



QUEBEC HOME & SCHOOL

NEWS

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Adventure at the AGM

by Anna Marrett

The Annual General Meeting. It's the time of year when the busy, active parents of Home and School Associations from all over Quebec attempt to summarize a whole year of parent participation into a 10 hour conference! Where to begin? Well, to quote our guest speaker, Helen Hackett, "Make a plan. Set a date. Decide how you are going to implement your plan." No problem. After all, we have 51 years of experience behind us here in Quebec and 100 years' worth in Canada. Now all we need to do is to condense 100 years of Home and School partnership into a three minute speech!

The presentation of the Gordon Paterson Award came close to doing just that. The award was presented by Jane Lefja, a parent at Meadowbrook Elementary School. Jane described the many ways in which parents make a difference. She described everything from serving breakfast to hungry children to approaching businesses for help in purchasing equipment. She described with pleasure, pride, laughter and tears the amazing partnership parents formed with Principal Nancy Buzzell. This remarkable educator presented parents with shopping

lists, furthered parental education with hands-on workshops, and supported both parents and children in reaching their potential. Peer Mediation, Breakfast Clubs, Conflict Resolution, Cooperative Learning and Day Care were all introduced to the school under her leadership and in partnership with the parents. When it was her turn to speak, it was a joy to hear Mrs. Buzzell refer to her school partnerships as a dance. "We are all dancing together." What a lovely way to visualize the school community. Finally, we all shared in the tears of the Meadowbrook community when we heard this outstanding educator was retiring at the end of this year. Dear Nancy — may I call you Nancy? — we all wish you a happy retirement!

**Buzzell Award
Winners**

As a relative of

Leslie N. Buzzell, Nancy Buzzell was also invited to the conference to talk about the history of the Buzzell Award, given by the QFHSA for outstanding service to the Quebec Federation. Her presentation about her family and their involvement with Home and School — Leslie Buzzell

and her father were cousins — gave a special feeling to the award and set the tone for the rest of the day. The winners of the Buzzell Award, Diane and Kenneth Radu, are well known to us for their work with the Quebec

continued on page 8

Incoming President Pat Waters receives the 'key' to the QFHSA office from outgoing co-president Wendy Buchanan at AGM

FALL CONFERENCE SNEAK PREVIEW

**DATE: October 21,
1995****PLACE: John Rennie
High School****THEME: Partnerships:
the Home, School
and Community****Plenary speaker:
Lorne Tardy****Leadership workshops:
PALS Training; Building
a Home and School in
the high school; P.R.****Lifeskills Workshops:
Just Say No;
Is It Enough?;
Peer Mediation;
& LOV: Leave Out
Violence**

Hull Parenting Conference a Hit

by Norma Ewen

The First Annual Parenting Conference was held at Philemon Wright High School on Saturday, April 1. The theme of the Conference, "Helping Children Learn," attracted over fifty people, both parents and educators.

This event, the first of its kind in the Outouais, was sponsored by the QFHSA, and hosted by the Alymer Elementary Home and School local. Co-sponsors included the Alymer Elementary School Committee, the Parents' Committee of the Western Quebec School Board, and the Western Quebec School Board. (WQSB)

Conference Co-ordinator, Debi Brown, welcomed the participants and introduced the speakers, workshop leaders, and several representatives from the WQSB. Workshop leader, Pat Waters, then gave a brief explanation of the Parents Assist Learning and Schooling (PALS) Project.

The aim of the Parenting Conference was to provide parents with information about parenting skills,

and encourage them to become more actively involved in their children's learning and schooling. Six workshops were offered, including Self-Esteem, Communications, Responsibility and Homework, Parenting Styles, Discipline, and the Transition Years. Due to popular demand, the Self-Esteem workshop was scheduled for both the morning and the afternoon sessions.

Guest speaker, Richard Meades, Principal of Westmount High School in Montreal, presented "The Transition Years," explaining the changes children experience during their progress from elementary to high school. With the exception of the Transition Years, all the workshops were led by QFHSA PALS facilitators.

The Conference was declared a success during the wrap-up session at the end of the day. The participants applauded the efforts of Debi Brown and the Alymer Elementary Home and School Association, and urged them to repeat their accomplishment next year.

A Fruitful Day at Strategic Planning Seminar

by Ann Cumyn

Any institution that wishes to remain relevant to the society that it serves must undertake a regular program of self-evaluation and renewal. The last major review of the QFHSA's purpose and actions was through a strategic planning session in 1986. In 1995, questions were being asked about the current nature of the QFHSA, so an ad-hoc committee was established to study the matter and recommend a process for review.

It was decided to undertake the review in three stages: a survey of the locals to discover what we did and what we valued; a strategic planning session to be run by a professional animator; a follow-up which would include consideration by membership via the AGM and the Board of Directors of any changes and actions which might be recommended as a result

of the above.

A questionnaire was drawn up seeking opinion on the importance of the work of the QFHSA and its political role vis-a-vis the government and community. Local associations were asked to list their activities and comment on the benefits of Home and School. Input was sought on reasons families do not join Home and School and in particular on the barriers to participants at the provincial level.

This questionnaire was distributed to the locals, group affiliates, and to members of the Executive Board. Twenty eight replies were received. The results are detailed in the "crawl" along the bottom of pages 1 through 4.

On March 25th a group of about 14 persons, comprised of Executive and Board members and members of local associations, met at the Scout Centre in

Dollard for a day of discussion, thought and shared ideas and conclusions.

The first exercise was to examine the mission statement. Using the results of the questionnaire for background, we worked in groups and then pooled our suggestions to produce a draft revised mission statement. The statement, here on page one, was given unanimous approval at the AGM, proof, it seems, that the process worked!

The second half of the day was devoted to listing the major challenges facing QFHSA and looking at some ways to meet these challenges. Distribution of information; involvement of the total school community; and avoiding burnout were challenges topping the list which were considered both important and achievable.

The day ended with a final attempt to meet these challenges.

MISSION STATEMENT: QFHSA is an independent incorporated non-profit volunteer organization dedicated to

Editor's Corner

The Nostalgia Trap

As I am into media literacy, I often sit and discuss television programs with my children. And not only does that go for sexist and violent programming; I also talk with them about more "genteel" fare, like *Little House on the Prairie*.

"Do you think that this is the way pioneer families really lived?" I ask.

"Sure," they reply. Because they are only 6 and 9 and know no better.

But I've been around for a touch longer, and the Olsens just smack too much of that ideal fifties family for my liking: a strong man and a gentle woman and their charming offspring going it alone in the world armed only with their love of one another and their faith. So, I was pleased to have my suspicions supported by Stephanie Coontz, social historian, in an article in March's *Phi Beta Kappan*. The piece was titled "The Nostalgia Trap."

In the article, Coontz recounts how the *Little House* books were rewritten by Laura Ingalls Wilder's daughter in the 30's, to excise any references to the interdependence between families that was so central to the survival of pioneer families (indeed ALL families across cultures and time). And not only did real pioneer families rely heavily on each other, they were also dependent on massive government land grants and other federal subsidies for their success, much as the fifties suburban pioneer families can thank government subsidies in the form of Veteran's Benefits (G.I. in the States) etc. for their relative stability. Coontz's main argument is that benign socio-economic climates create "happy" families, and not vice-versa, an argument that goes against the nineties grain, but an argument for which she has harvested a bounty of evidence.

Coontz debunks many of the popular myths being floated, today, about the "ideal" or normal family. American families have always been diverse, she claims: In colonial days more children lived with stepfamilies than do today. Extended family households have always been popular among the poor and a higher proportion of individuals remained unmarried at the turn of the century than do today. (Let's face it, our social safety net allows for marriage. Many, many people could never afford to get married in olden times.) And it appears that even the modern concept of the self-sustaining romantic couple is something of a 20th century concoction. In the past, both men and women sought emotional and psychological support outside of marriage, expecting little in this regard from their spouses.

(Coontz even hints that the modern day homophobic climate may be a tactic to keep families (men and women) looking inward for all their happiness.) And, except for a relatively brief period in the 50's and 60's, no woman anywhere was expected to spend her life isolated in the home. Even in that so called utopia of "family harmony", the 60's, a miniature epoch in time occasioned by a unique socio-economic climate, 40% of mothers worked outside the home. (They didn't call it the WORKING CLASS for nothing.)

And most sadly, Coontz claims, violence and abuse were once a normal part of maintaining family order. In traditional Anglo-American law, a man was permitted to "discipline" his wife with corporal punishment, and as for his children, well, they were his property, most valued for the work they could perform. Violence and abuse: we just have a name for it, now. And isn't that a good first step?

From this perspective, we should be thankful for many of the changes that have occurred within the family over the years. And in this age of global upheaval, both social and economic, we certainly should avoid that ineffectual and energy-wasting nostalgia trap, where we look back to mythical forms of family for guidance and inspiration. "Family values" is such a vague term, it's easy to latch on to. We must recognize that the increasing privatization and isolation of the family is one of the root causes of the pain-out there. We might not be able to do much about the ever-widening gap between the HAVES and HAVE NOTS within communities, let alone between communities; and we can't do much to change the fact that PetroCanada can reap a 262 MILLION dollar profit and still feel the need to lay off 500 employees to remain "competitive"; and we can only shake our heads in collective dismay when the president of the Quebec Federation of General Practitioners asserts, in public, that "equality for everyone is an impossible philosophical concept to apply in a society like ours." But we CAN resolve, as a community, to reclaim responsibility for our children; that's ALL our children, even those not our own; and that's each every one of us, man and woman, parent or not. And the Home and School, an organization promoting the education and well-being of children and OPEN TO ALL MEMBERS OF THE COMMUNITY, is a great place to start.

Dorothy Nixon

BUILDING BRIDGES

Canadian Home and School and Parent-Teacher Federation and Canadian Association of Principals co-hosted a conference in Ottawa, March 3-5 and QFHSA was there to "network" and promote goodwill and understanding between the two groups. Wendy Buchanan, co-president, and Rickhey Langlois were our reps who were called upon to describe a "typical" Home and School to all the CAP reps in attendance.

The two groups also discussed the present state of affairs with regard to parental involvement in the schools and reflected on designs for the future. A document was prepared from the information generated at this session. According to Wendy, many principals from parts of the country with little Home and School activity seemed both impressed and envious!



For the education and well-being of children

enhancing the education and general well being of children and youth. QFHSA promotes the involvement of parents,

LOCAL HIGH LIGHT

Sign of the Times: Classroom newspaper focuses on violence

The students in Paul O'Donnell's grade six class at Mount Pleasant wanted their classroom newspaper, the M.P. Locker, to be "a very positive" publication, but because of certain unfolding events, near and far, members of the editorial board – savvy journalists in the bud – felt they had no choice but to focus on "violence" as the theme for their project. The M.P. Locker was the second newspaper created by the class for the year and was put together as part of a "classroom building" exercise. The class was divided up into editorial areas for the length of the project.

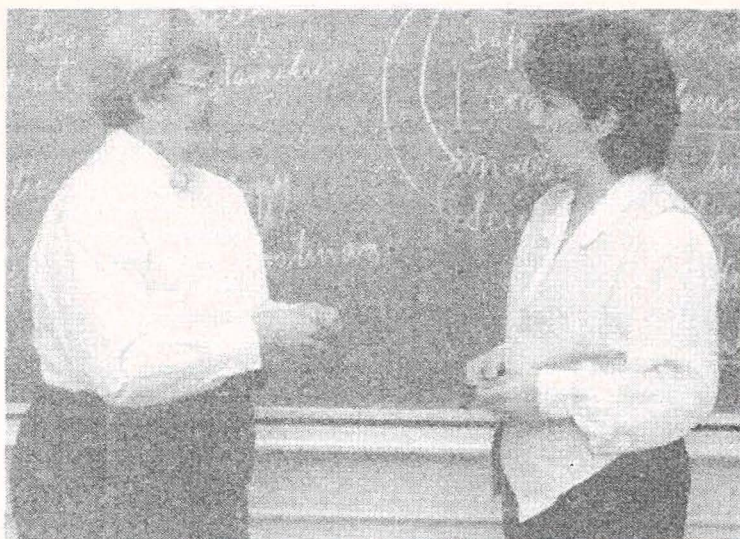
From the look of things, parents and educators aren't the only people upset about the growing trend towards violence in our society; our youth are also very much concerned. The newspaper's front page featured an article, by Robbie MacIntyre on the Oklahoma bombing. Within the pages, Evelyn Fu discussed racism and sexism: "Just because you belong to a different race you shouldn't feel left out because there are a lot of people who will accept you for who you are." Jeffrey Morneau revealed himself to be an insightful media critic in his article on "television," with his comments on popular kids' television shows. Jared Mathison reminded us that a bombing occurred in Charlottetown shortly after the Oklahoma bombing and wonders whether this wasn't a copycat crime carried out by kids. As well, Carl Gonzalez discussed, in thoughtful fashion, the effect "brats" have on schools. (He suspects these troublemakers act up because they don't have great family lives.) And, of course, the tragedy in Beaconsfield is touched upon, proving that our kids are far more sensitive than many may give them credit for.

Another sign of the times: Marc Huot gave us clear and confident instructions on "surfing the Net." Finally, I understand!

The M.P. Locker was edited by Christine Lefebvre and Shona Cooke. Students sold the paper throughout the school for 50 cents, with proceeds going towards a year-end trip for the class.

Abbott D.L.S. Students for Literacy

Students from Documentation and Library Systems at John Abbott College once again raised \$100 dollars for our Literacy Outreach Program. Marion Daigle picked up the cheque and spread the good word about the different programs we, at the QFHSA offer.



Marion Daigle and Ivy Boyle



The Quebec Federation of Home and School Associations is an independent volunteer organization dedicated to enhancing the education, health and general well-being of children and youth by encouraging public interest in education, promoting cooperative efforts among parents and educators and fostering public opinion favorably to the advancement of education.

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NEWS

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President's Message Children and Violence

Patricia Waters



Since the Annual General Meeting on April 29, the reality of becoming the president of the Quebec Federation of Home & School Associations has sunk in ... and its really quite *awesome*, as the kids would say.

When I was heavily involved at the local level at Ecole Primaire Beaconsfield I never dreamed I would be doing this job in six years! I would get my *NEWS* every two months and dutifully read the articles on parenting to be a better parent, *Focus on the Locals* to see what the other schools were doing that we weren't and whatever other articles grabbed my attention. But I didn't read the President's Message as eagerly and now I am writing it!

