



THE VOICE OF  
THE PARENT  
IN EDUCATION

# QFHSA NEWS

VOLUME 49 ISSUE 2

SEPTEMBER 2011

**QFHSA  
Forms are  
due in by  
Sept. 30.  
Don't delay!**

*Your  
Membership  
depends on  
it!*



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## A Fresh Start for Home & Schools

Most of the Home and School Associations have had their elections and now have their new Executive Committees in place. What should you do now? How do you build your membership and attract new members? What information needs to be voted on at meetings? What should be done at each meeting? What is your Home & School's plan for the coming year? What are your fundraising goals? How do you put all these pieces together to build an effective team?

### Don't Reinvent the Wheel

To help with your H&S planning, we suggest the following:

 **Give us a call!** QFHSA is teeming with knowledge. We have experienced, friendly and helpful staff to answer your questions.

 **Remain in contact** with prior executives; have a past president sit in on meetings.

 **Share documentation** and archives of all forms, newsletters, posters, past fundraising campaign information and any other planning documents.

 **Hold a Regional Council Meeting** with neighbouring school associations to tackle common regional issues and concerns. Our Membership Committee can guide you through this process.

 **Attend the QFHSA Executive Workshops on Friday, Sept 23rd.**

New executives will have plenty of questions and would benefit from some friendly guidance. Even if you have executives that have passed along all the information you need to run your Home & School for the coming year, attending the QFHSA's **Executive Workshops** is a key ingredient in having a terrific year. Each year we put together informative sessions and provide all the extras you will need. We invite you to attend the Executive Workshops and the Fall Conference to meet others from schools across Quebec, to share issues you are having and to gain some insight into how others are working through their concerns. See you there!

~ by Lisa Fougere  
QFHSA News Editor

## DEADLINES... OR THE EVER PRESENT RINGING BELLS IN OUR LIVES



As splendid as it was, the summer and its leisure time has officially ended. School has authoritatively started with all its ringing bells: the alarm clock to make sure we get up on time for school and for work, the whistle of the kettle to let us know to

hasten with our cup of coffee because we need to get out of the house in a hurry, the school bell promptly urging the kids to get in the school now, and the honking and buzzing that reminds you that you are once again battling against rush hour traffic on the roads of our beautiful city of Montreal.

We are already out of breath and that is only the morning shift!

Afternoon arrives too quickly and we have to rush back through traffic to pick up the children from school or daycare. Then, once we get home, every second until the kids are in bed is filled with homework, showers,

dinner, family time, reading time, bed time...

The kids are now in bed and not a whisper to be heard. This is down time. Finally, we can relax. Or so we think. Then we hear another bell. Well we don't exactly hear it, but it is triggered in our heads by what we see: that huge pile of papers on the counter. What are those we wonder? We extend our tired arm to pick them up and realize that they are school forms... And to make matters worse, they need to be filled out for tomorrow. Why tomorrow and not next week we wonder? But we do realize that the schools, with so many children attending, need time to process all these forms. So, with a sigh, we grab a pen and get started on filling them out. Going through each and every one of them, we get a minute insight into the school life of our children: codes of conduct, school supplies, lunch supervision, daycare, medical treatment forms, various fee forms, etc...

However, is that the only insight we want into the school life of our children? Do we want to be only on the outside, looking in? Absolutely not! That is why so many of us **GET INVOLVED** in our schools: because our children's **EDUCATION MATTERS** and only by being involved, can we make a difference not only for our

child's education but for that of all children. It is said that students with parents who are involved in their school tend to have fewer behavioral problems, better academic performance, and are more likely to complete high school than students whose parents are not involved in their school.

QFHSA membership also has its share of demands. As the school year begins, so does the paperwork. And yes, sadly, there will be deadlines to respect. Respecting those deadlines is part of the responsibility of membership and an indication of the dedication we have towards our children. With your assistance, cooperation and involvement, the QFHSA will be able to achieve more on your behalf.

Oh! By the way, did I forget to welcome you all back to the new school year and to Home & School?

**WELCOME BACK!** We wish you all a productive, happy and smooth-running school year!

*Liette Chamberland*  
President

Interested in commenting on current affairs?

Contact Liette Chamberland at [president@qfhsa.org](mailto:president@qfhsa.org) or visit our website @ [www.qfhsa.org](http://www.qfhsa.org)

### QFHSA NEWS

*Continuously published since 1949*

Volume 49, Issue 2

Official Publication of the Quebec Federation of Home and School Associations, Inc.

3285 Cavendish Blvd., Suite #560, Montreal (Quebec) H4B 2L9 •  
Phone: (514) 481-5619 • 1-888-808-5619 • Fax: (514) 481-5610 •  
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Editor: Lisa Fougere

Layout & Graphic Design: Lisa Fougere

Printing: The Business Box, Beaconsfield, QC

Circulation: 7000 copies

Advertising Manager: Lisa Fougere

Editorial Board: Lisa Fougere, Carol Meindl, Rickhey Margoese, Liette Chamberland, Jennifer Bogart, Mary Skagos

Deposited with: Bibliothèque Nationale du Québec National Library of Canada • ISSN: 1924-9284 (Print), ISSN: 1925-797X (Digital)

Publications Mail Agreement No. 40011786

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

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

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

# QFHSA EXECUTIVE WORKSHOPS!

## YOUR KEY INGREDIENT FOR A SUCCESSFUL YEAR

Each year we host workshops at our offices especially suited for Home & School Executives and Leadership positions.

**FRIDAY SEPTEMBER 23, 2011**  
**7:00 TO 9:00 P.M. @ THE QFHSA OFFICE**



**Workshops for**

**PRESIDENTS (and VPs) - TREASURERS - MEMBERSHIP CHAIRS**

Intended for current, past and potential Executive Home & School members

**Information also available about:**

**NEWSLETTER / MEDIA and “BORN TO READ”**

**Information kits for each session will be given out**

The Executive Workshops are a **FUN** way to learn all you need to know to run your Home & School with enthusiasm and **confidence**.

Come **share** your **successes & challenges** and **trade ideas** with others.

Fantastic opportunity to **network** and connect with other executive members.



Come early.  
 Coffee & dessert served  
 as of 6:30 p.m.

**Resources for Your**

Home and School

# QFHSA Annual Fall Conference

Saturday, November 12th, 2011

8:00 A.M. to 4:00 P.M.

Sherwood Forest Elementary School

313 Windermere, Beaconsfield, QC H9W 1W1

## COST:

Early Bird Special  
\$25 for members;  
\$35 after Oct 28th;  
\$35 for non-members

Each year the QFHSA brings together Home & School members from across the province offering an opportunity to develop leadership skills and networking opportunities through regional council meetings, workshops and a unique Plenary Session.

## November 12th Conference Schedule

**8:00-8:30 am** Registration/Display Visits (coffee available)

**8:30-8:45 am** President's Welcome & Opening Remarks

**8:45-10:15 am** Guest Speakers & **KEYNOTE SPEAKER** — **Suzanne Longpré** Communications & Public Relations, LEARN - *"Get Involved - Education Matters"*: Our plenary speaker will briefly examine some of the most recent research on the topic of parental involvement and its impact on student success. What does involvement imply? How do we maintain a meaningful connection between parent and student in a fast-paced world where technology is omnipresent? How do we stay connected? The speaker will also show some of the resources available to parents who wish to remain knowledgeable in the area of education and practical strategies to stay involved.

