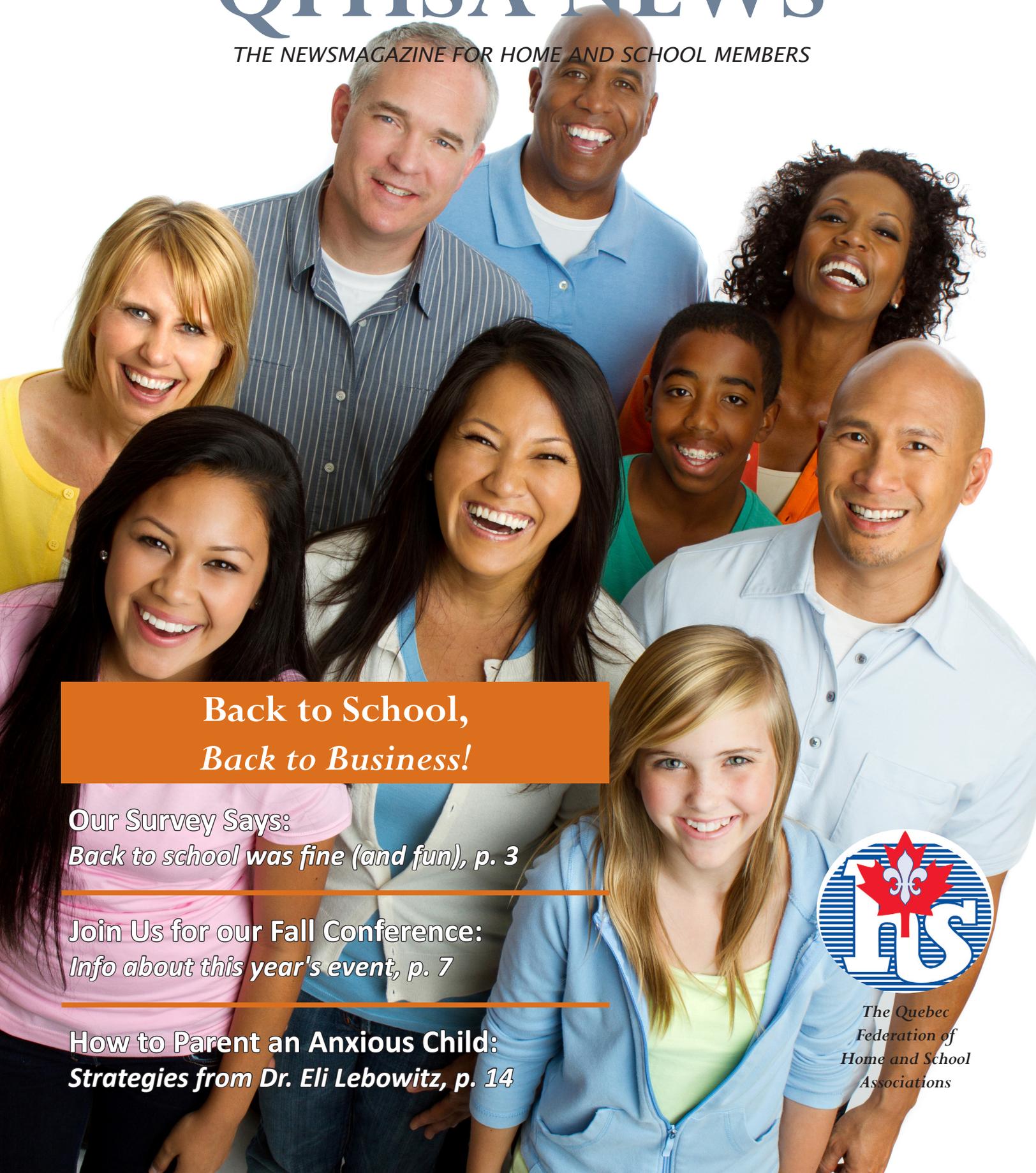


VOLUME 60 ISSUE 3

FALL 2022

QFHSA NEWS

THE NEWSMAGAZINE FOR HOME AND SCHOOL MEMBERS



**Back to School,
Back to Business!**

Our Survey Says:
Back to school was fine (and fun), p. 3

Join Us for our Fall Conference:
Info about this year's event, p. 7

How to Parent an Anxious Child:
Strategies from Dr. Eli Lebowitz, p. 14



The Quebec
Federation of
Home and School
Associations

In this Issue

Hooray for Good Times!	3
Dates to Remember	4
President's Message	5
Executive Director's Message	6
2022 QFHSA Fall Conference	7
The QFHSA's Family Fun Workshops	8
ELAN's What We Choose to Remember	8
Spotlight on the Board of Directors	9
Join a QFHSA Committee	9
News from the Executive Training Workshops	10
Remembering: Helen Koeppe Heiskala and David Howard Hill	10
The Impact of Law 96: A Survey	11
Youth Exploring Science	11
Why the Next Minister of Education Must Learn What the Definition of Meaningful Consultation Really Means! <i>A Commentary By Brian Rock</i>	12
Books Available (2022 Holiday Baskets)	13
How to Help an Anxious Child...	14
Literacy Corner	16
Membership Services—The Latest News	17
Focus on the Locals	18

MISSION STATEMENT

The Quebec Federation of Home and School Associations Inc. is an independent, incorporated, not for profit volunteer organization dedicated to enhancing the education and general well-being of children and youth.

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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3285 Cavendish Blvd., Suite 560

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Phone: 514-481-5619

Fax: 514-481-5610

Email: info@qfhsa.org

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A huge thank you to the local Home and School Associations that shared their photos for this issue.

We welcome your letters!

You are invited to send us your comments/suggestions on this edition of the QFHSA News by email to news@qfhsa.org.

Hooray for Good Times!