In this my first President's Message I would like to address an issue that is close to me because it is related to Beaconsfield High School, the school my three children attend. It is "Children and Violence."

Due to the tragic murders in Beaconsfield two months ago, this topic has been on the minds of parents all over Canada. To help the students and parents of Beaconsfield High School to come to terms with it, the staff organized a violence workshop on May 11th. There were videos on topical issues around violence followed by group discussions. These were led by animators who were staff members, doctors, psychiatrists, guidance counsellors, clergy and parents.

A panel of speakers did a presentation in the auditorium. We heard from two senior students who encouraged us to write to our MNAs and the federal government in support of DNA testing. They felt this was something positive students could do to counter violence.

Three members of LOVE (LEAVE OUT VIOLENCE) gave an excellent presentation on how and why violence affects our children. The founder of LOVE, Twinkle Rudberg, talked about her husband's violent death by a 14 year old purse snatcher. Georgina Saba-Hanash talked about how their organization is trying to give children the opportunity to learn new skills to handle conflict, anger and frustration. Media violence is a prime area of concern - movies no longer reflect fami-

ly values, rather they heighten our social problems and glorify violence.

As the teenagers in the audience were polled, I discovered that more than half of them watch a movie or video a week, some twice a week! That is an average of 20 movies a year! A study revealed that teens who watch violent movies lie more, disrespect their parents more and are more likely to display violent behavior. "The more they watch, the more they want." Not only are our children learning by mimicking aggressive behavior, they are enjoying an adrenaline rush caused by fear. They are on the way to becoming "addicted to violence"!

The third speaker from LOVE was a young 18 year old student, Eve Hill, who shared with us her own experiences with violence. She had decided to take the responsibility to change her world. Her message to the teenagers was simple: "You have the power to turn off violence .. you are the parents of tomorrow."

How can we as parents and teachers help? What can we do to prevent this kind of tragedy from happening again? The answer to this isn't simple, but I'm sure we've all pondered over it. I think we have to identify the children who exhibit anti-social, aggressive behavior and strongly recommend counselling through the school guidance department.

As parents, we have to accept and act on advice given to us if we have a child who is at risk. If we know of a child who appears neglected or abused in some way, we have to try to help. If a child has a learning disorder and is struggling in school, there is the risk of repeated failures and the result is low self-esteem.

Children with low self-esteem are more influenced by peer pressure and the gang mentality. As parents we have to listen to our children more, share time with them and make them feel important in our lives.

We have the power to help our children make positive choices in their lives and build a world without violence. They have the right to play in the parks without fear of abduction, walk their dog at night without fear of being mugged, and the right to sleep in their beds without the fear of being killed.



A psychologist talks to some Beaconsfield parents about violent teens.

students, educators and the community at large in the advancement of learning and acts as a voice for parents.

Estates General Update

On May 2, a group from the QFHSA met to draft a letter to a number of key locals encouraging them to participate in the province-wide series of consultations called The Estates General. Criteria for selection were regional disparity and general level of enthusiasm. As the first consultations were to take place in May, the chosen few were advised to fax in their intent to speak before the 15 commissioners A.S.A.P.

This first part of the preliminary round of the Estates General, taking place May-June, is for parents, users and education professionals to speak up on issues of local concern. Anyone can participate and the locals were advised to seek alternate community voices should they not be interested in taking part. The QFHSA will present a brief to the commission in August, when provincial organizations are invited to present briefs. (Busy summer, once

again!)

Upon completion of this round of hearings, according to the Ministry, a "document" will be prepared for use in the second phase of the Estates General in the fall. These will be comprised of "regional" collaborations, where participants will be called upon to assess the problems and come up with some solutions, perhaps involving partnerships.

The third and final phase of the process is a "national" (ie. provincial) consultation to develop a consensus for action.

Co-chair Robert Bisaillon is a past president of the Superior Council of Education. None of the 15 commissioners represent elementary or high school. Most commissioners appear to be from academia or business.

The Estates General is the Number One priority of the Ministry of Education for the coming year.

Lakeshore School Board Career Centre named after "Mr. Home & School"

Gordon Robertson

On May 2, 1995, I had the honour of being invited to the opening of the new **Gordon Robertson Career Centre** at Beaconsfield High School. Totally bilingual, it is the first, fully operational, vocational training centre on the West Island. I felt quite privileged rubbing shoulders with Lakeshore School Board Directors and Commissioners, Mayors of local municipalities, and Baldwin-Cartier School Board officials. Then it occurred to me that they were all there, like me, to honour Gordon Robertson. He had earned their respect with his years of volunteer service to the community.

As I sat in the audience listening to the speeches, I thought of the number of people I know over the years who also volunteer unselfishly to improve the school lives of their children, to foster the Boy Scout and Girl Guide Movement, to get meals out to shut-ins and to raise funds for cash-poor organizations and churches. The rewards these volunteers reap are few, maybe a pat on the back or a "thank you".

In his speech, Gordon talked about the "guilt he was feeling when receiving this kind of recognition for doing something he enjoyed doing so much and with people it is so good to be with". Gordon's message to us was very simple: it is not the personal rewards a volunteer hopes to gain; rather it is the new friendships and the feeling of satisfaction as some school or community becomes more "effective".

Gordon has certainly 'lived' his belief. Not only did he work for Ican for 48 years, his history of volunteer work began in 1952. That was the year he joined the Valois Park Home & School Association. His contributions there, even long after his children graduated, are remembered by "The Gordon Robertson Award for Outstanding Citizenship", and their school library bears his name. Gordon moved on to Lindsay Place High School, where he served as the President of the Home & School Association from 1963 to 1967. Gordon has served as Vice-President of the Lakeshore Regional Council of Home & School Associations for years, and in 1973, he received the QFHSA Buzzell Award for outstanding service to the Home & School movement.

On top of all this, he served as a Commissioner to the Lakeshore Board from 1976 to 1984 and has continued his association with the Board's Human Resources/Personnel Division since that time.

In closing, I would like to quote Gordon, who humbly told us in his speech:

At best I would like to think of myself as one of the legion of parents who availed themselves of the opportunity to become involved and contribute their time and talent that in the end they might leave things a little better than they found them. Maybe I stayed around a little longer but that is because I enjoyed it and education has always held a kind of fatal fascination for me.

Pat Waters



Gordon Robertson



FOCUS ON MEMBERSHIP



1994/95 MEMBERSHIP AWARDS

(based on number of families)

ON ISLAND BOARDS – Elementary Schools		%	Membership Chairmen
Royal Vale		100.00%	Wendy Daitch
Beacon Hill		88.8%	Wendy Tonkin
École Primaire Beaconsfield		76.4%	Haifa Darwiche
<u>Honourable Mention</u>			
Christmas Park		64.5%	Linda Ellyett
Seigniory		64.4%	Pam Godfrey
Elizabeth Ballantyne		63.7%	Catherine Maxham
ON ISLAND BOARDS – Secondary Schools			
Hudson High		26.5%	Heidy Berthoud
Macdonald High		26.5%	Sunita Prasher
<u>Honourable Mention</u>			
Royal West		22.8%	Kathryn Arrell
OFF ISLAND BOARDS			
Baie Comeau Elementary/High		58.2%	Pamela Lalonde
Shigawake		35.6%	Barbara Hottot
<u>Honourable Mention</u>			
New Carlisle Elementary/High		29.9%	Brenda Gallan
SPECIAL DRAW FOR SCHOOL STAFF/TEACHERS			
Terry Tinkler, teacher at Valois Park			Gail Saloranta

1994/95 NEWSLETTER AWARDS

Mount Pleasant – Chalk Talk	Editor
Evergreen – Evergreen Events	Dawn Hirsch
École Primaire Beaconsfield – Contact	Wendy Oliver
	Wendy Wilson



Newsletter Award Winners were Mount Pleasant and Evergreen Schools and Ecole Primaire Beaconsfield. Shown above is Wendy Wilson, Editor of EPB Contact, with Miriam Lalonde, QFHSA Recording Secretary.

Membership Award Winners were:

(thank you Photo Art and Ben Durand for the pictures of the AGM in this issue)



Heidy Berthoud, Membership Chairman at Hudson High School accepts her award from Miriam Lalonde, QFHSA new Executive V.P.



Lori-Ann Hayes, Shigawake-Port Daniel School, accepts award for Barbara Hottot, Membership Chairman.



Sunita Prasher, President and Membership Chairman of Macdonald High, accepts the award.



Honourable Mentions were won by Seigniory School (Ann Griffiths, Pres.) and New Carlisle High School (Joan Manning, Secretary).



Maggie Tietjen, President, Beacon Hill H&S, accepts award for Wendy Tonkin, Membership Chairman.



Haifa Darwiche, Membership Chairman at Ecole Primaire Beaconsfield accepts membership award.

Violence Dismissed: Sexual Harassment in the School

It has been well-documented that girls in this culture tend to suffer a severe drop in self-esteem right around the onset of adolescence. And a root cause of this unfortunate situation among school-age women is being ignored, claims June Larkin of the University of Toronto, in "Sexual Harassment: High School Girls Speak Out."

Larkin's investigation of a group of 60 high school females points to sexual harassment as a prime cause for this free-fall in esteem among young women. And some of the most chilling assaults on a girl's personal integrity occur, it is revealed, in the classroom setting.

"Sexual harassment is so pervasive, so institutionalized, even the young girls so victimized often accept it as normal boy-girl interaction," claims Larkin in her book of interviews and analysis, published by Secord Story Press; at least until they are invited to speak their true feelings in safety. And even then, they often hesitate to repeat the exact wording of the attacks, finding it too embarrassing and crude. The sad truth is, our high school girls are being daily diminished and demeaned, in school halls and in school classrooms and on school buses, with barbs and come-ons so obscene few newspapers or newscasts would dare print or air them. Yet, we somehow expect them to excel at learning in this hostile education climate.

The harassment crosses ethnic and socio-economic boundaries, and is given the tacit approval of most administrators and teachers. "Boys will be boys," claims many an administrator.

Larkin is adamant: "Until we take a long look at what is happening

in the schools, all the special science and math courses, the assertiveness training and other special courses to engender equal opportunity in education will be for naught," she claims.

Sexual harassment is a very real barrier to women's education.

Many of the girls' statements are harrowing: "I really hate going to class because where I sit I'm surrounded by guys and they keep talking about hookers, strip bars, women's body parts, 'making it' with girls, and so on. It really makes me angry. It really makes me sick to my stomach."

But "sexual harassers don't hatch in the schools," says Larkin. "They have evolved from years of training in a society that conditions people to see women as less important than men. The roots of sexual harassment start early; long before girls and boys every get to school. It starts in the home.

And it is propelled by a culture that has 10 times the sexual terms for women (mostly pejorative) than men (mostly power affirming.) — easy ammo for the insecure adolescent posturing to fit into a culture which equates masculinity with the ability to command a submissive partner. And it is further fuelled in the school, where male teachers' lounge chatter often centers around the physical endowments of certain female students.

Most parents, teachers and administrators agree that violence in the schools is of major concern to them. But, until they work to improve the threatening atmosphere for girls in most high and some elementary schools, a significant part of the problem will not be addressed.

Summer Science Ideas

What you will need:

- an insect catcher or insect net;
- a container for observing insects (a small glass jar with holes in the lid or plastic container, a book about insects;
- a notebook, a pencil, coloured markers/pencils;
- a hand lens;
- a thermometer;
- some field guides like the Golden Guide series, including Insects, Mammals, Flowers, and Stars.

What you can do:

1. Start a summer notebook. Make sketches and notes of all the interesting things you observe this summer.
2. Catch a firefly. Can you find the part that glows? What colour is that part? What colour is the rest of the firefly's body? How many times a minute does this firefly flash? Make a sketch, then let the firefly go. Find out what fireflies are called when they are in the larval stage.
3. What is a nocturnal animal? Find five of these creatures and record their names and when and where you see them in your notebooks.
4. Using an outdoor thermometer, record the water temperature and the surrounding air temperature of the stream at four different locations. Are there any differences between the water temperatures at the four locations? How can you explain the differences or similarities? How does the air temperature compare to the water temperature?
5. Use your insect catcher to seine a stream. Just drag your net through the water, then check for insects. Can you identify the insects? For find more evidence of stream life, carefully lift some rocks out of the water and turn them around. Use a hand lens to take a closer look at the insects. Make a list of all the insects you find in the stream.
6. Can crickets really tell the temperature? Check it out by using this formula: Count the number of cricket chirps per minute. Write this number down and subtract 40 from it. Now divide by 4, then add 50. To get the temperature in Celsius, you must add another 18, divide by 9 and multiply by 5. Compare this number to the temperature according to the thermometer.

From: Literacy for the Information Age Project of the Canadian Home & School and Parent-Teacher Federation

MEDIA LITERACY

The Media: Uses and Abuses

Lying, cheating, exaggerating. Forget the facts. Look for the emotions, the body language. For that's what political cartooning is all about. And who better to describe this kind of journalism than Terry Mosher — Aislin of the Gazette? It was Saturday, April 8th at 9:00am and I was sitting in the auditorium at Westmount High. This conference was going to be great!

Mr. Mosher led us through a brief history of political cartooning. He talked about the role of journalists like himself — people who test the system and stretch the limits. People who work to hold their editors at arm's length. But it's not always a laughing matter. This is a job that requires serious thought. Mr. Mosher showed us a series of slides of his work and took us back to the October crisis, the incident in Oka, and the PQ election victory of 1976. There were moments to laugh even when things were looking bleak. But is a particular cartoon funny? Mr. Mosher suggested that that depends on how close one is to the issue or the cause it depicts. The closer one is to it, the less of a sense of humour one has about it. This fundamental truth showed Mr. Mosher to be a sensitive, tremendously caring individual. There's a delicate balance to be maintained when it comes to taste, ethics and morality, and Mr. Mosher walks this tightrope every day.

Videos and Violence

Is TV violent? After watching the screen for six months, Chris Hinton of the National Film Board reacted to what he'd seen by making a movie called *Watching TV* and believe me, it's violent! It led us into a discussion about violence and its effect on young viewers. After a general discussion, we worked in small groups to try to define violence. From there, we were to discuss what we thought would be acceptable and unacceptable within the media. The five

members of my group all had very different opinions. How did we feel about newscasts? Did we have different standards for cartoons and live action?

How to Solve the TV Dilemma?

