

VOLUME 62 ISSUE 3

FALL 2024

# QFHSA NEWS

THE NEWSMAGAZINE FOR HOME AND SCHOOL MEMBERS

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*The Quebec  
Federation of  
Home and School  
Associations*



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## 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.

## With Support From

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Heritage

Canada



QFHSA NEWS

*The Voice of the Parent in Education*

**Continuously published since 1949**

Volume 62, Issue 3

**Official Publication of the Quebec Federation of Home and School Associations**

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**Editor:** Karen Henchey

**Layout & Graphic Design:** Karen Henchey

**Printing:** The Business Box, Kirkland

**Circulation:** 4000 copies

**Advertising Manager:** Karen Henchey

**Editorial Board:** Carol Meindl,

Marlyn Brownrigg, Mimi-Anna Tabaczuk

**Deposited with:** Bibliothèque Nationale du Québec; National Library of Canada

**ISSN: 1924-9284 (Print),**

**ISSN: 1925-797X (Digital)**

**Annual Subscription: \$15.00**

**Individual Copies: \$4.00**

**QFHSA on the Web:** [www.qfhsa.org](http://www.qfhsa.org)

THE VIEWS EXPRESSED BY ADVERTISERS OR CONTRIBUTORS ARE NOT NECESSARILY THOSE OF THE QFHSA.

All submissions may be edited for length, clarity, accuracy, grammar, and spelling.

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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](mailto:news@qfhsa.org).



# 7 Tips for a Successful Year

## Advice for Home and School Volunteers

How can you make this year a great one for you and your fellow Home and School volunteers? QFHSA board members, staff, and longtime Home and School volunteers share their tips.

### 1. Get the Information You Need

**Review the events and initiatives your Home and School organized last year.** What worked? What didn't? What would you like to do differently this year? Brainstorm with your team.

**Seek advice.** Whether you are looking to revamp an existing event/fundraiser or try something new, it really helps to seek out information and advice from those who have been there, done that. It can save you a good deal of time and energy. Some suggestions:

- Ask a question on the QFHSA Think Tank Facebook Group. *If you aren't already a member of the group, search for "QFHSA Think Tank" on Facebook and request to join today.*
- Reach out to other Home and School volunteers. Membership Services Coordinator Marlyn Brownrigg ([marlynbrownrigg@qfhsa.org](mailto:marlynbrownrigg@qfhsa.org)) may be able to connect you with volunteers from another Home and School Association who have undertaken a similar project.
- Call the QFHSA office (514-481-5619) or email [info@qfhsa.org](mailto:info@qfhsa.org). We're here to help!

### 2. Help to Build Strong Working Relationships within Your School Community

QFHSA President Rosemary Murphy believes that strong school relationships are built through an understanding of everyone's roles and responsibilities: the school board, the principal, the governing board, and the local Home and School Association.

- Remember to keep everyone in the loop about your plans. It's a great idea to meet with your principal early in the school year to discuss the activity/fundraising schedule you've planned for the year. *(It's important to fundraise with a spending plan: be prepared to explain how the funds you raise will be used.)*
- Keep in mind that any activity Home and School organizes must be approved in advance by the governing board.

You can read more about fostering great working relationships in the QFHSA's news bulletin on the topic. It is available on our website ([qfhsa.org](http://qfhsa.org)). From the Home page, select "Publications," then "News Bulletins and Tip Sheets." You can also use this link: <https://adobe.ly/3WTD5u6>

### 3. Keep the Lines of Communication Open

Those open and clear lines of communication you are creating with the key players at your school (administration, staff, governing board) are equally important within your Home and School Association. Some suggestions:

- Create an atmosphere of mutual respect. (A volunteer code of conduct is helpful to set the ground rules for all.)
- Give opportunities for volunteers to share their opinions and provide feedback.
- Share information.
- Keep your parent community informed.

### 4. Encourage Others to Get Involved

Many hands make light work! In 2023, local Home and School volunteers who received the Golden Torch award for leadership shared these tips for recruiting and retaining Home and School volunteers:

- Be present at school events (especially early in the school year) and have face-to-face chats with parents.
- Advertise. Share news about all the exciting things Home and School is doing within your school community.
- Make family events fun and welcoming.
- Listen to what volunteers have to say.
- Recognize/thank volunteers for their work.
- Be flexible and accommodating.
- Let parents know that every little bit of time and effort helps. Home and School volunteer Andrea Cappelli explains: "Even a small job really helps get others motivated to do the same and it helps build a sense of community in your school."

*Continued on the next page*

## 7 Tips for a Successful Year

*Continued from the previous page*

You can find more tips from Golden Torch volunteers in the Fall 2023 issue of the *QFHSA News*, which is available on our website. From the Home page, select “Publications,” then “Newsmagazines,” then “2023 Newsmagazines.” You can also use this link: <https://bit.ly/46p5ZEH>.

If you are the membership chair at your local Home and School Association, we have a tip sheet for you that explains the goals and responsibilities of the position. From the Home page, select “Publications” and then “News Bulletins and Tip Sheets.” You can also use this link: <https://bit.ly/3YyKsID>.

## 5 Do Your Best to Stay Organized

Veteran Home and Schoolers share these tips:

- Find organizational tools that work for you and help you keep track of your responsibilities. These might include spreadsheets, shared documents, and chat groups with your team, for example.
- Make task lists.
- Delegate where you can.
- Take care of problems and issues as they come up; don’t let them accumulate.

## 6 Keep an Eye on the Money

Organizing events and fundraisers requires sound money management. There is a lot to keep track of! The QFHSA has a tip sheet for treasurers and committee chairs that covers the following topics: receiving money, spending money, record keeping, managing cash and cheques during fundraising campaigns and events, and more. From the Home page, select “Publications” and then “News Bulletins and Tip Sheets.” You can also use this link: <https://bit.ly/4ceQEzi>.

## 7 Remember to Have Fun!

Home and School life can get very busy, especially in the lead up to large events and fundraisers. You may find yourself experiencing some hectic days (and nights). However, don’t forget to savour the fun parts—seeing the smiles on students’ faces, enjoying the camaraderie and new friendships you are making, and witnessing first-hand the wonderful impact of your efforts.

*Have a magical year!*

Karen Henchey,  
*Communications Officer*

### Dates to Remember

<b>Tuesday, October 15</b>	<ul style="list-style-type: none"><li>• Deadline to add your name to the English Voters' List for the School Board Elections</li></ul>
<b>Sunday, November 3</b>	<ul style="list-style-type: none"><li>• School Board Elections</li></ul>
<b>Saturday, November 16</b>	<ul style="list-style-type: none"><li>• The QFHSA's Fall Conference for Parents (<i>A half-day event ending at 1:30 p.m.</i>)</li></ul>
<b>Friday, December 20</b>	<ul style="list-style-type: none"><li>• Deadline for submissions for the Winter <i>QFHSA News</i></li><li>• Deadline to apply for a QFHSA Youth Exploring Science Grant (2024-25 Year)</li></ul>





## Welcome to a New School Year

### *A Message from the QFHSA's President*

WELCOME BACK.