**10:15- 10:30 am** Nutrition Break/ Display Visits

**10:30- 12:00 pm** 1st Session workshops

- Teamwork Begins at the Top – facilitated by Marlyn Brownrigg, President, Lindsay Place Home & School; Barbara Schnider, Membership Chair, Lindsay Place Home & School; and Betty Skagkos, VP Gardenview Home & School
- Resolving Conflicts Peacefully - presented by Deb Kellman & Mona Segal, DM Family & School Services
- Merit Pay for Teachers – Pros & Cons – facilitated by Serge Laurendeau, President, QPAT
- Making the Most of Parent Teacher Meetings, Moving from Confrontation to Collaboration— facilitated by Cindy Finn PhD., LBPSB Director of Student Services

**12:00-1:00 pm** Regional Councils—Don't miss the opportunity to network and brainstorm with other representatives from Home & School Associations in your area. Share ideas, strategies, and innovative ideas. Find, and offer, solutions to issues. Learn how to work well with your principal and school staff.

**1:00-2:00 pm** Lunch/ Display Visits

**2:00- 3:30 pm** 2nd Session Workshops

- Don't Worry! Helping Your Child Deal with Anxiety & Stress - presented by Deb Kellman & Mona Segal, DM Family & School Services
- Transition to High School - presented by Dynamix
- Homework Solutions: How to Adopt Effective Work Methods - presented by Justine Dansereau, Human Relations Consultant specializing in education
- Turning our Youth into Literary Enthusiasts—presented by Nicholas Aumais, Literary Consultant for Canadian schools and libraries through Bayard Publishing

**3:30-3:45 pm** Evaluation Draws – A variety of prizes will be drawn!

# QFHSA Annual Fall Conference Session Details

## 1st Session Workshops

**Teamwork Begins at the Top:** Are you a member of your Home and School Executive? Join us and learn about the duties and responsibilities of executive members, how to work as a team, and your obligations to the QFHSA. Bring your questions and we will do our best to answer them.

**Resolving Conflicts Peacefully:** Two people can't be expected to agree on everything at all times. In fact conflict is a normal and necessary part of healthy relationships. Learning how to deal with conflict—rather than avoiding it—is a crucial life skill. The purpose of this workshop is to help participants identify and better understand conflict, while providing techniques for improving conflict resolution and communication. Together we can find a way to learn key skills to manage our frustration and resolve conflicts peacefully and productively. This workshop will provide a conflict resolution process that participants can use to resolve conflicts of all sizes. Come join us for this interactive strategy-based workshop to learn more about resolving conflicts peacefully.

**Merit Pay for Teachers – Pros & Cons:** The goal of this workshop is to explain & discuss why teachers are opposed to merit pay and to go over the existing procedures in place regarding incompetent teachers.

**Making the Most of Parent Teacher Meetings, Moving from Confrontation to Collaboration:** Why is home-school cooperation so critical to student success? As a parent, how can I effectively communicate with school personnel when I want to get involved, ask a question or share a concern? In this workshop, we will explore these questions and share practical strategies you can use the next time you meet with your child's teachers.

## 2nd Session Workshops

**Don't Worry! Helping Your Child Deal with Anxiety & Stress:** Everyone feels anxious or stressed sometimes. Our young people are living in a fast paced world with increasing expectations socially, academically and in planning for their future. In addition, technology keeps up the pressure on the "always on" generation as our youth are bombarded with nonstop text messages from both friends and "frienemies" alike. For some children, stress and worries take over... and become a big part of their daily life. Come join us in this interactive strategy-based workshop to learn more about helping children manage stress and anxiety in their daily lives.

**Transition to High School:** The move from Elementary school to High school can be a scary and overwhelming transition. Students should approach such change with excitement and optimism and not with fear. We will give you an overview of the "Transition to High School" program which helps students feel better prepared for the social and environmental changes by instilling confidence and applicable skills to help them take on the challenge with their heads held high.

**Homework Solutions: How to Adopt Effective Work Methods :** This workshop will discuss how to help your child "adopt effective work methods" as well as how to create an ideal homework environment within the home. Justine will concentrate on specific competencies needed for the homework process, such as time management as well as organizational skills. The goal of this workshop is to guide parents in assisting, motivating and supporting their children through the homework process, while increasing their autonomy.

**Turning our Youth into Literary Enthusiasts:** Stemming from a lifelong passion for literature, we will cover the following topics: The Joy of Reading, Boys and Literature, and finally The Use of Documentaries as a Reading Strategy. Come share in this contagious love of reading as we reach out to make literature accessible for all children.

**REGISTRATION INFORMATION TO BE SENT OUT IN OCTOBER TO YOUR LOCAL HOME & SCHOOL.**



# MEMBERSHIP NEWS

*By Jennifer Bogart  
QFHSA Membership Co-Chair*

The QFHSA Membership committee exists to support and guide all the Home and School Associations. Whether you are new to the association or well established, our experienced and resourceful team is here to help with any transitions or issues that may arise.

During the flurry of September membership campaigns, one of the most overlooked documents to be returned to the QFHSA by its due date of September 30<sup>th</sup> is the Reaffirmation Form. Did you know that without this form, your local association isn't actually a member of the QFHSA? It's a legal document that allows your local Home and School to function under the umbrella of the provincial association. Each year, it needs to be signed and returned in order for you to enjoy the benefits of being a member. These include: a not-for-profit bank account (separate from the school account), insurance coverage for all members, the QFHSA NEWS, and many other resources. Remember, individual membership fees are actually paid to the provincial organization so we can provide you

## REGIONAL COUNCILS coming to a school near you!

By getting together with other local Home & School Associations, you can discuss common issues and goals, make new contacts and come up with solutions together. Expand your H&S network and see what happens! Your community ties will be stronger and more supportive than ever.

Please email Marlyn at [info@qfhsa.org](mailto:info@qfhsa.org) to find out more about Regional Councils or to host one through your school .

with all the necessary resources. Without the reaffirmation form, even if you have paid all fees and provided membership lists, your local organization is not technically a member of the QFHSA.

Over the summer, the Membership Committee has been working towards updating the membership documentation. You will find updated documents and forms on the QFHSA Website. Updated materials will be posted as they become available. Should your association need anything at all, please do not hesitate to contact us, either through the office or via e-mail. After all, we're here to support your organization in any way that we can.

## CHECK OUT OUR NEW & IMPROVED SITE [WWW.QFHSA.ORG](http://WWW.QFHSA.ORG)

Follow us on Facebook  
and Twitter



We are pleased to announce the QFHSA Website has had a complete make-over. It is a fully functioning, up-to-date site that is designed with our membership in mind. The easy-to-navigate website contains updated forms, historical information and useful links.

Everything you ever wanted to know about the QFHSA will be available on this site. Looking to start your own Born to Read program? Just click on the link and the information will be at your fingertips. Are you wondering what services QFHSA provides? Select the "Membership & Associations" tab, and you'll see all that we have to offer.

There is a section detailing upcoming events where you will find registration forms and information about each activity. Be sure to check for the following events: Executive Workshops, Fall Conference, Executive Appreciation, and the Annual General Meeting. Our goal is to also keep the website current and relevant so that we can better serve and increase our membership.

Please take a look at the new design and tell us what you think. Your feedback is welcome.

# SYMPOSIUM FOR RESEARCH ON OFFICIAL LANGUAGES 2011

By Carol Meindl  
QFHSA Immediate Past President

The Department of Canadian Heritage (PCH) regularly offers financial support to research in the area of Official Languages and Minority Language Education and Instruction in Canada. PCH hosted the **Symposium for Research on Official Languages 2011** in Ottawa on August 31 and September 1st, 2011. Delegates were there to consider and discuss recent research done on minority language instruction from 2008-2010. They also examined how minority language support relates and contributes to the health and vitality of the culture of a community, be it a French community outside of Quebec, or an English community inside of Quebec. The QFHSA participated in this Symposium on the behalf of Home and School parents.

