



QFHSA

NEWS

“THE VOICE OF THE PARENT IN EDUCATION”

Volume 48 Issue 2

June 2010



2010 -2011 QFHSA Board of Directors

Front L to R: Anne MacWhirter, Liette Chamberland, Carol Meindl, Jennifer Bogart, Brian Rock
Back L to R: Debi Brown, Rosalind Hoenig, Giovanna Spadafora, Rickhey Margolese, William Harwood, Leah Trineer (absent)

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BUILDING OUR FUTURE..... TOGETHER!

QFHSA's 66th Annual General Meeting was celebrated in earnest on April 24th with the theme Building Our Future Together. Home and School Representatives from member schools all across Quebec came together to both review the past year's accomplishments and prepare for next year's mandates. With the emphasis on creating a better future in the education of our children, M. Leo LaFrance (Assistant Deputy Minister, MELs) welcomed QFHSA members and set the tone for the afternoon's agenda. His warm welcome was followed by Keynote speaker M. Serge Laurendeau, President of the Quebec Provincial Association of Teachers (QPAT). His speech addressed the needs of teaching staff with regards to resources for children with special needs, classroom size and job security, all of which are necessary to create the best possible learning environment for Quebec's future - our children.

Following tradition, QFHSA took time to honour outstanding commitment to membership with the Membership Awards. Additionally, local associations

were recognized for their publicity and communication with the annual Newsletter awards.

Among the highlights of the day were the **resolutions** set forth by the QFHSA. The scope of the resolutions, which addressed everything from banning the sale of energy drinks to minors to advocating for wider access to English Education (Bill 104), is a strong indication of how QFHSA promotes safe and fair practices for both today's and tomorrow's youth. This year QFHSA's resolutions received national attention through media coverage, emphasising the impact Home and School Associations have on promoting legislation throughout Canada.

After the break, Mr. Brian Peat brought greetings from the Canadian Home & School Federation. All resolutions were passed unanimously and the members of the 2010-2011 Board of Directors were sworn in. The AGM was followed by the annual Awards Banquet.

~Jennifer Bogart

Building the Foundation for Success

June is a month of transition at QFHSA, just as it is for our local Associations. Along with the planning of your year-end activities and looking forward to the relaxing summer break, you are also electing your new executive committees and making tentative plans for the Fall. We are just emerging from the wrap-up of our Annual General Meeting and are looking forward to reduced summer hours while we gear up to surge into September.

We have recently held a board orientation with our new Board of Directors where we re-evaluated and prioritized our goals for our provincial organization. As we look outward to the community of Quebec at large, and reach inward to our Home and School membership, it is evident that it is the partnership between us all that sets the foundation for success.

QFHSA committees will continue to be involved in the ongoing discussions surrounding the dossier of education in Quebec. We presently sit on the Board of the Quebec Community Groups Network (QCGN), we contribute to the Advisory Committee of the Community Learning Centers (CLCs) and we participate in various Ministry of Education, Leisure and Sport forums and consultation events on literacy and education in Quebec.

QFHSA's committees will continue to work on your behalf, but we cannot carry out our theme "Building our Future Together" alone. We need your help. We will be searching out members to sit on our various working committees, for without your contribution and participation, we will not be

able to accomplish our common goals. It may only take one mind to come up with a great idea, but it often takes many pairs of hands working together to bring it to fruition.

We will continue to improve communication with our members, starting with our website. We have prioritized the revamping of our website to better suit the needs of all members. Based on survey results, we are also re-formatting the NEWS to a digital newsletter format. We are striving to provide our membership with more information in a timely manner and reduce overall paper waste. We look forward to receiving more articles on local initiatives from our membership and welcome article suggestions.

Despite the changes to the face of QFHSA, our mantra remains the same... Get involved and stay involved in your children's education. The rewards are worth the effort!

Carol Meindl
President



Interested in commenting on current affairs?

Contact Carol Meindl at carolmeindl@qfhsa.org or visit our website @ www.qfhsa.org

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BILL 103 - WHAT YOU NEED TO KNOW

Bill 103, An Act to amend the Charter of the French language and other legislative provisions was passed in the National Assembly in June of this year as a response to the Supreme Court of Canada's ruling that Bill 104 was unconstitutional. As with previous language laws beginning in the 1970's (Bills 22, 101 and 104), Bill 103 runs counter to Article 26 of the UN Declaration of Human Rights which stipulates that "parents have prior right to choose the kind of education that shall be given to their child".

In October 2009, the Supreme Court of Canada declared Bill 104 unconstitutional, thus allowing parents to once again enroll their children in an unsubsidized English private school for one year before then transferring them into an English public school.

The Supreme Court allowed Bill 104 to stand for one year, during which time the Government of Quebec could reformulate a new law that would respect the Court ruling by staying within the constitutional guidelines. Bill 103 is the new reformulated legislation. Once passed, it will become a part of Bill 101.

Bill 103 stipulates that three years in one of nine unsubsidized English private schools is required as a first step to eligibility. There is also a list of other criteria that must be met to earn "points" towards the awarding of an eligibility certificate. These additional requirements are vaguely worded and are implemented and awarded by ministry bureaucrats. Further 'assessment criteria' may include a 'weighting system, a cutoff or a passing score and interpretive principles'. Parents can be obliged to make a 'sworn statement of their documents veracity' (Article 73.5). 'Regulatory provisions may vary according to, among other things, the nature of the request and the characteristics of the educational institution attended' (Article 80). This follows the similar practice adopted in Bill 101 that expressly states that the Minister of Education 'may empower such persons as he may designate to verify and decide on a child's eligibility for instruction in English'.

Under the Charter of the French Language children in the following three categories may be enrolled in English-language schools:

- Children who are permanent residents of Québec and who qualify for a certificate of eligibility for instruction in English
- Children who are permanent residents of Québec and who are entitled to receive instruction in English under a special authorization
- Children who are living in Québec temporarily and who qualify for a temporary authorization to receive instruction in English

A certificate of eligibility is generally delivered to children:

- Who did most of their elementary or secondary studies in English in Canada; or
- Whose brother or sister did most of his or her elementary studies in English in Canada; or
- Whose father or mother did most of his or her elementary studies in English in Canada; or

- Whose father or mother attended school in Québec after August 26, 1977 and could have been declared eligible for instruction in English at that time.

The certificate of eligibility for instruction in English is permanent except for those under a special authorization. In other words, there is no time limit after which it expires.

Children who are declared eligible for instruction in English under section 73, 76 or 86.1 may pursue their studies in French and still transfer their right to receive instruction in English to their children. When a child is declared eligible for instruction in English, his or her brothers and sisters may also be declared eligible.

Bill 103 also introduces several amendments to the Quebec Charter of Human Rights and Freedoms that further exclude any official recognition of English as a minority language; See Section 17, 42.1 and 50.2. It is difficult for many to understand how so few students, who will be affected by this Bill, can undermine the status of the French language.

Delegates attending QFHSA's 2010 Annual General Meeting made their position clear on Bill 104 that "the Government of Quebec absolutely take no further legal, legislative and/or other actions to lessen access to education in English". It is the opinion of QFHSA's Board of Directors that Bill 103 does not meet this criterion. Consequently, we have informed the Premier and Minister Courchesne (MELS) of our opinion about the content of this Bill through a press release that was widely circulated to local and provincial media.

The Right's Committee of the Federation will submit a brief to the Parliamentary Committee of the National Assembly by August 16, 2010. QFHSA is dedicated to the education and well being of the children of Quebec. We are advocates for Wider Access to English Education for all members of Quebec's society. The Federation has always subscribed to the belief that one should seek to expand on rights, never to diminish them. Laws designed to protect the majority official language and culture in Quebec should not be used to diminish parental rights.

More info on Bill 103 can be found at <http://www.assnat.qc.ca/en/travaux-parlementaires/commissions/CCE/consultations/onsultation-117-20100603.html>

To access Bill 103, click on the link under the heading "Document(s) related to the consultation" on the right of the above site. To see QFHSA's resolution on Bill 104 please go to www.qfhsa.org or on request by email: info@qfhsa.org

Note: Regulations, which govern the implementation of the law, are covered by orders-in-council following the passage of the Bill and have been found to be more restrictive than the Bill itself.

Source: <http://www.mels.gouv.qc.ca/daasa/rems/banque/fiches/F95a.htm> accessed June 30, 2010

WORKING TOGETHER TO EFFECT CHANGE!