I don't know about you, but I found this summer went by way too fast.

It certainly wasn't a relaxing one for many people whose basements were flooded in August. I hope you are all safe now.

The CAQ government's 30-page document on directives for hospitals to follow also disrupted the peace and calm of the summer months. The document references "English Eligibility Certificates," something a number of us do not have as they were not needed when we attended school.

The English-speaking minority had to once again prove its right to be served in English, and this new crisis in Quebec language rights was widely reported and discussed in the media. Representatives from the CAQ government met with members from the

English-speaking community to explain that it was all a misunderstanding. No one would be denied hospital care in English and eligibility certificates were not required.

In other news, English School Board elections will be held this fall. Mark your calendars: October 27th is the advanced poll and November 3rd is Election Day. You can find more information about the upcoming elections on page 7 of this newsletter.

The QFHSA team decided to present the Executive Training Workshops a little earlier this year to help our local associations start the new school year with all the information they need (and all their questions answered). I hope everyone has a very good school year. Good luck with all your events and fundraisers.

Please, if you have any questions you can always contact the office or me at [president@qfhsa.org](mailto:president@qfhsa.org).

Stay safe.

*Rosemary Murphy*



### *The QFHSA Is Seeking a Communications Officer*

*(15 hours per week)*

The QFHSA's Communications Officer assists with all of the Federation's communication initiatives.



#### **Duties Include:**

- Creating social media content
- Producing content and designing the layout for the *QFHSA News* newsmagazine
- Writing e-bulletins, press releases, tip sheets, pamphlets, etc.
- Keeping the website up to date

#### **Qualifications Requested:**

- Desktop publishing experience (*Knowledge of Adobe InDesign is an asset*)
- Strong writing and editing skills
- Organizational skills and a keen attention to detail
- Social media/marketing acumen
- Experience within a local Home and School Association would be an asset.

The position may be done remotely but attendance at the QFHSA's major events is essential. Interested candidates are encouraged to email their curriculum vitae to Executive Director Carol Meindl at [carolmeindl@qfhsa.org](mailto:carolmeindl@qfhsa.org). **Application Deadline: October 30, 2024**

# Thriving through Change

## *A Message from the Executive Director*



CHANGE IS GOOD although it may not always seem so at first blush. Change can mean temporary chaos and uncertainty. You have a cracker jack team in place at your Home and School Association and everything is going smoothly, a well-oiled machine, and suddenly, someone needs to drop out. Confusion is first, followed by a wringing of the hands and “What are we going to do now?” is the question on everyone's lips. Then cooler heads prevail, you take stock of your remaining team, readjust a few things, pull in an extra person who was just waiting in the wings, and you are off again!

You know it will happen time and time again. Home and School volunteers come and go. You make the most of each other while you are together, everyone has a great time, sharing laughter and tears, and getting things done, but there will always be turnover. You must remember to roll with the waves and not take it personally. Life happens.

Many of you are coming back with new executive committees and eager new kindergarten parents, all looking to get involved in their children's school. Make them feel welcomed, find something for everyone to do,

and accept when people say “No.” (They may come around later.)

New executives, I hope you were able to come to our Executive Training Workshops and get the tools you need to run a tight ship and hold the confidence of your parents. Also, be sure to attend the QFHSA Fall Conference and encourage some of your parents to do so, too. Help them see the wider picture: Education is everyone's responsibility—teachers, principals, students and especially parents.

It's another School Board Election Year and we must encourage everyone to go out and vote this Fall, whether they currently have children in school or not. School boards are the last democratically elected and governed institution for the English-speaking community in Quebec. Our rights will not last long if we do not exercise them.

Please see the following page for more information about the School Board elections and practical tips for making sure you are on a voters list. **MARK YOUR CALENDARS!**

*Carol Meindl*

# SAVE THE DATE

## The QFHSA's **2024 Fall Conference for Parents**



### Saturday, November 16

*A Half-Day Event (ending at 1:30 p.m.)*

**Workshops, discussions, and more!**



**More info:**



[info@qfhsa.org](mailto:info@qfhsa.org)



**514-481-5619**



## School Board Elections

### Election Day Is Coming! Cast Your Vote on Sunday, November 3rd

#### A Bit of History

IT'S SOMETHING WELL WORTH FIGHTING FOR: Quebec's English language minority's right to manage their schools. Although minority language rights are guaranteed in Section 23 of the Canadian Charter of Rights and Freedoms, the Quebec government's Bill 40 deeply threatened those rights.

Adopted in February 2020, Bill 40 abolished all the province's School Boards, including the nine English Boards, replacing them with school service centres. Thanks to a legal challenge initiated by the Quebec English School Boards Association (QESBA), the province's English School Boards remain intact, but the legal battle is far from over.

In 2020, the courts granted a stay of application of Bill 40 with respect to English School Boards. Then in 2023, Quebec Superior Court Judge Sylvain Lussier ruled that in abolishing English School Boards, Bill 40 does indeed violate English-language minority education rights. Russell Copeman, QESBA's executive director at that time, stated, "We are extremely pleased that our rights to control and manage our schools have been recognized and respected with this decision." Shortly afterwards, the Quebec government launched an appeal of the decision.

**The November 3rd election is our moment.** It is our opportunity to show our support for our English School Boards.

#### Make Sure You Are on the English Voters' List

Any Canadian citizen who is over 18 years of age and has been living in Quebec for the last 6 months is eligible to vote in the school board elections with one exception: parents whose children are attending a public French school may not.

- If you have a child enrolled in a Quebec English primary or secondary school this year, your name is automatically placed on the English Voters' List.
- Everyone else interested in voting in the School Board elections should make sure their name is on the English Voters' List. Remember that once a former student of a public school in Quebec's English sector turns 18 years of age, they are automatically placed on the Quebec Voters' List, but not necessarily on the English Voters' List. Get in touch with your local School Board to confirm that you are on the list. You will find links for all nine School Boards on this page.

If your name is not on the list, here's how to get it added:

1. Visit your local School Board's website (using the links on this page).
2. Fill in the form: "Notice to the English-language school board: Option or revocation of option regarding the exercise of voting rights."
3. Follow your School Board's instructions for sending in your completed form.

4. You can also get in touch with the Returning Officer at your School Board for information.

#### Cast Your Vote



On Sunday, November 3rd, be sure to exercise your right to vote. This simple act sends a powerful message of support for Quebec's English minority community and its institutions.

