

Hello, My name is Jennifer Durham. I'm the **District PAC Representative** this year on the DLG PAC. In each newsletter I'll provide some information about how DPAC works. Then I'll highlight some upcoming events and summarize the most recent DPAC general meeting.

Advocacy. How can DPAC help me advocate for my student, the school community, or Vancouver students in general?

You can start by looking at the options outlined on the advocacy page on the DPAC website:
[Advocacy – Vancouver District Parent Advisory Council](#)

Important!

FREE Upcoming Parent Workshop: Teen Wellbeing & Substance Use – Feb 3, 2026 @ 6:30 pm,
at Templeton Secondary

Facilitated by BGC Canada, in partnership with Templeton & Britannia Secondary School Parent Advisory Council.

Date: Tuesday, February 3, 2026

Doors Open at 6:30 pm, Workshop runs from 7:00 to 8:30 pm

Location: Templeton Secondary School

Register at membersconnect.org

...and also, the **DLG PAC meeting is Tuesday February 3 at 6pm...school Library**

Reminder! Feb 1st is the deadline for parents and guardians to provide their input towards the VSB budget survey for 2026-2027. Link: [Help shape VSB's 2026–2027 financial plan Survey](#)

January DPAC Meeting Summary:

McCreary Centre Society is a non-government not-for-profit committed to improving the health of BC youth through research, evaluation and community-based projects. They do research, not advocacy; however, the data they generate is important in understanding and implementing effective advocacy.

[McCreary Centre Society | McCreary Centre Society](#)

They gave a presentation, based on their research, on **Youth Vaping and Nicotine Use**.

The focus was primarily on vaping. Here are some points from the presentation given by Evelyn: Approximately one third of high school kids had vaped even once any time in the 30 days prior to the study. The proportions of kids having done so was larger among older kids and smaller among younger kids. The proportion for Vancouver kids was among the smallest in the province. And the proportion of kids that vaped 20 times or more in that time was smaller.

Youth indicated that they most commonly would go to a family member for reliable information on vaping, although as they get older, they may be more likely to rely on digital sources like government websites (continued on p.2).

Underlying issues that contribute to vaping and developing addictions to vaping include: stress and anxiety, not feeling connected with the people around them, and not having a sense of belonging at school. Research shows that quitting requires people to be ready and willing to quit... and... at the time that happens, support and resources need to be accessible. Lecturing, discipline and punitive measures do not tend to be helpful in encouraging people to quit (or avoid trying in the first place).

evelyn@mcs.bc.ca.

Volunteer Opportunity

The DPAC chair, in partnership with the VSB's senior management, is looking for a parent volunteer to serve as the **DPAC's Administrative Procedures Representative at a VSB subcommittee**.

The person would participate in consultations regarding VSB Administrative Procedure, report proposed changes to the DPAC, provide parent/DPAC feedback to the VSB, and report status updates through the DPAC website.

They would need to be available for weekday daytime meetings, familiar with word processing tools, and comfortable with activities such as document review (including tracking changes) and posting information to the web.

Please contact the DPAC chair, Melanie Cheng, at chair@vancouverdpac.org.

More Upcoming Events!

February DPAC General Meeting will be online at 7pm, February 26.

Check the DPAC Calendar closer to the date to register and attend.

[DPAC TEAM CALENDAR – Vancouver District Parent Advisory Council](#)

Additional Resources

Additional links that relate to the content of this newsletter are provided below:

[Youth and vaping in B.C.: Here's what to know | Vancouver Sun](#)

[Recently Released: Results of youth-led survey on vaping and nicotine pouch use | McCreary Centre Society](#)

[bc_youth_vaping_and_nicotine_pouches_2025.pdf](#)