A FEW WEEKS INTO the 2022-23 school year, the QFHSA wanted to hear some good news and local Home and Schools delivered! It all started with a one-question survey: **What's the best thing about this school year (so far)?** The QFHSA posted the survey on social media and sent it to local Home and School presidents to share in their communities. The answers came in fast and furious; almost topping 100! We mostly heard from parents, but we were very pleased to hear from quite a few students, too! The survey responses gave the QFHSA a peek at back-to-school in the fall of 2022, and the news was good!

School Feels Normal Again... and that Is Great!

According to Hunter, a Grade 6 student, "The best thing so far is a regular school year!" Many who answered the survey shared Hunter's sentiment. With little or no COVID restrictions in place, people expressed joy at seeing faces again and smiles. To Ayala, a parent, fully opening all the extra-curricular activities and field trips **has made childhood normal once again.** For Emma, a Grade 3 student, the best thing is "Getting to see my friends after doing 2 years of virtual school :)" For Emma and a lot of other students and their parents, a more normal school year has been a long time coming...



Photo from Adobe Stock

No longer confined to their classroom bubbles, children are free to roam the school yards. And that is a very good thing, according to Kindergartener Zachary, whose favourite thing is playing "outside in the front play yard of the school."

Students tell us they are also enjoying extra-curricular activities, learning, and trying new things. For Aidan, a Grade Sixer, art class makes the top of the list. At one school, there is excitement that the music teacher is starting a choir. Several kindergarten parents marveled

at their children's excitement and enthusiasm for school and learning—a great start to their academic careers.

Volunteering Is Back to Normal, Too!

Parent volunteers are embracing the opportunity to meet in person again. Parents told us how much they valued having in-person curriculum nights, governing board meetings, and Home and School meetings. Patty wrote: "We had an in-person Home and School meeting, we laughed, we brainstormed, we moved through a loaded agenda and most importantly met some new faces and all shared our common interest of getting involved and doing good for the school!"

In-school volunteer opportunities have returned as well. Several parents shared how much they enjoy resuming their in-school volunteering.

Celebrating the Return of Home and School Events

But for many, the best thing about the new school year was the return of Home and School events. And there have been events! Parents and kids alike wrote about corn boils, corn roasts, welcome-back barbecues, and even a back-to-school carnival.

"Our Home and School organized a corn boil for the kids at lunch time. It was the first time we have been able to get together both the junior and senior school since 2020! It was great fun for everyone!"

Cassandra, a parent

Another parent wrote, "So happy restrictions are lifted so we can have events that bring the school community together." Parent Laura described the joy of "Being able to host events that we haven't been able to for the past two years." It is clear that the return of Home and School in-person events has been **the major highlight** of the back-to-school season.

Continued on the next page

Hooray for Good Times!

Continued from the previous page

What Else Do the Kids Have to Say?

Along with the fun events they attended, our children are loving their school friendships. Anna, a Grade 2 student, says the best thing is "Being reunited with my friends and meeting new classmates!" Adriana in Grade 5 writes, "It's so good to be able to be back and to be able to hug each other." Parents are happy to report on their children's friendships as well. According to Amanda, the best thing is... "My son coming home every day from school and telling us all about his day in Pre-K with Madame Lyne and Miss Leana and all his new friends! This is my favourite thing about the school year so far and my favourite part of the day!"

For some kids, their teacher is the best thing to happen so far this year. Quite a few kids (and parents) spoke about wonderful teachers. Jake is very glad to be in Miss Angie's Grade 4 class, while Axel is happy to be reunited with his teacher from Grade 1.

We Like Our Schools

Parents showed a great deal of appreciation for other school staff and their principals as well. Cynthia described the compassion teachers and staff have shown for new students and parents new to the school system. For Kim, the parent/staff involvement in Home and School has



been the best thing about the school year so far. And David wrote: "The reception by the staff, the H&S and the parents of the school has made the transition for my son so amazing." Andrew made this conclusion, "So the people are the best thing about this school year (so far)."

Our little one-question survey has taught us a big thing: Back to school in the fall of 2022 looked a lot like the back to schools of pre-pandemic times. It was fantastic to hear this news. Thank you to all the parents and students who shared their thoughts with us. Your enthusiasm is inspiring; you bring hope that this year will be far better than the last few.

Karen Henchey,
Communications Officer



Merton Elementary's Home and School Association!

Congratulations to Merton Home and School for winning the QFHSA's "The Best Thing So Far" contest, which comes with a \$100 *Bureau en gros* gift card prize. Our contest winner was randomly selected by QFHSA staff from the close to 90 contest entries received. *Thank you to everyone who participated!*

Dates to Remember

Thursday, October 27	QFHSA Board of Directors Meeting
Saturday, November 12	QFHSA Fall Conference for Parents at Merton Elementary School
December/January	QFHSA's Family Fun Workshops: Cooking with Kids



Back to School and a Whole Lot of Activity!

A Message from the QFHSA's President

WELCOME TO ANOTHER SCHOOL YEAR! At this point, our local Home and School Associations have held their Annual General Meetings—either last spring or in the early weeks of the 2022/23 school year—and a new year of activity has most definitely begun.

At the QFHSA, staff and board members are busy preparing our November Fall Conference. We will be continuing with the theme introduced at our organization's June Annual General Meeting: "Rediscover, Rekindle, Reconnect." That's exactly what local Home and School volunteers are doing as they rediscover their children's schools, reconnect with the principal and teachers, and rekindle that Home and School spirit with other parents.

In addition to supporting local Home and School Associations as they embark on a new year of activity, the QFHSA has been keeping pace with developments at both the provincial and federal levels on behalf of our parent community.

As I write, we are midway through the provincial election campaign. The QFHSA has been meeting with the leaders of the parties in virtual town hall meetings hosted by the Quebec Community Groups Network (QCGN). The meet-

ings have been recorded and are currently available on the QCGN's Youtube channel. Visit [youtube.com](https://www.youtube.com) and search for QCGN TV. You can also use this link: <https://bit.ly/3xc8qeh>.