Karen Henchey,  
*Communications Officer*

#### School Board Elections

Visit your school board's website for more information:

**Central Quebec School Board:**

<https://www.cqsb.qc.ca/en/elections-2024>

**Eastern Shores School Board:**

<https://www.essb.qc.ca/elections-2024/>

**Eastern Townships School Board:**

<http://www.etsb.qc.ca/school-elections/>

**English Montreal School Board:**

<https://www.emsb.qc.ca/emsb/about/governance/elections/voting-rights>

**Lester B. Pearson School Board:**

<https://www.lbpsb.qc.ca/wp-content/uploads/SB-Election-Fact-Sheet-EN.pdf>

**New Frontiers School Board:**

<https://www.nfsb.qc.ca/elections/>

**Riverside School Board:**

<https://www.rsb.qc.ca/school-elections-2024/>

**Sir Wilfrid Laurier School Board:**

<https://www.swlauriersb.qc.ca/en/governance/elections/>

**Western Quebec School Board:**

<https://westernquebec.ca/elections/>

# Getting to Know You

This article is part of an occasional series profiling local Home and School Associations. Of course, every Home and School is unique, reflecting its own specific set of circumstances. Some have the mandate to provide extensive in-school programming, others focus on boosting school spirit and raising needed funds. All make an important impact in their school communities. Here is Crestview's story.



## Meet Hope, Bella, and the Gang

*The Crestview School Community, Sir Wilfrid Laurier School Board*

CRESTVIEW ELEMENTARY WAS BUILT IN 1962 on Devonshire Avenue in Laval, just in time to welcome Quebec's burgeoning Baby Boom population. Today the sprawling school grounds have mature maple trees, a soccer field, basketball courts, and a play structure. It's a great spot for a child to spend their early years.

### Supporting a Diverse School Community

Each year, the school welcomes about 180 students. Classes are 50% in French at the kindergarten level, and 40% in French for the remaining grades. But what makes Crestview truly exceptional is the incredible job it does welcoming and supporting special needs students. Home and School President Nathalie Seukpanya explains: "Most of our kids are out-of-zone. Our school is increasingly sought after by families with special needs children, eager to benefit from our expertise and adapted environment. More than 50% of our students have a difficulty/handicap code." Together with the rest of the student population, the school's special needs students experience an enriching school environment, one that reflects the school's goal to "help every student shine."

This lovely school community has been built through the tremendous efforts of Principal Irene Tsimikilis and the school's 70 staff members.

Nathalie proudly explains that Crestview stands out for its innovative educational approach, which is tailored to both neurotypical students and those with special needs.



This past spring, for example, Crestview teachers Brittany Cerveira, Kathryn Katsaros, and Kelly Sauvé were recognized at the 2024 Pedagogical Innovation Awards for their use of the Proloquo APP to support the school's non-speaking students. Crestview speech pathologist Gail Jaffe and consultant Caroline Erdos were also important partners in this project. Crestview Home and School was proud to help pay for the Proloquo APP.

Volunteers in the Crestview Home and School Association have made it their mission to make every child's time at Crestview special. The team supports the exceptional efforts of the school's administration and staff, spearheads its own initiatives, and creates fun times for all through the year.



### Hope and Bella

In 2017, Crestview began a long and tremendously successful partnership with the Asista Foundation to bring full-time service dogs to the school. First came Hope, a black labrador. Bella, her golden retriever friend, joined Hope in 2021. The dogs have a daily school schedule. They move from class to class and visit the Rainbow Centre, a location at school where students can receive extra support. For their visits, Bella and Hope are accompanied by two very important people: Dog handlers and staff members Michelina Scala and Maria Vaccaro.



At Crestview, Hope and Bella are happy to sit in on a classroom activity, dress up for a special event, and be a comforting presence for all. One member of the Crestview community writes: "Our beautiful and amazing Hope, you make such a wonderful difference each and every day to

*Continued on the next page*



# Getting to Know You

## Meet Hope, Bella, and the Gang

*Continued from the previous page*

all our students and staff alike..." It turns out that Hope and Bella are the very best cure for a rough day! When a child is feeling anxious or having trouble controlling their emotions and behaviours, the gentle, patient presence of Hope or Bella does wonders. Indeed, Nathalie explains that Hope and Bella have become so integral to Crestview school life that they have inspired the school's motto: #hopeyouryearisgolden. You can follow Hope's and Bella's adventures on Instagram: [https://www.instagram.com/hopeandbella\\_asista](https://www.instagram.com/hopeandbella_asista).



Knowing how hard Bella and Hope work for the school, Crestview Home and School is eager to support this important initiative by purchasing treats, toys, and accessories for the dogs. And when the Montreal Alouettes came to visit, Home and School was on hand to present handkerchiefs to each student to match those worn by Hope and Bella.

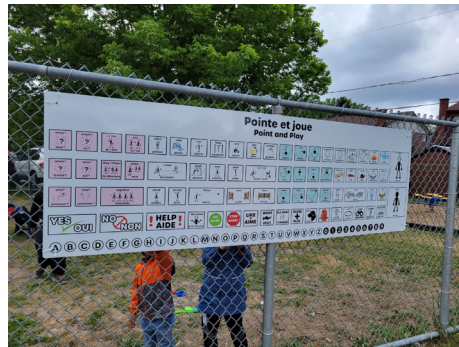


The Asista Foundation has created a video to showcase the great work Hope and Bella do at Crestview Elementary. It is a real treat to watch. You can find it on YouTube by searching for "Asista Foundation" and selecting the video called "A hero within all of us." You can also use this link: [https://youtu.be/BNnOVPIJ\\_XI](https://youtu.be/BNnOVPIJ_XI).

## Communication Boards

In 2023, Crestview Home and School came up with a great idea to assist the school's non-verbal students: a communication board featuring bilingual pictograms.

When Home and School volunteers investigated purchasing such a board, they could not find a bilingual product to serve their needs. Undeterred, the school's staff and Home and School enlisted the help of parents with printing, graphic design, and marketing expertise for the project. The result was a smartly designed bilingual and durable board for the school yard.



To everyone's delight, the communication board was quickly adopted by students. Nathalie explains: "Within the hour of installation, a child took his educator by the wrist to the board and pointed to EAT. So, she asked, 'You want to eat?' Then after a few times, he finally pointed to YES."

Today, the school has two outside boards. You will find one in the small and large school yards. Home and School has also made murals of the boards and placed them in various locations within the school. The communication board project's success happened through excellent teamwork. Indeed, a strong collaborative spirit is behind everything Crestview does.