A number of us rejected Chris Hinton's personal solution to the TV problem. He simply doesn't own one! The rest of us felt strongly that the TV is something that needs to be addressed within our households. Our thoughts and feelings should be shared with our children. It is part of our role as parents to guide our children. We need to sit down and watch TV with our children in order to open the dialogue. The students who were present at the workshop made some good comments. Students are thinking and reacting to what they see on TV. Their observations may surprise you but you can only find out what they are thinking by asking them questions!

By the way, Chris Hinton hasn't really solved his problem. Although he does not own a TV, he has a computer and CD-ROM for his kids. I suspect his vision of these tools is probably similar to that of early pioneers in television — what a powerful tool with which to educate, inform and entertain. What a boost for mankind! But, like the surprise ending to many a horror movie, the screens he has welcomed into his home also have their dark side. Just wait until he sees games like *Doom* and *Mortal Combat*!

Taking the Bull by the Horns

One of the best ways to understand the what and how of film is to work with it. Making a video, Brenda Wilson assured us, is a lot more work than it looks. In fact, this teacher of educational media told us that her students at McGill University were discouraged and dismayed by the amount of work making a video really entails. All the more

reason to congratulate students for their perseverance. We were treated to some first rate videos! After a brief comment about the background to their works, a number of WHS student filmmakers, actors, producers, scriptwriters, singers and instrumentalists showed us just where their talents lay. We saw an ad for perfume, on the street newscasting, cartoons, unforgettable police drama, a historical exploration of family values, and the story of Julius Caesar set to music. Outreach School students showed us part of a video they had made of the making of a mural. Students from Rosemount High taught us about computer animation, and the WHS student newspaper *The Westmount High Light* was offered for sale in the lobby. There wasn't nearly enough time to view everything properly. I demand a rerun!

Historical Documentaries Aren't Ancient History!

The day ended with Brian McKenna describing his film, *The Valour and the Horror*. This film tells a story about the Second World War. It asks questions and explores topics in a way which has drawn both a great deal of praise and a great deal of criticism. Mr. McKenna told us what he hoped to achieve in the making of this film and described his feelings about the war. He gave us an inside look at an artist and his work and it was impossible to leave the auditorium without admiring his courage and daring.

Anna Marrett

Kids for Peace

After being helped at several meetings of the club at Beacon Hill School by teachers Joan Weller and Wendy Buchanan, the Kids for Peace listened to some stories about peace and talked about some wars going on now.

The main activity before the Easter/Passover school holiday was the club's participation in the special assembly held at the school to celebrate the 25th anniversary of Earth Day. This day is celebrated by many countries around the world.

The two groups taking part in the Earth Day program were the Kids for Peace, presenting the first part, and the Beacon Hill School choir.

"War is the worst pollution of the world;

Peace is the best solution of all. We need to love and help each other To keep us from a fall."

This summary of the KFP choral reading presentation probably makes clear how the boys and girls feel about the future of the Earth. These children also talked about land mines, acid rain and nuclear bombs.

The main part of the assembly was led by Principal Judy Grant, who organized the new choir, and accompanied the singing on guitar.

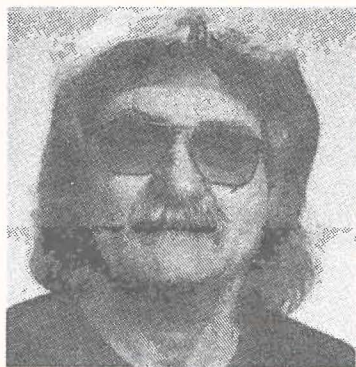
The Kids for Peace hope to join in the third session of the Enrichment Program, to finish their posters about acid rain, to write some stories about peace, to make some board games where EVERYONE wins and perhaps organize a picnic for peace.

From: KFP, Beacon Hill School

"With their peace signs, some members of Kids for Peace club at Beacon Hill School helped make the 25th celebration of Earth Day a significant event."



Issues in Sexuality Education



by John De Nora

Some communities, mainly American, are turning to condom availability programs for their high schools. The statistics on STDs, HIV transmission and pregnancies among teenagers are disturbing. The line graphs continue their upward climb. Proponents of these programs say they want to lower these rates and keep teenagers healthy.

Although health professionals have come out in favour of the latex condom, we do not have consensus on its use. The condom's relationship with our society has always been uneven, ill at ease to downright hostile.

Neither of the two purposes of the latex condom, to avoid infection and pregnancy, is 100 percent effective. Generally speaking, sexuality makes up nervous. Yet the past three decades have seen our society become saturated with media images and messages we cannot escape. Our teenagers have been affected profoundly by this.

William A. Fisher from the Uni-

versity of Western Ontario writes in his definitive article, "Understanding And Preventing Teenage Pregnancy and Sexually Transmitted Disease/AIDS," that "teens have been socialized with feelings, thoughts and fantasies that promote sexual activity but inhibit performance of pregnancy and STD prevention behaviours." (See SIECCAN Journal, summer 1989, Volume 4, Number 2)

A phalanx of attitudes barricades the way to solving health problems that are related to sexual behaviours. Sexuality educators who believe high school sexuality education should include information about birth control, STDs, HIV transmission, safer sex behaviours, masturbation, as well as gay-lesbian issues, are often viewed with suspicion. A common opinion says these topics encourage to teenagers initiate or continue sexual behaviours.

Abstinence from sexual intercourse makes sense. It guarantees health and no pregnancies. But even in situations where there are obvious pitfalls or dangers, we find individuals who cannot, or will not, stop these risky behaviours. This trait is found in the adult as well as the teenage population.

This reality tells us that just offering abstinence-based programs is not enough. Those teenagers who become sexually active before they enter an abstinence-based program do not change their sexual behaviours. Sexually active teenagers need comprehensive sexuality education.

It is inappropriate for teenagers to be having sexual intercourse. At what age, then, is it appropriate for young adults to be sexually active? The question stirs controversy.

With the existence of certain conditions, many consider 18 years the appropriate age.

Although condom sales indicate growing acceptance of their use, they retain a somewhat negative image. Is it not time to develop the

- Public meetings allow all interested individuals to express their opinion, be they for or against the program. Board level administrators and commissioners are the leaders at meetings.
- Comprehensive sexuality education must be present or introduced to all high school grades.
- One of its units is on HIV/AIDS/STDs
- HIV/AIDS/STD education demands commitment from the

roles and their involvement in workshops is important.

d) Student leaders can give valuable input. Their presence in the program can strengthen it.

e) Counsellor involvement is an absolute, as they see both pupils and families.

f) Teachers who teach comprehensive sexuality education, including the HIV/AIDS/STD units, must receive professional development.

Certain questions are predictable at public meetings: How do latex condoms help prevent HIV, STDs and pregnancies? Are there schools and/or school systems that have such a program? What has worked and not worked? It's wise to prepare your answers in advance.

In 1988, the Royal Society of Canada published, "AIDS: A Perspective For Canadians". This impeccable report underlined the prime importance of educational programs. The "Canada Youth AIDS Study", also published in 1988, involved 38,000 Canadian youths aged 11 to 21. This important report contains invaluable information for those sexuality programs.

Have we used the information found in these reports, or has the institutional status quo mindset prevailed? Would discussions on condom availability programs force us to acknowledge that existing sexuality curriculum must become more efficacious. That alone would justify the exercise.

"Although condom sales indicate growing acceptance of their use, they retain a somewhat negative image."

attitude that those individuals who use condoms correctly and consistently are being responsible, show foresight, good judgement, are being cautious and also care for their partners?

Condom availability programs demand much from schools and communities. I am against the distribution of condoms through condom machines, or other means, unless this is a step in a greater undertaking.

The following short list outlines salient points of condom availability:

- The School Board must understand and be committed to the program.

community. Educators must be prepared to welcome and work with parents.

- School communities, hospitals, CLSC's work together to establish if the states goals are being met.
- Workshops:
 - Many parents can be excellent resources for their children and supportive of school programs. Workshops allow parents to ask questions, support or oppose the school and express concerns.
 - They can also ask that their child not participate in HIV/AIDS/STD education if they do not agree with its rationale.
 - Nurses, secretaries play critical

Social Affairs/Support Services Committee



by Pat Lewis

YOUTH AND VIOLENCE: A recent poll in St. Laurent indicates that violence and crime and racial tension are very much a part of teenagers' lives, since 44 percent of high school student were victims of theft and 30 percent stole something in the last year.

23 percent of students carried weapons in the last year and 6 percent had used a weapon. 80 percent of the young people believed the presence of people of different ethnic origins increased the chance of tension and violent behaviour. School board officials are worried and are looking for ways of prevention. According to the Gazette interview, students are arming themselves out of fear.

The recent brutal murder of Rev. and Mrs. Toope in Beaconsfield has

given greater urgency to school board proposals to provide therapy and a treatment program for children with severe behavioural problems. Such programs, NOT the length of sentences under the Young Offenders Act, count with these young people, according to experts from vari-

"Recent violent incidents involving children underscore the need to provide therapy and treatment for children."

ous provinces, including Quebec and Ontario. Another example is that the 14 year-old boy injured in his home on April 18th in northeast Montreal, as he and his friend were making a bomb. Police recovered five other bombs in the house, all probably made with the help of how-to videos. Vanier College is now considering legal means to enforce its zero-tolerance policy on violence, particularly since one student recently murdered another outside the CEGEP.

Classification of movies in Que-

bec by the Régie du Cinéma has recently been criticized. The violence they contain is being underrated, some is claimed. The Gazette Movie Guide has suggested a new classification system.

Dr. Michael Spevack, a practicing clinical psychologist and McGill professor, says in order to prevent such evil acts by children, society must intervene early, preferably in early grade school. He said a sophisticated understanding of the underlying causes of these crimes is required by interveners, and society must also be willing to invest extra money in services.

The Montreal GAZETTE recently ran a series of articles relevant to the incident. One, by Peter Geigen-Miller, pointed out that suicide rates have jumped as children face stress and bleak futures. Kathleen Papatola wrote about how Children Learn by Example. If parents don't keep high standards, why should kids? She gives pointers for setting standards for children and for respecting children. Californian Joanne Jacobs wrote that "a sense of shame" seems to be missing from people's lives these days and with so many (1 in 5) growing up in poverty these day, parents, schools and society in general, must help out. Stephen Hume pointed out that today's relentless focus on job training in stripping education of its humanity. In PARENT TALK, Evelyn Petersen wrote

about "finding time", and how parents must do so to pass on their values.

UPDATE ON AIDS: Some drugs, including the abortion pill RU-486, might slow reproduction of the AIDS virus, according to recent research in the U.S. This would not be a cure, but it may be able to slow down the disease.

There is an epidemic of AIDS in Africa that is creating a society of orphans, due to couples dying of the disease.

Ugandans are especially suffering from this situation: 1.5 million out of a population of 17 million has the HIV virus.

EARTH DAY ANNIVERSARY: According to Aaron Derfel, Canadians rank first in the developed world

"If parents don't keep high standards, why should the kids?"

for information about the environment, but we remain one of the most wasteful peoples on Earth. Although acid rain has been reduced in our country, output of other pollutants, such as carbon dioxide, nitrogen

oxide and phosphorous have increased. Use of pesticides and fertilizers has grown. Water is more polluted by such poisons as lead and cadmium. Garbage is increasing, despite recycling efforts. Nuclear waste increased by 62%. Motor vehicle traffic has increased by 88% since 1970 and 23 percent of wetlands has been lost. The thinning of the ozone layer threatens us with cancer and other ills. The Canadian Green Plan, a celebrated 2.5 million dollar scheme, has been shelved. In the U.S., the most powerful environmental plan is in the process of being axed by the industries most responsible for the pollution.

SOME GOOD NEWS! Researchers in Washington say that they are capable of making man-made lightning that could transform toxic wastes and municipal garbage to harmless blocks of glass at a fraction of the cost of current techniques. Montreal's air pollution level has decreased and the St. Lawrence River is getting cleaner.

SMOKING: Evidence is mounting that the cut in cigarette taxes, instigated by Quebec politicians and the tobacco industry, has turned out to be of no benefit to anyone — except the tobacco companies which have raked in record profits from smoking. People are smoking more, people are still smuggling, and the government is losing a fortune in revenue.

PALS: UP CLOSE

If you've been keeping up with the "NEWS," you already know about how Anna Marrett, Pat Waters, Marion Daigle and Jocelyne Pickler have been giving generously of their time and talent to promote PALS across Quebec (PALS is the parental involvement project created by Dr. Janet Eaton, funded by Human Resources Canada and being delivered to "everyone's doorstep" by the Canadian Home and School.) Anna, Pat, Marion and Jocelyne, as of the AGM, have given over 25 workshops and trainings in Quebec, a great achievement, but the work has really just begun on PALS. This fall we're expecting a virtual explosion of interest in PALS at the school and community level, generated by word-of-mouth and the efforts of our many trained facilitators (group leaders).

With this in mind, the News is printing a description of PALS, hoping that parents and community leaders will think about starting up PALS groups come fall.

What is PALS? PALS is the acronym for Parents Assist Learning and Schooling, a training program

designed to encourage parents to play active roles in their children's education. PALS is a series of user-friendly workshops. It follows the principals of experiential education. **LEARNING IN THE WORKSHOPS IS BASED ON THE PARTICIPANTS' OWN EXPERIENCE.**

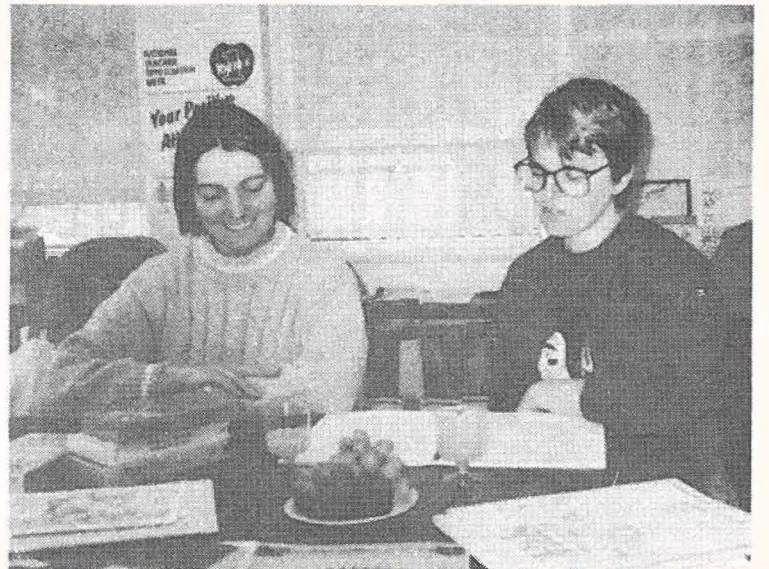
The PALS program was developed to help both children and parents prepare for the rapid and irreversible changes occurring in society.