Delegates from QFHSA local associations gathered on April 24th, 2010 at the 66th Annual General Meeting at the Wyndham Hotel where they voted unanimously to adopt six resolutions addressed to Government Ministries, School Boards, Teacher and Administration Associations and Central Parent Committees. During the caucusing sessions, the delegates gained a better understanding of the resolutions which were then adopted. The first four resolutions were submitted by the Education, Rights and Public Affairs Committee of QFHSA, the last two by New Carlisle and Wilder Penfield Home and School Associations respectively.

In resolution Wider Access to English Education re Bill 104 QFHSA urges the Government of Quebec to respect the Supreme Court of Canada's ruling that Bill 104 is unconstitutional, and henceforth, to take no further legal, legislative and/or other actions to lessen access to education in English. The number of students prevented from attending English school represents less than 1.5% of the total Quebec student population, which is clearly a negligible threat to the protection of the French language. The delegates acknowledged that the influx of these students would be some of the 'oxygen' needed to preserve vitality in the English school system.

Delegates voted on three resolutions to support the ongoing teacher negotiations: Special Education Services in Mainstream Schools, Alternative Programs for Students With Special Needs and Support For Students With Learning Disabilities and/or Learning Difficulties. This to be done by increasing support services, one-on-one aid, ensuring funding in the separate envelope (mesure spéciale) is retained, and that additional financial support be allocated for quality professional training and development for all personnel, materials and other resources. QFHSA asks that the Minister respect the clauses in teacher negotiations and contracts related to class size, the movement of files from preschool to adult education, as well as respecting the rights of parents in their request for inter-board agreements and the related transportation costs.

QFHSA is requesting the Governments of Quebec and of Canada to ban the sale of energy drinks (as defined by Health Canada) to those under the age of majority. Delegates discussed the "alarming rate" of consumption of energy drinks by minors, with a major concern being the medical impact they can have. Energy drinks are consumed to supply mental and physical stimulation quickly and for a short period of time. They can affect people in different ways and children can be more sensitive to stimulants because weight plays a part in the equation.

The QFHSA delegates requested that the Government of Quebec make funds available, in a separate envelope, to implement the Tools for Schools IAQ (Indoor Air Quality) Action Kits (a product of Health Canada) as needed. It is a tool to help school boards deal with indoor air quality problems, which, in turn, can affect student performance and health.

Actions have been taken to translate the resolutions into French and they have been circulated to targeted destinations.

Full text of these resolutions can be found at www.qfhsa.org or on request at QFHSA Tel: 514-481-5619 or info@qfhsa.org.

~Jennifer Beauregard



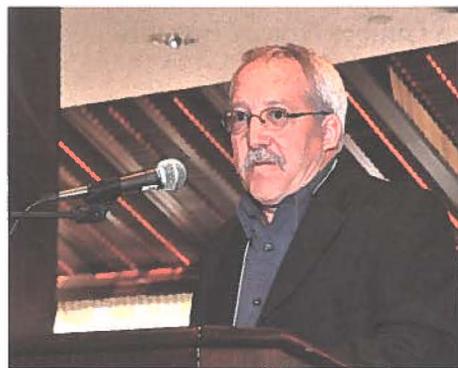
**Thank you to all the schools
that attended the
66th Annual General Meeting.
Your participation was greatly
appreciated!!**

Allion
Beaconsfield HS
Bonaventure Polyvalent
Clearpoint Elementary
Dorset Elementary
Dorval Elementary
Dunrae Gardens
East Hill
Edgewater
Forest Hill
Hillcrest Academy
John Rennie HS
Jubilee Elementary
Lindsay Place HS
Macdonald HS
New Carlisle
New Richmond
P.E.T.E.S.
Roslyn
Shawinigan HS
Sherwood Forest
St. Patrick
St. Thomas HS
St. Charles
St. John Fisher
Thorndale
Westpark
Westwood
Wilder Penfield
Willingdon

GIVE US THE MEANS TO MEET THE NEEDS

KEYNOTE SPEAKER, Serge Laurendeau, President of the Quebec Provincial Association of Teachers (QPAT) addressed delegates at QFHSA's 66th Annual General Meeting on Saturday, April 24 in Dorval. M. Laurendeau spoke of the need for a strong partnership between parents and teachers in achieving our mutual goals in the education and well being of every child. Respecting the integrity of children is a key component in the parent-teacher relationship.

Give Us the Means to Meet the Needs is the recurring theme of QPAT teachers during the current labour negotiations. Mr. Laurendeau gave an overview citing the need for salary improvements, especially to attract new teachers when higher salaries are readily available in other professions and in other provinces. Twenty percent of teachers are lost within the first five years of teaching and the shortage of math/science teachers is a serious ongoing concern. M. Laurendeau expressed the critical need to ensure long-term job security, especially in the vocational and adult sectors.



QFHSA members had the honour of being welcomed to the AGM by Leo Lafrance, Sous-ministre adjoint from the Services à la communauté anglophone et aux affaires autochtone. His opening address to the membership included a brief overview of recent activities at MELS.

Once again the union has set targets for improving the situation for students with special needs: new models regarding integration in mainstream schools; lowering the maximum for class size; increased funding for training and professional development for all personnel, materials and resources.

He explained the timeline for the negotiation process and emphasized that a strike would be a worst-case scenario. Mr. Laurendeau called on parents for their support and indicated that QPAT will negotiate in good faith.

Later in the afternoon, Mr. Laurendeau, a special education teacher himself, participated in the Caucus Session focusing on 3 resolutions – *Special Education in Mainstream Schools; Alternative Programs for Students with Special Needs; Students with Learning Disabilities and / or Learning Difficulties*. His perspective was very informative and was appreciated.



Footnote:

Announced on May 31, 2010: A new collective agreement, centered on working conditions, has been accepted in principle by the Quebec Provincial Teachers Association (QPAT) and the Fédération des syndicats de l'enseignement (FSE), representing 70,000 of the education system's 100,000 elementary high school, vocational and adult education teachers. A vote by union membership will take place later in June. Many of the conditions addressed in QFHSA's resolutions regarding students with special needs have been met in this agreement. Salaries and pensions for teachers are negotiated under the Common Front, underway this summer.

~ Marion Daigle

Currently the nine English School Boards of Quebec are in the process of completing their Partnership Agreement with MELS, as required, under Bill 88 and will be submitted by July 1st. These agreements are intended to provide strategic plans which will provide measurable targets for language instruction, special education, healthy life styles, access to vocational & technical education and graduation rates.

M. Lafrance further addressed the issue of text book availability, expressing that all English text books will be available for all

grade levels in all subjects for the start of the 2010 – 2011 school year. M. Lafrance reported that the Minister of Education, Michelle Courchesne, has announced that there will be a Forum in the fall of 2010 to examine topics such as governance and student fees for higher education and the alignment of the labour market with Voc-Tech Education. MELS is also looking at the delivery of services to special needs students and the place of the school board in the community with regards to Youth Sector Education.

~Jennifer Bogart

UNSUNG HERO AWARDS

Beacon Hill Elementary

Bishop Whelan Elementary

Dorset Elementary

Dorval Elementary

Edgewater Elementary

Edinburgh Elementary

Evergreen Elementary

Gardenview Elementary

Jubilee Elementary

Lindsay Place High School

Lord Aylmer Elementary

New Richmond High

P.E.T.E.S.

Riverview Elementary

Royal West Academy

Sherwood Forest Elementary

Thorndale Elementary

Westwood High School

Willingdon Elementary

Kristin Cuttell, Gwyneth Edwards, Liane Goyette, Tracey Connors,

Andrea Lavoie, Lisa Nellis, Sue Barbieri, Lisa Yee, Helen Xenos

Lena Stanley, Randy Czempoyesh, Linda Gimber, Natalie Franko

Kuljinder Kaur

Arzu Seguin, Sharon Musgrove

Casey Stilwell

Hilary Scuffell, Gemma Vitti, Rita Burnatowski

Diana Archer

Mary Skagos, Paris Tsovras, Georgia Chatzidakis, Nadia Dionisi

Sarah Hone, Nancy Tellier

Joan Baker

Rouslan Boukine, Irina Kulkova

Joanne Legouffe

France Dubois

Hazel Robidoux, Ashley Kane

Ravi Rajen, Ann Mitchell

Jacquie Patterson, Paul Cartmill, Julie Jackson

Johanna Morrow, Karin O'Donohue

Arlene Griffin

Anne Labrie, Marian Ellen Ring, Johanne McMillan, Lee Ann Daly,

Chantal Damas, Lynette Snelgrove, Sara Roos, Angela Campbell



GOLDEN TORCH AWARDS

Baie Comeau High School

Beacon Hill Elementary

Bishop Whelan Elementary

Dorset Elementary

Dorval Elementary

Edgewater Elementary

Edinburgh Elementary

Evergreen Elementary

Gardenview Elementary

Jubilee Elementary

Lindsay Place High School

Macdonald High School

P.E.T.E.S.

