



THE VOICE OF
THE PARENT
IN EDUCATION

QFHSA NEWS

VOLUME 52 ISSUE 2

SUMMER 2014



YEARS OF CHALLENGE AND CHANGE

SAVE THE DATE

QFHSA FALL CONFERENCE

“BRAIN MATTERS”

Keynote Presentation:
“Optimizing the Brain for
Learning” with

Michael Quinn

Date: October 25, 2014

Time: 8.30 am - 4:00 pm



In This Issue

- President’s Message p. 2**
- Executive Director p. 3**
- Annual General Meeting p. 4**
- Resolutions 2014 p. 5**
- Membership Services p. 7**
- QFHSA Awards p. 8**
- CHSF Awards p. 12**
- QAHN Contest p. 14**
- Winifred Potter Tribute p. 16**
- QFHSA Contests p. 18**
- Focus on the Locals p. 23**

The Quebec Federation of Home & School Associations (QFHSA) kicked off celebrations of their 70th anniversary of parental participation in education in the province of Quebec on May 3, 2014. In response to ongoing concerns of parents in regards to the health and well-being of children, QFHSA has been acting as a voice for parents and has been encouraging parents to volunteer in their schools since 1944. The Annual General Meeting of the QFHSA, with the theme “70 years of Challenge and Change” was held at the Novotel Hotel in St. Laurent with keynote speaker **Clifford Lincoln** addressing the delegates.

The Annual General Meeting brought together Home & School parents from across the province to discuss policy and determine the future direction of the organization. Two resolutions were passed: one on **Financial Literacy** and the other on **Permanent Linguistic Voters Lists for School Board Elections**. It was an opportunity to celebrate what Home and School has accomplished in the past and to look forward to the challenges and inevitable changes in the years to come.

The QFHSA has been active in many aspects of community life in the past 70 years, from concerns regarding health and welfare, citizenship, education (Operation Bootstraps was a major brief undertaken in response to the Parent Commission, 1962), literacy projects, child safety, school bus transport and educational rights. It has written many briefs and position papers over the years, from the Outremont School Question in 1947 to its recent responses to Bill 104, Bill 56, and Bill 60. It continues to advocate for the rights of parents in Quebec.

This year, the national body, the Canadian Home and School Federation (CHSF) held its own Annual General Meeting in Montreal and joined QFHSA at the evening Awards Banquet, where together they honoured

outstanding individuals whose dedication and generosity to enhancing the school experience for all students served as such a fine example to us all.

The Canadian Home and School Federation honoured **Leo La France** with their Samuel R. Laycock Award for making real contributions to relations between the school and the home, among other credits. Also honoured this year was **Eddy Nolan**, of Roslyn School, with the Maybelle Durkin Health Advocacy Award, for an individual who has worked to improve the health awareness of children and to emphasize the importance of each individual who attempts to make a difference. **Anne MacWhirter** received the CHSF Volunteer Recognition Award for 2014 for her 45-year long service to Home and School at the local, provincial and national level.

QFHSA presented four awards of its own this year: the Gordon Paterson Award, for an outstanding educator who believes in involving parents, to **Craig Hodgson**, Music teacher at John Rennie High School; The Lewis Peace Prize, for an individual, or a group, who has made a significant contribution towards peace, to **Dorset Elementary’s Peace Pals Program**; The Pat Lewis Humanitarian Award that recognizes an individual, or group, at the elementary school or high school level, who has made an outstanding effort for a humanitarian cause, to **Westwood High School’s Senior’s International Development Program**; and the Pat Lewis Environmental Award, that recognizes an individual, or group, at the elementary school or high school level, who has made an outstanding effort for an environmental cause, to **Gardenvue Elementary’s Science teacher, Valerie Honig-Nandhra**, for her extraordinary work with the students through their Earth Club.

Carol Meindl, QFHSA Executive Director

A MESSAGE FROM THE PRESIDENT

MORE CUTS??

The cuts that were promised in the recent Quebec budget are here, and they will have an impact. It is still too early to tell who and what will be affected, as school boards revisit their budget for 2014-15 and try to figure out how to proceed.

In last weeks' papers, there was talk of increased workloads for teachers, and less money for resources. This is a common theme across Canada as teachers in every province are forced to make concessions in the face of education cuts. It will be an uncomfortable year in board - teacher relationships. These decisions are never easy at the best of times, and will be more difficult this year.

Schools will need to depend on volunteer parent organizations more than ever. This is a time for Home and School Associations to step up and support their children's school to ensure that budget cuts have the least impact possible on your children. Please keep the QFHSA informed of what you are seeing in your school, we are here to serve you as a representative voice for parents and bring your concerns to decision makers.