Representatives from the QFHSA also attended meetings with Ginette Petitpas Taylor, the Canadian Government's Minister of Official Languages, to discuss Bill C-13. As you know, this bill proposes amendments designed to modernize and strengthen the Canadian Official Languages Act (OLA). With this bill, the government's intention is to support the use of the French language in Canada. Representatives from many of Canada's French-speaking communities participated in these meetings, and as an organization that predominantly serves Quebec's English-speaking minority, the QFHSA was eager to participate in the consultations as well.

I want to wish you all a very good school year. If you ever need assistance or information, please do not hesitate to contact us.

Please take care and stay safe.

Rosemary Murphy



Photo from Adobe Stock

Welcome Back, Everyone!

A Message from the Executive Director



IT HAS BEEN SO GOOD to have all those calls and emails coming into the office as local Home and Schools ramp up for the new school year. Many of the questions were about the BBQs, corn roasts, and other welcome-back events Home and School volunteers were organizing for the benefit of the kids and their parents. These events are so important. They help break down the walls of isolation and bring parents together. As we all know, one successful event can lead to another, and the more parents enjoy working together, the more they will look forward to being involved in future events. Once that momentum has begun, Home and Schools roll right along and enjoy successful years.

We are all very keen to get back together, to work side by side and enjoy one another's company. The valuable connections made among young parents with kids in the same school helps build community. Indeed, Home and School involvement can be one of the most satisfying and tangible ways parents can contribute to their wider community.



How does your Home and School plan to hold meetings this year? Urban schools tend to have an easier time getting parents together in person for meetings as parents often live in close proximity to the school. Given the larger geographic distances, rural schools may prefer

the convenience of holding virtual meetings for planning things and reserve the in-person component for the event itself.

There is no doubt about it: the pandemic has made Zoom experts of us all. Virtual meetings have become part of the social fabric we now take for granted and they can be delightful experiences. I can vouch for the pleasure our QFHSA staff derives from our Monday morning virtual staff meetings. A novelty in the early weeks of the pandemic, these meetings have become a welcome way to catch up on news from the past week and discuss the goals and activities for the week ahead.



I suspect that like the QFHSA, many Home and Schools will keep their online meetings, viewing them as the most efficient and practical way to go forward. Others will find ways and means to get together in person in a public spot, be it the teacher's lounge or the local Tim Hortons. And, of course, some Home and Schools will decide to do a combination of in-person and online meetings through the year.

For the third year in a row, the QFHSA held its September **executive training workshops** on Zoom. The workshops gave new local leadership a chance to ask questions and get the answers they needed to confidently run their Home and School Associations.

Good News to Share:

I am very pleased to announce that the QFHSA will be hosting **more activities for the kids** this year. Our "Cooking with Kids" workshop series was such a success in 2021 and so well enjoyed by all that we will expand on the program and offer more virtual activities this year. They are an excellent way to have kids and parents connect with kids and parents from other schools and areas of Quebec.



Like most everyone, the QFHSA is also looking forward to holding in-person events once again, starting with our **Fall Conference**. Merton Elementary School has graciously agreed to host this year's event, which will take place on **Saturday, November 12th**. With the theme of **Rediscover, Rekindle, Reconnect**, the event will offer Home and School parents a chance to get together, enjoy each other's company, learn from one another, and bring home valuable information to their members.

I hope the Fall Conference will be the first of a number of opportunities I will have this year to meet members of our local associations in person and enjoy their company!

It is good to be back!

Carol Meindl



THE QFHSA'S 2022 Fall Conference

Rediscover, Rekindle,
Reconnect

**SATURDAY,
NOVEMBER 12
8 A.M. - 4 P.M.**

A day-long event open to all Home & School parents

WORKSHOPS AVAILABLE:

- Teen Mental Health
- The Home & School/Governing Board Relationship
- Parenting Styles
- *And more!*

LOCATION:

Merton Elementary School
5554 Av. Robinson, Côte Saint-Luc, QC
H4V 2P8

REGISTER TODAY!



info@qfhsa.org



514-481-5619



The Quebec Federation of Home and School Associations
www.qfhsa.org • info@qfhsa.org • 514-481-5619

News for You

Coming Soon!

The QFHSA's Free **FAMILY FUN** Workshops on Zoom

Available for your entire school community
(students, parents, and grandparents too!)

Join Us this Fall/Winter for
COOKING WITH KIDS
(Back by popular demand!)



The Quebec Federation of Home and School Associations



www.qfhsa.org



info@qfhsa.org



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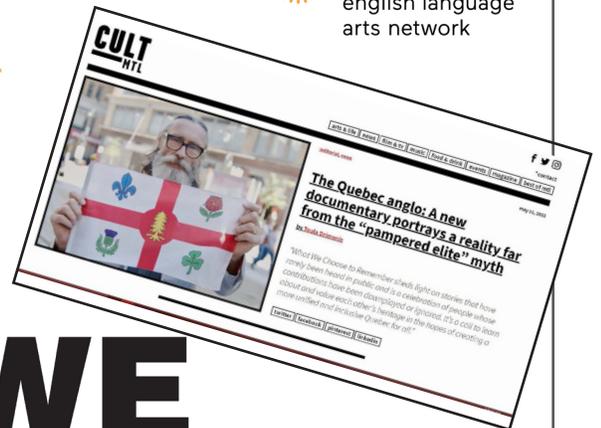
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Québec



elan

english language
arts network



WHAT WE CHOOSE TO REMEMBER.CA

A documentary by Guy Rex Rodgers on the Anglophone community of Quebec.

View the trailer for the documentary at <https://bit.ly/3fLJXGM>

The full documentary is available via the ELAN website.

Please share your impressions of the film or contact us about organizing group screenings followed by community conversations at

WAVESOFCHANGEQUEBEC@GMAIL.COM

Spotlight on the QFHSA Board of Directors: *Cindy Lockhart*



My name is Cindy Lockhart and I am a newly-elected director on the QFHSA's board.