## The Rainbow Centre and More

Another important feature of Crestview School is the Rainbow Centre. It was expanded 5 years ago by Principal Tsimikilis and her team and now includes a full Sensory Room, an Emotions Room, and a Conflict Resolution Room. The Rainbow Centre is a valuable setting for students to learn to manage their emotions and work through problems. Each day, about 75 students visit the Centre. Home and School makes sure the Centre has all the equipment it needs, providing such items as blackout tents, a ball pit, and sensory toys.



Eager to support all of the worthy projects Principal Tsimikilis and her team develop, Home and School also allocates funds for materials and new technology for the school's special education teachers, occupational therapist, and speech and language pathologists.

## Creating Special Memories from the First Day of School to the Last

From a late August Movie Night and Corn Roast to McDonald's Happy Meals on the very last day of school, Crestview Home and School works hard to add a little magic to the school year.



*Continued on the next page*

# Getting to Know You

## Meet Hope, Bella, and the Gang *Continued from the previous page*

Although not a large Home and School, the Crestview team manages to create a massive amount of fun. Here is just a partial list of the amazing things Crestview's six very active Home and School volunteers were up to in 2023/24: They gave every student and staff member a specially-designed T-shirt at the start of the school year; provided pumpkins for decorating at Halloween; invited Santa and Mrs. Claus to visit with a photographer in tow; brought in Valentine's Day cupcakes for all; organized an Easter Egg Hunt; assisted with a school-wide excursion to the movies; and orchestrated a Willy Wonka themed Teacher/Staff Appreciation Week. It was a busy year!



Teacher and Staff Appreciation Week



At the Movies

While Crestview Home and School's activities and events are created for the entire school community, they are particularly helpful for the families of special needs students. Nathalie explains: "We give parents the opportunity to bring their children to do activities in a known environment so that it is less anxiety for the children and their parents." And the end

goal is fun for all in an atmosphere that embraces diversity and inclusion. The team is looking forward to their upcoming Fun Fest on September 27th to celebrate the new school year.

## Scenes from a Busy Year



## Raising Funds

Crestview Home and School uses a combination of product sales, ongoing fundraising activities, and special events to raise funds for the school. In 2023/24, the team sold first aid kits and chocolates, held Pizza Days, and organized movie nights as well as a hugely successful Comedy Night.



Comedy Night

For Nathalie, the annual Comedy Night is the most memorable event of the year. It brings together parents

and staff for a fun adults-only night out, it is supported by many sponsors from the community, and it raises the most funds for the school community. Crestview makes good use of Zeffy, a free fundraising software, for its fundraising projects. All totalled, the Home and School raised \$22,000 last year.

## Building Bright Futures

Crestview is an exceptional school, where every effort is made to give each child the best start possible. It is a school that encourages empathy and acceptance. And all of this has come to be thanks to the tremendous dedication of Principal Tsimikilis and her team, Home and School volunteers, and two wise and wonderful canine companions.



Principal Tsimikilis with two of her award-winning students



A special thank you to Crestview Home and School President Nathalie Seukpanya for taking the time this past summer to share Crestview's story with us.

Karen Henchey,  
*Communications Officer*



## United on this Land:

### A Calendar Celebrating Cultures, Traditions, and History

"It is time for parents to teach young people early on that in diversity there is beauty and there is strength."

— Maya Angelou

October 2-4	<ul style="list-style-type: none"> <li>• <i>Rosh Hashanah</i>, the Jewish New Year.</li> </ul>
October 4	<ul style="list-style-type: none"> <li>• The Feast of Francis of Assisi, commemorating the life of St. Francis, who was born in the 12th century and is the Catholic Church's patron saint of animals and the environment.</li> </ul>
October 12	<ul style="list-style-type: none"> <li>• <i>Yom Kippur</i> It is often considered the holiest day in the Jewish calendar. Many spend the day fasting and praying. Its theme centres on atonement and repentance.</li> </ul>
October 14	<ul style="list-style-type: none"> <li>• Thanksgiving Day, an opportunity to give thanks for a good harvest.</li> </ul>
October 16-23	<ul style="list-style-type: none"> <li>• <i>Sukkot</i> A harvest festival for the Jewish community, marking the end of the agricultural year. It commemorates the 40-year period during which the Jewish people wandered in the desert, living in temporary shelters.</li> </ul>
October 18	<ul style="list-style-type: none"> <li>• Healthcare Aide Day</li> </ul>
October 31	<ul style="list-style-type: none"> <li>• <i>Diwali/Deepavali</i>, Festival of Lights celebration for followers of Hinduism, Jainism, and Sikhism. The festival's theme is the victory of good over evil.</li> <li>• Halloween</li> </ul>
November 1	<ul style="list-style-type: none"> <li>• All Saints' Day, a celebration of all Christian saints.</li> </ul>
November 2	<ul style="list-style-type: none"> <li>• All Souls' Day, a day of remembrance for the departed; celebrated by Christians.</li> </ul>
November 8	<ul style="list-style-type: none"> <li>• National Aboriginal Veterans Day</li> </ul>
November 11	<ul style="list-style-type: none"> <li>• Remembrance Day</li> </ul>
December 1-24	<ul style="list-style-type: none"> <li>• The Advent Season, a time for Christians to prepare for the celebration of the birth of Jesus.</li> </ul>
December 24-January 7	<ul style="list-style-type: none"> <li>• In the Inuit tradition, December 24 is the first day of the year. <i>Quviasukvik</i> is an Inuit winter feast celebrating the coming year and the transfer of spirits for good luck in the new year.</li> </ul>
December 25	<ul style="list-style-type: none"> <li>• Christmas Day</li> </ul>
December 26	<ul style="list-style-type: none"> <li>• The first day of <i>Hanukkah</i>, also known as the Jewish Festival of Lights. The 8-day festival ends on January 2.</li> <li>• The first day of <i>Kwanzaa</i>, a week-long holiday honouring African cultures and traditions.</li> </ul>
January 6	<ul style="list-style-type: none"> <li>• Epiphany, one of the oldest Christian feasts. It celebrates the arrival of the magi to visit the infant Jesus.</li> </ul>
January 7	<ul style="list-style-type: none"> <li>• Orthodox Christmas Day, followed by Orthodox New Year on January 14.</li> </ul>

### Did you know...?

#### The Sacred Pipe Ceremony

First Nations peoples believe that the most powerful way of communicating with the spirit world is to smoke tobacco in a sacred pipe. The smoke from the tobacco carries the prayers to the Creator in four directions. This creates the connection between the human world and the spirit world.

### On this Day...

#### December 1, 1955

This was the day Rosa Parks refused to give up her seat on the bus to a white man in Montgomery, Alabama. Starting on December 5 that year and for a total of 381 days, African Americans boycotted the Montgomery bus system. The boycott ended shortly after the December 13, 1956, ruling by the U.S. Supreme Court that ended bus segregation.