Riverview Elementary

Royal West Academy

Thorndale Elementary

Westwood High School

Willingdon Elementary

Carolle Downing

Beverly Leith, Katie Johnston, Sandy Steadman

Marie Andrée Chagnon, Elisabeth-Ann Gimber, Tracey Beauflis

Lisa Ucker

Allison Willet

Joanne Jackson

Karen Friend, Maddalen Veloce

Liz Javeri

Sophie Bisson, Connie Di Iorio, Betty Skagkos

Linda Roach

Diane Laque

Diane Guidry

Tara Hamel

Nancy Roach, Berber Bosch

Mary Diovislovi, Eileen Cotton, Ilgin Sartekin, Susanne Strater

Johanna Morrow, Karin O'Donohue, Fil Coletta, Jane Masini, Agnes

Paoella

Beverly Hynes

Christie Fuller, Mary Pallett, Alison Cheal

PAT LEWIS HUMANITARIAN AWARD

For an individual or group, at the elementary school level, who has shown outstanding efforts forward a humanitarian cause.

St. Edmund Elementary School
 “Working Together to Make A Difference”

For many years, St Edmund Elementary has been a supportive environment for a variety of humanitarian causes. The school has been a faithful supporter of **Dans La Rue** and **Montreal Children’s Hospital “Circle of Hugs”** campaign.

Many other worthy causes have benefited from the attention and concern of St. Edmund’s students, teachers and parents, such as Sierra Leone who will receive school supplies (via Peaceful Schools International), Suitcases for Africa, Hat and Mitten Tree (women’s shelter), MS Read-a-thon, Denim Day, Poppy Campaign, Terry Fox Run, and the Virtues Project, to name a few. We honour St Edmund Elementary and their Principal, Susan Greenberg, with the Pat Lewis Humanitarian Award for all the work they continue to do.



QFHSA President Carol Meindl with Susan Greenberg and Pat Adams from St. Edmund

GORDON PATERSON AWARD

For long service to the education of children and for the encouragement of the involvement of parents

DIANE MARTELLO

Mrs. Diane Martello, the Sherwood Forest Music Specialist, teaches a love of music to all her students. She is a true Creative Arts Specialist who is really committed to teaching the arts to the children. She also has a knack for identifying the hidden talents of the parent population and seeks out the help of parents who have an interest in, or a talent for, the arts. Her biggest contribution to the Sherwood Forest community is the yearly musical productions featuring the students of all the Grade 6 graduating classes - sometimes staging three or four full casts of Grade 6 students and sometimes doing up to three different plays per year!

We honour Diane Martello for her on-going efforts in promoting the arts and in involving the Sherwood Forest’s parents in her productions and in the school.



QFHSA President Carol Meindl with Music Specialist Diane Martello and Donna Callard

LESLIE N. BUZZELL AWARD

For unique, longstanding and meritorious service to the Quebec Federation of Home and School Associations at the provincial level

MARLYN BROWNRIGG

Marlyn Brownrigg’s involvement with Home and School started at Valois Park School in Pointe-Claire where she was quick to volunteer with various school activities.

At the provincial level she has worn many hats – Director, Co-chair Membership Committee and Vice-President. She has organized the Fall Conference, helped with Executive Workshops and the Appreciation Dinner as well as visited schools and helped develop new Home and School Associations. Marlyn has also represented QFHSA at the Canadian Home and School Federation. Marlyn is an extremely dedicated volunteer and has made significant contributions to Home and School at the Local, Provincial and National levels. We honour Marlyn Brownrigg for her dedication and support of QFHSA.



Carol Meindl with Marlyn Brownrigg (c) and Barbara Schneider

EDITORIAL - Rickhey Margolese QFHSA Executive VP**BILL 103 – ANOTHER BLOW TO THE SURVIVAL OF THE ENGLISH SCHOOL SYSTEM**

Our Federation was built on the premise that one should never diminish rights but rather always expand on them. The English community in Quebec dates back to pre-Confederation and as such has established historic language rights and a cultural heritage that must be preserved.

The Rights Committee is deeply concerned by the enactment of Bill 103 passed in the National Assembly in June 2010. This is the latest in a list of restrictive language laws - Bills 22 in 1974, Bill 101 in 1977 and Bill 104 in 2002. Bill 103 does not allow for the maintenance and nurturing of the English school system that is both a legitimate historic and legal right of the English community. It attempts to make it virtually impossible for new families to Quebec to achieve eligibility.

Bill 101 removes the constitutional rights of all parents in Quebec to choose the language of instruction for their children and Bill 103 specifically impacts on less than 1% of all school-aged children. However, that 1% can be the eventual difference between vitality and extinction of the English school system and has an almost zero impact on the French educational system.

Home & School members consider ensuring wider access to English education a serious issue and have mandated the Rights Committee to speak out on their behalf for more than 40 years. At AGM 2010 and through Resolution 2010/01, we were once again asked to advocate on our membership's behalf concerning Bill 104. As Bill 103 is "further legal, legislative and/or other actions to lessen access to education in English", we feel that it is our responsibility to address our concerns with this piece of restrictive legislation.

It is the responsibility of QFHSA to educate our parents on issues that will impact on them. We strive to provide accurate information in a timely manner so that our members are in the know and can react if they so choose.

The truth, as we see it, is that the English school system is in decline and in jeopardy. It is a fact that in 1977 the enrollment in English schools was 250,000 and today it stands at 90,000. It is a fact that with the implementation of Bill 103 further declines will occur and it is a fact that down the road more English schools will close. QCGN (Quebec Community Groups Network) talks about English vitality and how to sustain it, but without an English school system within the community, there will be no English community to sustain. Is this what our membership wants?

If the English school system is eroded to the point of not being able to provide adequate services to its students then both English and French parental rights will have been violated.

The Rights Committee wishes to submit a Brief on Bill 103 to the National Assembly on Aug 16th to make our argument against this restrictive bill's implementation.

A survey has gone out to our membership looking for your views on Bill 103. Please take the time to visit our website - www.qfhsa.org - and send us your opinions so that we can ensure that our brief is completely representative of the views of our membership.

A hallmark of a just society is one that treats its minority with respect.

What you should know about Lyme Disease...



School will soon be over and summer vacation plans are in the works, some of which may include camping and hiking in the great Canadian out of doors. Enjoy nature and all her wonders but please be advised to take real precautions this year against ticks as they can spread Lyme Disease. The Public Health Agency of Canada (PHAC) conducts surveillance for Lyme disease in Canada and the risk of the disease has been growing. In April 2010, recently published research has shown the risk is emerging in southern parts of Quebec due to newly found populations of ticks that carry the bacterium that causes Lyme disease.

For more information on Lyme disease, its symptoms and its treatment, please visit: www.publichealth.qc.ca

How to Curb Relational Aggression

Relational Aggression (R.A.) is a term that many parents are unfamiliar with but educators are reporting that it is now one of their top concerns with middle school students. Bullying is a notion that has been a topic of conversation for generations, but often it is thought of as something that goes on between boys and dismissed it as a “boys will be boys” situation. However, Relational Aggression is often a far more complex type of bullying that involves more covert forms of torment, where friendship is used as a weapon. It is more commonly seen with girls than with boys and the scars that it leaves are on the inside, where it is harder for parents or educators to notice and address them.

R.A. has many ugly ways that it manifests itself, like exclusion, gossiping or spreading rumors about the target, name-calling, and separating from friends. R.A. causes the young women who are the targets to withdraw from other things in their lives—such as school, extracurricular activities, and family. R.A. victimization could be a precursor to relationship violence, since it establishes a pattern of the young woman being demeaned and passive in a relationship with a person who she cares about. She practices justifying the behavior of her “friends” as she may later justify the abuse of a partner.