Who is PALS for? PALS is of value to any parents who want or need more information and guidance about their children's learning and schooling. PALS is not meant to be a formal parenting course, nor is it meant to replace counselling.

PALS is a series of twelve workshops, six on parenting skills, six on helping children learn, specifically designed to be accessible to a wide range of parents. PALS can easily be adapted to complement existing courses on life skills, or custom-tailored to address the particular concerns of any community.

And PALS workshops are free.

The Personal Touch



Anna Marrett gives a personal training session to Barbara Currier of Head & Hands.

*Beacon Hill Home & School
receives a lyrical
thank-you from teachers.*

Ode To Beacon Hill Home & School Association

We're so very glad for this chance to speak
So this poem will be our way
It's been a very special week
There's so much we want to say

The staffroom is fantastic
It was a great surprise
We never expected it would look so great
We couldn't believe our eyes

And every recess we've enjoyed it
And the recess goodies too -
While Home & School watched the playground
(Is there anything you can't do?)

The class moms helped the students
Plan for each teacher in a special way,
A chance for students to appreciate -
And to make their teacher's day!

And now we're having this dinner
A gastronomical delight!
But what we're sharing is much more
Than the great food we've had tonight...

We've shared a celebration
Of the partnership we share
As we work together for the children
Entrusted to our care

So for the staff we're saying "Thank you"
For this evening and all the days
That your Association contributes to our school
In so many talented ways.

MORE Teacher Appreciation Week!

Now it's our time to thank YOU, Home and Schoolers, for making Teacher Appreciation Week our high-profile event of the year. Judging from the TAW questionnaires returned to our office, no efforts were spared on your part to make the teachers and staff in our schools feel supported. From the look of things, we could devote a whole issue of the NEWS to TAW - some of you even sent in detailed type-written reports attached to your forms. Many of you also photocopied press clippings from community newspapers for our information (and admiration!).

Food, flowers, and fancy gifts were showered galore on our teachers and staff all across Quebec on that special week in February. We don't have room to repeat all the delicious details - you'll find some in the Focus on the Locals section - but here are a few imaginative examples of Home and School dedica-

tion. Mount Pleasant "stuck in to the teacher", inviting all parents to send their children to school with a book of stickers. Onslow presented their teachers and staff with heart-shaped cookies with "You're Number One" written on them. At Ecole Jubilee, teachers and staff were asked to pose with a giant crest cake baked in their honour. The picture made the local newspaper. At Beaconsfield, exotic delights were prepared for the teachers and staff on Foreign Food Night. And Sunnyside Home and Schoolers used symbolism to express their feelings: All teachers and staff were presented with key chains with "You're key to our future" on them.

Thanks for your evaluation forms. They'll be analyzed and put into the "idea file" for everyone's future reference. In that way, we spread around this wealth of imagination for next year.



Keith teachers pose with their TAW certificates



John Rennie staff treats.

AGM continued from page 1

Home and School News. As a couple, they also represented family commitment. What excellent role models!

The other prizes followed. Prizes for membership and newsletters. Unsung Heroes and Golden Torch winners were named and presented with certificates. Years of parental involvement were recognized in a matter of moments. If only Allan Locke could have been there to see it. Unfortunately, he was ill and we all missed him. However a long roll of paper — close inspection showed that it was adding machine paper — was passed around from table to table and we all spent time writing messages, both to wish him a speedy recovery and to tease him about all the fun he was missing!

Home and School people are famous for taking every opportunity to make new friends. At the Friday night Early Bird Special, we had a chance to meet some parents from the Gaspé area. As part of the PALS project, Pat Waters and Jocelyne Pickler had travelled to the Gaspé in the Fall. Four parents from the Gaspé had now come to join us for the AGM. We were envious of the attendance at their Home and School meetings. They were envious of the availability of speakers to come to ours. Sometimes we forget that, in a city, it's easy to get excellent speakers on most any topic. Out in the Gaspé, close-knit communities are a great strength. However, both communities agreed that the long train ride was exhausting!

Lunch on Saturday gave us a few moments to share parenting information with each other. We talked about schools, programs, learning to fly, divorce, jobs from our college days and celebrities we'd almost call intimate acquaintances. We fretted over our children. We were happy to see them bring their friends home but sometimes it's difficult to get these friends to leave. How do we gently urge them to say goodbye? One soft-spoken parent had a fool-proof method. I simply must quote her for you. "I take their coats and boots and throw them out the front door!"

I leave it to you to read the reports, the resolutions, the statements of policy and the financial statements that make up the paperwork that goes into the business meeting at the AGM. I leave it to you to add your vote of confidence to the new executive sworn in at the luncheon. If you were at the meeting, you were able to share in the joys and frustrations that all the paperwork represents. Perhaps you were unable to attend. If you really want to get a feel for what it's like to sit through the morning, you have to ask someone who has never been before. Luckily, I was sitting next to Melissa Colley, vice-president of Student Council at Westmount High, and I listened very carefully to what she had to say. Frankly, she was awed by the amount of time, effort and sheer work volunteers put into Home and School. Funny, I feel the same way about Student Council! She admired QFHSA's executive — people willingly volunteering to take on major roles and put in all the extra hours which this commitment involves.

Though grammar is discussed in the classroom, Melissa had to admit it never seemed so important. Amendments to resolutions had to be carefully worded and punctuated in order for the intended meaning to be clear. Delegates debated semicolons, placement of phrases and individual words in order to make

statements as strong as possible.

As a voting delegate, Melissa also took part in the caucusing sessions. Together, we attended the session on gun control. Appropriately held in the Leather Lounge (!), the debate was just heating up when it was time to move on. So I've got a complaint. We really have to work to allow more time for caucusing! In the second caucusing session, I went to hear about the Home and School's new mission statement.

The setting, by the way, was lovely. The Royal Montreal Golf Club, situated on Ile Bizard, is nestled in a most picturesque region. It's hard to believe you are even near a city! Apart from the magnificent view through the windows, every room was beautifully decorated and refreshments of every description were available at all times. The silverware is Oneida and every piece of china carries the club's crest. The service was impeccable. Men who we saw scurrying past us to meet an early tee-off time when we arrived could be viewed finishing their games at the eighteenth hole while we were in the caucusing session. Some Home and School members had families which belonged to the club, others had family working there, others had never been there before in their lives. Those who were familiar with the surroundings acted as hosts for the rest of us. This created that welcoming family atmosphere for which Home and School is famous. The centrepieces said it all. Tulips sat in the center of the International Year of the Family doilies on every table. The tulips contrasted sharply with the impressive formal bouquets of flowers which decorated the hallways. For these tulips were made of paper, lovingly handcrafted by a grade two class at Ecole Primaire Harwood.

The club radiates quiet elegance. What a treat to sit comfortably on a couch, drinking a cup of coffee and eating a croissant while pausing to reflect on the mission statement. The new mission statement reflects all the work done by the locals to complete the surveys they received, all the work done at the board level to interpret the results and the day's work at the strategic planning session where the new statement was born. So when you look at the last four words of the statement, consider the time spent on the choice of preposition and article. A voice for parents. Not the voice of parents. A voice for parents. To me, its meaning is twofold. First, it represents one of the many voices of parents throughout Quebec. And there are many in this province filled with diversity. Second, it is an invitation for you to join in and make this one voice louder and stronger, to make it personal. Home and School is accessible to any parent at any time. So join in the chorus!

By the way, who says we aren't the tea and cookie people? We were reminded of our proud heritage when we arrived at the conference and were given samples of cookie dough. When I got home, I grabbed a cookie sheet and, in no time and with absolutely no effort, had freshly baked cookies to offer as dessert to go along with dinner. Of course, since I'd been out all day and all of the night before attending the conference, there was no supper to go with it! So perhaps we could welcome a fundraising company which would like to call us the boeuf bourguignon people?

Why Do We Volunteer?

To learn about ourselves, says AGM guest speaker, Helen Hackett

Helen Hackett recalls a time when she felt like "covering her face with her hands" as she arrived at the school of an errant foster daughter for one of those interviews. "Here I was, an expert in the field, and I could barely face venturing into those halls to meet the teacher! I then realized how HARD this process must be for the average parent."

But venture into the schools we must, claimed Hackett, in her speech after lunch at the AGM. Parental participation in the education process in absolutely necessary.

Hackett, co-creator of the Stay-in-School initiative for the federal government, now working as an independent consultant, said parents must make the effort to advocate on behalf of their children, and not only that, parents must open their hearts to those children in the schools who aren't lucky enough to have a parent or grandparent championing their cause. Not only is this the good and right thing to do, this kind of advocacy is fundamental to the survival of our communities: The alienation and unhappiness of these forgotten children directly impacts on our own children's education and on the community's social health.

Hackett, a former social worker, street worker, teacher and administrator, has acted as champion for a number of children through the fostering process. "If a child has been in my life two weeks, she might as well stay for good," Hackett said.

Hackett, who praised the PALS project as "something that'd make millions of dollars in the States," also shared a few insights on volunteerism. "Why do we volunteer?" she asked. "After all, we aren't martyrs... Well, we volunteer because we get something out of it. Like parenting itself, volunteering teaches us more about ourselves. And it can provide us with wonderful opportunities for leadership." She added that she would love to be able to change the hiring policies of businesses, that don't seem to recognize the value of volunteer experience.

Hackett went on to criticize the belittling attitude of some education professionals, who see parents as fundraisers for the school, "cake and cookies people," and little else. "That's demeaning," she said "and simply not true."



Helen Hackett ...



... and a roomful of volunteers



Our new Executive

'A Voice for Parents'



Dine and Ken Radu awarded Buzzell for outstanding service to QFHSA.



Happy gathering at Royal Montreal Golf Club.

UNSUNG HERO AWARD WINNERS



Aylmer	Bob Major
.....	Wayne Adams
Dorset	Sunita Prasher
E.P. Harwood	Karen Hetzel
.....	Kelley Thomassin
E.P. Pierrefonds	Sandra Bracegirdle
Elizabeth Ballantyne	Joan Newsome
Knowlton Academy SC	Debbie Rocheleau
Lindsay Place High	Joan Baker
Meadowbrook	Gene Walsh
New Carlisle High	Brenda Gallan
Three Rivers High	Theresa Madiera
Valois Park	Kathy Kilcullen
Westmount High	Florence Prescott
Wilder Penfield SC	Christine Darbyson

GOLDEN TORCH WINNERS



Aylmer	Teresa Stanley
Dorset	Shirley Straughton
E.P. Harwood	Marlene Seebert
E.P. Pierrefonds	Donna Hillier
Elizabeth Ballantyne	Nancy Mikoluk
.....	Cathy Bridgeman
New Carlisle High	Alda Gallan
Valois Park	Lyn Deegan
.....	Joan Baker
Westmount High	Barbara Currier



Paterson Award Winner, Nancy Buzzell, talks about her 2nd cousin, Leslie Buzzell

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FOCUS on the LOCALS

WESTMOUNT HIGH

Mozart, Muffins and Meades. Our annual fundraiser, breakfast and general get together attracted a crowd of hungry parents and students. Conversation filled the air, the bake table sold a fine assortment of muffins and commemorative cookbooks sold like hotcakes. (If fact, within two weeks, the cookbook sold out!) To share our good fortune with others, leftover muffins were donated to Head and Hands and to the NDG Food Depot. Many thanks to everyone who helped make this event such a success. Now for even more fun — spending money! Teachers have been asked to give us a list of wishes and decisions will be made about which wishes to grant at the next Home and School meeting.

It Went Like Clockwork

Opening night. The timing was perfect. It was a great way to start the long weekend. Rumour had it that the rehearsals had been murder. Not surprising really, when you consider that the play, *Clockwork*, was a murder mystery. The cast dropped like flies on a hot summer's day. From the drunken somersaults of Monroe Dunwoody, played by Amadee Sherman, to the evil plot of Zack Dunwoody, played by Eli Brown, this fast paced comedy kept the audience both laughing and guessing. A well deserved round of applause goes out to everyone involved in the production. Parents like Paul Bostock, the lighting designer and operator, and Meg Sheppard, the dialogue coach, are to be congratulated for their involvement. There's nothing like parent power! A special round of applause goes out to some unusual actors who made guest appearances "back-stage". They were some of last year's high school graduates — David White, Steve Dyer and Mohamed Mohamed. Good to see you, again! Finally, a round of applause goes out to the Drama Club for hosting a party after the show which invited everyone to enjoy refreshments and gave us all a chance to meet the cast and to congratulate each other's children. Bravo!

Drugs and Teenagers

The Choices Workshop. How to describe it? Where to begin? The

workshop, which focused on drug education, was presented by Allana MacIntosh, drug educator for the PSBGM, and by Luciano Sicoli, director of New Horizons Counselling and Consulting. Together they made a very powerful presentation about drugs, teenagers, communication and values.

We discussed social behaviours like raves and personal behaviours like denial. Allana had us analyze some difficult situations. How did these fictitious scenarios make us feel? We were encouraged to share our thoughts and concerns not only with each other but also with our teens. We were given guidance in how to bring these issues home to discuss them with our adolescents. Dare I say it? Homework!

We were also given an incredible amount of material. Lots of facts. Lots of information about services and support available to us and our families. Information we can now share with others. Thank you so much, Allana and Luciano! Both of the resource people are readily available to us. Allana is part of the PSBGM (594-0230) is only a phone call away.

WHS Home and School Volunteer Awards

This is the time of year when we honour two special volunteers. The hard part is making the choice. Nominations for The Golden Torch Award included Meg Sheppard, Deborah Adler and Barbara Currier. Joining our winners of previous years, Linda Stern and Alice Smith, will be Barbara Currier. Barbara has held many executive positions on Home and School over the years and has been volunteering at various schools since her children were tiny. Congratulations, Barbara! Nominations for this year's Unsung Hero Award were Florence Prescott, Bob Enright, Roz O'Brien, Michael Smith, Gerald Glass, Kati Kiss, and Terri Elickus. Florence Prescott will be our 1995 winner. She is joined by last year's winner, Daphne Mitchell, and Jessie Smith, our 1993 winner. Not only has Florence kept the library open all day for the one day a week when we do not have a librarian, but she has been doing this for



WHS Drama Club in a scene from their recent production, "*Clockwork*" — a fast paced 'whodunit'.

the past five years! Thank you, Florence!