# News for You

## Creative Ways to Change Things Up in 2024/25



A glance through the 2023/24 President's Activity Reports once again demonstrates the amazing creativity at our Home and School Associations. Last year, volunteers organized and/or supported all of the initiatives listed below. This list was shared at our '24 QFHSa Executive Training Workshops.

For more information about any of these activities, please contact Marlyn at [marlynbrownrigg@qfhsa.org](mailto:marlynbrownrigg@qfhsa.org).

### Notable Events

- **Welcome Back Photo Booth** for all students
- Family and staff **Bowling Night**
- **Pumpkin decorating** for a seniors' residence
- Halloween **Mad Science Show**
- **Karaoke Night**
- **BOGO Scholastic Book Fair**
- Non-fundraiser **Matinee Movie Day** at a cinema
- **Easter Animal Bus**
- **Family Board Game Night**
- **Warm Clothing Drive**



### Notable Fundraisers

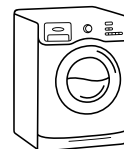
- **Honey fundraiser**
- **Valentine Candygrams** with students baking cookies

### Notable Purchases

- **Play/Dance "crew" t-shirts**
- **\$10 for each student to spend at the book fair for "I Love Reading Week"**



- **Tournament banner**
- **Orange shirt purchase** from an Indigenous business
- **Walkie-talkies** for power failures
- **Secondhand washer and dryer**



### And Other Great Ideas!

- **Time Capsule Project**
- **Home and School holiday video** for students
- **Treats from Waffle Bar**
- **A Home and School QR code** for Home and School events
- **Library makeover**
- **Survey to all parents** on Home and School activities and fundraisers
- **Sponsorship Program** – families supporting families
- **Breakfast Program**





## The QFHSA's Committees:

*Great Opportunities to Learn New Skills, Share Ideas, and Support the Province-Wide Home and School Network*

FOR OVER 80 YEARS, volunteers have been the heart and soul of the Quebec Federation of Home and School Associations and this great tradition continues. The Federation's dedicated volunteers *make things happen*. At the committee level, our volunteers discuss ideas, issues, and recent developments and turn those discussions into concrete action.

Our committees benefit tremendously when new volunteers join the group. After all, each person brings a fresh perspective derived from their own observations and experiences.

While there can be no doubt that the QFHSA benefits tremendously from its volunteers, our volunteers reap benefits from the work, too. The benefits include meeting new people and making new connections as they deepen their knowledge of the issues of the day, participate in interesting discussions, and enjoy opportunities to express their thoughts and beliefs.



Our volunteers make a difference. They have a positive impact in the lives of Quebec children, youth, and families.

### The QFHSA's Committees: *What Are They?* *What Do They Do?*

The QFHSA's five major working groups are Education, Rights, Resolutions, Finance, and Nominations. Each meets periodically during the school year. Meetings are usually held on a weeknight on Zoom.

#### The Education Subcommittee

If you have an interest in Quebec education, this is the committee for you—and there is always plenty to discuss! Some of the topics the team focussed on in 2023/24 include French instruction availability and the tuition fee increases.

The Education team's Literacy Subcommittee promotes literacy. They oversee several projects including the Library Assistance Program, Born to Read, and the Reluctant Reader Literacy Project.

#### The Rights Subcommittee

This group addresses topics concerning individual rights and freedoms within the Quebec education system. If you are interested in recent political developments affecting Quebec's minority language community, this is the committee for you. In 2023/24, the team developed resolutions on the following topics: the English Voters' List, in-school food programs, and the cellphone ban.

#### The Resolutions Subcommittee

Discussions held within QFHSA committees and local Home and School Associations can lead to resolutions. These are written statements created to respond to issues of importance to our Federation and its members. The Resolutions Subcommittee collects the resolutions, discusses them, and prepares them for submission to our membership for approval at the QFHSA Annual General Meeting. Adopted resolutions then become the impetus for advocacy and action. If you enjoy discussing ideas and weighing the implications of new government bills and practices, this is the committee for you.

#### The Finance Subcommittee

The Finance Committee overseeing the Federation's finances. This involves preparing and reviewing annual budgets, reviewing accounting procedures, preparing financial reports, and making recommendations to the board of directors on financial matters. Being a non-profit organization, the QFHSA must carefully manage the funding it receives and keep a close eye on expenses. In addition to helping with these tasks, the Finance Committee seeks out new funding opportunities and ways to reduce costs.

*Continued on the next page*

# News for You

## The QFHSA's Committees

*Continued from the previous page*

### The Nominations Committee

The QFHSA's board of directors plays an essential role in the Federation. The members of the Nominations Committee recruit volunteers for the QFHSA board. As the QFHSA is a province-wide organization, the Nominations Committee strives to attract board members from all over the province. The group is especially active in the months leading up to the Spring Annual General Meeting.

*If you or someone you know is interested in joining a QFHSA committee, please do not hesitate to get in touch. Call the QFHSA office at 514-481-5619 or email [info@qfhsa.org](mailto:info@qfhsa.org).*

Karen Henchey,  
Communications Officer



Photo from Adobe Stock

## There's Room for You on the QFHSA Board of Directors, Too!

The job of a board member is endlessly interesting and a wonderful learning opportunity, too. The volunteers on the QFHSA's board of directors chart the course for our Federation. The QFHSA's board meets about eight times a year, alternating between Saturday morning and weeknight meetings. Board meetings are hybrid or fully online. The discussions are varied and thought-provoking. As a board member, you may:

- Discuss Home and School policy,
- Delve into issues related to education and rights,
- Explore new projects for Home and School students, parents, and families,
- Offer best practice advice to local Home and School Associations,
- Participate in community round tables, ensuring that the parent's perspective is heard,
- Help to draft resolutions and briefs that are shared with the federal and/or provincial governments, and
- Help to plan QFHSA events

When you help a non-profit organization accomplish its mission, you are providing a huge service to your community. Please call the QFHSA office at 514-481-5619 or email [info@qfhsa.org](mailto:info@qfhsa.org) and we'll be happy to tell you more!



Members of the QFHSA Board of Directors at the 2024 Awards Luncheon



## The QFHSA's Executive Training Workshops: *Sharing Information and Tips on Zoom*

ONCE AGAIN THIS YEAR, there was a great deal of interest in the QFHSA's Executive Training Workshops. For three nights in September, QFHSA staff and board members presented the training workshops, which help new and returning executives (presidents/vice-presidents, treasurers, and membership/communications coordinators) ease into their new roles at their local associations.



answered questions. It was wonderful to meet new local executives and reconnect with returning ones, too!

If you were unable to attend the workshops, you can request a copy of the training kits that were provided. Please email Membership Services Coordinator Marlyn Brownrigg at [marlynbrownrigg@qfhisa.org](mailto:marlynbrownrigg@qfhisa.org).