Larry DePoe
QFHSA President

QFHSA NEWS

Continuously published since 1949
Volume 52, Issue 2
Official Publication of the Quebec Federation of Home and School Associations, Inc.
3285 Cavendish Blvd., Suite #560
Montreal, Quebec H4B 2L9
Phone: (514) 481-5619 • 1-888-808-5619
Fax: (514) 481-5610
Email: news@qfhsa.org

Editor: Lisa Fougère
Layout & Graphic Design: Lisa Fougère
Printing: The Business Box, Beaconsfield, QC
Circulation: 7000 copies
Advertising Manager: Lisa Fougère
Editorial Board: Lisa Fougère, Carol Meindl, Rickhey Margolese, Mary Skagos, Larry DePoe

Deposited with: Bibliothèque Nationale du Québec National Library of Canada
ISSN: 1924-9284 (Print), ISSN: 1925-797X (Digital)
Publications Mail Agreement No. 40011786

QFHSA on the Web: www.qfhsa.org

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

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

QFHSA BOARD OF DIRECTORS 2014-2015

The new QFHSA Board of Directors was installed at the Annual General Meeting (AGM) on May 3, 2014.

Top row left to right: Rhonda Boucher (Director), Patricia Willis (Director), Rosalind Hoenig (Executive Vice President), Lawrence DePoe (President), Rickhey Margolese (Vice President), Wanda Leah Trineer (Treasurer), Mona Segal (Secretary), Brian Rock (Vice President).



Absent from picture: Joyce Shanks (Director).



Thank you to the Department of Canadian Heritage (PCH) and the Ministère de L'Éducation, du Loisir et du Sport (MELS) for their financial support in helping us publish the QFHSA NEWS

Advertising with QFHSA NEWS

Our QFHSA NEWS Advertising Rate Kit is available for 2014-2015. Please send inquiries to news@qfhsa.org. The QFHSA NEWS is an excellent way to reach over 5000 Quebec families! Our next deadline is Sept. 9, 2014 with the NEWS published late September.

A MESSAGE FROM THE EXECUTIVE DIRECTOR

QFHSA: KEEPING AN EYE ON THINGS

As tempting as it is to wind down at this time of year, looking back on what was accomplished and then relaxing for the summer, it is important to keep our eyes open to what might be coming up ahead. Although the Parti Quebecois was defeated in the last provincial election and their Bill 60 died on the table, we are aware that the current government will be considering its own legislation regarding Reasonable Accommodation. Also, despite the fact that the re-examination of the Teaching of Quebec History is no longer as front and center as it had been, again, the current government will be taking a look at this question and QFHSA must therefore also keep an eye on what might be proposed. And, finally, the long overdue School Board elections are coming up in November. We will be partnering with the Quebec Community Groups Network and the Quebec English School Board Associations in a joint effort to give parents the tools they need to ensure their names are on the linguistic voters list of their choice.



"School Board elections are coming up in November."

Our Home and School associations will be assessing this past year, examining what worked, what did not, and making preliminary plans toward what they would like to do in the Fall. Input from their parents will be paramount. We strongly hope that many of you attended your last Home and School meeting of the year, and the Annual General meeting to hear the year-end report from your President on what was done, to see the financial report from the Treasurer about where and how much money was spent and participated in Executive elections.

If enough energy is put into winding up the school year and setting things up ahead of time for the Fall, everything will run so much smoother, especially if you have new Executives coming on board. Moving into a clean house is so much more preferable than moving into one that has to be cleaned and organized first before work can get started.

I wish you all a fun-filled and relaxing summer vacation, with just enough household projects being started and completed as to give you satisfaction. We will then all be ready for the new school year and the challenges and changes it may bring.

Have a great summer!

Sincerely,

Carol Meindl
QFHSA Executive Director

QFHSA Survey

While completing the position paper on Bill 60 "The Charter of Quebec Values" in 2013 and presenting it in February 2014, the QFHSA Rights and Education Committee realized that the QFHSA did not have a policy on Encouraging Cultural Diversity and Inclusiveness in Home and Schools.

Before formulating a resolution on this issue and bringing it to the floor of the AGM in 2015, the QFHSA would like feedback from its local associations and its members to gauge opinion and to promote awareness.

Please take the time to answer these few questions. Your opinion matters to us!

Click for [Survey Link here](#)

We value your opinion!



THE **BUSINESS BOX**
for all your Printing Needs!