The covert abuse goes on between young women but often extends into adulthood. The girls who bullied their classmates become the mothers who bully their peers at the P.T.A. meetings and soccer games. Mothers are the primary example that many young women have and young women base many of their reactions to stressors on how they have seen their mother handle situations. This by no means subscribes to the Freudian notion that everything wrong with an individual is the result of some error on the mother’s part. However, there are proactive ways that mothers can guide their daughters that will reduce the possibility that these girls will be on either end of an R.A. situation. Role modeling appropriate responses and positive behavior is a prime example of how mothers can help their daughters establish healthy relationships. Keep in mind the Chinese proverb “Tell me and I’ll forget; show me and I may remember; involve me and I’ll understand.”



An excellent way for mothers to guide their daughters towards healthier relationships and greater successes in life is to work to increase Emotional Intelligence skills (E.Q.). Emotional Intelligence is a set of emotional qualities that studies have found to be important to a successful life. Unlike the more commonly referred to I.Q. (intelligence quotient), E.Q. skills can be taught and developed. E.Q. is not the opposite of I.Q. – it is important to have both. However, more and more one hears about colleges and businesses that have an interest in assessing the E.Q. of their future students and employees. The individuals with high E.Q. get along better with their peers, work better in teams, take criticism constructively, and show a willingness to collaborate for success—important traits in universities and workplaces.

To begin developing your E.Q. and the E.Q. skills of your children try these basic exercises. The exercises are for you to use as a role model to your child. They can also be modified for the child to use.

- **Be Creative and develop Creative Problem Solving techniques.** Successful, quick problem solving abilities are a highly noted characteristic of people with high E.Q. Think outside the box, as you used to be unrestrained by the lines when you would color.
- **Connecting with kindness.** Having the skills to make friends and cultivate those relationships is significant in E.Q. The ability to connect with people increases empathy, gives the chance to have polite manners modeled through observation and allows a person to see how they have a role in a group, not merely as an individual.

About the Author:

Dianne Durante, Ed.S., is author of “Everyday Symbols for Joyful Living”, a book that inspires readers to use seven common items (penny, elastic band, pencil, crayon, candle, seashell and chocolate heart) in order to have a richer, happier life. A licensed Marriage and Family Therapist and business consultant, Dianne conducts motivational workshops nationwide with her daughter, Kirsten Hagman, LMSW. For more information visit www.DianneDuranter.com.



The Canadian Home & School Federation will petition the Federal Health Minister and Health Canada to require that energy drinks should not be available for purchase by persons under the legal age of majority.

The Canadian Home and School Federation (CHSF) held their Annual General Meeting on May 29th in St. Andrews, New Brunswick. At their annual awards banquet the CHSF recognized the following:

Mr. Eric Estabrooks from Public Landing, NB was presented the Dr. Samuel R. Laycock Memorial Award.

MANGO, a program of the Miramichi Regional Health Authority, with a mission to promote and facilitate a lifestyle of healthy eating and active living, received the Marilyn Ashby Citizenship/Advocacy Award.

Glyn Morgan of Fredericton, New Brunswick was awarded Life Membership. Glyn has been a member of Home and School for 28 years and has served in many capacities on both the Provincial and National levels.

Janet Walsh, President of CHSF awarded the President's Award to Brian Peat, V.P. of CHSF, of Woodstock, ON.

Linda Miller with Concerned Children's Advertisers made a presentation to the board members on Saturday afternoon and was the Keynote Speaker at the banquet on Saturday night.

The CHSF announced that the Teacher Staff Appreciation Week (TSAW) will be recognized during the week of February 13 to 19. Many schools throughout the country use this week to celebrate and thank school staff.

Thank you QFHSA for the Scrapbook Inspiration !!

After attending the QFHSA's AGM in April, the members of **Forest Hill's Home and School** thought it would be a fabulous idea to document their history. A group of parent volunteers got together one evening armed with years worth of event pictures, scrapbook paper, cutters, stamps and great ideas. They put together pages and pages of colorful H&S events like their annual welcome corn roasts, annual family BBQ and other H&S sponsored events like the winter carnival, skating day and many, many more. Not only was it fun, it was also a great team-building exercise too. The volunteers shared the scrapbook with the teachers and staff and it will be displayed at their next annual family BBQ on June 11th. **Forest Hill** schools have just formed a new H&S executive for the coming year and are very excited to welcome some new faces and energetic members! The Home & School will certainly continue adding more pages to their scrapbook for years to come. Thanks for the idea QFHSA!



Rickhey Margoese,
Exec. VP QFHSA, represented Quebec at the CHSF AGM held in St. Andrew's, N.B.

QFHSA & YOU
Survey Results

View all the results on our website www.qfhsa.org or call the office 514-481-5619 to request a faxed copy





“Authentik” Advice

written by: Madison Cox and Brianna Jones, Netagamioiu High School & CLC

Madison Cox and Brianna Jones, Netagamioiu School & CLC students joined girls from Laurentian Regional, Gaspé Polyvalente and the Laval Liberty High Schools in a virtual launch of the CLC created Authentik Magazine on Wednesday, January 27, 2010 as a part of the 2010 Family Literacy Week activities. The girls responsible for Authentik magazine celebrated their accomplishments together via videoconference and shared what they learned from the experience. Madison baked muffins to bring to the launch, decorating the tops with the letters “A-U-T-H-E-N-T-I-K”.

During the winter of 2009, Madison and Brianna worked with other girls from Laval Liberty and Authentik Magazine to collaboratively write an article about Chevery, the Lower North Shore and Netagamioiu School, entitled “Small Town, Big Dreams”. They also worked with parent volunteer Eric Turcotte, who is a talented local photographer, to select some of his photos of Chevery to go with their article. As Brianna and Madison said, “The pictures are really cool! It was really cool because it felt like we were posing for a famous photo shoot.” The girls have shared copies of their magazine with other teenage girls across the Lower North Shore. A very big thank you goes to Eric for kindly sharing his time and talent.

NEWSLETTER AWARD

**Congratulations to
the 2009/2010
Winner:**

**Garden Views
Editor: Mary Skagos
Gardenview Home & School**

Honorable Mention

**Margaret Manson Newsletter
Editor: Kim Chatterson**



Below is a second article that was not in the Authentik magazine . Congratulations to the girls for their hard work and contributions to this very professional magazine for girls... by girls.

Inner or Outer Beauty

Which is more important?

Madison: I think that inner beauty is very important. How you feel on the inside, your talents, your likes, and dislikes. It's ok to look good on the outside. Feeling good on the inside is sometimes easier when you feel good about how you look on the outside. It's okay to care about how you look as long as you don't get obsessive. I don't think that I have to put make up on, it just adds to my beauty.

Brianna: I think that inner beauty is better. I mean, it takes awhile to put make up on, so why stress yourself by worrying about how you look or what other people think of your looks. Just be yourself and people will like you for who you are.

So there you have it. Our opinions, but everybody has their own idea of beauty and how to express it. Just don't feel like you have to hide behind a mask of make-up... let your inner beauty shine!

Does your teen have something to contribute to the NEWS?
Please send all submissions to editor@qfhsa.org

Five Steps to a More Rewarding Summer with Your Teenager

Humorist Erma Bombeck once said, “Being a kid at home in the summer is a high-risk occupation. If you call your mother at work thirteen times an hour, she can hurt you.”

The thought of your teen being home for 10 weeks can raise feelings of excitement or trepidation in both of you. Some things may not be in your control as a parent – for example, your work schedule, the economy, or whether your teen will find a job or a hobby. But some things do remain within your control. The difference in how you feel – and what your teen recalls – about summer 2010 may depend on how you approach it as a parent.

“There’s an old saying – if you fail to plan, then plan to fail,” says Malcolm Gauld, parenting expert and co-author, with his wife, Laura, of the parenting book “The Biggest Job We’ll Ever Have” (Scribner) and The Biggest Job parenting seminars. His advice: “Parents, think ahead – plan to make a difference in your kids’ lives this summer.”