Naturally, the government wants to support relevant research, not just research for the sake of research itself. It wants, rather, to be able to see an impact — a visible 'bang for it's buck'. For example, if research is done on special needs innovations in school systems, it would like to then see those successful innovations implemented and incorporated, not to see it languish as just another report collecting dust on a shelf.

The question of how to disseminate the information in a readable fashion to the general public was considered as well as how to assure that the relevant results from studies done will be shared with the public and not suppressed because of political or other interests.

The Symposium considered 283 studies done between 2008 and 2010. Unfortunately, only a very few of those studies were looking at the situation of Anglophone students in Quebec.

As one participant put it:

*"It is the challenge for Francophones outside of Quebec to live their lives in French. It is the challenge for Anglophones in Quebec to live in Quebec!"*

Clearly, more research needs to be done on the health and vitality of the English Speaking community in Quebec and to explore the Anglo-Quebecer identity, if there is, indeed, one. The QFHSA suggested that teaching citizenship, in the broad sense of the word, to our children, would make an important contribution to community vitality. In its earlier years, the QFHSA was very involved with promoting citizenship and assisting new immigrants to integrate into Quebec society. The evidence is in the archives. Work is being done on the QFHSA archives this year to complete them and make them available to researchers. The wealth of information and insight available in the QFHSA archive material can be of significant importance to the exploration of the self-perceived identity of the English Speaking communities in Quebec both past, present and future.





## QFHSA DIRECTORS IN THE SPOTLIGHT



Occasionally in the QFHSA News, you can find out more about members of our Board of Directors, who they are and how they came to the QFHSA. For September, Larry DePoe and Liette Chamberland share their history.

### LIETTE CHAMBERLAND BOARD OF DIRECTORS AND CURRENT PRESIDENT OF QFHSA

#### **News—> How did you become involved with QFHSA?**

**LC—>** I began my involvement with the QFHSA at the local level when my firstborn entered kindergarten 8 years ago. At the time, Windermere Elementary had a very strong Home and School. It didn't take long for me to notice that there was a full team of parents involved in their children's school life. I thought it was wonderful and wanted to do the same, so I enrolled as a volunteer on the Home and School.

Over the years, being a member of H&S allowed me to be involved in my kids education not only at home, but also at the school. My first year I spent as a regular member, exploring the possibilities that H&S offered.

In my second year I joined the executive as Membership Chair. Then for my third and fourth years I took on the position of President.

#### **News—> Why did you feel it was important to join the Board of Directors of the QFHSA?**

**LC—>** To make a long story short, when I joined the local section of Home and School, I never intended to attend the events that were planned by the QFHSA: I thought that events that needed to be attended over a weekend day was a waste. It was taking away precious time that I could otherwise spend with my family. After all, my volunteering at school was to be close to my

children, so why would I take a Saturday away from them?

But something happened. A parent who had registered was unable to attend due to sickness. I was asked if I could go in her stead. So I agreed for that one time.

Well it turned out that I learned so much on that Saturday. I attended workshops that were really valuable to helping me in the upbringing of my children. I was sold.

When it came time to register for the Annual General Meeting, I was really curious. What would it be all about? So I decided to go. There, I realized that it was much more than just my school and my children. It was much bigger than I thought, and also more complex.

But what really brought me to sit on the Board of Directors was the possibilities that I saw: making changes that could benefit my children, and everyone's children...

So I got involved, and worked hard with other Directors, volunteers and partners in order to make those changes. We win some and we lose some, but we all get involved, because education matters.

#### **News—> What do you feel is the QFHSA's most important accomplishment?**

**LC—>** I guess that would differ from Director to Director. For me, it is all the hard work that was done by so many people to change the law that was restraining my children's children to be allowed to attend an English school. It took time and effort, but we did accomplish what we had set forth.

**Note: Liette is a proud mother of 2 children and still volunteers at her their school. She also works as an In-House Judicial Counsel for a construction company and would like everyone to know that SHE LOVES SCOTLAND!!!**



### LARRY DEPOE BOARD OF DIRECTORS, VP AND CHAIR OF THE EDUCATION COMMITTEE

New to our Board of Directors as of this April, Larry brings with him a wealth of knowledge both as a parent as well as from the education industry. Based in Montreal, he is a father of 4 and is also grandparent to 3 children (2 currently in the EMSB). Larry has over 25 years of experience directing early childhood centres and community based organizations. He has also served on several not-for-profit boards.

Larry has been active with the QFHSA all summer, diving right in by working on the QFHSA's Strategic Plan. He has also participat-

ed in the Symposium for Research into Minority Language Education, which was sponsored by Canada's Heritage Department, held in Ottawa August 31 to Sept 1, 2011.

As part of the Board, Larry will help define and set objectives for many of our committees as the needs of the local associations are brought forth. As Chairman of the Education Committee, he is anticipating that the upcoming year will focus on school closures, special needs mainstreaming and funding cutbacks.

If you are interested in helping the education committee, we would most appreciate it. Our Executive Board is meeting towards the end of September to define the QFHSA's objectives for the year. From there, we will also set dates for the committees' first meetings this fall. We encourage local members to come and be part of the committees and see where you can become involved. We look forward to hearing from you.

## RIGHTS COMMITTEE & CURRENT AFFAIRS

QFHSA has always been concerned with the well-being of children and the cultural health of the community in which we raise them.

As such, we are responsible for maintaining and developing education policy as defined by our Mission Statement and developed by the membership at the Annual General Meeting. Rights are not simply an abstraction. Rights define our obliga-

tions to, and illuminate the opportunities for, our children. Home and School has had a history of acting as a voice for parents in regard to education policy as developed by the Minister of Education, Leisure and Sports (MELS) and other decision-making bodies. Our Rights Committee explores current education issues and related public affairs. If you have an interest in the preservation of your children's school community, come join in on our discussions. Everyone brings a valued perspective. We will be meeting in the coming months. Contact our office for dates and details.

## THE BENEFITS OF NETWORKING HOME & SCHOOLS HELPING HOME & SCHOOLS

Every fall, the QFHSA hosts its annual Fall Conference and it is attended by Home & School members from all over the province. It is a day-long event which offers our members the chance to get informed on various education issues, to improve their leadership skills, to attend workshops on interesting parenting issues, and to meet, network, and brainstorm with other Home & School members. It is a very rewarding experience!

Last November, the president of Shawinigan High Home and School, Mari Elin Chamney, came to Montreal to attend the QFHSA Fall Conference. As representative of her school, she attended the plenary session on Education: Building our Future Together and participated in two workshops about Teamwork and Fundraising.

At the Fall Conference, Mari Elin made a connection with Marion Daigle, QFHSA past president and long-time chair of the literacy committee, and Sarah Hone, a Home & School mom from St. John Fisher School.

Over the years, the QFHSA Literacy Committee, with Marion's help, has helped stock the shelves of many school and community libraries by sending them books that have been purchased

with funds from The Gazette's Raise-A-Reader Fund, Geoff Kelly MNA and various others. This year, through Mari Elin's contact with Marion, Shawinigan High was the happy recipient of a donation of 161 books for their school library! The students were very pleased with the new books. Then things got even better.

The children of St. John Fisher in Pointe-Claire, Qc – a long way away from Shawinigan – collected 150 gently used books with the encouragement of Sarah Hone (whom Mari Elin met at the Fall Conference back in November) and the St. John Fisher Home & School. These books were then sent to the students of Shawinigan High. This generous contribution was a boost to Shawinigan High's "Summer Reading Fun!" program allowing each child to receive a book at the end of the school year!

All this would not have been possible if Mari Elin had not made the effort to attend the QFHSA Fall Conference. Not only did she benefit by gaining important knowledge that she could share with her fellow Home & School members and making contacts with other Home & Schools, but the students of Shawinigan High also benefitted! Isn't that what Home and School is about? Hope to see you all at the Fall Conference this November!