Police, Pizza, and Publicity

Recent events have seen WHS in the headlines of newspapers all across Canada. We have had to deal with some very troubling issues — racism, the police, safety. New wounds open up old scars. It will take much time and effort to help these wounds heal.

Anna Marrett, President
Westmount High Home & School

E.P. BEACONSFIELD

The Lamplighters Children's Leukemia-Cancer Association thanked staff and students for their participation in the Halloween Collection Box Campaign. The school raised \$1565 to help those children with cancer and leukemia who are being treated at the Montreal Children's Hospital.

During Teacher Appreciation Week, each teacher received a large heart signed by all the students in the class. This was followed by a gourmet meal the next day, a letter of recognition from the local MNA, coffee and cakes, and chocolates. In addition, a group of parents volunteered to supervise children during recess all week.

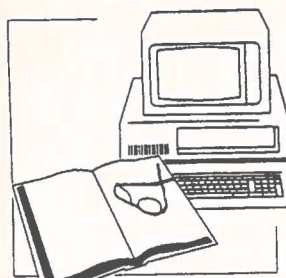


WHS Drama Club students pose for pictures at the "Meet the Cast" party. Refreshments were served and there were opportunities to talk to cast members.

EVERGREEN

Big Changes to the Computer Room

The Principal had a great idea and now the Computer Room has a great new look. New permanent shelves now house the computers, replacing the varied shapes and sizes of tables that were there previously. New power bars cut down on the maze of extension cords and the increase in space provided by the shelves



accommodates the new IBM machines.

Bob Steele spent many hours installing and programming the new machines. He even trained Computer Moms in a great workshop. Some of the faithful Apples will still be used in the computer room and some will be distributed for classroom.

Seriously disturbed by the lack of space in the school, LSB School Commissioner Mrs. Diane Ratcliffe

and Principal Barry McBride, met with representatives of the Ministry of Education, the director General of the LSB, Catherine Prokosh and Angela Nolet, Commissioner for E.P. Harwood. They were given a "walking and talking" tour of the school to demonstrate that every available space was being used.

The LSB has submitted a proposal for a six classroom extension of the school to alleviate such problems as: students in class groups in rooms not designed as classrooms; overcrowded entry and mudroom resulting in unsanitary water being brought into this area; lack of space for support personnel and parent volunteers to work; no teacher workspace because all classrooms must be used as lunch rooms, and no place to house additional home room groups in period of burgeoning population.

Parents were encouraged to send letters to the Ministry in support of the proposal via the school. The letters were sent on en masse on April 24th.

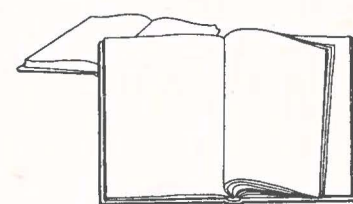
The Student Council sold "bunnygrams" again this year. These are chocolate lollipops to which a little Easter note is attached. For \$.50 students could send one to a friend (or to themselves). They were delivered to the children, in class, on April 13th.

MERTON

Did you know that March was Nutrition Month? In cooperation with the school nurse and the PSBGM, the students at the school celebrated "un gouter nutritif" that's new and exciting. The children got a chance to sample exotic fruits and vegetables along with a few more familiar foods—showing that good nutrition can be fun and tasty.

The Jewish Studies program went really well this year. The students learned how to read and write Hebrew. The younger grades can now understand words and short phrases, while the senior students are able to read 2-page stories! Special activities took place at Purim and Passover.

Students from grade 3,4 and 5 spent three wonderful days at Camp



d'Avignon near Bromont this winter. The outing provided an opportunity for a guided exploration of nature and winter activities, all conducted in the French language. A very satisfying experience.

Lynn Mazzu and Karen Wagg were keeping their eyes on the cookbook orders. As the orders climbed above 220 they waited to see if a second printing was needed. Meanwhile everyone waited with excitement for the May publication date.

CEDAR PARK

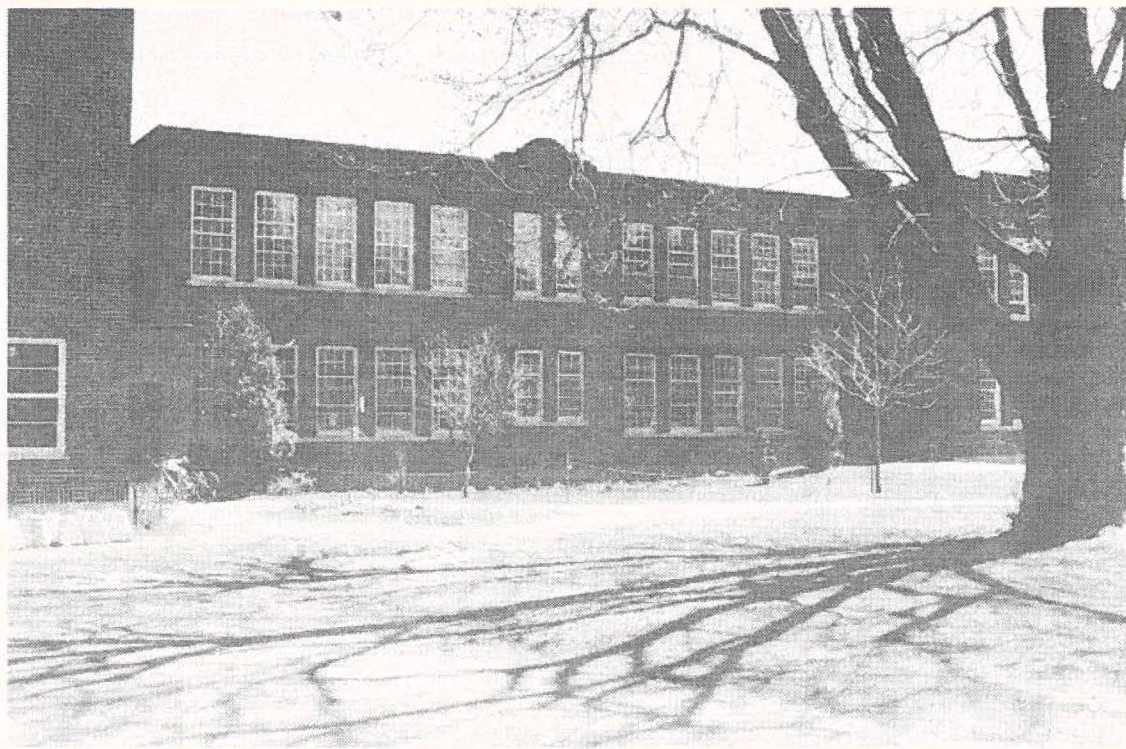
Here's an easy riddle. . . what's red and brick, surrounded by cedar trees on Cedar Avenue and is 100 years old? Well, of course, the answer is Cedar Park School in Pointe Claire. On September 15 1895, a small white wooden school-house opened and 100 years later it has grown to a 2 storey brick building that has been added onto as the generations of children grew. The present day Home and School Association began, approximately five years ago, the plans for the centennial celebrations. With a core group and principal Diana Patterson we laid down foundation for finding alumni and former staff members, memorabilia, photos, and suggestions for the gathering together of these to celebrate.

Mr. Daniel Abergel our present principal has taken the reins to coordinate these many activities. We held a Centennial Tea and Memory afternoon in late October where assembled guests were able to reminisce, answer a survey, look at old photographs (and have them copied), and have an opportunity to join the ranks of the organizing committee. It was very gratifying to hear how much the guests were enjoying their

'remember when ...' and see one gentleman still sporting his track and field ribbons from a 1928 event. It was fun to see Owen Buckingham, a former student, teacher, and principal at Cedar Park School chatting with 'his' former teacher whose name he had just written down on the survey as his 'favorite teacher'.

We have sent out invitations to over four hundred alumni and staff for a planned Wine and Cheese get-together on Friday, September 15 at the school and a family oriented barbeque on Saturday, September 16. If you'd like to be invited, phone the school at 695-2410 and please be sweet to our secretary of seventeen years Ms. Arless, she's working overtime on the centennial! We'll have available a limited edition etching of the school suitable for framing for \$35 and a book of the school history compiled by two former teachers for \$5 as well as other memorabilia. We hope that during our centennial year of 1995-1996 the children of the school will become involved in looking back at the history, by meeting individuals and celebrating its unique past.

Ann Tellie



Cedar Park school as it looks today.

SUNNYDALE PARK

Spring has arrived and many exciting activities are taking place at Sunnydale Park School.

Our chocolate bar fundraiser took place at the end of March. Thanks to our hard working students and their families, we raised approximately \$7,000.00. The money will be used to purchase new playground equipment for our schoolyard. The children are sure to feel proud to see that their new playground is a result of their efforts. Congratulations to all students who won Toys "R" Us gift certificates for promptly handing in their chocolate bar money. As well, to Jason Burgida whose name was drawn for SEGA game gear. Have fun!

Our upcoming "stars" were busy

preparing and auditioning for our annual Talent Show. Break a leg - Good luck to all!

During the week of April 24th the school participated in "I Love to Read and Write Week". The students made personalized book marks. As well, an activity called DEAR took place throughout the week (Drop Everything And Read). At Various times of the day the bell rang, the students and teachers dropped everything, picked up a book and read.

The graduating students were very busy planning several fundraising events (school wide pizza lunch, a car wash and BINGO) for their upcoming grad celebrations.

Ellen Shapiro and Debbie Wetzler

WESTPARK

SPRING is finally upon us! The smiling faces have replaced the frowns from the last cold days of Winter.

All our classes finished up the winter season with some skating at Terry Fox Park and then enjoyed some hot chocolate and cookies courtesy of our Home and School Association.

The grade 2's spent March 20th sugaring-off in Ste. Julienne and a great time was had by all.

The Teachers were treated to a special Teacher Appreciation Lunch on February 14th and then some special green desserts and Irish coffee on St. Patrick's Day. Many thanks to our School Committee.

Geordie Productions entertained our children with "A Promise is a Promise: compliments of our Home

and School Association.

With March being nutrition month all our classes were involved with preparing a special nutritious snack. Many thanks to the numerous parent volunteers who helped in cooking and baking. Each day there were appetizing aromas floating throughout the school.

The Raptor Centre visited our grade 4's and brought with them some live birds of the wild. The children were treated to a super presentation on the lives and habits of these wild creatures.

April brought the grade 5 Human Science Fair and the grade 4 Natural Science Fair, two events that were looked forward to by both students and parents.

The R.C.M.P. visited our grade 6's and presented their program on Drug Awareness.

All our grade 1 classes spent a morning in April at the Discovery

Room, a "Hands on" science environment at Westmount Park School.

The Home and School Association held its annual Spring Book Fair on Thursday, May 4th.

Tula Corber

McCAIG

The school was involved in many activities over the past year. A cheque for \$18,000 was presented to the Cancer Society in December, as a result of the Terry Fox Run in the fall. Holiday food baskets were distributed and Casino Night was a roaring success. Adults were able to work out at Aerobics and everyone satisfied their sweet tooth at the Bake Sale in November. Just a few of the many areas where volunteers, parents, students and staff worked together for the community and the school.

WILLINGDON

Look for new signs of life—plant life, that is—outside Willingdon School this summer. Grade 1 teacher Carole Venafo and a group of parents have big plans to take shovels and pitchforks in hand to give our school a facelift by planting shrubs and flowers out front. This builds on the work of Grade 6 students who,

last fall, planted tulip bulbs to mark the 50th anniversary of the liberation of Holland by Canadian soldiers in World War II. More is planned on the landscaping front after this promising start.

Our annual book fair was a great success, raising about \$1,700 to satisfy all those bookworms in our school. The next time they go burrowing, who knows, they might find

something new in the library shelves. Our parent volunteers decided to try a new feature this year—a table of donated books which were sold to students for just a few cents. Not only did we raise \$89 for the food bank from all the nickels and dimes collected; this new addition ensured that there were no disappointed little faces leaving the gym because they had arrived with

empty pockets.

On the volleyball court, it was a battle to the finish between teachers on one side and students and some parents on the other in two games organized by Patrice Daoust who the school has been very lucky to have around this past term. Patrice, a recreation student doing a stage at our school, cooked up the idea and our principal, Mrs. Petronko, says everyone had fun. The kids especially thought it was great. But we aren't telling who won.

On a more serious note, Willingdon made conflict resolution one of its major objectives this year. As a result, a core group of staff has been trained in peer meditation. In the fall, a group of senior students will also be trained to step in and meditate when there are scraps in the playground or wherever trouble is brewing among their peers.

During Teacher Appreciation Week, we made sure no teacher went home hungry. We put on a lunch, served our deserving teachers lots of goodies and handed out balloons. On March 21, we celebrated Willingdon's 65th birthday and on April 22, we dusted off our dancing shoes for the spring fling.

All our budding scientists in Grade 5 and 6 put their skills on display in the annual science fair. The main floor of the school was jam-packed with an unimaginable array

of gadgetry with students on hand to give quickie lessons on everything from gravity to chemical reactions.

Our older students raced like crazy around Mount Royal in the annual Halo Road Race on April 26 and the nimble-footed from kindergarten to Grade 6 strapped on their ballet shoes and danced up a storm in La Gaitée Parisienne, a ballet recital organized by the amazing Shirley Sarna through our extra-curricular program.

As if that weren't enough excitement, we are planning a fun fair as a last hurrah June 16. Word has it there's going to be a hot new attraction—a big inflatable castle for the younger kids to bounce around in. There's be plenty for the older kids, too. Should be fun.

During Teacher Appreciation Week in February, members of H&S provided the school's hard-working teachers with a series of delightful treats. Starting with balloons attached to invitations to a luncheon prepared especially for them and ending with a donation made in their name to the Notre Dame de Grace Food Bank.

Congratulations to Yasmeen El Azab, who won 2nd place in the Grade 6 category at the Science Fair, for her project "The Toothpaste Debate".

Yvonne Zacharias



Photograph by Lea Sillinger

Students attending the book fair at Willingdon School. From left to right, they are Jesse Belair-Bergman, Jeffrey Aldridge-Lynch and Shaun Debance.

MORE FOCUS

KEITH

Have you ever heard of "Gotcha" Prizes? At Keith School these prizes are awarded each month to acknowledge students who display acts of kindness toward another person. What a marvellous way to recognize these special people and to show appreciation for their thoughtfulness!

