

Dear City Council of Whistler,

My name is Katerina Lischenyuk and I am in grade 12 and attend Charles Best Secondary School in the Coquitlam School District.

I am involved in student leadership and am very interested in promoting RAC (Real Acts of Caring) Week which will be February 11-17, 2024. RAC was created by grade 4 and 5 students in the Coquitlam School District in 2005 and is about doing something caring and kind and not expecting anything back. This year, RAC Week is taking on a Mental Health and Wellness focus.

We are in the process of requesting that the provincial government passes a proclamation recognizing RAC Week again this year for British Columbia. In the past we have been successful in having nine provincial proclamations passed for BC. We believe that more than ever, it is important to spread caring and kindness. RAC team members are creating and sending out RAC posters again. Please let us know if you would like some, and how many.

We are now trying to get as many students in BC as possible to participate in RAC Week as we have done in the past. Please check out our RAC website at <http://www.realactsofcaring.org> for RAC ideas.

We believe that RAC is a great student initiative because:

RAC can help students feel more connected to one another and to their communities

RAC empowers students to be caring and can promote a positive school climate

RAC reduces bullying, decreases depression, and helps students lower their stress. See this great article about the benefits of promoting kindness in schools. <http://edarticle.com/8-important-reasons-for-teaching-kindness-in-schools/>

RAC listed as a resources on the ERASE website (see: <https://www2.gov.bc.ca/gov/content/erase/bullying>)

RAC supports the BC curriculum in numerous ways

A RAC Educator's Manual is now available and all proceeds go towards the RAC program (see: realactsofcaring.org)

Will you please forward this email to your teachers in your school district? Thank you!

Sincerely,

Katerina Lischenyuk, grade 12 student

Charles Best Secondary School

Coquitlam School District

PS Ms. Chang is a school counsellor in the Coquitlam School District and is the coordinator for the RAC program and I have cc'd her on this email.