*Calendars, Directories,
Yearbooks, Newsletters,
Banners, Brochures,
Books and more.....*

*Please contact:
mike@thebusinessbox.ca*

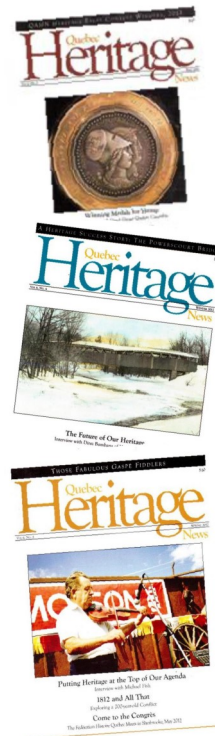
442 Boul Beaconsfield
Beaconsfield, QC
H9W 4B9
Tél: 514-694-8215
Fax: 514-694-7723

WE ATTENDED THE QFHSA 70TH AGM

Schools Represented at AGM 2014

- Beacon Hill Elementary (AGM + B)
 - Birchwood Elementary (AGM + B)
 - Buckingham Elementary (AGM + B)
 - Dorset Elementary (B)
 - Dunrae Gardens (AGM + B)
 - East Hill Elementary (AGM)
 - Edinburgh Elementary (AGM)
 - Evergreen Elementary (AGM)
 - Gardenview Elementary (AGM + B)
 - Greendale Elementary (AGM)
 - Hillcrest Academy (AGM)
 - Honoré Mercier Elementary (AGM)
 - John Rennie High School (AGM + B)
 - Lakeside Academy (AGM + B)
 - Lindsay Place High School (AGM + B)
 - Macdonald High School (AGM + B)
 - New Richmond High School (AGM + B)
 - Pierre Elliot Trudeau Elementary (AGM + B)
 - Politmore Elementary (AGM + B)
 - Sherwood Forest Elementary (AGM + B)
 - Soulanges Elementary (AGM)
 - Souvenir Elementary (AGM)
 - St Charles Elementary (AGM + B)
 - St Patrick Elementary (AGM + B)
 - St Thomas High School (AGM + B)
 - Thorndale Elementary (AGM + B)
 - Westwood High School (AGM + B)
- (* 'AGM' = Business Session, 'B' = Banquet)

QFHSA ANNUAL GENERAL MEETING 2014



Quebec Heritage News

Subscribe Now!
Quebec's English-language heritage magazine.

Individual:
\$30 for 1 year
\$75 for 3 years
\$120 for 5 years

Institutional:
\$40 for 1 year
\$100 for 3 years
\$160 for 5 years

To pay by cheque, please mail payment to:
QAHN, 400-257 rue Queen,
Sherbrooke QC J1M 1K7.
Or pay by Paypal to:
home@qahn.org.

RESOLUTIONS AGM 2014

The Rights and Education Committees of Quebec Federation of Home and School Associations Inc. have been discussing issues affecting education over the past year. The following resolutions were put forth, updated and approved by the QFHSA Board of Directors and passed by delegates at this year's AGM. We thank the Home and School from St. Thomas High School for bringing forth our Financial Literacy Resolution. The QFHSA values and seeks input from its member associations in formulating these resolutions. If there is an educational issue that you feel is relevant to put forth at the provincial level, please contact our office and inquire as to how you can do so. The full text of these resolutions can be found on our web site at www.qfhsa.org. or by email to info@qfhsa.org.

Resolution 2014-01 Financial Literacy

Whereas financial literacy contributes to the development of knowledgeable, compassionate and prosperous citizens;

Whereas early financial literacy education provides a critical set of lifelong skills that help students make more informed choices in their complex and fast-changing financial world;

Whereas the Federal Task Force on Financial Literacy recommends the introduction of financial literacy in schools at the elementary, secondary and post-secondary levels;

Whereas achieving real progress in implementing a financial literacy strategy will require a concerted and cooperative effort among all stakeholders;

Whereas Bill C-38, which called for the establishment of a legislative framework to appoint a Financial Literacy Leader to implement a National Strategy for Financial Literacy, received Royal Assent on November 30, 2011;

Whereas the Federal Government has appointed a Financial Literacy Leader to implement a National Strategy for Financial Literacy;

Therefore be it resolved that we urge the Quebec Ministry of Education, Leisure and Sport to make Financial Literacy Education a compulsory part of the Quebec curriculum;

Therefore be it further resolved that we urge the Quebec Minister of Education, Leisure and Sport to engage concerted and cooperative efforts among all stakeholders to provide financial literacy skills to elementary, secondary and post-secondary level students.