During April Keith students had an opportunity to enjoy some unusual events. One day the entire school and volunteer parents journeyed to the Olympic Stadium. The day's events included a stadium tour, swimming in the Olympic Pool, and participating in fitness activities. The Home & School Association subsidized the bus transportation.

That same evening forty enthusiastic parents turned out for a Cooperative Learning Workshop conducted by Maxine Doherty, Communications Consultant for the PSBGM. As a result of the positive response the session will be repeated in the fall. Another workshop, Challenging Math, is also planned.

More than thirty students in grades 1,2 and 5 experienced life on a farm for three days in April. Ferme André in Ormstown was the location for this educational field trip to a typical farm with animals and machinery. Also serving as a camp in the summer, activities include hiking, swimming, arts and crafts, and visiting a nearby dairy farm. For more information, contact André at 1-514-829-2940. Certainly the enthusiastic children, teachers and parents volunteers found it a very worthwhile adventure.

In May students in Grades 4-6 will participate in a public speaking contest and the school choir will perform at intermission. Later in the month the senior grades will also present a concert of selections from Broadway musicals.

The school had a very successful Book Fair during "I Love To Read" week. Many parents accompanied their children to the Fair in the evening and shared in the choosing of books. A sincere thank you to Anne McNicholl-O'Connor, our librarian, who coordinated the Fair and to parent volunteers who assisted her.

Everyone is very proud of Christina Phaneuf (Grade 6) who entered the Science Fair and won on Honorable Mention for her project on electricity.

Pure maple bar pack proves a hit with fundraisers!

Six golden "nuggets" of pure maple in a convenient variety bar pack. Each 30g bar pack is FREE of artificial colour and flavour and is made only from the sap of wild maple trees. The fact is pure maple products contain more potassium, calcium, magnesium and iron than refined cane sugar or honey. Call or write today for your free fundraising kit to:

Nomad Scientists

P.O. Box 511, Station NDG, Montreal QC H4A 3P8
(514) 684-6055

A THANK-YOU

I don't usually appear "in person" on these pages, but I wish to take this opportunity to thank the Awards Committee for selecting me as a co-recipient of the Leslie N. Buzzell Award. "Focus on the Locals" never seems like work, more like a chance to stay in touch with schools and parents all over the province. Thank you for the wonderful surprise.

Diane Radu

WILDER PENFIELD

Once again the children, teachers, staff, administration and parents at Wilder Penfield School have enjoyed a very educational and exciting year. Eight new computers were added to our computer lab. The gymnasium was solidly booked at lunchtime throughout the first half of the school year. The grade 5 and 6 students participated in intramural basketball games. Over 300 students practised for our Christmas show entitled, "A Family Christmas", which was held on the evenings of December 19th and 20th. The tremendous effort on the part of the students, teachers and parent volunteers culminated in a truly wonderful performance which will be remembered by all.

Some other activities occurring or beginning in the fall were collecting for the "Lampighter" organization on Halloween night, the Tulip Tribute -commemorating those who served in the 2nd World War. This was organized by Ottawa, Holland and Dollard-des-Ormeaux and involved "buddy classes" planting tulip bulbs together in our Forever Wild area of the schoolyard, the "Book-It" program in conjunction with Pizza-Hut, which helps to encourage our young readers, a study and writing skills program given to our grade 6 students by the Strategic Learning Centre and once again visits to a Senior Citizen Home in D.D.O. were organized for grade 6 students. Some of our best math students put in an excellent performance at the Baldwin Cartier Math Olympics. The extra-curricular activities organized by the School Committee after school offered a wide and varied selection of classes.

Our fundraising activity this year consisted of a "Spell-a-thon". This is an excellent way to involve the chil-

dren both in the fundraising act itself, but also educationally. We surpassed our objective of \$10,000.00 and the children were rewarded for all their hardwork by having a pizza lunch at school.

At Christmas time, Wilder classes adopted a number of families, who were given both food and presents. The annual Teacher's Auction raised over \$800.00 to help in the cause.

We have had two book fairs at Wilder this year -an English one in November (Babar) and French (Monet) in March. During "I Love to Read Week", we had two authors speak to the children Danielle Simard and Margaret Griffin.

In the second half of the year, we have had our security system updated. The doors are all secured and a buzzer and intercom system is in place at the front door. The Red Cross babysitting Course given after school by parent volunteers is going very well. Our grade 6 students thoroughly enjoyed their week stay at Camp Kinkora in February. This is a week of outdoor education that the students eagerly look forward to and talk about years afterward.

Also in February, the school celebrated Teacher Appreciation Week. On Monday, the students distributed a package of nuts with a tag reading, "We're nuts for you!", to each teacher and staff and administration member. On Wednesday, the principal, Mr. André Bédard, gave them all a carnation and a pen in appreciation. The week ended with a luncheon on Friday. This is always a big hit with the teachers! Thank you to everyone who contributed in some way that week. Our teachers, staff and administration certainly deserve to be recognized at least once a year!

Judy Layton

MEADOWBROOK

Ready or Not!

On January 24th, eleven parents met at the school for an informal workshop about parenting pre-teen children...Ready or Not!

Michel Dexiel, an MUC police officer for over twenty-six years, was the moderator for this six week workshop. Officer Dexiel spends countless hours with school children discussing topics that affect today's youth.

During the three hour sessions,

participants discussed and role-played various parent-child situations which included enhancing self-esteem, listening, communication, problem solving, disciplining and drugs.

The Ready or Not! program is beneficial to parents whether they are having problems or just want affirmation that they are doing the right things. After all, our children will grow whether we are Ready or Not!

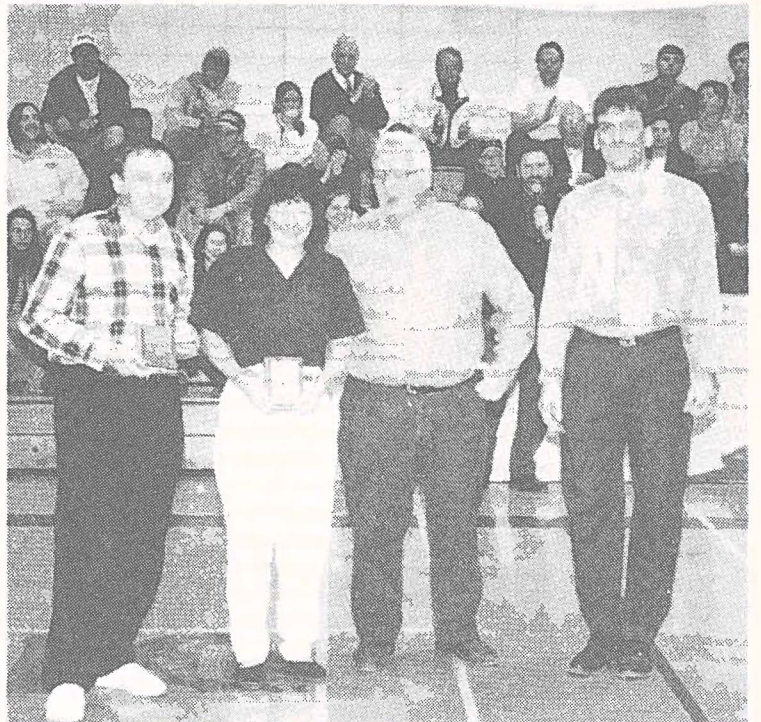
The school had great news this winter. The Breakfast Club has received several donations: Canadian Living Magazine has donated \$2000; Kiwanas are regularly donating \$100; and several other donations have also come in.

MacHIGH

Back By Popular Demand

The Mac H&S offered a second chance to try line dancing when it held its second annual dance in February. The first dance raised \$370. A DJ played "new" country music and an instructor was on hand to teach several line dances. All this for only \$5 a person!

THREE RIVERS HIGH



Left to right: Peter and Joyce Caldwell receive their Hall of Fame plaques. With them are Billy Irving (a graduate of TRHS who is also very much involved in the basketball world in Trois-Rivières and coaches in his spare time one of TRHS's teams), and Jean-Pierre Carpentier, president of the 1995 edition of the Takefman Tournament.

Three Rivers High School Teachers Honoured

This past March, as has been the case for the past 48 years, Trois-Rivières was the site of the Takefman Tournament. A basketball tournament that was basically started as a means to bridge the gap between the English-speaking and French-speaking communities. The Tournament attracts teams from all over the Province and is considered one of the top basketball tournaments. For the past number of years, the organizers have been electing two persons to its "Hall of Fame", persons involved in the world basketball.

This year two people were called to the podium to receive their plaques. Contrary to the usual ceremony where each person is called to the podium separately, this year's twosome was called up together. There was a very good reason for this. The two persons are Mr. and Mrs. Peter Caldwell. Peter and Joyce are a difficult act to follow when it comes to basketball. They are elementary school teachers at Three Rivers High School, Peter teaching Grade 6, Joyce Grade 4. Both avidly

await newcomers to the school, as each boy or girl who walks the halls of Three Rivers High School is a potential basketball player. Coaching, organizing or anything else dealing with basketball player (at all levels) at T.R.H.S. means that Peter and/or Joyce is/are involved. A well-deserved honour to two deserving people.

Nutrition Week For All

A small school in a small city usually spells a community-oriented life in the school. Alliance Quebec has its office in Three Rivers High School. The community worker is Rosina Pellegrino, shown here with Grade 1 student, Daniel Johnston. Grade 1's project for Nutrition Week was to make spaghetti. Rosina makes her own pasta, so how about showing Grade 1 students how to make spaghetti from scratch. Combine that with the vegetables that Grade 2 prepared, add the fruit salad made by Grade 3 and you have a wonderfully nutritious meal - ask the principal and office staff, they got to try it all.

Don Smith

E.P. HARWOOD

During the winter months students at Harwood had a variety of sporting events in which to participate. Events included a volleyball tournament at John Abbott College for grade 6, and a basketball tournament in March. Once the weather permitted a ski race was held at Le Forest St.Lazare for grades 4, 5, and 6. The students all did very well and displayed good team spirits.

The mothers of Harwood along with their friends were able to participate in a self-defense one night course given by the police. The session covered concerns such as: How to safe proof your home, Pre-cautions to take when using a bank machine, What to do when someone breaks into your home and you're alone, along with other concerns. There was a great turn out and the

ladies were extremely satisfied.

Spring at Harwood has finally arrived and there are many activities planned for this blossoming season. Some of these events include "Jump Rope for Heart" which is being held for the seventh year in a row at Harwood. A track and field day for grades 4, 5, and 6 at Riverdale High School and a dance festival including 9 to 10 schools, also held at Riverdale. Students will be performing a five minute routine in groups of six. Harwood students will be having the pleasure of enjoying a school funday filled with sporting activities for all students. Students will also be working on a special presentation of the play "Robin Hood" which will be presented to their parents and other classmates.

WESTON

Author Visit Evokes The Thirties and Forties

The boys complained that their pantlegs would not stay tucked into their kneesocks as we tried to make their trousers into britches. Jade sat scowling as her hair was put in braids with plaid bows at either end. Dayna, her hair curled and adorned with a big red bow, looked on. We were getting ready to welcome Antonio de Thomas, the author of *The Montreal of My Childhood*, a book about growing up in Montreal in the thirties and the forties. We had built a scooter from an old wooden box and old board and wheels, made Jughead hats and collected memorabilia from the past. We were able to find old milk bottles and an actual school strap. We had the May 7, 1945, front section of *The Montreal Star* and a wringer from an old washing machine. The music we were listening to was "Brother, Can you Spare a Dime" and Al Jolson singing "Bluebird of Happiness". The children had talked to their parents and grandparents about their childhoods and they had shared the stories they

had been told; stories of getting the strap for misdemeanours, stories of walking great distances to school, stories of dunce caps. After a lot of talk, we began writing the stories we had heard about our own families in the thirties and forties.

"It's almost 10:45", the children noted, looking at the clock. "We've got to meet your mother at the front door". Michael and Richard went to meet my 82 year-old mother who was also coming to hear about the thirties and forties, a time when she had married and had begun her family. Unknown to me, she had brought my report cards with her to show my students! Other parents and grandparents started to arrive. Richard began introducing his grandfather to the class and saying, "Michael, this is my grandfather, Mr. . . ." I told him that the politer way was to introduce the older person to the younger person. Matthew's grandmother arrived and Richard looked worried. "Mrs. Guy, I've got a problem," he said, "Which one is older?" So much for only having given him only part of the instructions about introductions!

When grandparents, parents and



Antonio de Thomas, author of "The Montreal of my Childhood" with Grade 5 student, Richard Povitz.

students were all assembled, we trooped downstairs to the cafeteria. It had been transformed. There was a clothesline with long underwear hanging on it, and a huge old wedding picture hanging on a backdrop next to the Christening dress my grandmother had made for my moth-

er in 1912. There were old photographs, pencil cases, a Dick and Jane reader, hockey equipment that our business manager, Howard Harvey, and his brother, the late Doug Harvey, defenceman for the Canadiens had used when they played hockey as boys on the rinks in N.D.G. There was an old manual typewriter and carbon paper. No computers or photostat machines in those days.

As we settled down to listen to Mr. Thomas, he showed us pictures he's painted of his childhood and shared his memories. The grandparents in the audience were heard to whisper, "Oh, I remember that," or "Remember when we ...". There were many stories being told in the cafeteria that morning as the children learned first hand about life in their grandparents' day.

When the presentation was over we all returned to the classroom which had been converted into the West End Diner. The parents were able to order sandwiches, made on the spot, cherry cokes, sodas, milkshakes, sundaes and the best banana splits in town. There were only a few glitches in the service, such as hav-

ing a chicken salad sandwich served without having been first cut in half, or the children using the heel of the bread to make a sandwich, but all our customers went away satiated, especially those who had ordered the banana splits. Lee Andrew was more than generous with the carmel sauce and whipped cream. I think people gained weight just looking at his creations! At one point one child called, "Mrs. Guy, all the cups are dirty. What'll we do?" I headed out to get some styrofoam cups and halted as I heard one grandmother saying, "In my day, we washed the cups". We got a dishpan and Dayna began to wash up. Her simple act of placing a cup sideways instead of upside down to drain reminded me that she, like the majority of my students, rarely wash dishes. They simply put them in the dishwasher.

As the children sat down to eat, after working very hard to serve their parents, grandparents and teachers, principal and other staff, Richard who had come up with the idea of the diner said, "Mrs Guy, maybe we should have a diner for the whole school!" We all moaned.

Myrna Guy



Memorabilia from the past!