I have been active in the Quebec education system for many years. My volunteer career began when my child started kindergarten. I joined Home and School. It was not long before I became a full-time volunteer, a role I proudly took up for 10 years. During those years, I had the privilege of

running many programs and events.

I then went to work in the school system as an integration aide, a job I did for 21 years. With my days filled at school, I became a night-time volunteer, sitting on such committees as the Governing Board, the Parents' Participatory Organization, and the Central Parents' Committee (CPC). My time on the CPC included a 2-year term as the committee's chair. I have also been a member of a number of committees at the school board level, including the Education Committee.

It is such a rewarding experience to help others in education. It is wonderful to watch a child's eyes brighten up because they suddenly understand a new concept. I love the world of education because you are in an environment of awe and wonder, making new discoveries every day. I have met so many caring, dedicated individuals through the years and made the kind of friendships that last a lifetime.

Recently retired, my goal now is to be a voice for parents: To help create a better future by making connections with others and the world. I join the QFHSA board with a great deal of enthusiasm—and I look forward to getting to work!

Cindy

Join a QFHSA Committee!

THE QFHSA'S RIGHTS AND EDUCATION subcommittees are open to the public and are always on the lookout for fresh voices.

About the Rights Subcommittee:

This group addresses topics concerning individual rights and freedoms within the Quebec education system and provides suggestions to the QFHSA board of directors where deemed necessary and/or valuable.

About the QFHSA's Education Subcommittee:

This group is composed of Home and School members, QFHSA staff, and board members along with people from the community who share an interest in Quebec education. There is much to discuss when it comes to education in Quebec: curriculum, special-needs education, the teacher shortage, anti-racism, and anti-bullying, to name a few.

You can read more about the recent work of these subcommittees in the Book of Reports from the QFHSA's 2022 Annual General Meeting. The document is available on our website. From our Home page www.qfhsa.org, select "Events" from the menu, select "Annual General Meeting," and scroll down to find the Book of Reports. You can also use this link: <https://bit.ly/3xN06Sx>. See pages 19 to 22 for the subcommittees' reports.

Please don't hesitate to email info@qfhsa.org if you would like more information about joining us.

News for You

The QFHSA's Executive Training Workshops: *Showing the Ropes to New Home & School Executives*

ON THE EVENINGS of September 20 to 22, executives from local Home and School Associations participated in the QFHSA's annual executive training workshops. Led by QFHSA staff and board members, these annual workshops are designed to help new and returning executives ease into their new roles within their local associations.

For the third year in a row, the workshops were held on Zoom. Presenters shared news from the QFHSA, walked participants through the duties of their positions, and answered questions. As always, it was great for the QFHSA to get together with local Home and School volunteers. We look forward to more virtual (and in person) opportunities to gather together this year.

If you were not able to attend, you can request a copy of the training kits provided. Please email Membership Services Coordinator Marlyn Brownrigg at marlynbrownrigg@qfhsa.org. Keep in mind, too, that the QFHSA staff is always just a quick phone call or email away. Call 514-481-5619 or email info@qfhsa.org. **We're always happy to help!**



Remembering Helen Koepppe Heiskala 1936-2022, and David Howard Hill, 1927-2022



The Quebec Federation of Home and School Associations was very saddened to learn of the passing of Helen Koepppe Heiskala and David Howard Hill this past summer.

As both a teacher and a dedicated volunteer, **Helen Koepppe Heiskala** had an incredible impact on education in Quebec.

In the '80s and '90s, Helen volunteered her time and massive talent at the Quebec Federation of Home and School Associations. From 1987 until 1990, she was the president of the QFHSA board of directors. In those four years, she inspired many, including current QFHSA Board Member Debi Brown. Debi writes, "I look back fondly on the memories I have of Helen's devotion to the Quebec Federation of Home and School Associations. Her guidance in my early years with QFHSA has stayed with me and after 30 years I am still actively involved on the Board, following her example."

In 1996, Helen received the QFHSA's Leslie N. Buzzell award in recognition of her outstanding leadership and dedication to promoting the mission of our organization at the provincial level.

Our organization's achievements today come on the shoulders of our exceptional volunteers from the past, and Helen Koepppe Heiskala was one of the best.

David Howard Hill began his long and successful teaching career in 1949. In 1953, he joined the staff at Macdonald High School in Ste. Anne de Bellevue, where he taught science and mathematics. Later in his career, David turned his attention to administrative affairs and was Macdonald High's principal when he retired in 1982.

In 1979, the Quebec Federation of Home and School Associations was very pleased to present David with the Gordon Paterson Award in recognition of his outstanding work as an educator and his very long service to Quebec education.

The QFHSA extends its deepest condolences to the families of Helen Koepppe Heiskala and David Howard Hill.

What Impact Is Law 96 Having on Your Life? *The QCGN would like to know...*

BILL 96 BECAME LAW on June 1, 2022, but the discussions about this revision of Quebec's language laws are far from over. These discussions are happening within families, communities, and in the provincial courts.



The Quebec Community Groups Network (QCGN) is gathering information on how the new language law is affecting Quebec's English-speaking community. The QCGN describes the potential impacts of Law 96 as follows:

It could be a change in plans for education, work, or place of residence; an unexpected financial burden; challenges related to education or employment; difficulties communicating with the Quebec government or accessing Quebec government services due to language barriers; or any other tangible impact that you or an immediate family member have experienced.

In what ways is Law 96 affecting your life? Share your experiences with the QCGN by completing their short survey. You will find a link to the survey on the Home page of the QCGN website: qcgnc.ca. You can also use this link: <https://bit.ly/3vEu9KW>.

Photo from Adobe Stock



Your Science Adventure Awaits! Apply for a 2022/23 Youth Exploring Science Grant Today

Volcanoes, miniature solid-fuel rockets, living environments, sustainable indoor gardens... These are some of the fascinating projects Quebec elementary and high school classes have explored in recent years with the help of a QFHSA Youth Exploring Science (YES) grant.