At the events, our presenters shared the latest news from the QFHSA, carefully reviewed the training kits, and

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@qfhisa.org](mailto:info@qfhisa.org). ***We're here for you!***

### Spotlight on the QFHSA Board of Directors: **Bobbi Brown**



For as long as she can remember, Bobbi Brown has been a volunteer. When she was young, she was deeply impressed by her mother's dedication to her volunteer work. It is no surprise that by the time her teen years arrived, Bobbi was volunteering in earnest. Her volunteer adventures included a stint as president of her chapter of the B'nai Brith Youth Organization.

When her boys started preschool, Bobbi jumped in to help wherever she could. As her boys' education continued, it was a natural progression to volunteer at their school, Westpark Elementary. Indeed, Bobbi got involved at Westpark from the time her eldest entered kindergarten. In those early years with Home and School, she

chaired the chocolate bar committee and helped with the annual Teacher/Staff Appreciation fun, among other things. By the time her youngest reached Grade 6 at Westpark, Bobbi, now a seasoned volunteer, found herself chairing the Grad Committee.

From Westpark, Bobbi moved on to St. Thomas High School with her three boys. Her active involvement in Home and School led her to take on the role of Home and School president for several years. Though her sons have long since graduated from the school, Bobbi continues to support St. Thomas's Home and School Association, now in an advisory capacity.

Bobbi is most proud of the collaborative spirit she has helped to nurture at her children's schools through the years. She explains: "Good things come from collaboration." She recognizes how important it is for committee members to work together and respect one another, all for the benefit of the students. As chair of Westpark's governing board, she worked hard to ensure there were clear

lines of communication among the school's governing board, Home and School Association, and administration. As she explains, so much can be accomplished when everyone is on the same page.

Bobbi has also held the role of chair of Lester B. Pearson School Board's Central Parents' Committee and represented the board at the English Parents' Committee Association (EPCA).

Not long after her youngest son graduated from St. Thomas, Bobbi joined the QFHSA's board of directors. In her five years with the QFHSA, she has been actively involved in the Federation's events and chaired the Education Subcommittee. She currently leads the QFHSA's Membership Committee.

Bobbi's dedication to Quebec education and her community has benefited many through the years, including, of course, the Quebec Federation of Home and School Associations.

*Thank you,  
Bobbi!*

# News for You



## How Informed Are You on the Political History of Québec form 1867 to 2024?

*A Trivia Quiz from Brian Rock*

*Answers are at the end. No cheating allowed!*

**1. Who was the first Premier of the Province of Québec as of July 15th, 1867?**

- a. Henri-Gustave Joly de Lotbinière
- b. Charles Boucher de Boucherville
- c. Gédéon Ouimet
- d. Pierre-Joseph-Olivier Chauveau
- e. None of the above

**2. Who is the present Lieutenant Governor of the Province of Québec?**

- a. Manon Jeannotte
- b. J. Michel Doyon
- c. Pierre Duchesne
- d. Mary Simon
- e. None of the above

**3. Which two in office Opposition Members of the National Assembly of Québec have served as ministers in previous Québec governments?**

- a. Joël Arseneau
- b. André Fortin
- c. Pascal Bérubé
- d. Marc Tanguay
- e. None of the above



**4. Which Premier of the Province of Québec served the longest number of years in the job?**

- a. Robert Bourassa
- b. Lomer Gouin
- c. Louis-Alexandre Taschereau
- d. Maurice Duplessis
- e. None of the above

**5. Which two of the following never served as Premier of the Province of Québec?**

- a. Claude Ryan
- b. John Jones Ross
- c. Edmund James Flynn
- d. Mario Dumont
- e. None of the above

**6. The father of the present Chief Justice of the Supreme Court of Canada is:**

- a. Pierre Elliott Trudeau
- b. Robert Bourassa
- c. Pierre Laporte
- d. Claude Wagner
- e. None of the above



**7. In which year was the Legislative Council of Québec abolished and the Legislative Assembly of Québec renamed the National Assembly of Québec?**

- a. 1867
- b. 1918
- c. 1945
- d. 1968
- e. 1976

**8. Who was born in Campbellton, New Brunswick, on August 24th, 1922, and later became the Premier of the Province of Québec?**

- a. Bernard Landry
- b. Jacques Parizeau
- c. René Lévesque
- d. Lucien Bouchard
- e. None of the above

**9. In what year was the Ministry of Education of Québec created?**

- a. 1868
- b. 1875
- c. 1918
- d. 1945
- e. 1963



**10. Who is the present Minister Responsible for Relations with English-Speaking Quebecers?**

- a. Christopher Skeete
- b. Eric Girard
- c. François Legault
- d. Pascale Déry
- e. None of the above

### Answers

1. d. Pierre-Joseph-Olivier Chauveau. He served from July 15th, 1867 to February 25th, 1873. Premiers serving later are: de Lotbinière: 1878-1879; de Boucherville: 1874-1878; and Ouimet: 1873-1874.

*Continued on the next page*



## A Trivia Quiz from Brian Rock

Continued from the previous page

2. a. Manon Jeannotte. She has served since January 25th, 2024.  
Doyon served from 2015 to January 25th, 2024; Duchesne served from 2007 to 2015; and Mary Simon has been the Governor General of Canada since July 26th, 2021.
3. b. André Fortin & c. Pascal Bérubé.
4. d. Maurice Duplessis. He served 18 years and 82 days.  
Bourassa served 14 years and 227 days; Gouin served 15 years and 108 days; and Taschereau served 15 years and 338 days.

5. a. Claude Ryan & d. Mario Dumont. Ross served as Premier from 1884 to 1887; Flynn served from 1896 to 1897.
6. d. Claude Wagner. He was a former Minister of Justice of Québec and later a Canadian senator. He is the father of Richard Wagner, the present Chief Justice of the Supreme Court of Canada.
7. d. 1968
8. c. René Lévesque. Landry was born in 1937 in Saint-Jacques, a rural municipality in the Lanaudière region; Parizeau

was born in Montréal in 1930; and Lucien Bouchard was born in the Saint-Coeur-de-Marie sector of Alma in 1938.

9. e. 1963

10. b. Eric Girard, the MNA for Groulx.

### Scoring:

1 point for each correct answer. How did you do?

10 = A+

9 = A

8 = A-

7 = B+

6 = B

5 = B-

4 = C+

3 = C

2 = C-

1 = D-

0 = Time to brush up on your Québec history!

