beyond these specific roles, we welcome anyone looking to get involved! Many of our current executive members have students graduating from Doncaster next year, so we are looking for new faces to help us continue serving our school community. Whether you have an hour a month or a few hours a week, we'd love to have you on board.

Spring Updates

- **Constitution & Bylaws** have passed! Find them [here](#).
- **Road Safety committee** received a \$17,250 Vision Zero BC grant to install speed reader signs around the school.
- Doncaster has been chosen to participate in the CRD's 2026-27 **Ready Set Roll program**. Stay tuned for details and on this sustainable school commute planning program!
- The **Spring Garden Work Party** was a success. Grateful for the volunteers who came out to get their hands dirty and prep the garden for all students to enjoy and learn from in the next few months.

Parent Education Night: Helping Kids Cope with Anxiety

Anxiety in children doesn't always look like worry. It can show up as avoidance, meltdowns, perfectionism, or shutting down. In this informative and practical parent session, counsellors from Gather Clinical Counselling will help parents better understand how anxiety affects a child's nervous system and behaviour. Parents will learn how co-regulation helps children settle their bodies and emotions, and why some well-intentioned strategies - such as excessive reassurance or accommodations - can sometimes maintain anxiety over time. The presentation will introduce several simple, practical tools to help children regulate emotions, build coping skills, and gradually face challenges with confidence, while supporting parents to respond with validation and reassurance. Join us **Wednesday April 22 at 7:00 pm** in the gym.

Helping Kids Cope with Anxiety
 Free Parent Presentation hosted by the Doncaster PAC

Anxiety in Kids: It's Not Always What You Think
Avoidance. Meltdowns. Shutdowns.
 Sometimes that's anxiety!

Presented by the team from **Gather Clinical Counselling**
 Practical tools. Real insight. Support for families.

We'll explore:

- How anxiety really presents in children
- Emotional regulation made practical
- Tools to build coping skills
- Strategies to reduce anxiety behaviours

Wed. April 22, 2026 at 7 pm
Doncaster Elementary

Gather
 Clinical Counselling
 gathercounselling.ca

Pedalheads

Use this code toward Spring and summer camps for \$25 off your registration (and \$25 toward DPAC!) Code must be used by 30 June 2026. Spring Camps are open now. Summer camps open 7 April. **Promo code: DONCASTER26**

5th Annual Doncaster PAC

COMMUNITY YARD SALE

Lots of great treasures & finds!
 Rain or Shine

SATURDAY, MAY 23RD
10AM-2PM

FAMILIES PURCHASE YOUR TABLE:

doncaster.hotlunches.net

Treat truck!

1 table - \$20
 2 tables - \$30
 3 tables - \$40

Families keep all proceeds from their sales

FOR MORE INFORMATION:
 DPAC.DONCASTER@GMAIL.COM

SAVE THE DATE

END OF YEAR BBQ!

THURSDAY JUNE 18, 2026

5:00 - 7:00 PM

Bouncy Castles

Pre-order dinner on the Hot Lunch website