Resolution 2014-02 Permanent Linguistic Voters List for School Board Elections

WHEREAS restrictions exist preventing the automatic registration on an English voters list, and

WHEREAS all Quebec citizens, when they turn 18 years of age, are registered on the French voters list regardless of the language of their secondary education, and

WHEREAS during the 2003 and 2007 School Board Elections not all voters, who requested in writing to be moved to the English voters list, were registered on the English list in time to vote;

THEREFORE BE IT RESOLVED that Quebec Federation of Home & School Associations Inc. urge the Minister of Education, Leisure and Sport to establish permanent linguistic voter lists;

AND THEREFORE BE IT FURTHER RESOLVED that such lists be based on the school board where dependent children attend or attended;

AND THEREFORE BE IT FURTHER RESOLVED that in cases where there are no dependent children in school:

- Eligible voters upon turning 18 years of age, who attended English schools, should be deemed to have chosen to be registered on the list of electors of an English language school board where they are domiciled.

CLIFFORD LINCOLN QFHSA AGM Keynote Speaker

QFHSA was delighted to welcome Clifford Lincoln to address our delegates on the occasion of the Federation's 70th anniversary year. Over his lifetime Mr. Lincoln has been active as a staunch defender of human rights, equality and social justice, values which speak to the Mission of Home and School Associations everywhere. Born and raised on the multicultural island of Mauritius he began law studies in Zimbabwe and South Africa, followed by Fellowships in international insurance, arbitration and management. He had always longed to see Canada and with his young family settled in Montreal in 1964.

After retiring from a successful business career, he was elected as an MNA in 1981. Already an environmental activist, he became Minister of the Environment 1985-88. Through his leadership and team building skills, his department developed groundbreaking initiatives on conservation, action and progress (CAP). In 1993, he was elected as an MP and continued his tireless commitment to environmental causes nationally and internationally. He has worked both politically and privately with Canada's First Nations on environmental issues and is deeply appreciative of their history and culture as part of the fabric of Canada. Mr. Lincoln is well known as a strong defender of minority language rights in Quebec stepping down as an MNA in 1988 as a matter of principle.

For many years, Mr. Lincoln and his family have served their community on behalf of the intellectually disabled and their integration into society. Clifford Lincoln himself is the proud father of six children and eleven grandchildren. He is also the author of a children's book *Peter and the Buddy Hummingbird* and a personal memoir *Toward New Horizons*.

A dynamic speaker, Mr. Lincoln shared the challenges and changes which he has experienced over a lifetime of dedicated service to his community, to Quebec, to Canada and beyond. His outlook for the future, especially for the generation coming up, gave us food for thought.

Mr. Lincoln began his address to the QFHSA delegates and guests with a reminiscence about his time in Mauritius; walking on the beautiful beaches and observing the Maxi Clean crews picking up the debris after the debauchery of the National Holidays, in an effort to keep them as pristine as possible. He compared this to another experience in Lachine, QC where there were also young people volunteering to clean up the shoreline. It brought to mind the conclusion that there needs to be a fundamental change in behavior in society or else there will always be a need to have young people clean up the messes left behind as a result of the carelessness of others.



"It is also a case for Home and School" he said, "it is up to the parents to change the behavior of their children and up to the school to reinforce that corrected behavior. Walter Percival could see the interdependence of Home and Schools early on and recognized the need for nurturing as well as learning". Life, in so many ways, is interdependent where all parts are crucial to the whole. If one part fails, it can affect the whole society. And so it is with Home and School, with each member association being an important part of the whole.

The school experience should not be simply considered a path of learning with the end goal being a career. It covers a much wider range of experiences and the experiences are not limited to the students alone but also includes the parents. The opportunity to work together to achieve a shared goal is a Home and School experience and If you concentrate on a shared goal, you will finally reach it, but one must be willing to accept that it may take a great length of time.

There will always be confrontation amongst individual strong personalities and positions but we should not allow egos to get in the way of progress. The best way to solve sectorial issues is to give way, to compromise. He likened it to the early Tobacco Lobbies where they lead a big fight against the banning of smoking on public transit buses. The compromised was that the ban was given a 3 year moratorium with municipalities having the powers to invoke By-Laws. The law finally went through and after the 3 years, with the experience of cleaner buses and fresher air, everyone was happy. If a law serves a societal purpose, people will finally get used to it.

Mr. Lincoln spoke of his admiration of the Aboriginal tradition of considering the consequences of an action to the 7th generation before committing to a decision. That example of stewardship is one we could all benefit from in many aspects of our lives.