“Many parents will be working,” adds Laura. “So time spent together can be limited. Still, you can make sure that this time is enriching and memorable.” Summer programs and camps are ideal for social and intellectual stimulation and simple carefree fun. While there are a lot of great programs out there, not everyone is able to afford them. Don’t despair. The Gaulds offer these 5 simple things that parents can do to make the most of family time as well as boost their kids for their return to school:

1. **Take time out** every week to create and build upon family traditions. The big picture of raising children is done with the actions, routines, and practices that make up a lifetime of memories and habits. Often, the value of these actions is seen looking back at one’s upbringing. These activities will make lasting memories and add to your kids’ positive attitude.
2. **Hold weekly family meetings** where everyone is invited to share ideas, thoughts, fears, challenges and stories. Regular communication that touches upon deeper issues than where the socks are, or when dinner will be served, remain very important throughout the relaxed summer months. It brings the family closer together and also helps to teach kids to communicate in group settings, an important ability throughout life.
3. **Assign family jobs.** Everyone in the family needs to own a part of the responsibility of creating a clean, welcoming, and organized home. And, as a member of the family, teens are no exception. One of the best lessons in life parents can teach their children is that being a member of a family or group means being a contributor to the betterment of that group. It also gives teens an opportunity to learn what they enjoy – painting, repairs, the garden, etc.
4. **Mandatory Fun.** Determine a time when the family comes together to do something downright fun and silly. Sure, teens may be resistant to this at first, and may even act as though the whole thing is a waste of time, but in truth, teenagers still need and yearn for deep connections – and the positive effect of laughing for 30 straight minutes cannot be overestimated.
5. **Remember not to take things personally with your teenager.** You’re probably going to hear this summer comments about your hair style, your swimsuit, etc.. It’s all right. Demand respect, but let the comments your teenager makes roll off. “Maintain a sense of humor about yourself and remember to take things lightly,” says Malcolm. “Focus instead on the principles of good parenting – honesty, good attitude, flexibility, responsibility, and sharing.”

For more information about Malcolm and Laura Gauld, visit their website at <http://greatparenting101.com>



Book Review

The School for Dangerous Girls

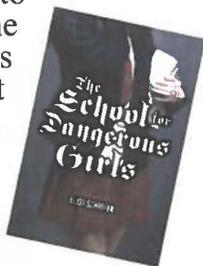
Author: Eliot Schrefer

Publisher: Scholastic

Fiction - Teen

352 pages

This book tells the story of Angela Cardenas, a 15 year old girl, who is sent by her parents to Hidden Oak, an all-girl boarding school for “dangerous” girls. Angela knows that she is not the most well-behaved girl but she is angry that her parents seem to be giving up on her. When she arrives at Hidden Oak, she and all the other new girls are taken aback when they hear all the rules of the orientation period and realize that this school is no better than prison. The girls are treated horrendously and Angela and her friends become determined to expose the events going on at the school while trying to stay alive. This is a very interesting book with a lot of action, suspense and excitement. It makes one think about how vulnerable we are when we are all alone and how important friends and family can really be in our lives. Girls over 12 will probably really enjoy this thriller!



Kira Knox

Grade 7

Royal West Academy

Thank you to Sandra Bebbington -
Library Technician LBPSB



Summer Reading Suggestions

Ages 5 - 7

Wolf Pie by Brenda Seabrooke – A new hilarious take on the three little pigs.

Jade Necklace by Paul Yee - Set in Vancouver at the beginning of the 20th century, A little servant girl tries to bring her mother and brother over from China.

Ages 10 - 12

39 Clues : Storm Warning book nine – take the summer to read through this exciting series that involves a treasure hunt, crazy relatives and murder....

Mother Daughter Book Club by Heather Vogel Frederick - a fantastic series (there are 3 in the series so far) by an award winning author. This story is about 4 girls and their mothers who form a book club...a great summer read for girls and their moms!

Ages 12 - 14

An Abundance of Katherines by John Green A hilarious book about relationships, getting dumped and how it can all be solved mathematically.

I Am A Genius of Unspeakable Evil and I Want To Be Your Class President by Josh Lieb Oliver Watson is bent on ruling the world, until his dad provokes him to run for class president...a great book about fathers and sons, school survival, world domination!

Ages 15 - 17

For the Win by Cory Doctorow – in the future the world is a virtual one...and you must play to survive...

White Cat by Holly Black - set in an alternative universe where a select few have a “curse” or ability. Everyone walks around with gloves so as to not be touched by the curse workers. Join Cassel on his quest to find his best friend Lila, whom he thought he had murdered, but to do so he will have to out wit the curse workers....

East Hill's Green Fair - All Thumbs Green!

Over 200 students from East Hill School and Michelangelo School in R.D.P. along with eight environmentally friendly community organizations and individuals took part in East Hill School's first annual Green Fair.

Animating activities for the morning were Eco de la Pointe-aux-Prairies, Four Green Steps, Pavé & Jardin R.D.P., Mascot RRRV from Recycle-Quebec, EMSB Spiritual Community Animator Joseph Monachino and students from Royal West Academy. The animators teamed up with East Hill's student-led Green Team and its staff (Rocco Simone, Lisa Tafuri, Maria Cerone, Rocco Speranza, Myrienne Lusignan, Myrienne and Maria Di Perna) to provide the students with eight fun filled and informative stations. The objectives of the stations were to help the students learn the many ways they can reduce their negative impact on the community and how to become "GREENER" in their schools and communities. They were involved in hands-on planting, making musical instruments from recyclable materials, and watched presentations on how to initiate green teams in schools.

The fair also marked the Tree and Forest month in Quebec by planting three trees on school grounds. As a gesture of appreciation to Michelangelo for their participation, East Hill presented them with a 5-foot Cedar that will be planted on their school grounds.

The smiles on the student's faces during the day was a sure sign that this event was a huge success. The benefits of the day are long-lasting - organizations and students working together to ensure the health of our earth.



News from Mount Pleasant

Mt. Pleasant has been bursting at the seams with activities. We kicked off May with the traditional Music Monday show on May 3rd, in which all 310 students performed for parents, family and friends. They performed the theme song at the exact same time as 700,000 children across Canada and a few other countries in the world!! What an amazing thing to be a part of!

Cycle 2 then put on the musical - Once Upon a Dream, a story of Cinderella. The musical was organised by their music teacher, Mrs. Koelblen. One word description = FANTASTIC!

The children were also very busy presenting Jump rope for Heart with a cheque totalling more than \$9000.00!!! WAY TO GO MT. PLEASANT!!!!!!

We are getting ready to say goodbye and good luck to our graduating class of 2010. Most of these children we have known since kindergarten and seeing them continue on their journey is truly remarkable. We wish them all the best in their future endeavours.

To the families of Mt. Pleasant, we wish you all a wonderful and safe summer.



Win tickets to see
LEONCE & LENA
See Back Page for details!

St. Charles Home & School Hosts New Events

Lindsay Place High School

On March 20th 2010, 17 LPHS students participated in a French public speaking contest "Concours provincial d'art oratoire 2010" held at Le Centre Culturel de Pierrefonds. Once again, Lindsay Place High School was well represented by great and enthusiastic students who performed at the annual Canadian Parents for French - Quebec public speaking contest.

Grade 9 - 10

Janagan Balakrishnan
Penujan Balasundaram
Caitlin Berger
Saaru Kandasamy
Alexandra Lyschik
Alina Mambo
Stephanie Melanson
Tanya Multani
Niroka Nadarajah
Mikhaela Neelin
Jonathan Plante

Grade 11

Alex Gauthier
Scott Harvey
Maulik Kantawala
Sitara Khan
Caitlin Stoddart
Marie Touma

Caitlin Berger gr. 9, Jonathan Plante gr. 9, Sitara Khan gr.11, and Marie Touma gr.11 went on to the Provincial Final held on Saturday, April 17th at Vanier College in Ville St. Laurent.

Caitlin came 3rd in the Enriched group, grade 9-10, Sitara came 1st in the Enriched Plus group, grade 11. Marie came 3rd in the Langue Maternelle group, grade 11.

Sitara and Mariel moved onto the National contest in Ottawa in late May.

Congratulations to you all.

St. Charles Home & School has been very fortunate this year with new ideas and energy that has resulted in new activities that the community embraced. A new family fun event that was held in April was a Rock Band Competition. The students formed bands and competed for the coveted "St. Charles Rock Band Entertainer". A great time was had by both entertainers and spectators and the students very much enjoyed their moment of glory on the "big stage".

Another new event held in May was the St. Charles Craft and Yard Sale. A lot of work and preparation went into putting this event together and in the end all the hard work paid off as the 1st Craft and Yard Sale was a success!!! We were also host to some vendors that were selling items for a good cause such as "Weekend to End Women's Cancers" and "S4SS - to help build schools in Sudan" as well as to the "Quebec Society for Disabled Children". One could definitely sense the community feeling all around them with the sounds of children playing in the adjacent park, vendors striking conversations with one another, and the presence of some staff members that came by to browse and speak with the volunteers. A great time was had by all.