Brian Rock, B.A., M.Ed., is a retired school principal and a former secondary teacher of English Language Arts and the History of Québec and Canada who now resides in Aylmer, Gatineau. Brian chairs the **COalition For the Future of English Education in Québec (COFFEE-QC)** as well as the **Committee for the Enhancement of the Curriculum of the History of Québec (ComeCH-QC)**. Brian is the corporate secretary and a director of the **CEGEP Heritage College Foundation (HCF)** and chairs its Governance and By-Laws

Committee. Brian is also a director of the **Aylmer Heritage Association (AHA)** and chairs its Publications Committee.

A past president of the **Quebec Federation of Home and School Associations Inc. (QFHSA)**, Brian is a member of the QFHSA Board of Directors. Note: The opinions expressed in this commentary are those of the author and not necessarily those of the **QFHSA**.



## Start Your Voyage of Discovery!

Apply for a 2024 / 2025 Youth Exploring Science Grant Today

When students got back to in-person classes in 2021/22, the QFHSA was ready with Youth Exploring Science grants to help foster a love of science at both the elementary and high-school levels. The QFHSA has been amazed by the creative science projects proposed and executed by our schools. Hydroponic gardens, vermi-composting, different energy sources, mini labs—there has been no shortage of things to learn with the help of a QFHSA Youth Exploring Science (YES) grant.



Maple Grove students learning all about fungi

What will your school's science adventure be this year? The QFHSA is accepting YES proposals for the 2024/25 school

year until **December 20th**. 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](http://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>.

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



## Welcome Back From Membership Services



I would like to welcome new and returning members, especially those who have stepped up to take on the executive positions this coming year.

### Fundraising Goals/Volunteer Commitment/Executive Team Workload:

One of the largest challenges of any volunteer organization is finding people to step up and help with activities. If your association is experiencing difficulties, it may be time to analyze:

- the number of activities your association organizes
- the number of fundraisers, and
- the purpose of those fundraisers

### Analyze Before You Plan:

What are your group's fundraising

goals? How many volunteers are needed for activities and fundraisers? Has the executive team had to undertake additional work so an activity is not cancelled? It takes 10-20 hours of the executives' time just to keep the Home and School running so everyone needs to do their part.



### Housekeeping:

- President and Treasurer Reports for 2023/24 were due July 15th.
- The Executive List, administration fee, and local association renewal form

are due September 29th.

- The first membership list and batch of fees are due October 31st.

Cheers,  
Marlyn, QFHSA Membership Services Coordinator

### Contact Information for QFHSA Staff:



Executive Director (Carol): [carolmeindl@qfhsa.org](mailto:carolmeindl@qfhsa.org)

Administration and Accounting and Insurance Info (Mimi-Anna): [info@qfhsa.org](mailto:info@qfhsa.org)

Membership Services (Marlyn): [marlynbrownrigg@qfhsa.org](mailto:marlynbrownrigg@qfhsa.org)

QFHSA NEWS: [news@qfhsa.org](mailto:news@qfhsa.org)

## LITERACY NEWS

### Born to Read:

Foster the love of a good old-fashioned book by starting a Born to Read program for the babies and toddlers in your school community. The QFHSA will give your association the first 10 bags of books for free. Contact Marlyn for more information.

### Holiday Baskets Book Give-Away:

The QFHSA will once again donate books for families in need. Stay tuned for more information coming your way in November 2024



## PROTOCOLS FOR THE 2024/25 SCHOOL YEAR AND BEYOND!

- REMEMBER THAT EVERY VOLUNTEER HAS A FAMILY, A JOB, AGING PARENTS, ETC. BEFORE YOU CRITICIZE, ASK YOURSELF, "AM I READY TO COMMIT SOME OF MY OWN TIME TO HELP?"
- OBSERVE THE 24-HR RULE BEFORE PRESSING THE SEND BUTTON.
- IN-SCHOOL VOLUNTEERS SHOULD TEND TO THEIR ASSIGNED TASKS AND NOT DISRUPT THE SCHOOL ROUTINE OR THE SCHOOL STAFF.
- VOLUNTEERS NEED TO COMPLETE THE JUDICIAL RECORD FORM.

**HAVE A GREAT SCHOOL YEAR!**



# The Kids' Page

*This page is for students in the Federation's Home and School network. This time around, we are exploring outdoor games! Josée Bergeron (Active for Life) shares some of her favourite games to play outside with a group of friends.*

## 4 Fun Outdoor Games to Play with Your Friends (No equipment needed!)

### Everyone-Is-It Tag

Let's play a different Tag game! This time, everyone is "It!"

- When you tag someone, that player has to lie on the ground.
- The player on the ground watches the person who tagged him. If that player gets tagged, then he's back in the game.
- If two players tag each other at the same time, the tie is broken by playing Rock, Paper, Scissors.

If you are playing with a large group of friends, the game ends when a certain number of players (5?) are still standing.



### Cops and Robbers

Make two groups: cops and robbers. It works better when there are more robbers than cops. Decide where the jail will be (usually a small area the size of a hula hoop).

- If you are a cop, catch the robbers and bring them to jail.
- If you are a robber, you can free other robbers from jail by tagging them. The game ends when all the robbers are in jail or the cops give up.

### The Captain Is Coming

*A good game for a large gang.*

Choose a "Captain." The Captain of the ship will shout out commands that everyone has to follow. Each time the Captain says a command, the last player to do it is out of the game. The game ends when only one player is left.

Before you start to play, map out the different sides of the ship: front (**bow**), back (**stern**), left side (**port**) and right side (**starboard**). Make sure everyone knows the names and directions of the sides of the ship, as well as what all the commands mean.

#### Here are the Captain's Commands:

- **Bow:** Run to the front of the ship.
- **Stern:** Run to the back of the ship.
- **Port:** Run to the left side of the ship.
- **Starboard:** Run to the right side of the ship.
- **Captain's Coming:** Run to the captain and salute.
- **Hit the deck:** Lie on the ground.
- **Scrub the deck:** Pretend to scrub the ground.
- **Climb the rigging:** Pretend to climb a rope.
- **Dig for treasure:** Pretend to dig.
- **Cannonballs:** Crouch down and cover your ears.
- **Submarine:** Lay on your back and stick up one leg.
- **Three men in a lifeboat:** Three players stand together and pretend to row a boat.



### Red Light, Green Light

Everyone lines up on an imaginary starting line at one end of a large area.

Choose one player to be the "traffic cop." The traffic cop stands at an imaginary finish line at the other end of the area.

- When the traffic cop yells "Green light!" the players run towards the finish line.
- If the traffic cop yells "Red light!" all the players must freeze.
- Any player caught moving during a "red light" goes back to the starting line.
- The winner is the first person to cross the finish line!