## A LOOK BACK IN TIME

### An Excerpt of Resolutions from Quebec Home & School News Vol. 1 Issue 1 November 1948

From its very inception, the QFHSA has been on the front lines of educational matters both local, provincial and federal. Here are a few of the resolutions from our first news issue in 1948 giving a unique glimpse of parental concerns in Montreal and Quebec at that time, including obtaining parity of funding for schools across Quebec:

**Resolution #2** “proposed that the Federation study ways and means of co-ordinating the efforts of the schools and these community services in advancing a program of vocation guidance”

**Resolution #4** “that the Federation endorse the principle of a break between the Christmas and Easter vacations.”

**Resolution #7** “urging X-rays examinations as part of periodic health examinations”

**Resolution #13** “Whereas the accommodations for primary and secondary education have lagged behind the present needs; and whereas Provincial grants to school boards in Ontario this year will be approximately 32 million dollars as compared with a total of approximately 13 million dollars.....for schools in the Province of Quebec - both provinces having total school populations of about equal size; Therefore be it resolved that the QFHSA in cooperation with other educational organizations should exert a concerted effort to urge the responsible authorities to find the finances necessary to enable the various school boards to improve and extend educational facilities throughout the Province of Quebec.”

Each year the QFHSA members from local associations, our Board of Directors and various committees compile issues of concern to parents across the Province of Quebec and submits them as resolutions to appropriate government and school board organizations.

### More about Live Stuff ...

Live Stuff is made up of a team of biologists who enjoy sharing their love of science with kids and adults. They offer workshops and programs based on a diverse range of appealing topics that will satisfy the curiosity of each participant. They bring a lot of physical material into their workshops to give everyone the opportunity to touch, see and experiment. For more information, please consult their web site at [www.livestuff.ca](http://www.livestuff.ca).

### LIVE STUFF WINNER!

Congratulations to Shannon Herron from Wilder Penfield School. Her name was randomly picked out of entries that responded to our little quiz detailed in our June 2011 News issue. Shannon has won a discovery kit from LIVE STUFF.

Answers to our Quiz:

**Question 1)** In 2010-2011, how many Regional Councils have been held by the QFHSA?

*There were 3.*

**Question 2)** What is the name of the QFHSA's mascot seen carrying a backpack in Quebec City on May 14, 2011? *The mascot's name is Mackenzie.*





# TRANSITION TO HIGH SCHOOL

Are you a Home & School?  
If so, you are entitled to a  
10% discount!



**Enter High School  
with excitement and optimism,  
not with fear.**

Dynamix's *Transition to High School* program helps students feel better prepared for their upcoming social and environmental changes. This series of workshops will not only teach important life skills, but more importantly, they will boost the self-esteem of its participants to help them take on the challenge of High School with their heads held high.

This series will cover:

- Teamwork
- Peer Support
- Conflict Resolution
- A better sense of self
- Organizational skills
- Individual and group decision making
- And much more!

**Length of Presentation:** up to eight 1-hour sessions

**Location:** We'll come right to your school or centre!!!

**(514) 333-TEAM (8326)**  
**www.getdynamix.com**

## Workshops Hosted By:

Dynamix

*The Leader in Team-building and Character Development for Kids & Teens!*



## About Dynamix:

Dynamix, the Leader in Team-building for Kids and Teens, has for years been offering unique, innovative and exciting team-building and character development workshops to schools, camps and other youth organizations.

Our mission is to always have a positive impact on every group we work with, while having FUN!

All of our team-building experiences are extremely hands-on and interactive, always focusing on teamwork, sportsmanship, character and other team-oriented concepts.



## CYBERBULLYING & DIGITAL CITIZENSHIP

Most parents today are trying to keep up with the children's online activities, making sure that the sites they visit are appropriate and safe for their age levels. They also have to make sure that their children play nice online as well.

Responsible digital citizenship is simply this, having people (children and adults) conduct themselves online as if they would in face-to-face situations. Many times someone will send a message or update a status that they later regret or may cause the receiver more harm than they ever thought possible.

To help parents teach their children about appropriate online behaviors and have them think about potential situations and consequences, Montreal's Dr. Shaheen Shariff, an associate professor at McGill University and her research team have created a very resourceful web site. The site is broken into age-appropriate sections for children, teens, parents, teachers as well as policy makers. Kids can launch a quiz to test their cyber-smarts. Teens can read up on some examples of online posts that come back to haunt you. There are fabulous links and resources for parents helping them through the digital world.

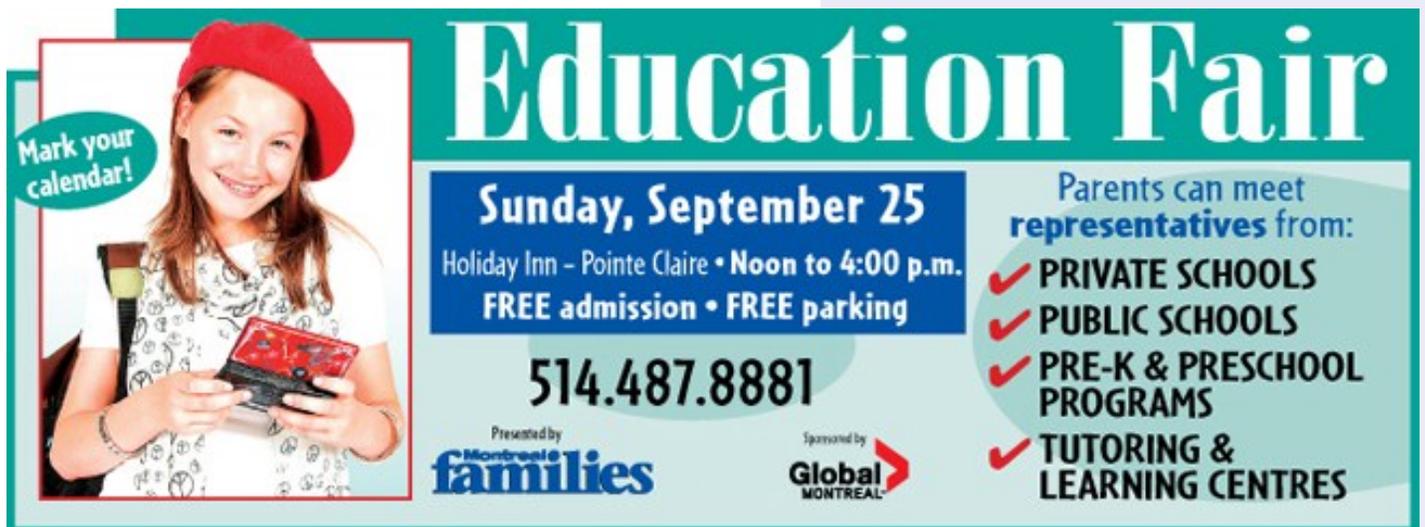
The site is bilingual and has up to date topics that will certainly help in forming a responsible digital citizenship. Check it out at [www.definetheline.ca](http://www.definetheline.ca).

## TAKE THE TIME TO SUCCEED

This November 17, 2011 at the Centre St-Pierre in Montreal, more than 200 members of various community organizations battling the dropout rate in Quebec will be meeting at the 3rd annual *Rencontre nationale des organismes communautaires de lutte au décrochage*. It will be a community event sharing and exchanging ideas, highlighting the Organismes Communautaires de Lutte au Décrochage—OCLD's more than 25 years of efforts to increase student success and graduation rates in Quebec. The organization provides students and families with support and services to ensure student success.