Learning about tectonic plates at Maple Grove Elementary

What will your school's science adventure be? The QFHSA is still accepting YES proposals for the 2022/23 school year (for science activities planned for the spring months). Science teachers are invited to apply for a grant as soon as possible. Each grant covers up to \$1000 in equipment and materials to conduct an experiment or science activity.

To apply, please visit the QFHSA website, www.qfhsa.org, where you will find the grant application form and more information about the program. From the menu on our Home page, select "Projects," then "Youth Exploring Science." You can also use this link: <https://bit.ly/3123ylo>.

If you have any questions about this program, please call the QFHSA



Westwood High students explore alternative energy sources

office at 514-481-5619 or email carolmeindl@qfhsa.org.

Through the Youth Exploring Science initiative, the QFHSA helps to nurture an interest in science. Today's enthusiastic students are sure to be tomorrow's brilliant scientists!

Carol Meindl, *Executive Director*



Why the Next Minister of Education Must Learn What the Definition of Meaningful Consultation Really Means!

A Commentary By Brian Rock

con·sul·ta·tion
[kän-səl' tāSH(ə)n]

NOUN

1. The action or process of formally consulting or discussing: "They improved standards in consultation with educational representatives."

Synonyms:

discussion · dialogue · discourse
debate · negotiation
conference · deliberation

THE FOLLOWING IS AN APPEAL to whomever is the appointee for the important portfolio of Minister of Education of Quebec in the next provincial cabinet following the general election of Monday, October 3rd, 2022:

Following your memorization of the definition of consultation above, your first formal action as Minister should be the convoking of an Estates General of Education in the province. I do understand that an Estates General necessitates an enormous task of organization. Therefore, let us suggest Montreal as the location, and the dates to be Wednesday, January 25th, Thursday, January 26th, and Friday, January 27th, 2023.

The principal goal of education in the schools should be creating men and women who are capable of doing new things, not simply repeating what other generations have done.

— Jean Piaget

The following is a wish list of the items that should be discussed at the 2023 Estates General of Education.

#1. On graduation from Secondary V, every student in this province should be bilingual and bicultural. They should have a balanced view of history; the necessary skills in mathematics, science, and technologies; and the critical thinking skills needed to be an involved member of the society of the 21st century.

How can we accomplish this linguistic-cultural dream? We already have the means within the present system to put in place what would be the envy of every other educational jurisdiction.

#2. In every school across the province, starting in Elementary Cycle III Year 1 (Grade 5), half the classes should receive instruction in French, the other half in English, in all subjects for 5 straight months. Francophone teachers should teach in French, and Anglophone teachers, in English. Teachers then swap classes for the last 5 months of the school year. This also should continue through Elementary Cycle III, Year 2 (Grade 6).

#3. We must promote *la culture Québécoise* by making available grants for cultural outings in the language of instruction. It is the ideal opportunity to showcase our talented Québécois artists—both Francophone and Anglophone—in the fields of song, music, dance, theatre, comedy, crafts, and related disciplines.

#4. It is time to raise the age for compulsory education to 18. It will allow our graduating stu-

dents to be on an equal footing with those of surrounding educational jurisdictions.

It will be necessary to expand the quality and offering of technical vocational programs at the senior secondary and college levels of instruction across the province.

#5. How are we going to solve the shortage of qualified teachers in our classrooms?

a) Improve the working conditions of teachers.

b) Ensure teachers receive fair salaries that are not near the bottom of the provincial and territorial averages.



Photo from Adobe Stock

A Commentary by Brian Rock

Continued from the previous page

- c) Install a meaningful system of consultation that actually provides for meetings with teachers and discussing and debating the important issues underlying the principles of what is actually being taught to students.
 - d) Allow for the creation of a teaching regulator similar to the successful Ontario College of Teachers.
 - e) Finance more spaces in the Bachelor of Education degree programs in all universities in Quebec.
 - f) Allow for the return of a 1-year pedagogical certificate for the holders of Bachelor degrees of teachable subjects to the faculties of education for pre-school, elementary, secondary, and CEGEP teachers, as well as university professors.
- #6. Improve the delivery of special education services. Provide additional financial resources to hire more professional employees to reduce the time between the initial diagnosis and the delivery of services to students with learning disabilities.
- #7. Tackle the issues of bullying, violence, racism, and discrimination in our educational institutions head on. Put in place the financial resources necessary to hire more professional personnel to address the issues and provide the necessary effective follow up.
- #8. And finally, seek more input from student representatives at the senior secondary, CEGEP, and university levels. On the boards of

directors of educational institutions, school boards, and school service centres, ensure seats for elected student representatives with full voting rights. These student representatives should enjoy the privileges of proposing and seconding motions and engaging in meaningful participation in discussions and debates.

Dear Minister of Education of Quebec: Please take the above suggestions under advisement and consider implementing them as soon as possible for an improved system of education for the students of Quebec.

Education is the most powerful weapon which you can use to change the world.

– Nelson Mandela

Brian ROCK, B.A., M.Ed., a retired school principal and a former secondary English and history teacher, serves as the Vice President of the Task Force on Linguistic Policy (TFLP). Brian is also the corporate secretary of the CEGEP Heritage College Foundation in Gatineau. A past president of the Quebec Federation of Home and School Associations Inc. (QFHSA), Brian also serves as chairman of the COalition For the Future of English Education in Québec (COF-FEE-QC) as well as chairman of the Committee for the Enhancement of the Curriculum of the History of Québec (ComECH-QC).

Note: The opinions expressed in this commentary are those of the author and are not necessarily those of the Quebec Federation of Home and School Associations Inc. (QFHSA).



Planning to Organize a Holiday Basket Collection at Your School this December?

We Have Books for You!

Once again this year, the QFHSA has a very nice selection of books to donate to vulnerable families during the holiday season. Some of the books are from a generous donation we received from First Book Canada; others were purchased by the QFHSA.