The goal of this event was two fold: a community involved event and fundraiser and both goals were definitely achieved.



Baie Comeau High School

On May 1st, students from grade 5 and 6, H & S members and the school principal got together to construct two picnic tables for the benefit of the grade 5 and 6 students. The material needed for the construction of these tables was donated by Rona - Julien & Frères. The H & S members organized a barbecue and refreshments were given to those helping out.

We had fun working together under the beautiful blue sky. Thanks to all our volunteers!



St. Patrick's Elementary

In April, the H&S helped to organize its second family movie night of the school year. Students along with parents and friends enjoyed an evening in the gym viewing Alvin and the Chipmunks: the Squeakquel.

In May, the H&S will host its 7th annual Family Dance. This year the dance will have a Hawaiian theme. The H&S is also organizing donations of hair and money during its 2nd annual Locks of Love event.

As the end of the school year approaches, plans are already underway for next year. New H&S executives will be elected at our June meeting. It is hoped that some trends initiated within the past two years will continue. These trends include:

- Increasing our H&S membership. We won our first QFHSA Membership Award this year.
- Regularly communicating with the families of St. Pat's. The H&S launched a newsletter this year to disseminate information.
- Increasing the number of parents involved in school activities regardless of H&S membership status. What a great response we had when soliciting volunteers through the newsletter as well as by word-of-mouth! Roughly 60 adults volunteered within the school this year and for the majority it was their first year participating in events and as classroom helpers.
- Following the lead of other schools by creating sub-committees to encourage volunteer skill development and creativity.
- Ensuring volunteers feel supported and welcomed when they participate in activities.

Essentially, we would like to encourage families and friends to continue building a tight-knit St. Pat's community.

A strong community is dependent upon the attitudes and efforts of its members. Relationships need to be nurtured and lines of communication need to be created and maintained. The end result is a pleasant school atmosphere for the students, staff and families.



Membership Awards

Ayer's Cliff Elementary
Beacon Hill Elementary
Chelsea Elementary
Dorset Elementary
Dunrae Gardens
Genesis Elementary
Honoré Mercier
Margaret Manson
New Carlisle HS
Royal West Academy
St. Charles Elementary
St. Patrick's Elementary
Westmount Park Elementary

Welcome to the NEW Home and School Associations!

Belle Anse Elementary
Bonaventure Polyvalent
Gaspé Polyvalent
Metis Beach School
Riverview/Port-Cartier
St. Edmund's Elementary
St. Paul's Elementary
St. Thomas High School
Soulanges Elementary
Wilder Penfield Elementary

St. Charles Home & School Achieves Great Honor

St. Charles Home & School was the proud recipient of the Membership Award at the QFHSA's 66th Annual General Meeting.

Congratulations to the many volunteers that help to make it all happen and in particular thanks to Joanne Cembalo, Membership Chair, for this outstanding achievement. Thank you to every member of our Home & School that has supported all of our activities in turn helping us to build school spirit and make school more fun.

By becoming a Home & School member you are helping St. Charles parents have a voice in education through its affiliation with the Quebec Federation of Home & Schools. We also promote the involvement of parents in the education of their children. You want the best for your children. You and your children deserve the best.

We look forward to your continued support next year so that we can strive to achieve even greater things for ALL our children.

Westwood High School's Year in Review

Westwood was livelier than ever this year with an abundance of activities and programs. Home and School held Westwood's Annual Craft Fair in November which was a tremendous success. A gymful of crafters vowed to return next year, while visitors enjoyed the raffle table with its wide selection of prizes, including a few choice Montreal Canadiens hockey items signed by players. Snacks were available and gently used cookbooks were also for sale. As usual, the bake table emptied quickly and everyone went home with a smile.

Fundraising Goal

Westwood's fundraising goal this year is to purchase as many SMART Boards as funds will allow. Our two fundraisers during the year are magazine subscriptions with Reader's Digest (launched in September and continuing throughout the year) and the Craft Fair.

Teacher Appreciation Week

Westwood Home & School spoiled our teachers at both junior and senior schools with culinary delights for Teacher Appreciation Week. Muffins and homemade snacks were delivered every day for recess treats. The week's highlight was a mouth-watering buffet (all donated by parents) laid out in the libraries for teachers and support staff (on a Wednesday at Senior and Friday at Junior) with tables full of hot dishes, cold plates, salads, and a dessert table no one could pass up. White and red tablecloths and flowers dressed the tables as everyone enjoyed the feast. Thanks went both ways with school staff appreciating the lunch and parents thanking the staff for everything they do every day for our kids.

Media Plan

New this year for Westwood is the development of a strategy for ongoing communication with the community. The goal is to have news and information published on a regular basis in the local papers to give parents and the community at large more insight into daily life at Westwood Junior and Senior campuses.

There are many more amazing projects that take place at Westwood without the help of Home and School, thanks to the dedication and hard work of Westwood staff and students. Hoops for Heart, fundraising for Haiti and Bridge to Burundi, where students are raising money to build classrooms in Burundi, Africa, are just a few of the amazing things that happen when ideas and people come together at Westwood High!

Gardenview - On recycle en musique !

En mars et avril dernier, les élèves de 4e à 6e année des classes de musique ont eu la chance de participer aux ateliers "Boum tchi-ka" du programme "Mon école écolo 2010" offert par l'arrondissement St-Laurent.

En premier lieu, les élèves ont reçu la visite de l'artiste-musicien Sylvain Grenier qui leur a expliqué comment fabriquer des instruments de percussion à l'aide de matériaux recyclés.

Par la suite, soit le 21 avril dernier, tous les participants furent conviés au Centre des loisirs pour le spectacle du groupe Création ; un duo qui utilise aussi des instruments fait à partir de matériaux recyclés.

Plusieurs élèves et professeurs ont eu l'occasion de se joindre au groupe sur scène et nos 160 "concepteurs" avaient tous apportés leurs "chef d'oeuvres" afin d'accompagner le groupe pour la finale.

Mme. Linda Morelli, Musique



Forest Hill Celebrates One Year as an Ecole Verte Brundtland



Forest Hill Junior Campus celebrated its first year anniversary of being an Ecole Verte Brundtland on May 6. It was the first school in the LBPSB to be granted this status. The students and staff celebrated the day with a ceremony to mark the school's status. Each class took part in eco-activities, including a walk through our school's Outdoor Classroom (our backyard forest path with labelled trees). Students from Mme. Belanger's grade 2 class hosted an eco-store to greet parents and visitors at the school entrance. Some of the items were reusable water bottles and cloth fruit and veggie bags.

The Home & School also held a wonderfully successful and very green plant sale in conjunction with the Brundtland day festivities. The sale organizers received and labelled over 200 donated perennials from parents, family and other community members. It was quite an assortment of plants, including 4 different species of hostas alone. All were sold for \$2 or more, depending on size. The volunteers and plant experts were on hand to help everyone with their purchases. Many buyers came out to support the Brundtland & H&S initiative by shopping for some bargain plants on the sunny day. H&S was very pleased to have raised over \$1400 in one afternoon! And not one plant was left unsold! They will definitely be making this an annual Perennial sale.

Les Etablissements Verts Brundtland was started in 1987 through a United Nations initiative, and soon spread as les Ecoles Vertes Brundtland movement when the ideals were promoted through schools. The group wanted to promote eco-friendly living and sustainable development. In schools, this is promoted through 4 core values: ecology, peace, unity and democracy. Our school tries to plan activities in class, fundraisers, events, and field trips with the Ecole Verte Brundtland philosophy in mind. For more information on the establishment, please visit www.evb.csq.qc.net <<http://www.evb.csq.qc.net/>> .

Sherwood Forest News

February found Sherwood Forest very busy with plans for a Magic Show and Winter Olympics. A magic night with magician Blair Marshall was well attended and enjoyed by all. Thanks to Rhonda and Lynn for bringing together over 140 kids and parents who were entertained and puzzled by Mr. Marshall. February also welcomed 2 weeks of Olympic themed fun for all. Staff and students alike were caught up with pride for our athletes. Many classes took on projects to learn more about the Olympics and winter sports. The highlight for many during the Olympics was our opening ceremonies with torch bearer Ben Mumme inspired all with his enthusiasm. Watching the classes with their country flags enter the gym to the sound of "their" country's anthem was wonderful. After outdoor fun (skating and sledding) Home and School provided juice and snacks for all.