Please visit their web site at

<http://rocqld.org>



**Mark your calendar!**

# Education Fair

**Sunday, September 25**  
Holiday Inn - Pointe Claire • Noon to 4:00 p.m.  
**FREE admission • FREE parking**

**514.487.8881**

Presented by **Montreal Families**

Sponsored by **Global MONTREAL**

Parents can meet **representatives** from:

- ✓ PRIVATE SCHOOLS
- ✓ PUBLIC SCHOOLS
- ✓ PRE-K & PRESCHOOL PROGRAMS
- ✓ TUTORING & LEARNING CENTRES

# ULTIMATE DREAM JOB CONTEST 2011

Every year, on the first Wednesday of November, thousands of grade nine students participate in The Learning Partnership's *Take Our Kids to Work™* program. Now in its 17<sup>th</sup> year, this program sees approximately 200,000 students take part in a day long job shadowing experience at approximately 75,000 businesses and organizations across Canada.



*Take Our Kids to Work* is The Learning Partnership's signature program; it connects young people with the world of work. The goal of the program is to give as many young Canadians as possible the opportunity to explore career options and interests, and to ensure that the opportunity results in a meaningful, educational and safe experience.

On August 29, the Learning Partnership, in partnership with Scotiabank® launched the third annual Ultimate Dream Job Contest. This national online photo contest runs for six weeks until October 24. It is for Canadian students starting grade nine, Senior 1 (Manitoba) and Secondary III (Quebec) in a publicly funded school in the fall. Students will be asked to submit photos representing their "dream job" along with a short description (25 words or less) about why this would be their choice.



The Grand Prize winner will receive a trip to Ottawa with a parent/guardian to meet The Honourable Andrew Sheer on *Take Our Kids to Work™* day, November 2, 2011. The prize package includes a 2 night stay at the beautiful Lord Elgin Hotel as well as tours of national attractions and monuments such as, but not necessarily all of: Parliament Hill, The National Gallery of Canada, The Royal Canadian Mint or the Canadian Museum of Civilization. Weekly prizes will be awarded for the duration of this 6 week challenge.

Established in 1993, The Learning Partnership is a national not-for-profit organization dedicated to championing a strong public education system in Canada through innovative programs, executive leadership, credible research, policy initiatives and public engagement with its partners. Since its inception, more than four million students and leaders in education have participated in one or more of our programs, including *Take Our Kids to Work™*, *Welcome to Kindergarten™*, and *Entrepreneurial Adventure*.

*The Learning Partnership is a not-for-profit organization dedicated to bringing together business, education, government, labour, policy makers and the community to develop partnerships that strengthen public education in Canada.*

Visit us at <http://www.thelearningpartnership.ca>



As a new school year begins, many parents quietly wonder what this year will bring their children in terms of friends. Will their child be in the same class as those who they enjoy - and away from that child who made their young person's life so difficult last year? So it's no surprise that the familiar refrain across homes as the door opens is often "did you make a friend today?". For some, making friends seems so easy. Knowing just what to say to peers comes naturally and everyone seems to vie for their attention and approval. For others, making and keeping friends is the most difficult and painful aspect of being at school. The one thing we have in common is we all need to belong and to be valued by those with whom we spend our time.

"Alex" is a grade 2 student, who if asked, would quietly admit doesn't have many friends at school. His mom would tell you that her boy does not get invited to parties and, according to her son's teachers, doesn't have anyone to play with during free time. Alex wants to be part of a group. So, he often spends time hovering close to groups of children. Unless you were close enough you couldn't even tell he did not belong.

Alex doesn't say much to his peers, and they in turn seldom speak to him. At night when his parents put him to bed he sometimes asks them why nobody wants to be his friend. It breaks a parent's heart to see their child so sad.

Whether young or old we all need to have good social skills – those skills that help us get along and work with others. The good news for all the Alexes out there is that friendly behavior can be taught as a skill.

Like any other skill, practice makes perfect. However, before you can practice you need to learn the skills that come so naturally to others - and become fluent at these behaviors. After all, they will need these skills for the rest of their lives, both at work and at play.

Imagine for a moment, what it might feel like to be close enough to see what you want (to join the game) but before you can have it, you have to face the possibility you will be rejected — or worse, "laughed at". Many children just survive recess and lunch, often too ashamed to admit their loneliness.

Marc is in Alex's class, but Marc would say that school is fun. In fact, he would probably say that recess and lunch are the best part of the day. Marc has lots to say and do, and with his great imagination he often has his classmates in fits of laughter. Marc regularly compliments the other boys when they do things well, their willingness to try new games. And whenever there is a team to be chosen – Marc is one of the first to be called.

Research shows that up to 50% of children who have difficulty managing relationships in childhood will continue to have difficulties in adolescence and fu-

ture relationships.

In fact, it has been established that the single best childhood predictor of adult social adaptation is not school grades or classroom behavior, but rather, how well a child gets along with other children. Once children are taught the skills sets they need to get along with others and learn how to resolve the inevitable conflicts that will emerge, their social world begins to blossom. The more they practice their skills the more fluent they become, and then the more natural it seems to reach out to others and to see themselves as a valued member of the class and school community.

**"... the single best childhood predictor of adult social adaptation is not school grades or classroom behavior, but rather, how well a child gets along with other children"**

Supporting a young person in developing their friendship skills will inevitably lead to an increase in self esteem – after all, we are social creatures. When children feel good about themselves, they are more willing to take positive risks—both academically and socially. When a child is socially competent they are more easily able to be empathetic towards others, problem solve, cooperate, work together in a team, and learn to manage their emotions when things don't go the way they had hoped.

*DM offers groups to help young people learn the skills they need for success in Making and Keeping Friends. Groups starting in September 2011—give us a call !*

DM Family & School Services work together with young people, their families, and schools, to build partnerships and find solutions. DM offers services in the following areas :



1. Therapy for individuals, youth, couples & families.
2. Parenting Groups for parents of youth of all ages.
3. Therapeutic Groups for youth — a variety of topics (in DM's offices / community based upon request)
4. In-School Programs for youth — a variety of topics.
5. Professional Development for adults in schools.

DM offers confidential services at our offices in Montreal & West Island.  
514.483.9339 [www.dmfamilyschool.com](http://www.dmfamilyschool.com)

**PARTNERSHIP QFHSA + DM**

Take advantage of Special DM Offers for Home & School Member Schools !!!

1. In-School Parenting Workshops (20% Reduction)
2. Parent Training Programs (10% Reduction)
3. Therapeutic Groups for Youth in DM's offices (10% Reduction)

**SPECIAL INVITATION**

Come join us on Nov 12th for our workshops at the QFHSA Fall Conference !!

# PARENTING: RESOURCES & ISSUES



**Question: What do you do when your child is pressuring you for something that conflicts with your principles as a parent? Do you:**

- A) look around at what other parents are doing;
- B) weigh your child's grades and other 'performance' attributes against your principles;
- C) stand up for what you really believe in?

"This can be a difficult choice for today's parents," say Malcolm and Laura Gauld, the heads of Hyde Schools, a network of prep and charter schools in Maine, Connecticut, New York City and Washington DC that focus on character education. "You'll probably take your lumps if you answer 'C.' But there is no better way to raise your child." With three decades of experience in teaching students and their families to develop and live in a character culture and two decades of experience in parenting three children of their own, the Gaulds co-authored "The Biggest Job We'll Ever Have" book and parenting seminars,

***"Character is inspired, not imparted."***

geared toward helping busy parents stay focused on the things that really matter — principles.