DORSET

Lots of things have been happening at Dorset since our last report.

Our X-mas fair was a big success due to hard work by volunteers and staff who manned tables and generally lent a hand where needed! We had something new this year, the Cake Walk. Pre-K parents donated decorated cakes, which were judged then sold. We had a wonderful selection of cakes that went home to be enjoyed by the buyers! This room raised \$144.00. As usual our International food and bake table did a booming business, bringing in \$849.99. Again this year parents could contribute to the Dorset Teachers Classroom Book Fund. \$1076.00 was received -which in turn was given to the Teachers to purchase much needed classroom books.

Our front entrance and office has received a face lift. A new window was put in to allow the office to see who is at the door before buzzing them in. The interior of the office was reorganized and repainted and looks wonderful! All our exit doors have been fitted with new locks as part of our security improvements.

Dorset students held a Skip-A-Thon and raised \$1012.00. Some of the money was used to buy X-country skis and team uniforms. A donation was made to Child Find, and \$100.00 went to Student Council.

Each class "adopted a family" for X-mas -providing food, toys and money to those less fortunate.

H & S was asked to respond to the LSB Resolution re: Proposed Sexual Harassment Policy. Committee members Laurie Greenberg and Wendy Fitzgerald replied to this. A reply was received stating that one of the submitted suggestions will be added to the wording in the policy.

Dorset has been invited to take part in an Effective Schools Program, which will involve schools in Quebec. H & S held a Parenting Night in January with guest speaker Pat Waters. She, along with Lynda Kawalenko, did a P.A.L.S. presentation.

Dorset sport teams have been busy. The Volleyball team participated in the L.S.B tournament, winning 6/0. Students were complimented on their appearance, athletics and demeanour! The Basketball team went to the tournament at Riverdale High, and the X-country ski team participated in a ski Lopett.

Avery Public Speaking was on Feb 16 & 17. Students did a wonderful job of "story telling", to a gymful of captive listeners. Judges had a hard time choosing the finalists! All the students were congratulated on their efforts.

Teacher Appreciation Week was coordinated this year by Laurie Greenberg. She and her team of volunteers provided coffee break treats,

flowers, candy, new additions to the kitchen and a great lunch. The new office "ribbon cutting" was held on Feb 16. Principal Lorna Varden was presented with picture frames holding a collage of student life at Dorset.

Winter Carnival was held "off-site" this year. Teachers, students, and volunteers spent a fun-filled -if wet, damp that is!!- Mar.2 at Les Forestières in St. Lazare. Grade 6 had their Grad trip to Mont Habitant on Mar 6 & 7. Photos of this trip as well as the rest of life at Dorset are being compiled for this year's Yearbook by Marg Conway and her team.

Bus Safety Reps and Safety Coordinator Claire Rennie treated the bus drivers to a Pizza lunch on Apr. 5. The drivers had a great meal together and each driver received a card and a new coffee mug. The drivers enjoyed all the attention.

Dorset students participated in a recent chess tournament. Kishor Ramaswamy placed 2nd and Matthew Willox placed 3rd for Grade 1. Kishor Ramaswamy and Geoffrey Willox from K. will be competing at the Provincial Chess Tournament on Apr.9! Quebec is the only province that has chess in Kindergarten.

Spring is here and Dorset has lots of things planned. We hope everyone has a great end of the school year!

Wendy Fitzgerald

BEACON HILL

Teacher Appreciation Week at Beacon Hill was a great success thanks to the many volunteers who baked goodies for recess and took over recess duty for teachers. Anne Mumme arranged for a number of volunteers to renovate the staff room, too. A few coats of paint and a beautiful carpet donated by Million Carpet and Tiles made for many smiles on Monday morning. Two new sofas are also adding to the atmosphere.

The dinner at the Beaconsfield Annex was enjoyed by all who attended. Principal Judy Grant read a special poem she wrote to thank the Home & School. Our Home & School also gave an African Violet to each staff member, while the huge floral decoration on the dinner table was donated by Don Belvedere Floral. Everyone was happy, thanks to the planning of Becky Scroggins, Anne Lachine and Vivian Reilly. A large number of locally donated prizes were won at the dinner, as well.

The H & S Enrichment program is winding down, after offering students an abundance of courses. Mona Hanskamp geared up for the spring sessions in early May. We offered a CPR course in May for Lunch Program supervisors and parents.

Our local H & S received a special book for having the largest membership per family. This was presented to Wendy Tonkin at the Annual General Meeting.

We planned to make a donation to Primate's World Relief and Development Fund in memory of the Toope family of Beaconsfield.

There was a fund-raising event to help out AMBCAL, a community organization which aids families in need of support. In May items donated to Helping Hands also went to AMBCAL, and another fund raiser will involve students from Beacon Hill. In April items collected for Helping Hands by Mrs. Green's and Mme. Shtychno's classes were donated to the West Island Women's Shelter.

Everyone is looking forward to our annual BarBQ, which is being organized once again by Kersti Leetmaa, who has a challenge to top last year's success.

Maggie Tietjen



BAIE COMEAU HIGH

Mounds of snow surround, but in our hearts, spring thoughts abound. Teachers weren't worrying back in February though, because that month also brought the return of lapel carnations and recess snacks, as part of Teacher Appreciation Week. The crowning jewel was a mid-week buffet lunch.

In March, eight students from Secondary I to V set out on a week-end cross-country ski trip organized by our Phys. Ed. teacher. Destination: Chic-Choc Mountains in the Gaspé. Though exhausted at the end of each day, the efforts were rewarded with spectacular views and a unique sense of camaraderie. A dance amongst the clouds on Mont Albert's highest plateau lifted spirits even higher, as skiers shook hands congratulating each other.

Partial funding for the ski trip, came from our local which also helped fund a farm visit for the elementary students. The day was a cool, cloudy one in March, but spirits were anything but dull. Besides visiting the barn animals and having an authentic sleigh ride, the students were able to eat their fill of maple taffy. Other activities included soccer, tug-of-war and sliding.

Once again, this year's Annual Bean Supper was a smashing success! The clients got their usual fill



Lip-sync contest: All dolly-ed up!

of bountiful beans and delectable dessert, but the highlight of the evening was the Lip-Sync Contest, put on by students, parents and

teachers. It was excellent! Congratulations (and thanks!) to all participants.

Pauline Kaye

MOUNT PLEASANT

The April issue of *Chalk Talk*, the school's newsletter published by the H&S, carried a lengthy feature highlighting the activities, services, and results of surveys involving the H&S. In pinpointing the part that QFHSA and the Canadian H&S play in school, as well as the local achievements (equipment provided and workshops offered), Suzanne Maloney gave parents not only a terrific reason to join the H&S but also a great boost to all the volunteers who have spent much of the last year making the impressive list possible. Bravo!

The school hosted a parenting course entitled Siblings Without Rivalry. The course, based on the book of the same name by Adele Faber, took place one evening a week for six weeks.

The library was a busy place this past winter. The older students read to younger students. Mrs. Jared's grade 5 and 6 students solved interesting math problems and puzzles every Tuesday morning. The grade 4 and 6 students used CD-ROM's, reference books and other non-fiction material to prepare projects and debates.

BEACONSFIELD HIGH

The Student Council entered a contest sponsored by Lifesavers, and won! The school sent in more wrappers than any other school in Canada. Prizes included a performance at the school in May by Our Lady Peace band.

Janice Saba

AYER'S CLIFF

For Teacher Appreciation Week, the entry way and the staff room were decorated in purple and grey, the school colours. Teachers received corsages and a special table was set up to hold the bouquet of flowers from the School Committee (who organized the week).

Baked goods, poems, cards and special gifts were received throughout the week, courtesy of parents and students. Noticing the show of appreciation by parents who sold "We Love Our Teachers" pins, Distal distributor, Jacques Auger joined in by sending a basket of fruit.

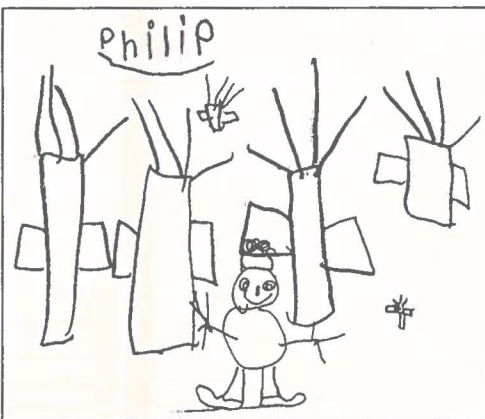
To top the week off, teachers enjoyed an extended luncheon at Hibbard's B&B while parents volunteered to occupy the students. After their return to school, a special assembly was held and teachers were presented with certificates and jumbo size cards made by students and parents.

Head teacher, Leon Dyer, said they were "overwhelmed by the gestures of appreciation....it is us who appreciate what we have." WOW!

We have now become a gold school! Forty more environmental projects and we are a "green school". We get closer every day. At an assembly Meredith Baird presented the school with a certificate.

On March 24th, Beth Girdler came to the Grade 4 classroom to teach art. She showed the class how to contour drawing. As a warm up they drew their hands without looking at the paper. After drawing several other objects, they chose the one they liked best and coloured it. The results were used to decorate the walls or the classroom.

Meredith Baird & Peter Nangreaves



ST. JOHN

It has actually been 23 years since the last Secondary 5 students graduated from the school, so when Stephanie Parent and her classmates return to St. John's to attend Secondary 4 in September, they will be making history.

Parent, 14, was one of the Secondary 3 students who recently sent a petition to the South Shore School Board asking for the return of Secondary 4 & 5 to their school. A survey of parents had indicated a 90%

approval rating for the change. If all goes well, Parent's class will graduate from Secondary 5 in 1997.

The return of the classes to the school will save on transportation costs (students were bussed to Centennial H.S. in Greenfield Park) and help the English community in the St. Jean area.

School Commissioner, Gavin Ramsay, said "Not only will it be better for the high school students but it also will mean improvements in the school and the curriculum that will benefit all the students."

THORNDALE

Spring is finally here, we hope! Here it is the beginning of April and there is less than three months left of the school year!

Although January was a quiet month at Thorndale, there was lots of activity in February what with Teacher Appreciation Week and Carnival Week and other activities as well. All this packed into three weeks since we had a week off for winter break.

Carnival week was held during the week of February 13 and the students were kept busy with various different activities. Some classes went skating and sliding while others enjoyed different outings. On the Friday of that week a whole day of outdoor activities was planned by our Gym teacher, Mr. Gosal, with the older grades participating in the morning and the younger ones in the afternoon. The grade six students were kept busy all day as they were asked to supervise all the different stations. The weather really cooperated for a change -it was a beautiful winter day and everyone involved

seemed to have fun.

In an effort to give something back to the students, H&S also hosted a free Pizza Lunch for all the students during Carnival Week. The children were treated to pizza and juice and donuts for dessert. They really seemed to enjoy themselves.

The month of March brought with it our annual Scholastic Book Fair. As in past years, it was a great success thanks to Jean Lacombe, who organizes it, and our other volunteers who always help out during the fair. Our library, as well as our class home reading programs, will surely benefit since the proceeds of \$2,180.00 will be taken in books.

Our H&S also recently purchased new dictionaries for every class with the balance of the proceeds from our chocolate fundraiser.

It's been a busy winter but a fun and productive one. We look forward to a terrific spring with its upcoming events which include our annual Family Barbeque which will be held toward the end of the school year.

Carol McCarty and Cathy Rogers

ROYAL WEST ACADEMY

This year's Black History Month organized by Annette Bouzi and Erica Shaw, was topped off by a show honoring the Black Experience. It included performances by Bootleg (the school's own RWA steppers), Cameron Evelyn reciting a portion of Dr. Rev. Martin Luther King Jr's, "I Have a Dream" speech, and a short skit entitled "My Name is Not Natasha". Bernadette Charles gave a recitation of poetry accompa-

nied by the Ninja Drummers.

The school was very excited about the visit by 12 Czech students. They planned an ambitious and educational itinerary including trips to Ottawa, Quebec City, and of course, local museums and points of interest. Each student was given a bag containing such items as pamphlets, postcards, maps, tourist books, caps, T-shirts, pins, pens, and many other donated items.

ELIZABETH BALLANTYNE



Award winners Jaclyn Bishundayal and Maya Orzechowska with EB teacher Mr. Jim Brown (left) and Mr. Ivan Rawlinson, Consul-General for Great Britain (right). That's Sister Samantha sneaking into the picture!

Maya Orzechowska and Jaclyn Bishundayal were both "highly commended" for their essays in the recent Commonwealth Essay Competition. They received their awards at a ceremony in April.

Grade six students Laura Macdonald and Megan Feeney won the Bronze Medal in the Elementary Division of the Science Fair held at Royal West Academy. Their project was entitled "All About Magnets".

February 24th was the date of this year's Skate-a-Thon, and what a wonderful occasion it was! The

number of children participating seems to increase each year, which means that the scorekeepers are kept busy watching and counting. This year was particularly special because Grade One joined in for the first time.

The many parents who showed up to help tie skates were indispensable and the group providing refreshments did a marvellous job.

This fundraiser is very important as the money goes to buy books for the library.

KENNETH RADU'S CORNER

No literature lends itself to satirical renderings or comic variations of a theme more readily than the classic folk or fairy tale. The humorist finds an inexhaustible wealth of character and incident from which to draw. Alter the angle of vision, tell the tale from another perspective, reverse the expected ending, apply liberal doses of anachronism, disregard the moral and spiritual values of the original narrative, sabotage the beauty of the tale by use of sarcasm or irony and, in the end, one has produced a funny story.

Frogs, written by Andrea Wayne-von Königslöw (HarperCollins), is yet another reworking of "The Frog Prince". The author chooses to ignore the serious heart of the tale, the theme of promise, moral responsibility and redemption, and is also careful to avoid cultural stereotypes. In her version, Lucy, a modern-day child, is not responsible for keeping faith or for saving the humanity of the prince, nor is she in any way required to marry.

Lucy and her sister Lenore love frogs, build castles for them, feed them flies and ultimately set them free. Their mother—there is no father—doesn't "mind crawly things in the house." Fortunately, the humour of *Frogs* survives its sociological subtext. Yes, kissing frogs produces a great many princes who appear singularly stupid. The comedy arises from their obnoxious behaviour and their amphibian mannerisms.

Michael Martchenko's full-page, one-dimensional pictures capture the tone of this slight tale, which is sprightly in the telling and surprising in the end.