Ms. Phenix enjoyed a game of Bingo with Brendan & Evan Werbin (Sherwood Forest)

Sherwood Forest (Con't)

March brought us Teacher/Staff Appreciation Week. What wonderful ideas our organizers came up with! Daily raffle prizes were given, childhood photos of staff members were put up, coupons for classroom help as well as our daily tea trolley. The week ended with a wonderful lunch provided by Home and School volunteers. Home and School supported Nutrition month by providing healthy snacks on Wednesday throughout the month of March. The kids even enjoyed fresh fruit kabobs made by our parents.

We have been able to purchase classroom reading programs for K to Grade 4, allot money for more outdoor play equipment, as well as support a leadership program for the Grade 5 students.

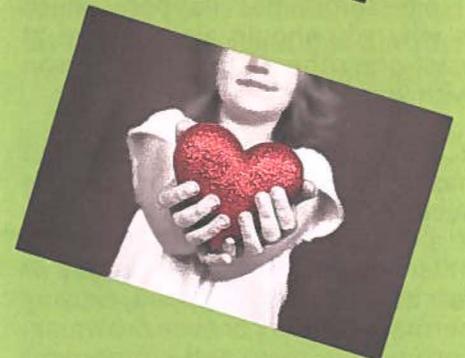
Once again we were pleased to host a Family Bingo Night with all proceeds going to the Montreal Childrens' Hospital. It was great to see families and staff out having fun; winning prizes always brings out a smile. Thank you to all who attended, donated raffle prizes and to the fantastic organizers. Many of us were pleased to attend the QFHSA Awards Dinner where our Music teacher Diane Martello was honoured with the Gordon Patterson Award congratulations Mrs. Martello! Unsung Hero awards went to Paul Cartmill, Julie Jackson and Jacquie Patterson for stepping in to volunteer with such enthusiasm!

Orchard Elementary Celebrates Volunteers!

On Thursday, May 20, 2010, a group of hardworking Grade 4 students prepared and served tea to 18 school volunteers- most of them Home & Schoolers. The students had worked hard preparing a tea with sandwiches and desserts as well as setting up, decorating and wrapping small gifts. The girls greeted each guest at the front door and escorted them to the 'tea room' where they were presented with a flower. They set the tables beautifully with real tea cups.

This was an especially poignant year for our school as two long time volunteers, who have made an enormous difference, first at Cecil Newman and, for the last 4 years at Orchard will be watching their youngest children graduate from our school. Donna Spark and Donna Cobb have worked tirelessly for many years enriching the lives of Orchard Elementary School students. They have put their heads together to make sure our students have fun activities and they have energetically and enthusiastically participated in probably hundreds of fundraisers, pouring thousands of cups of juice and hot chocolate as well as helping out at every field day, carnival and pizza day event for the last 7 or more years. The hard work of 'Two Donnas' has brought in desperately needed funding for graduation activities, field trips and other special events. Kudos to Donna Cobb and Donna Spark – Orchard Elementary loves you!

At Orchard we are very dependent on our Home & School not just as fundraisers but as active volunteers in the school. We know without the funds raised and the hours donated our school wouldn't be the wonderful place it is. For that reason we wanted this to be a very special volunteer celebration. We also want our volunteers to remember that just because your child has left us doesn't mean you have to!



Water Fun for Everyone: 5 Tips to Enjoy Your Pool, Spa, or Hot Tub

Warm weather means many things – cookouts, summer vacations, and lots of time in the water. Backyard and community swimming pools get plenty of use during the summer months, and even if you don't own a pool, chances are you know someone who does...and you can enjoy their pool on the hottest of days.

Aside from being great fun, pools offer many extraordinary benefits for health, fitness, and socialization. A pool is a great place to exercise because it offers both cardiovascular and strengthening benefits at the same time, a rarity in most workouts. Additionally, your swimming pool, spa, or hot tub provides a very special setting for having family together and inviting friends to join you to spend time together and have fun.

But just like any other activity, pool use requires that you put a focus on safety. Just as you wouldn't do a cross-country road trip without making sure your kids are safely secured in the car, you shouldn't use a pool, spa, or hot tub without safety guidelines in mind. So before you or your family dive into the clear blue water and enjoy those lazy days by the pool, make sure everyone is aware of the following pool safety rules.

1. Always swim with someone else and follow water safety rules.

Swimming should never be a solitary endeavor, no matter what your age. Even if you're an experienced swimmer, unexpected things sometimes happen, which is why you should always have at least one other responsible person with you at all times.

2. Never enter a pool or spa that has a loose, broken, or missing suction fitting or drain cover.

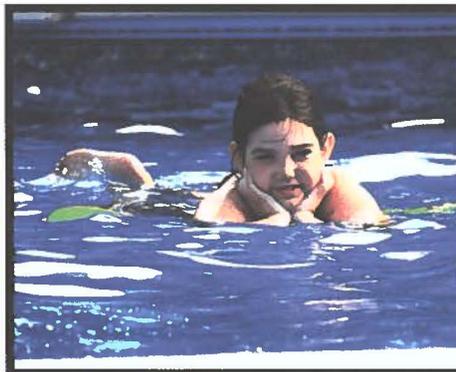
If a drain cover is not compliant, or is loose or broken, your body or hair could become trapped, causing permanent injury or even drowning. Fortunately, new, anti-entrapment drain covers are available. If you're unsure if your drain covers are

safe, have your pool inspected by a licensed industry professional.

3. Feet first! Never dive head first in water not intended for headfirst diving.

All above-ground pools and many in-ground residential pools are NOT designed for headfirst entry – even if you see a diving board in place. Therefore, never dive head first into any pool until you are sure the pool is designed for diving and meets all standards for diving pools.

- Plan your dive to avoid submerged or surface obstacles and other swimmers.
- Feet first in most pools!
- When you do dive down, you must steer up!
- Keep dives simple – no fancy dives or ones with a straight vertical entry.
- Don't run and dive.



Injuries can spoil the fun for everyone. So to get the most pleasure from diving and to avoid serious injuries, don't take needless risks. Practice the basic rules for safe diving.

4. Always have layers of protection for your residential pools, such as barriers, alarms, and safety covers.

While the number of pools, spas, and hot tubs has grown significantly each year, child drownings have been declining. This is great news! Nevertheless, parents should be aware that any body of water poses a risk, especially for children under five years of age. That's why you

never want to rely on only one means of protecting your family and friends when they are enjoying the benefits of a pool, spa, or hot tub.

5. Above all else, remember that nothing takes the place of adult supervision, without distractions.

No matter how many safety devices you install in or around your pool, spa, or hot tub, always remember that there is NO SUBSTITUTE FOR ADULT SUPERVISION! In the time it takes you to run inside to answer a phone or take something out of the oven, a child could drown. Therefore, NEVER leave children alone while they're swimming – not even for a minute!

Additionally, when watching children in the pool, make sure you have no distractions. Reading a book, cooking on a grill, or talking to your friends is not adult supervision. Instead, assign an adult in 15-minute intervals to be the "water watcher." When on duty, the water watcher does only that – watches the water. By doing this one simple step, you'll save lives and everyone will have an enjoyable water experience.

Have the Best Summer Ever

No one can deny that pools, are great fun and great for your health. So don't let a little carelessness spoil a good time. A little forethought, planning, and education at the onset of water season can yield many months of happy times and lifelong good memories!

About the Author:

Helen Bloch is Manager of Consumer Safety for the Association of Pool & Spa Professionals (APSP). The APSP is the world's largest international trade association representing the swimming pool, spa and hot tub industry. Safety and professionalism are core values of APSP members. For more information, visit www.APSP.org.

Special Needs



Bullying and the special needs student

When Christopher's family moved to a larger house in a new neighbourhood, he had to change schools in the middle of Grade 4. For many children, changing schools in the middle of the academic year, can present some anxiety with respect to new adjustments and navigating an unfamiliar social world. But for children with special needs, the level of anxiety can often increase dramatically.

Two years ago, Christopher was diagnosed with Tourette's Syndrome, a disorder characterized by involuntary tics, vocalizations, and other associated learning challenges. Although controlled somewhat by medication, Christopher's facial and verbal tics are still apparent, especially during periods of stress. Christopher was feeling very anxious about going to a new school and as a result, his symptoms became more pronounced.