"Say you have a teenager who's doing well in school, but has a bad attitude," says Malcolm. "He tells you he wants the latest expensive gadget, like his friends have. Or perhaps he's spending too much time social networking online and you want him to cut back. Should he be rewarded solely because of his grades? We see parents dismiss bad attitudes or habits when their child is performing well in school. But what message are we sending?" The Gaulds' point to the achievement culture we live in as a source of complication for parents. "The focus is increasingly on grades, test scores and awards," says Laura, "and not on the child—the whole child—and how he or she is developing, learning and making decisions. As a result, kids can adopt a 'win at any cost' mentality about grades, which can lead to a bad attitude, a compromised character, and even cheating and low self-esteem — a recipe for disaster. Further, the focus on external achievements as indicators of your child's growth can put parents in a difficult position."

The Gaulds' advice: Be the parent who stands up for the things that really matter to you, regardless of your child's

achievements. To that end, they offer these simple guidelines to parents:

**1. Define your principles.**

What are your principles, as parents? What do you believe is right? Become familiar with your own beliefs, clarify them, and learn to communicate them to your child. Parents of good kids tend to think they don't need to say anything, but your children need to hear what you believe, loud and clear.



**2. Understand your job as parent.** According to the Gaulds, this is the foundation of parenting. "We earn our children's love by first earning their respect," says Laura. The Gaulds explain that we can be friendly with our children, but need to understand we are not their 'friends,' a mistake many parents make that can create unproductive attitudes because the dynamic of the relationship is askew. "We all want good relationships with our kids, but our role is to teach and guide them, first and foremost," says Malcolm. "Our job is to model daily character, demonstrate what we believe, and make choices that may or may not be popular. That's parenting."

**3. Don't look only at your child's external accomplishments.** Often parents look at their kid's achievements and think, "She's doing very well. She's getting all A's, is a very accomplished athlete, and does amazing work with her art. She obviously doesn't need help." Talk to your child about what's happening beneath the surface — i.e., stress, fears, attitude, relationships, anxiety, sexuality, friends, teachers. These are concerns and challenges that will not appear on a report card, and they are important triggers in your child's life. "In the end, we are here to help teach our children what we know and believe in," says Laura, "so they can grow into the best people they can be and fulfill their potential."

"Character is inspired, not imparted," says Malcolm. "We cannot pour it into our kids or our families. It takes work, and sometimes we put our relationships at risk when we hold to our convictions as parents. But the strongest relationships are those resting on a foundation of principles, guaranteed."

For more information about Malcolm and Laura Gauld and the Hyde Schools, visit [greatparenting101.com](http://greatparenting101.com) or [hyde.edu](http://hyde.edu).

# LITERACY

## BORN TO READ

What is Literacy? According to Wikipedia, **Literacy** has traditionally been described as the ability to read for knowledge, write coherently and think critically about printed material. The key to literacy is in developing reading skills. At the QFHSA, we believe that literacy begins with newborns, reading to them and sharing stories from their very first day.

QFHSA has been involved in promoting the benefits of reading to newborns and toddlers through the Born to Read program since its launch on January 27, 2002. Each year the program contributes to literacy celebrations at different schools, organizations and community centres throughout Quebec. Through QFHSA sponsorship and grants from ABC Literacy Canada, Literacy Partners of Quebec, as well as many other donations, parents of newborns and toddlers are provided a book bag with several books appropriate for very young children in English or in French. Often, the QFHSA will attend literacy celebrations and present the book bags at a host school on or about January 27th, ABC Canada's annual Literacy Day.

For more information on this program, please call our office or visit the Born to Read website at [www.borntoread.net](http://www.borntoread.net).



## FINANCIAL LITERACY WEEK

OCT. 30 - NOV. 5, 2011

With out-of-control household and credit card debt, mortgage disasters and stock market roller coaster rides being featured in the news almost daily, our children should be given the tools to understand the basics of household and personal finance. They can begin at a young age, learning about numbers and money as well as the consequences of their spending habits to gain understanding and confidence to become financially responsible adults.



ABC Life Literacy Canada is inviting Canadians to learn more about numeracy and money management. Financial Literacy Week is a national awareness and engagement campaign that seeks to increase the financial literacy and math skills of Canadians through access to tools, resources and community events and celebrations.

The website has been updated with easy-to-use activities and tip sheets for helping families become

more financially responsible and knowledgeable. The site also features fun math cards for travel and home use. Keep a couple in the car for long rides when you hear "I'm bored. How long until we get there?" By early October, ABC Life Literacy Canada will also have mini-financial literacy booklets available for download from their website.

There are several kid-friendly and parent-friendly sites available.

For tweens, a fun site for learning about banking and finances is called Planet Orange, sponsored by ING Direct Canada. It teaches kids about money and how it affects their daily lives with a video-game interface. [www.orangekids.ca](http://www.orangekids.ca)

The Canadian Bankers Association has information geared for teens, teaching them money management skills and saving for goals. [www.yourmoney.cba.ca](http://www.yourmoney.cba.ca)



## TOWARD GERM-FREE SCHOOLS

### Hygienic cleaning practices, education campaign helps keep schools germ-free and keep children and staff healthy

While school classrooms and labs are an excellent environment for learning, they're also home to some not-so-savory characters: germs. Most infectious diseases are transmitted by direct contact with another person or indirect contact by touching surfaces contaminated with pathogens. The crowded classrooms, hallways and cafeterias of schools can be a breeding ground for a variety of diseases including colds, influenza and staph infections, such as MRSA.

To understand how easily germs are transmitted in the school environment, imagine this scenario: One child with a cold or the flu can make contact with dozens of people each day. The same child, estimates show, touches his face, nose and mouth dozens of times each hour. He then touches hundreds of objects in the school, leaving behind hitchhiker viruses and bacteria just waiting to be picked up by unsuspecting children and teachers.

Winning the war against germs requires a two-pronged approach. Schools can maintain a healthy environment by engaging in a systematic hygienic cleaning program to eliminate pathogens, as well as an education campaign to help children use proper hygiene. Both proper disinfection of surfaces throughout the school and hand-washing can cut the absenteeism rate, studies show.

Specific attention should be paid to some of the most germ-infested places in the school, including:

- **Water fountains**, which can harbor as many as 2.7 million bacteria per square inch on the spigot. Have students bring in personal water bottles
- **Pencil sharpeners**, one of the most-used devices in classrooms
- **Computer keyboards and mice**, which can be the homes for as many as 200 times the number of bacteria found on a toilet seat



## HEALTH ISSUES

- **Desktops**, which can hold up to 100 times more bacteria than a kitchen table and 400 times more bacteria than the average toilet, according to Dr. Charles Gerba, an Environmental Microbiologist at the University of Arizona.
- **Bathrooms**, where E. coli and other fecal toxins can be found on nearly every surface.



The nightly use of EPA-registered, hospital-grade disinfectants kills harmful organisms and helps reduce the risk of disease transmission. Staff members should periodically use disinfectant disposable wipes to clean high-touch points in classrooms during the day to eliminate new germs.

Backpack vacuums with HEPA (High Efficiency Particulate Air) filtration help eliminate airborne germs and improve the overall indoor air quality. Another key component of hygienic cleaning is the use of microfiber cleaning cloths, which have been proven to be 99 percent more efficient at capturing and removing bacteria and soils than cotton or other fabric cloths or disposable paper products.

In addition to effective cleaning by custodial staff, students should be given appropriate information to help them remain healthy. The use of flyers, posters and in-class reminders can help students learn the importance of proper hand-washing. To ensure cleanliness, hands should be washed vigorously for 20 seconds using water and soap. Alcohol-based hand sanitizing products can augment hand-washing; sanitizer stations should be strategically placed throughout the school.