Later this fall, the QFHSA team will send out an e-bulletin to local Home and School Association presidents with more information about the book give-away. This initiative is organized by the QFHSA's literacy group within our Education Subcommittee.

Last year, the QFHSA was able to donate over 300 books to 14 Home and School Associations from across the province. We hope to do the same or even better this year!



Photo and image from Adobe Stock

How to Help an Anxious Child...

Dr. Eli Lebowitz Explains



Photo from Adobe Stock

ABOUT A YEAR AGO, a large Montreal audience was treated to a fascinating online workshop with Dr. Eli Lebowitz, a professor who studies and treats child and adolescent anxiety at Yale University's School of Medicine. Held on the evening of November 1, 2021, the event was organized through the collaboration of the English Parents' Committee Association, Ometz Agency, Federation CJA, and the Betty and Bernard S. Shapiro Family Endowment.

What Are the Types of Anxiety?

Dr. Lebowitz began his talk by listing the main anxiety problems medical professionals address: phobias, panic, agoraphobia, generalized anxiety, social anxiety, separation anxiety, and obsessive-compulsive disorders.

A **phobia** is a strong fear of something. Lebowitz explained how having a phobia can become a strong impairment. He described how a child afraid of dogs may avoid any situation where there is even a chance they will encounter a dog.

Feelings of **panic** are uncomfortable and unpleasant, but not particularly dangerous. Lebowitz explained that feeling panic is no harder on the body than running quickly, but it is a lot more frightening. A real problem sets in when the person develops fear of another panic attack.

Agoraphobia is the fear and avoidance of situations due to a fear of feeling trapped. A person with agoraphobia will avoid leaving their home as much as possible because they are afraid of having a panic attack.

Generalized anxiety is chronic worry that interferes greatly with our lives. As Lebowitz described, a person with generalized anxiety has a finely tuned antenna that picks up worry and runs with it. This can be exhausting as our brains race way ahead, worrying about what

may happen. The constant tension can manifest itself physically—our muscles ache because they are tensed constantly, for example.

Social anxiety is an over-preoccupation with the evaluation of others. A person suffering from social anxiety will try to stay away from social interactions. This anxiety naturally disrupts a person's relationships with others.

Separation anxiety is the intense fear a child feels of being separated from their parents. Children with separation anxiety live in fear that something will happen to themselves or their parents when they are apart. They therefore have a strong resistance from being away from their parents.

A person with an **obsessive-compulsive disorder** has intrusive thoughts that they cannot stop thinking. This leads to compulsions or repeated behaviours. Lebowitz provided the example of a person obsessed about germs who compulsively washes their hands.

It turns out that anxiety disorders are quite common. Dr. Lebowitz said that one in three children will experience an anxiety disorder at some point before adulthood. He explained that 75% of anxiety disorders appear before the age of 21, and the median age of onset is 11 years.

An added challenge is that a person suffering with an anxiety disorder may also suffer from a mood or substance disorder. You can imagine the scenario: a socially anxious adolescent will be tempted to self-medicate with alcohol or another substance to get through that party they are dreading.

What Is It Like to Be an Anxious Child?

To help us understand what life is like for the anxious person, Dr. Lebowitz asked this question: "How do you

For Parents: News and Information

Helping an Anxious Child

Continued from the previous page

walk in a minefield?" The answer: As little as possible; you take no extra steps and you step where you know it is safe. Similarly, anxious kids will pass up on positive experiences because of their fear that something will go wrong. Keeping with Lebowitz's analogy, they will step where they have already stepped. Anxious children have a huge preference for the familiar and are afraid of the new. For the anxious child, a change in routine can be a huge deal because it introduces unpredictability and uncertainty.

How Can Parents Help?

Research tells us that when a young mammal feels threatened, it will seek out its caregiver. A baby cries, a child runs to a parent. As parents we are highly attuned to our child's fear cues. We respond and step in to soothe, to protect. This makes anxiety **inherently interpersonal**, according to Lebowitz. Seen in this way, it is clear that parents are inextricably involved in a child's anxiety symptoms.

Parents tend to have **the impulse to accommodate their child's anxieties**. This involves doing things like sleeping in the child's bed at night when they are afraid or accompanying them in situations where the child would normally be expected to go alone. The truth is that when a parent accommodates a child's anxieties, this accommodation is associated with more severe anxiety symptoms.

What should parents do instead? Dr. Lebowitz proposes a parent-based treatment for the anxious child that can be summarized as follows:

Acceptance + Confidence = Support

In this approach, the parent increases support, but decreases accommodation. Lebowitz's method invites parents to change the way they respond to their anxious child.

Here is how the method works:

1. Begin by **accepting** your child's situation and validating the difficulty they are having. Use words like, "I get it that this is hard for you..."
2. Then give your child a message that **helps encourage them to meet the challenge/boost their confidence**. Use words like: "I believe in your ability to cope with anxiety and still be okay."



Photo from Pexels (Kindel Media)

This new approach is the basis of Lebowitz's SPACE (Supportive Parenting for Anxious Childhood Emotions) Program. How do parents implement the SPACE approach at home? Dr. Lebowitz suggests parents pick one thing and make a clear plan on how you will accommodate less. Make sure your child knows about your plan.

The goal: parents help in a way that encourages the child to deal with their challenges independently.

According to Dr. Lebowitz, parents hold the key to helping their child manage their anxieties, but it involves a role shift. We accommodate less and support more. We validate what our children are experiencing and give them the confidence to cope with their anxieties. It begins with one tentative step, and that step leads to many more.

There is an amazing world beyond the anxiety minefield.

Karen Henchey, *Communications Officer*

Interested in Learning More?

- To learn more about Dr. Lebowitz and his work, visit www.spacetreatment.net. The site includes videos featuring Dr. Lebowitz and the SPACE Program.
- The QFHSA will be offering a workshop on teen anxiety and mental health with Dr. Zmira King of the Centre of Excellence for Mental Health at our upcoming Fall Conference on November 12, 2022. Please email info@qfhsa.org or call 514-481-5619 for more information.