After the first few days of school, Christopher woke up every morning with different excuses as to why he could not go to school on that day. "I have a terrible headache!"; "The teacher is giving a math test today and we didn't cover that material in my old school!"; "I twisted my ankle in gym yesterday playing dodge ball and it hurts when I walk!" Each day, Christopher's mother coerced him into going to school, although she did agree to drive him as he absolutely refused to take the school bus. By week three, there was no improvement in Christopher's attitude and it was getting harder and harder for his mother to force him to go to school. One day, he came home from school with the pocket on his jacket torn and the money he brought for the book fair, missing. When she picked up the phone to call the principal, Christopher begged his mother not to call and divulged to her that he was being bullied. He explained (in tears) that a small group of boys, mostly lead by one "mean" boy, taunted and teased him, called him "Ticky" in front of the other kids, and imitated him whenever the teachers or lunch monitors weren't looking, especially on the school bus. He added that some of the girls and the quieter students in the class would stand by and giggle as the bullies made fun of him.

Christopher was a victim of bullying. The boys and girls that stood around and watched or laughed are referred to as "bystanders," and through their

inaction, often send the message to the bully that what he is doing is okay. Christopher did not have the confidence to speak out against this injustice, or to inform the authorities in the school (or even his own parents) of his ordeal. So he continued to suffer in silence until his mother discovered the truth.

It is important to note that not every conflict on the playground, nor every act of aggression, teasing or social exclusion, is a true representation of bullying. Bullying is a repeated pattern of behaviour that usually involves intimidation of another person. Bullies look for signs of weakness in their "victims" that could involve social status, size, socio-economic status, ethnicity, or special needs. It is important for the adults in these children's lives to be on the lookout for the kinds of symptoms that Christopher was experiencing. There is nothing that can be done to "cure" his Tourette's, but educating and sensitizing the peers in his new school about this disorder, would help them to understand what Christopher lives with every day. This, in turn, could greatly diminish the instances of bullying directed at him.

Bullying can have a devastating, lifelong effect on its victims. This can include depression, refusal to go to school or even leave the house, and in the extreme, thoughts of suicide. Bullies need to get the clear, consistent message that their actions *will not be tolerated* nor will they go unpunished. Children with special needs, more often than not, require the immediate and ongoing intervention and support from school personnel and family members, not only to prevent them from living in fear, but also to provide them with the tools, and teach them the skills that they need to find their voice and make themselves heard. Every child deserves a safe, healthy school environment, and we all need to contribute to making that a reality.

~ By Lori Ruban

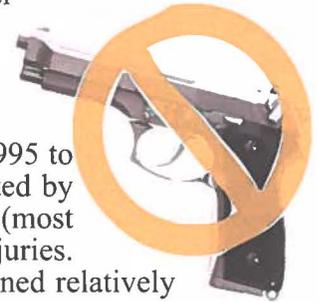
Lori Rubin is a behaviour management specialist at the English Montreal School Board

STATEMENT FROM CANADIAN HEALTH ORGANIZATIONS

Firearms Control and Injury Prevention: The gun registry is a good investment

Recent debates surrounding gun control have focused on the problems of urban violence, gangs, and handguns. However, most firearm deaths in Canada are suicides and the guns most often used are rifles and shotguns. When firearms are available, domestic homicides are more likely to involve multiple victims and to end in suicide.

There has been much progress in reducing gun related deaths with progressively stronger legislative reforms, in 1977, 1991, and 1995. In 1995, there were 1125 firearms related deaths in Canada (3.8 per 100,000), compared to 818 in 2005 (2.5 per 100,000), a decline of 33%. The greatest reductions are in deaths with rifles and shotguns, the firearms that have been of the focus of most of the new measures. Suicides with firearms among 15-35 years olds have decreased by 64% in the last nine years (from 329 in 1995 to 121 in 2005) with no evidence of substitution with other methods. Murders committed by rifles and shotguns, murders of women with firearms and lethal gun-related accidents (most of which involve long guns) have declined more rapidly than other types of fatal injuries. In contrast, homicides with handguns, fuelled in part by the illegal trade, have remained relatively stable.



Screening and renewable licenses for gun ownership reduce the risk that dangerous or suicidal people will get access to firearms. Licensing works hand in hand with firearm registration to keep legal guns in the hands of legal gun owners. Because it allows guns to be traced back to their last legal owner, registration helps prevent illegal sales or straw purchases to unlicensed (and potentially dangerous) individuals. Gun owners are also more likely to safely store their firearms. Registration also helps police with the temporarily removal of firearms in households where there may be a risk for suicide or violence. This is why the Supreme Court maintained that the registration component is critical to enforcing licensing provisions and cannot be severed from the system.

As health professionals, we know the importance of investing in prevention, whether in road safety or prevention of infectious diseases. We cannot easily measure prevention, but we can certainly measure the effects of ignoring it. Six different coroner's inquests recommended the licensing of gun owners and registration of all firearms. Indeed, our daily practice informs us of the very real risks associated with firearms and of the value of a strong gun control law. That is why we must speak out against Bill C-391, the private member's bill currently before the House of Commons which aims to abolish the long gun registry.

~ Signed by over 60 Canadian health groups and professionals

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In My Opinion

Rohinton Gandhi

The teacher briskly walked into the Grade 6 class, put down his books and almost immediately started writing on the blackboard. He neatly printed five words in each of the six columns with the headings, nouns, verbs, adjectives, adverbs, articles, and conjunctions, across the width of the board. From the selection before them, he then challenged his students to correctly form five complete sentences using one word from each column. Spelling and penmanship counted, as it was a simple pencil and paper exercise without the distractions of today's technologies.

This basic exercise repeated frequently throughout the class year, with alternating words and clever sentences, would allow us to form a solid understanding of the parts of our English language, and of how they all worked together. By knowing all the pieces, we were given the tools to speak and to write correctly,

allowing us to share our limitless imaginations with others in our English world. A world that is continuously being threatened, right here in our own backyards.

English is a beautiful language. Its phrases and slight nuances are as wonderful to hear, as they are to speak. Pronunciation allows us to ensure that our messages are clear. Punctuation helps us to breathe forth our words to carry out their intended effects. Even the very tone of our voices hold a certain charm and eloquence, with the ability to turn a simple sentence into a poetic verse. English is as beautiful to "watch", when the words are presented with passion, and that is what our English teachers continue teach kids today, how to be passionate with our language.

Almost daily, with the same passion, one Quebec "Superior" council or another spring into the news denouncing the true value of an English education, suggesting to our government to extend their already discriminating bills and charters to further stop the flow of new students choosing to access our English schools. They are convinced that their fears stem from the English language within our province's borders, not accounting for the global tide of English now surrounding these same borders, and of how most of these waters have already seeped in. Their laws continue to limit the rights of Quebec parents to choose the language of education for their children. "At any cost" is their voice of reasoning. Even if that cost, limits the potential of our young future minds.

A significant amount of wealth is still generated by Quebecers raised through our English School systems. For a minority, we still show major successes in our local and global business worlds. Eventually, all children will have to go out into the real world to make their stand, a stand that will continue to require a clear knowledge of the English language. Perhaps, this is what is truly feared.

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info and events too!

Come get in on the
conversation!!

Our English Universities continue to attract students from around the world, bringing the world to us, and choosing an English education. As foreign students bring revenues to our province, is this reason enough to keep our educational doors wide open to the rest of the world, yet slam them shut on our own children's choice of language education during their formative school years? Those are the questions that our councils should be asking with their eyes wide open.

If our Superior councils accomplished their goals, how would Quebec change without its English citizens? French pop radio stations would still play a majority of their music in English. Television stations would still air many programs translated from English. Quebec music video channels would continue to play mainstream English content. Movie theaters would still show many of their new releases in their original English format, for there are many viewers who still prefer hearing the original voices of their favorite Hollywood stars.

The fact remains that by extending French laws, Quebec would continue losing its English citizens, but would not be losing any more English. Our English and French languages have melded so tightly together, that it would take much more than any group's efforts to pry them apart.

So what would change, if the voice of these councils provided a truly honest and brave new idea to our government, to return the free choice of education to the people? Would the council members then be heard, or simply replaced for speaking the unspeakable? By confirming that all Quebec parents are intelligent enough to be allowed the final choice of language education for their children, over those made for them by the state...or will this remain a lesson not yet learned...affecting us all...trapped within our own provincial corners.

MARK YOUR CALENDARS!

EXECUTIVE TRAINING WORKSHOP

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7:00 PM

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ANNUAL FALL CONFERENCE

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Mission Statement

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The Quebec Federation of Home and School Associations Inc. promotes the involvement of parents, students, educators and the community at large in the advancement of learning and acts as a voice for parents.



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