*Permission to reprint from SS|PR and guest blogger Peter Sheldon. PETER J. SHELDON SR., CBSE, an expert in the Building Services Contracting, Vice President of Operations of Coverall Health-Based Cleaning System®.*

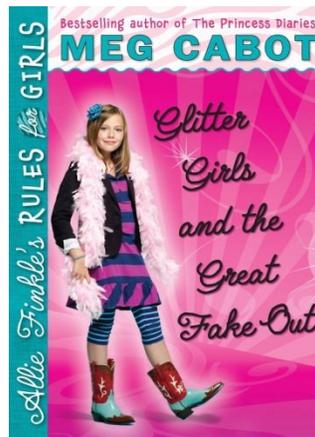
## LITERACY — BOOK REVIEWS

### ALLIE FINKLE'S RULES FOR GIRLS: Glitter Girls and the Great Fake Out V. 5 By Meg Cabot

This book is about a girl named Allie Finkle....

She is a fourth grader at Pine Heights Elementary School. In the first book, she moved from Walnut Knolls to Pine Heights where she lives with her 2 younger brothers, her mom and her dad.

In this book, she has to make a big decision: go to Brittany Hauser's birthday party (a girl she hated and who hated her from her old school) or go to her best friend's sister's Little Miss Majorette



Baton Twirling Twirltacular with all of her BFF's. Unfortunately, she chooses to go to the party, simply because it seems so exciting and glamorous. The party starts with a limo ride, a visit to Glitterati, supper at the Cheesecake Factory and a sleepover at the Hilton Hotel! She later realizes that she may have made the wrong decision especially because the other girls treat her badly and apparently have

mean plans for her at the sleepover. In the end, she does the right thing and realizes the true meaning of friendship.

My favorite part of this book was when Allie was made to dress like a pirate. I really liked this story but I am not surprised because I have enjoyed reading the previous books in this series as well. I would recommend this book to girls aged 9yr+. I enjoyed this book very much because of the way it's written in the first person as if Allie was telling the story herself.

*Zoe Knox*

*Gr. 6, Gardenview School*



ABC Life Literacy Canada is a non-profit organization that inspires Canadians to increase their literacy skills. We connect and mobilize business, unions, government, communities and individuals to support lifelong learning and achieve our goals through leadership in programs, communications and partnerships. ABC Life Literacy Canada envisions a Canada where everyone has the skills they need to live a fully engaged life.

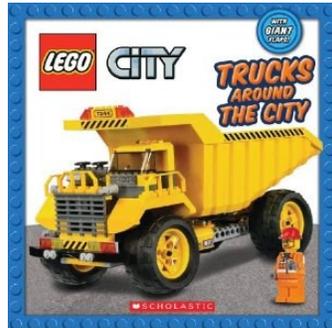
# BOOKS FOR LEGO AND STAR WARS FANS

Reviews by Peter Goudreau (with a little help from his mom) Gr. 3, Gardenview

## LEGO CITY: TRUCKS AROUND THE CITY

**Reading level:** Ages 4-8, **Board book:** 14 pages

**Publisher:** Scholastic Inc.; (September 1, 2011) – new release



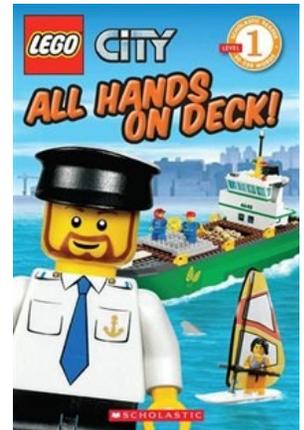
“Trucks around the City” is a book about different trucks that can be found in a real city and that you can buy and build as part of the Lego City series. Each fold-out shows a photo of the truck and its function. Each truck chosen helps the other trucks do its job. The reading level is for beginner readers, but I still enjoyed it because I am a Lego fan. It is more of an information book than a storybook.

## LEGO CITY: ALL HANDS ON DECK

**Reading level:** Ages 4-8; **Paperback:** 32 pages

**Publisher:** Scholastic Inc. (September 1, 2011) – new release

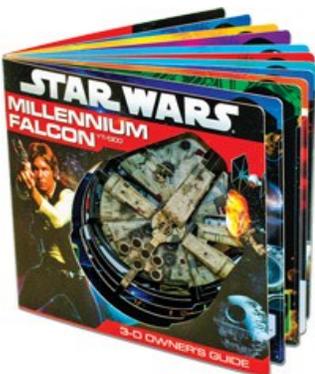
This is a story about a windsurfer who is in danger and needs the local cargo boat to come and rescue him. The characters in the book can all be found in the Lego City building series. This was an enjoyable book. It was exciting and fun to read. The reading level for the book is beginner solo readers. I really enjoyed the book because I own many of these characters and enjoy anything having to do with Lego.



## STAR WARS: MILLENNIUM FALCON YT-1300 A 3-D OWNER'S GUIDE

**Reading level:** Ages 9-12; **3-D Board book:** 24 pages

**Publisher:** Scholastic Inc.; (September 1, 2010)



This book is a cool book for Star Wars fans of all ages. It takes apart the inside of the Millennium Falcon, Han Solo's ship. Each page gives you information and detailed photos of the ship and each time you turn the page you get deeper and deeper into the ship. Different elements of the

ship's abilities are discussed such as propulsion, cargo, medical quarters, etc. This is a book that I know I will read over and over again because it has so much information. I also think my dad might want to read it because the Millennium Falcon is his favorite ship.

## STAR WARS: DARTH VADER A 3-D RECONSTRUCTION LOG

**Reading level:** Ages 4-8; **Board book:** 22 pages

**Publisher:** Scholastic Inc.; (October 1, 2011) – upcoming release

Similar to the Millennium Falcon, this book takes apart Darth Vader layer-by-layer. This book shows how Anakin Skywalker transformed into Darth Vader. You get to learn about the operations that Anakin had to go through because he was so badly damaged. It also explains how the armor that he wears keeps him alive. This book has a lot of information about the technical aspects of Darth Vader, the machine. This book is a must have for Darth Vader fans. It answers many questions about how Anakin Skywalker became Darth Vader, and how Darth Vader was able to survive in the suit.



Courtesy Books from Scholastic Publishing

# FOCUS ON THE LOCALS

Get your school in the spotlight in the QFHSA News! Send in your articles and pictures to [news@qfhsa.org](mailto:news@qfhsa.org). We look forward to hearing what your local association has been up to, what you are planning and what concerns you might have that you would like to share with others. Our newsletter is published quarterly. Here are the deadlines to send in submissions for the coming issues:



## Upcoming NEWS DEADLINES

**DECEMBER 2011 = submit by Nov. 7, 2011**

**MARCH 2012 = submit by Feb. 6, 2012**

## WESTWOOD HIGH SCHOOL, St. Lazare

Our Home & School had a great year. We planned, decorated, sold, donated and baked! We had 3 major activities during the year: Magazine Fundraiser with QSP; Annual Craft Fair (this one planned for ***Nov 26, mark the date!***); and our Teacher Appreciation week held in February.

Our funds raised were spent on technology items such as laptops and Smart Boards for each campus. The funds also helped pay for author visits, library rails at the JR., yearbooks for the library, our old gym makeover and more.

In the coming year we are looking for new members and an opportunity for all to contribute in areas they enjoy most. After five productive years, our fundraising coordinator, Mary Ficocelli is graduating with her son! Thanks for all your hard work Mary—it has been very much appreciated.

We have fun planning our events so come & join us in September. New faces and fresh ideas are always welcome!