Literacy Corner

Dear Marlyn,
Hi my name is Shandy
and today I read the
book What Was The
Underground Railroad and
it was amazing. We really
appreciate the books you
have sent us. And it
was really generous of you
to think about us and send
us them.

I appreciate your
books alot thank you
and I hope we can
get more when we are
in 5th grade THANK
You So Much!

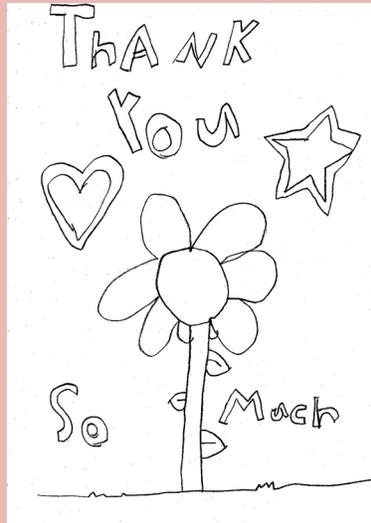
thank you for the books.
I like to read comics mx
for favorite book is I Survived

I appreciate all the
books you gave us, I am
reading the basketball books.

Thank you! This Book the
Comeback it is a very
interesting Book. I'm 9
years old. I have two Brothers

Dear Miss Marlyn
Thank you for the
Books. We all Loved them
you are so generous.
I read a little I love
them My name is Sarah

Summer Mail that Filled Our Hearts with Joy



In July, Membership Services Coordinator Marlyn Brownrigg received some wonderful mail from Kathy Carroll, a teacher at New Carlisle High School. The large brown envelope contained letters from Ms. Carroll's Grade 3 and 4 students and they were a delight to read. In their letters, the students thanked the QFHSA for the books they received for their classroom library and described the particular books that caught their interest. You will find excerpts from all 11 letters on this page. Thank you to Anna-belle, Chance, Coralee, Louis, Lydiaiah, Maliah, Nakita, Sarah, Saydie, Shandy, and Shyanne for getting in touch!

The book donation was an initiative of the QFHSA's literacy group and was made possible through generous donations from First Book Canada.

The QFHSA looks forward to bringing more books and reading fun to New Carlisle and other schools in our network. For more information about the QFHSA's literacy projects, please email info@qfhsa.org.

I read ALIEN BABYSITTING
ADVENTURES
I am in grade 4
I LOVE the books they are the
Best Thanks MISS MARLYN

But I love your book and
I read five pages of your
book and it was the book
was about the princess
in Black and the
mysterious play etc.

the book that I pick out
today was Elly Jay's a
Book Start It's a very
good book I just started
it in it's a lovely book
it's already becoming my
favorite book that I had
so far I like that book!

I love Kittens I love The books.

Dear Miss Marlyn
We really appreciate
the QFHSA's donations
for the books we love
them. Right at the minute
I'm reading this book
Fosta, I'm really in
to it. I'm 9 years
old. I love my life

Membership Services – The Latest News

Welcome Back – Fall 2022

THE QFHSA OFFICE WOULD LIKE to extend a warm welcome to all new and returning Executive Home and School members. If you are a new member of the team, and were unable to attend the QFHSA training workshops in late September, please contact the QFHSA office for a copy of the leadership kits. Below you will find a list of the documents that were due or are coming due. Please contact Marlyn for more information.

After two unusual school years, it appears that schools will be operating as usual this year. This is great news for our local associations, which are anxious to organize some of their traditional activities. **Reminder:** Insurance is needed for one-off events and blanket coverage is required for ongoing food fundraisers. Bouncy games and sports are not covered. The insurance form is on the QFHSA website at www.qfhsa.org in the "Forms" section.



Photo from Rodnae Productions, Pexels

Advising the QFHSA office of your Association's Status:

Thank you to those associations that kept the QFHSA advised of their Home and School's level of activity over the past 2 years. Letters will be mailed to associations that have not responded to requests for information. The QFHSA office needs to know who the executive members are and if the Home and School has been active.

The QFHSA Fall Conference:

Please promote the QFHSA's in-person conference (November 12th) to your parent body. Set aside some funds to subsidize fees for parents to attend. We look forward to seeing you there.

Please join or rejoin your local association this fall.

Marlyn Brownrigg,
Membership Services Coordinator
marlynbrownrigg@qfhsa.org;
514-481-5619

Voting Privileges:

The voting privileges for last year's members are valid until September 30th unless otherwise notified by the QFHSA office.

Document Deadlines:

Forms are on the QFHSA website under the "Forms" tab.

Summer 2022:

- 2021-2022 President's Activity Report
- 2021-2022 Treasurer's Report

September 30th:

- 2022-2023 Executive List
- 2022-2023 Local Association Renewal Form
- 2022-2023 Administration Fee

November 15th

- 2022-2023 First Batch of Membership Fees
- 2022-2023 First Membership List

See You Soon in the "Focus on the Locals"?

We would love to see your Home & School in the "Focus on the Locals" section in an upcoming issue of the QFHSA News!

Here are this year's submission deadlines:

- Winter Issue: **December 20**
- Spring Issue: **March 17**
- Summer Issue: **June 21**

Tell us what you are up to... and please send photos! Email your news to news@qfhsa.org.



Focus on the Locals

In the *Focus on the Locals* section, we share news and information from our local associations. **Thank you to all of the Home and Schools that contributed to this issue.** We would love to hear from your Home and School too! Before sending photos, please make sure you have the permission of those appearing in the photos. We invite H&S members to send in your news to news@qfhsa.org.

Back-to-School Fun at East Hill Elementary!



WELCOME BACK DAY AT
EASTHILL ELEMENTARY
SCHOOL!

WHAT A FUN FILLED DAY FOR
OUR KIDS AND STAFF! MEGA
ANIMATION, A MAGICIAN, PIZZA,
ICE CREAM AND MANY MORE
FUN ACTIVITIES!