#### Note to Parents:

*This is an excerpt from an article written by Josée Bergeron and published by Active for Life. It is the sole property of Active for Life and is reprinted with permission.*

*To read the original article, please visit [activeforlife.com](https://activeforlife.com). On the Home Page, select "Activities and Games," then choose "Active Play," where you will find a wide selection of articles, including this one. You can also use this link: <https://bit.ly/3T805Dj>*

**ACTIVE FOR LIFE**®



# 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 our other Home and Schools too! Before sending photos, please make sure you have the permission of those appearing in the photos. We invite Home and School Associations to send their news to [news@qfhsa.org](mailto:news@qfhsa.org).



## Home and School Volunteers Have Been Busy...

Friday, September 13th was an amazing day for a **Corn Roast!** Coordinated and executed by Hillcrest Academy's parent volunteers, the event was a beautiful experience for all.



Both the students and staff expressed their appreciation for all of the hard work of the parents involved. And, of course, the more the merrier! New parents are encouraged to join our team and join the fun behind the scenes at future events.



It was **team building time** for our little ones! They thrived in the great outdoors and made new friends and memories despite the pesky bugs! Home and School was happy to bring this incredible experience to the youngest members of our school community.



## ... and the Students, Staff, and Administration Too!

Hillcrest Academy was very proud of the 10 amazing student leaders who showcased school spirit, responsibility, and perseverance at our **Annual General Assembly and Curriculum Night**.



The **Cereal Box Challenge** was an amazing success! Students were invited to bring an unopened cereal box for a giant school domino activity. Once the game was done, the cereal boxes were donated to families in need.



This initiative reflects the school's commitment to supporting those around us and ensuring that everyone has access to essential resources. For this project, Hillcrest partnered with Agape, a non-profit organization that supports those in need within Laval's English-speaking and multicultural communities. Hillcrest Academy thanks its school community for its unwavering support and commitment to the school's community initiatives.



*Submitted by Catherine Kapogiannatos,  
Hillcrest Academy Home and School Association*



## Focus on the Locals

### Welcome Back Fun at Christmas Park Elementary

Christmas Park Elementary got into the Back to School spirit at our Welcome Back BBQ on September 18th put on by the new reboot of Christmas Park Home and School Association!

We were lucky to enjoy one of the final summer nights with a fun atmosphere that included burgers, delicious baked goods made by Christmas Park families, and the main highlights, the popcorn and cotton candy machines, which were generously loaned to us by some of our staff members !



Kids also got to try out Christmas Park's new sidewalk paint activities, which were done last June, and some carnival games including our new Connect 4 bought by the Home and School (formerly a PPO at the time)!



We also took the opportunity to advertise our membership campaign with coffee, candy, and a few bar codes and forms to sign up, of course!

*Submitted by Christine Berthoud, Christmas Park Elementary Home and School Association*

### We Run for Terry Fox at Roslyn Elementary

Roslyn Elementary held its Terry Fox Run on a sunny September 17th. Enthusiasm and good cheer abounded as the students helped to raise funds for cancer research.

Each year, Roslyn Home and School buys apples for each runner, which they receive after they complete their run. It is quite the tradition and the children look forward to those apples!

*Submitted by Wanda Leah Trineer, Roslyn Elementary Home and School Association*





## Focus on the Locals



### East Hill Gets the Party Started!

East Hill's Welcome Back Day on September 6th was a slam dunk! Kids came decked out in their favourite sports gear for a fun-filled sports-themed dress-down day. The celebration featured pizza, chips, and non-stop excitement with activities like bouncy castles, foosball, tug of war, and table-top foosball. With so much action, the day felt like a championship event, setting the perfect tone for a fantastic year ahead!

*Submitted by Tania Mendonça, East Hill Elementary Home and School Association*

### Sunny Times at St. Charles

The sun was shining and the temperature was on our side during our annual **Welcome Back BBQ**.

It was amazing to see the St. Charles community out in full force to celebrate the start of the new school year. Parents, staff members, and community volunteers all came together to make this event possible.

The students enjoyed barbecued food, a grad bake sale, cotton candy, tattoos, a spectacular magician, but most of all Beat the Bucket, where they were able to SPLASH their Principal and parent volunteers. It was a wonderful evening and lasting memories were surely made.

A huge thank you to all the volunteers who helped to organize and execute the event.

*Submitted by Talia D'Costa and Lorry Portela, St. Charles Elementary Home and School Association*





## A Big Welcome Back to All at Terry Fox Elementary in Laval

A new school year has begun and our Terry Fox Laval Home and School team is excited to make this year another memorable one! Since this summer, we've been hard at work planning events and activities that will bring our community together and enhance our students' experiences.

To show our appreciation for the school's staff and our excitement for the year ahead, we surprised each staff member with a little unexpected gift—a delightful “pencil” shaped cookie! Along with this sweet treat, we provided our Home Room teachers with some supplies from their wish lists. In addition, all staff members received their very own *Home and School Newsletter: Teacher Edition*, which highlights our goals for the year and reinforces our commitment to collaboration and support.



### “Terry the Fox” Calendar

We are excited to share that we kicked off the school year with a fantastic new fundraising initiative! On the first day of school, we launched our school calendar featuring our beloved Terry the Fox. Each month showcases a unique and playful pho-

to of Terry the Fox, and includes all school cycle days, holidays, and pedagogical days. To make it even more interactive for our students, we included fun stickers to help children keep track of special events like pizza days, tests, birthdays, and other exciting activities throughout the year. We even included Terry's 2024-2025 school photo and his summer 2024 soccer playing card to have as special keepsakes. This calendar is not just a way to keep track of important dates, it's a celebration of our school spirit! Overall success!



### A Warm Welcome

Parents and students were invited to share their excitement as they kicked off this new school year. To help capture these special memories, Home and School set up a beautiful backdrop where students could take photos to remember the first day of school. While the students mingled, parents enjoyed a warm cup of coffee—an added touch that created a cozy atmosphere for everyone to connect and celebrate the start of a new academic journey. Home and School was also on site and our tent was buzzing with activity as we offered last-minute sales of our Terry Fox merchandise and our brand new Terry the Fox calendar.



### Welcome Back

Our Welcome Back Event was a vibrant and exciting Colour Run for students and their families! With Mother Nature on our side, the event featured a large obstacle course set up in the schoolyard. Participants tackled the challenges and then celebrated their accomplishments by being showered in colourful powder at various checkpoints.



To keep the energy high, we offered complimentary snacks and refreshments throughout the event. The air was filled with colour and excitement, and it was wonderful to see our community come together. The smiles and laughter we witnessed confirmed the huge success of this event! Thank you to everyone who participated and contributed to making the evening so special.



It's been a fantastic start to the school year, and we're excited for all the adventures ahead!

*Submitted by the team at Terry Fox Elementary (Laval) Home and School Association*

## SHARE YOUR NEWS!



Photo from Adobe Stock

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 *QFHSA News*. Send your submissions to [news@qfhsa.org](mailto:news@qfhsa.org)

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