## BAIE COMEAU HIGH SCHOOL, Baie Comeau



For this year's Home & School project from Baie Comeau High School, we planted two apple trees and built picnic tables. We had a wonderful time celebrating at our End of year picnic on June 10th, 2011. We had a wonderful group of volunteer parents, students, teachers and volunteers all working together on this project. ~ by Isabelle Harvey

## FOREST HILL ELEMENTARY SCHOOL, St. Lazare

### The Biggest Ever Forest Hill Annual BBQ!

As a way to celebrate the year, our Home & School committee organizes and hosts a huge BBQ event annually. This year's was held on June 3rd and it had to be the biggest ever! Can you imagine cooking and serving 2150 hot dogs and all the goodies to go with it? Everyone enjoyed the Airbounce tents, the super Reptizoo reptiles in the gym, the awesome team of St. Lazare firefighters and First Responders, Dynamix activities, our grade 2 eco table, our magician, our fab DJ. We had volunteers galore helping out from parents, grandparents, siblings and high school students from all over the region!



The weather held up again this year and the adults and children alike had a great time playing, mingling and chatting. Many teachers and staff from both campuses were also on hand. What a great way to end the year! Many students will be leaving Forest Hill, either to the new school being built called Birchwood, to high

school or to Forest Hill Senior grade 3 so we all certainly enjoyed our night together!

We thank ALL of our wonderful volunteers who donated their time so everyone could enjoy themselves! Events like this require a HUGE number of volunteers and without them, they would just not happen. We are also very fortunate to have a great group of Home and School volunteer organizers who worked so hard for the last weeks of school to put on this huge undertaking. All proceeds from the BBQ are returned back to the H&S for use again next year. Thanks for the super memories!

## GO FISH MUSICAL AT FOREST HILL

Our grade 2 musical Go Fish was a whopper of a success! On June 8 to a packed standing-room-only gym full of parents and family, our wonderful grade 2 students performed and sang some very hip undersea-themed songs. They were all decked out in amazing costumes and some had face paint too, funded through our Home & School!

The children were great! Orchestrated by our music specialist, Dave Arless, the students spent many hours practicing and rehearsing. Many, many thanks to all our parent volunteers and contributors who made this musical extra special. Thanks to Mr. Arless, all teachers and staff of Forest Hill for their patience and dedication in making this happen! Thanks to Home & School for our generous costume budget and fabulous face-painters. Good luck to all our parting grade 2's as they leave the Junior school for bigger places! We will miss you all!



Tiger Shark



## EVERGREEN ELEMENTARY SCHOOL, St. Lazare

The 2010/11 school year was a huge success for Evergreen's Home and School Association! Highlights of the year included the Parent Reading Program, a Halloween "Spooktacular" Day, Scholastic Book Fairs, Bake sales, Staff Appreciation Week, Daycare Appreciation, visits from storytellers and Junkyard Symphony, as well as a new school logo contest! Parent volunteers were in full force lending a hand wherever and whenever needed throughout the year. Thank you to all of our volunteers who donate their time to make Evergreen so special!

Home and School has already begun planning events and activities for the upcoming school year. Stay tuned as we reveal our brand new school logo. Huge congratulations goes out to Jake in grade three for his inspiring design. Jake received a new MP3 player as well as passes to Calypso Water Park for his work! Thank you to all of our other participants for their entries, great job!

An Evergreen tradition continues this year with the Annual Holiday Craft Fair. After a short break last year, this popular community event will be back this year to entice the crowds with its crafters, baked goods, and the famous raffle table. Mark your calendars for **Saturday, December 3<sup>rd</sup>, 2011!!**

After two very successful fundraisers, Home and School was one step closer to reaching its goal to equip every classroom with a SmartBoard. Thank you to all of our families that supported us, without you we could not have done it!

We hope everyone enjoyed a safe and restful summer. We look forward to a fun and successful school year!

*Evergreen Home and School Association  
Karen Rassi and Sue Lamy, Co-Chairs  
Carolyn Schoonen, Treasurer  
Kirstin Bennett, Secretary*



## ST. PATRICK ELEMENTARY SCHOOL, Pincourt

St. Patrick School in Pincourt is once again proud to boast that we received for the second year in a row the Membership Award from the QFHSA for our increase in memberships. The community is thriving at St. Patrick School!

There have been many activities organized at the school from September right through June. The money we raised through our fundraisers went into the fund for technology improvement at the school. We were able to purchase laptops to use in conjunction with the Smart Boards and mp3 players to help with literacy programs.

This was a very busy year at the school. There are so many people who get involved in the school community. All of us on the Executive are very proud of the achievements that were made and that will continue to be made at St. Patrick School. It is all about the kids!

*~ by Jodie Lennon*

## GARDENVIEW ELEMENTARY SCHOOL, St. Laurent

### The Wizard of Oz

The yellow brick road passed through Gardenview this year with the production of *The Wizard of Oz*. Two shows were presented at Westmount High on May 13<sup>th</sup> & 14<sup>th</sup> with 2 different casts of the main characters. With over 150 students participating on stage and behind the scenes, our third musical since 2007 was a resounding success. The students—cast and crew—gained a wonderful sense of achievement, a greater appreciation for theatre, increased self-confidence and memories to cherish



for years to come. So rewarding was the experience that many students (and parents) are looking towards 2013 for another musical.

A production of this magnitude could not have taken place without the help of everyone at Gardenview (administration, teachers, parents and especially the production team). We thank them for their support throughout the year because without everyone's gift of time, money, services, goods, props, costumes, lighting, sound and everything else that went into making *The Wizard of Oz*, the musical would not have been possible.

*The Wizard of Oz* was sponsored by the Gardenview Home and School Association. The proceeds from the sale of tickets, refreshments and flowers, DVDs and CDs covered the costs of producing the show. ~ by Mary Skagos

## L'Exilée at Gardenview

On May 26th, Gardenview school students and staff, as well as many of the Gardenview parents, had the lovely opportunity to enjoy the production of *L'Exilée*, a musical that was written and directed by Monsieur Jacques-Emmanuel Bélizaire, one of Gardenview's music teachers. *L'Exilée* tells the story of a young princess who was exiled from her kingdom at a young age but returns to free her homeland from evil. The cast was made up of 37 students from Grades 4 and 5 who danced, sang and acted like professionals. As a parent volunteer, I had the privilege to witness many of the rehearsals and see many various sections of the musical practiced separately, and I have to say that I was amazed and filled with joy to see how it all came together so naturally and smoothly. I wish to congratulate **all of the students** who participated in the making of this production, and gave of their time, passion, talent and perseverance to make it the success that it was!



A very special thank you to M Bélizaire, who with his creativity, enthusiasm, patience and sense of inclusion, produced a great show with the dedicated participation of so many Gardenview students! And a final thank you to Mrs. Lavranos and all of the teachers and volunteers involved, for encouraging these initiatives that contribute to our children's well-being. ~ by Anja Juul, H&S

## GOT NEWS?

Send it in to  
[news@qfhsa.org](mailto:news@qfhsa.org)

QFHSA is here for you!  
Please contact our  
offices by telephone  
or email and we will  
help you through all  
your Home & School  
issues and/or  
questions.

## EDUCATION MATTERS

## MARK YOUR CALENDARS!

### EXECUTIVE LEADERSHIP WORKSHOPS

**FRIDAY, SEPTEMBER 23, 2011**

**7:00 PM**

LOCATION: QFHSA OFFICE  
3285 CAVENDISH, SUITE 560  
(BETWEEN ST. JACQUES AND SHERBROOKE)

Formal invitations have been sent out to the H&S  
Executives (please contact our office if you have not  
received the invitation).

### ANNUAL FALL CONFERENCE

**SATURDAY, NOVEMBER 12, 2011**

LOCATION: SHERWOOD FOREST SCHOOL  
313 WINDERMERE, BEACONSFIELD

Invitations and details will be forthcoming.

SEPTEMBER 2011

QFHSA NEWS

QFHSA

## NEWS

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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.*