Our volunteers

HOME AND SCHOOL
ASSOCIATION

East Hill Elementary School



Submitted by Nadya Mirarchi, East Hill Elementary Home and School

Jumping Back into Action at Children's World Academy

At Children's World Academy, the school year has been off to a great start! Once again we get to see the smiling faces of students and staff. Home and School was busy working behind the scenes this summer planning for the year ahead... and we are happy to share our news!

Delicious Lunch Fundraisers

This year, we will be offering pizza, pasta, and chicken cutlet lunches with TCBY frozen yogurt as a school fundraiser. This is only possible thanks to the volunteers who have stepped up to help with distribution and the daycare staff, who are committed to helping us once again. These lunch fundraisers are set up until December as we continue to monitor the COVID situation. We hope to extend our lunchtime fundraisers into the new year.

At Children's World Academy, we are committed to going greener by asking parents to provide cutlery for the meals and meal providers to use compostable/recyclable options.



Like other Lester B. Pearson schools, we are partnering with Sagoto Solutions (a provider that specializes in the development of custom online forms with secure credit card transactions) for our online ordering and payment needs.

Coming Soon: Les Super Recycleurs!

On Thursday, October 6th, Super Recycleurs stopped by our school to collect used clothing. The Super Recycleurs company partners with schools and other organizations for an earth-friendly recycling activity. The funds raised through the collection help finance Home and School projects. We plan to bring back Super Recycleurs in May to help us with our spring cleaning too!



The support CWA students, staff, and our community provide to our fundraising efforts allows our Home and School to plan events/activities/gifts for students and staff.

The Green Committee At Work

Have you seen our lovely school garden? The Green Committee worked hard to take care of the school garden all summer long and planted shrubs and plants around the school.

CWA Home and School volunteers are very much back in action. Stay tuned for more news to come!



*Submitted by Barbara Giallo,
Children's World Academy Home and School*

Focus on the Locals



Starts the School Year with a Big Bang!



We at St. Charles Home and School are thrilled to get many of our much anticipated activities underway, see familiar faces, and meet new families who joined our community this year. We have hit the ground running! Here are some memories from the first weeks of school.

Thank you to all the volunteers who helped make the event possible, to the firefighters who gave up their time for us, and to all the staff and families who participated. We are already looking forward to next year's celebration.

WELCOME BACK CELEBRATION

On Friday, September 16th, St. Charles Home and School hosted the first Welcome Back celebration since 2019. It was so nice to see everyone come together and enjoy hot dogs, chips, great music from DJ Anthony, and one another's company.

Laughter was heard from the children as they watched the magic show from Yan the Magician, got their temporary tattoos, and played with sports equipment in the yard—and enjoyed cotton candy and popcorn. Everyone's eyes were on the fire truck when firefighters extended the ladder and allowed the children to play in the truck and sound the sirens.

BIG BANG BACK IN THE BUILDING!



After having to hold our Big Bang event online for the past 2 years, it was wonderful to have the opportunity to do it in person once again. It was so nice to see familiar faces and new families participate.

This event is one of our first fundraisers of the year. Participants purchase a balloon for \$10 and then pop it to reveal a prize number inside. It was amazing to see the look on the children's faces as they popped their balloons and discovered what prize they had won.

Local businesses very generously donated the astounding 176 prizes for the event! The minimum value of each prize was \$25. We sold all the balloons within



Focus on the Locals

News from St. Charles

Continued from the previous page

45 minutes (a record time for us). This means that we managed to raise \$1760 for our school.

We would like to give a BIG BANG THANK YOU to the many wonderful sponsors who helped make this event a success. Without their support and generosity, we would not be able to hold events like this for our school. It was an amazing, magical night.

FUNDRAISING

In addition to the Big Bang event, St. Charles is busy with other fundraising efforts for the 2022-2023 school year. Our chocolate fundraiser was rolled out on September 7th, and it has been so nice to see such great participation. It means that we will be able to provide the teachers and children with the extras they need.

In other fundraising news, we will be having a clothing sale this fall featuring our St. Charles logo! More good news: pizza lunches are back!



GRADE 6 GRAD

The members of the Grad Committee had their first meeting, and the team is off to a great start. We have shared many photos of our children from kindergarten as well as photos from the many special events they attended at St. Charles over the years.

We held a Grad Bake Sale at the Welcome Back celebration and it was a great success. We raised a considerable amount of money to help fund our grad clothing and our Grad Halloween Dance.

Things are really in motion at St. Charles. Before you know it, we will be planning our Breakfast with Santa. Everything we do is possible thanks to the fundraising dollars we raise and the help and time of devoted volunteers.



Best wishes to all for a very happy and exciting school year!

*Submitted by Donna Coelho and Julianne Read,
St. Charles Home and School*



Focus on the Locals

St. Patrick's Home and School



St Patrick's Home & School Association was excited to bring back the fun of the Welcome Back BBQ/Carnival on September 9th! After a 2-year break, it was great to see everyone back in person enjoying food and fun in our schoolyard.



Thank you to our teacher volunteers who signed up to get "splashed for cash." Each teacher who sat in the wet seat received \$100 for their classroom. Thanks to Ms. Gibson, Mme. Murphy, Mr. Patterson, Ms. Leblanc, and Mr. P. for being great sports!



Focus on the Locals

Throws a Party To Remember



This event would not have been possible without our amazing parent and community volunteers. Thank you to everyone who helped make this event a success!

We're looking forward to many more fun events for the school as the year goes on.

*Submitted by Gina Giambalvo,
St Patrick Home and School Association*



SHARE YOUR NEWS!



Photo by Anissa Thompson from Freemages

What is happening in your Home and School community? Fun fundraisers? Special events? Please let us know and we will be happy to share your news in our *Focus on the Locals* section in an upcoming issue of the *QFHSAs News*. Send your submissions to news@qfhsa.org

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