As much as skewed fairy-tales, stories of royal shenanigans and dim-witted monarchs also occasion a smile. Unlike *Frogs*, which carefully avoids mention of marriage, *A Royal Ball*, by Margaret Springer (McClelland & Stewart), is in fact built upon, allowing for variations, an engagement party.

Two kingdoms, one possessed of seven potential brides for the seven potential grooms of the other, are historical enemies. To ensure safety and stability, however, marriage and heirs are necessary. Of course, neither princesses nor princes do the expected thing: Clarissa hang glides, for example, and Prince Mac loves to bake pies. How the royals meet their true match and overcome ancient hostility comprises the comic plot.

Tom O'Sullivan's drawings for *A Royal Ball* are reminiscent of Ronald Searle's eccentric lines and satiric eye. Much more complex and interesting to view than Martchenko's work, they also do justice to the story. Springer's writing sometimes depends too much upon odd names for its humour—Zygoma, Radinka, a dog named Flann—but her style is brisk and economical.

I was surprised and delighted to be the co-recipient, along with Diane Radu, of the 1995 Leslie N. Buzzell Award. Doing something I enjoy is usually sufficient unto itself, but it is especially gratifying to know that our work is appreciated. My thanks to the QFHSA Awards Committee.

A PIONEER STORY

The Daily Life of a Canadian Family in 1840
Written by Barbara Greenwood
Illustrated by Heather Collins
Published by Kids Can Press, Toronto, 1994
Hardcover, 240 pages, \$24.95
Social Studies/Canadian History, ages 8-12

The 1840's. What would you expect to find on a backwoods farm in Eastern Canada? Don't know? *A Pioneer Story* will be the perfect book for you — it is both a story and a reference book.

Informative pencil drawings and historical facts are interwoven with a fictional story about a pioneer family. Together they bring the philosophy of settlers in Early Canada to life. Settlers lived by this motto - Eat it up, wear it out, make it do or go without.

Chopping wood, keeping the fire alive, spinning, knitting and baking are just some of the chores which made up daily life. Dangers like getting lost in the woods and wild animals were also part of their daily life.

But there's even more to this charming book than just reading pleasure. It encourages us to dabble in science, to try some arts and crafts, to play an old-fashioned game or even to awake the story teller within ourselves by making shadow puppet plays.

I recommend this book to anyone interested in Early Canada and to anyone who may have forgotten just how much hard work the good old days really were!

by Anna Marrett

THE PHONE BOOK

by Elizabeth MacLeod
Kids Can Press Ltd., Toronto:
1995, pp64
\$12.95 (For ages 8-12)

The Phone Book is more than just a book about telephones. It delves into the world of communication taking the reader from smoke signals to the telegraph, all the way to the information superhighway and e-mail. This book simply combines the history of communication with experiments that are simple and easy to understand. These "hands-on" activities will help children better understand the "science" behind communication with a few simple household items. For example, you learn to make an electromagnet just like Samuel Morse! Basic principles are explained clearly with wonderful illustrations.

The invention of the telephone is, of course, included together with detailed explanations of Bell's invention — what it is, how it works, and how today's telephones differ from those of yesteryear.

Did you know there are more than 525 million phones in the world? Canadians alone own 16 million of them. You'll get all the facts on fax machines and learn about a new system of communication called Integrated Services Digital Network (ISDN) — the network of tomorrow, too.

I highly recommend this book for both the classroom and the home. It's informative, well written and right up to date on the information superhighway.

by Ann Bishundayal

EXPLORABOOK: A Kids' Science Museum in a Book

By John Cassidy
Klutz Press, Palo Alto, 1991
\$24.95 U.S. (hard cover)

There are ordinary science books, and there are extraordinary science books, and John Cassidy's brain-wave, *Explorabook*, is unquestionably one of the latter. Upon the simple premise of creating "a kids' science museum in a book", Cassidy and numerous contributors have not only managed to cram fifty absorbing science activities between the pages of this strange-looking volume, but have included all sorts of objects that aren't supposed to be in books at all. The result is a tome which so bristles with attachments and inserts that it is guaranteed to elicit a Cary Grant-like double take and an unquenchable longing to find out what this thing is, at which point your doom is sealed and you might as well cancel your appointments for

a week to come, because, if anything, *Explorabook* demands time.

Once the youngsters can tear this unmistakably Klutz-published object away from their elders long enough to have a peek inside — and it will require brute force — they will be amazed to discover (among other things) a diffraction grating, a moire spinner, something called a Fresnel lens and two packets of bacteria snack food, all as unfamiliar as they are irresistible. With no choice but to delve into the text, readers will find to their delight that the written part is just as good as the other stuff. Here are to be found none of the stultifying columns of minute and colourless print usually associated with scientific reading. While each new page seduces the mind with its legible print, startling photos (a sneeze, an apple rotting, a flea that has fleas), and generally funny and imaginative illustrations, the text has so much clarity, intelligence and humour that it sounds like spoken language.

Appeals to any age

It can thus be truthfully stated that this book appeals to any age, any

level of reading ability, any knowledge level and any mind that has ever wondered, if it be only for a passing moment, about how the world works. All this said and done, *Explorabook*, though one is tempted and indeed encouraged to see it as such, isn't all fun and games — and it isn't just about acquiring knowledge. No one, of course, who scatters light waves with the diffraction grating or tries the tongue life comparison or gets hypnotized by the moire spinner can help having fun and (more often than they expect) finding the answers to all those questions they felt were too stupid to ask their ninth grade science teacher. But the fun and games and learning part is all nicely calculated to fulfil a very important task: the opening and awakening of the mind. Beyond simply gaining knowledge, the readers of this book will find their desire for knowledge itself sharpened, for *Explorabook* both demands and produces that trait the authors describe as "a willingness to ask irritating and difficult questions of the people and the world around you...that most human and hopeful trait, curiosity".

And that's all that is needed. Cassidy & Co. have succeeded in their mission, handing the world an interactive exploration of the mind itself; so that though *Explorabook* must sooner or later come to an end, all who have enjoyed it are happy in the knowledge that the exploration by no means ends with the closing of the last page. *Explorabook*, in fact, is only the tip of the iceberg.

by Erin Gunther

IF LEARNING IS SO NATURAL, WHY AM I GOING TO SCHOOL?

A Parent's Guide
by Andrew Nikiforuk
paperback, 457 pages, \$16.99
Penguin Publishers

This book is organized to look like a reference book. Topics are discussed briefly and in alphabetical order. This format gives an illusion of objectivity which is quickly dispelled when the reader opens the book to any topic and reads a few sentences. To quote the introduction "Andrew Nikiforuk was the *Globe* and *Mail*'s popular and controversial "Education" columnist for three

ANSWERS TO DISTRACTION

By Edward M. Hallowell, M.D.
and John J. Ratey, M.D.

This book is an excellent guideline to many, frequent questions that people ask about "Attention Deficit Disorder". It is a MUST read for those afflicted with ADD and for anyone dealing with an ADD's sufferer. The book deals with questions from an adult, child and doctor viewpoint. It dispels certain myths (i.e. the ADD sufferer is stupid, lazy, etc.) and it gives much needed information on their behavioural patterns (aggression, anger, creativity) as well as specific ways of dealing with them in the family, classroom and home environments. This book is a great reference for schools. It also takes an in-depth look at the various medications used to help the ADD person and the addictive probabilities associated with them. On the downside, dealing with an ADD's sufferer can be extremely draining for the caregiver.

by Wanda H. Franklin

Sorry

In our last issue we stated that Tundra Books had been sold. In fact, Tundra is up for sale.



Books open up the world.

I had a mother who read to me,
Sagas of pirates who scoured the sea.
I had a father who read me lays
Of ancient, gallant golden days.
Fabulous stories of "olden days",
"Alice in Wonderland", "Winnie the Pooh",
"Treasure Island", poetry, too.
Some people seem to have wealth untold —
Boxes of jewels, lots of gold.
As rich as I am? They never can be.
I had parents who read to me.

Anon.

Think ! First – Free Awareness Workshops

by Shirley Straughton

Developed by the American Association of Neurosurgeons, Think ! First is a program designed to reduce the incidence of brain and spinal cord injuries through education and public awareness. Recently established in Canada, Peggy Ariditi, the program coordinator for Quebec, is hoping that Home and School Associations can become involved in spreading their message.

There are 40,000 brain injuries annually in Canada with the majority of cases in the 15-24 age bracket. In Quebec, the Société de l'assurance automobile du Québec often pays up to 4 million dollars annually for severe brain injuries due to accidents. There is a high cost in pain and emotional suffering as well.

Think ! First is offering FREE 45 minute presentations for high school and is working on plans for elementary schools in the future. The high school presentation will include:

- A neuroscience nurse to explain the function of the brain and the spinal cord and the consequences if they are injured.
- A 15 minute video of young people who have had brain or spinal injuries and how their lives have changed.
- A handicapped speaker who will discuss his/her experience
- A question and answer period.

The response has been positive from the schools that have received the presentation. If any Home and School locals would like more information, please contact : Peggy Ariditi, 72 Brookside, Beaconsfield, PQ, H9W 5C6. Phone or fax (514) 630-0243

INJURIES ARE PREVENTABLE

"Injury continues to be the leading cause of death for children and youth in Canada," states a recent publication from Health Canada. Canadian statistics from 1990 show how high the ratio is for deaths caused by injuries:

Ages 1-4 = 40% of all deaths due to injuries;

Ages 5-9 = 49% of all deaths due to injuries;

Ages 10-14 = 56% of all deaths due to injuries;

Ages 15-19 = 73% of all deaths due to injuries.

The Family and Child Health unit of Health Canada is trying to promote injury prevention programs by encouraging all interested parties to share their information. They have published a resource list of a variety of Canadian programs. Safety issues are a priority for QFHSA and it is hoped that the following list will be helpful for all local Home and School Associations.



RESOURCE LIST

CCSN
(Canadian
Children's Safety
Network) Online:
Free Phone:
416-979-4605.

Directory of
Canadian
Child/Youth Injury
Prevention Programs
and Researchers:
\$20
Tel: 403-492-6019

Guide on the Safety
of Children's
Playspaces and
Equipment: \$20.
Tel: 514-528-2362

Health Promotion
Online: by modem
613-941-2806

Family and Child
Health Unit-Programs
and Resources: Free;
Fax 613-954-3358.

Resources for Health
Protection Branch,
Health, Canada.
Fax: 613-957-8805.

Canada's Health
Promotion Survey,
1990, Free;
Tel: 613-941-5366.

Brighter Futures
Research Booklet.
613-954-3358

Where Do I Hide?

by Don Smith

"Please help me find my child!" Words that are read do not describe the anguish in a mother's voice as she pleads with a police officer to help her find her lost child.

The thoughts that run through a mother's mind: "Did my child fall in a well? Is my child lost, terribly frightened, and trying to find his/her way home?"; "Did he/she drown in the river?"; "If he/she did, will we ever find the body?"; "Has he/she been picked up by a sex maniac?" – the thoughts go on.

Police officers, visiting daycares and pre-K's, grade schools and parent groups, offer advice on how to "protect" your children, but they don't want to overdo it. Panic is not the solution. And even the police don't have all the answers.

In our own little world, we sometimes feel quite safe. Our neighbourhood is quiet. Never any problems. Then one morning the still is broken by the sound of police sirens, ambulances, the S.W.A.T. team. A distraught father has shot his wife and taken his child hostage. "But, ours is a quiet neighbourhood!" As I write these lines a police officer lies in the morgue, a victim of such an incident. This officer had once felt secure in his little world, too.

As I write these lines, bodies are still being dug out from what once was a strong, safe building, in Oklahoma City. Even babies' bodies. And right in "American's Heartland", as the media has chosen to put it. These people probably felt secure, too, in their little world.

And yesterday many Korean children were on their way to school when they were blown sky high – not by a terrorist bomb and not by some psychopath – but by a natural gas explosion. (And I'll just touch upon the Rwandan children lying in mass graves.)

So, what do we do? A T.V. program aired last year, showing how easy it is for a stranger to pick up a child. While the mother was in the

park being interviewed by a reporter, a hidden camera watched as her child was being persuaded away by a "stranger". When told of this, the mother was shocked. Her daughter had been told repeatedly NOT TO TALK TO STRANGERS!

So, what DO we do? Nothing can guarantee your child's absolute safety. But this T.V. incident notwithstanding, education is still your child's number one defence. However, it must be remembered that education for young people comes in the form of constant reminders, reinforcement and quick follow-up.

Teach your child the basics, but don't forget to put yourself in "your child's shoes". What does the word "stranger" actually mean to your child? A child generally reacts positively to any pleasant person, even if that person is a stranger. The other important one must remember is that **MOST CHILDREN ARE HARMED BY ADULTS THEY ALREADY KNOW.** This is true, 90% of the time!

Nevertheless, always know where your child is. And don't forget to check up on them. A youngster who is playing out in the backyard can easily be led away, or may even wander away on his/her own.

A quick check every now and then is a must. Older children who are off visiting friends should also be monitored. Give them a designated time to be back home, and should they fail to return at the pre-determined time, call! Ask them to call if they are moving around. And let them know that this isn't a matter of controlling their every move, it's just that you want to know where they are for safety reasons.

It's not easy being a parent. And the bigger they get, it seems, the bigger the worries. (Seems to me I've heard that somewhere before.)

NEW BADGES



Windermere Safety Patrollers

Everyone is proudly wearing a new badge which designates membership in the Safety Patrol Team. Pictured here are Windermere Safety Patrollers with their Patrol Chief, Betty Lou Mander. Principal Rey Clarke and Secretary Anne Priestly were also presented with pins by patrollers, who appreciate their continued support.

The Windermere Patrollers are involved in committees which keep their organization active. The Elections Committee organized voting for team Captains; the newspaper reporters are preparing a Safety Patrol News; and the Social Committee is

ever busy planning the next event.

Most Patrollers this year work extra duty days, and they have initiated ideas for safer crossing for students. They well deserve the upcoming trip to Ottawa for the National Safety Patrol Jamboree, where they will meet 6,000 other Patrollers at the Parliament Buildings on May 27.

This school program is sponsored by the Windermere Home and School and the Patrollers have written letters of thanks for support. We salute all of you who care and share with others.

ANNOUNCING the new ENVIRO-BIRD FEEDER

guaranteed to raise money for your school and community projects. Write or call now for free info:

Nomad Environmental Scientists,
P.O. Box 511, Station N.D.G.,
Montreal, PQ, H4A 3P8,
(514) 684-6055