He also spoke of his own experience as father to his son Peter, who was born with Down's syndrome and the wonderful experience Peter had enjoyed being part of L'Arche, a community for intellectually handicapped individuals. L'Arche recognized that all individuals deserve a fair chance to find wellbeing and peace and a place in society. What life with Peter taught him was that we are not alone in this world and there are many individuals we can turn to for help and support.

Mr. Lincoln congratulated Quebec Federation of Home and School Associations for its 70 years as a volunteering organization in Quebec and encouraged us all to continue to work together to make the world a better place for our own children and for future generations.

Carol Meindl, QFHSA Executive Director

SAVE THE DATE!!**QFHSA FALL CONFERENCE****Saturday, October 25, 2014**

An event not to be missed!
With Guest Speaker
Michael Quinn

**OPTIMIZING THE BRAIN FOR LEARNING**

The brain is the organ of learning and the most powerful computer in the universe. However, unlike most computers, it doesn't come with a user's manual. Join Michael as he explores how findings from current neuroscientific studies shed light on how our children can optimize their learning.

What are the best conditions for learning? What role do emotions play in learning and how can we exploit them? What about exercise, diet, sleep? In this talk Michael will also explore the difference between valid science and the many myths about the brain and learning.

All students can learn effectively -- and a little knowledge about how the brain and mind operate can help us ensure our children have the best chance of success. Let Michael be your tour guide for the human brain as he points out the many features that can help all our children succeed!

Michael Quinn, BSc. (Hons) Lond. Physiol M.Phil. A.B.P.S. PGCE. He is a neuroscientist by training, and now works as an educational consultant.

QFHSA MEMBERSHIP SERVICES YEAR END CHECKLIST

President's and Treasurer's Reports

Please get these reports into the office by June 30th. If you are "retiring" please don't leave these for your successors to complete. They will certainly have enough to do as they learn the ropes. The Home and School president needs to sign the treasurer's report as proof that she/he is aware of the financial status of the Home and School. You can use all or part of the president's report to advise your school community of all the good things your Home and School has accomplished throughout the year.

Outstanding Documentation

If your association still has outstanding items from this school year, your association is not in good standing. If numerous emails to the Home and School executives do not produce results, letters by "snail mail" are sent out to the executive and the school principal is copied. This is considered a measure of last resort.

2014-2015 Forms

The forms for 2014-2015 are on the QFHSA website. Have them on hand at the first Home and School meeting in September, fill them out and mail them in to the QFHSA office along with a cheque for the \$50 Administration Fee.

Constitutions

At the 2013 QFHSA AGM, local associations were asked to update their constitutions by June 2014. Many are still outstanding. Please put this on your agenda for September 2014. Although it may seem like a dull chore, I think that the local associations who have updated their constitutions have found it to be a useful exercise.

Executive Workshops

Another executive workshop will take place on September 26th at the QFHSA office. Please encourage your new Home and School Executives to attend.

Many Thanks! As a former Home and School President, I know that, some years, the end of June does not come soon enough. Thank you to all the volunteers who have put in countless hours this past school year. Every contribution whether big or small counts!

Enjoy the summer.

Marlyn Brownrigg, QFHSA Membership Services Coordinator

marlynbrownrigg@qfhsa.org

GOLDEN TORCH AWARDS



Recognizes the leadership achievements of Home & School members at the school level.

- Beacon Hill Elementary School: Elaine Monaco
- Birchwood Elementary School: Ania Sopala
- Buckingham Elementary School: Christine McDermid
- Dorset Elementary School: Valery Bradley
- Dorval Elementary School: Wendy Rhicard, Dina Cerone
- Dunrae Gardens Elementary School: Brenda Michetti, Amber Cornish, Kimberly Battah, Pina Bentivegna, Patricia Willis
- Edgewater Elementary School: Lorna Parker, Pavolina Owczar
- Evergreen Elementary School: Brenda Murphy
- Forest Hill Elementary School: Sabrina Sollecito
- Gardenview Elementary School: Nina Tzemopoulos, Connie Di Iorio, Betty Skagkos, Cristina Iacobacci, Marla DiMonte, Dimitra Demerson
- Lindsay Place High School: Jenny Eng, Lynne Lesiak
- MacDonald High School: Julie Lafontaine
- Pierre Elliot Trudeau Elementary School: Amanda Paas
- Sherwood Forest: Linda Lee Ross, Valerie Douglas, Rebecca Tortosa
- St. Charles Elementary School: Kim Fraser, Theresa Long
- Westwood High School: Colleen Jackson
- Wilder Penfield Elementary School: Tina Sunseri, Nancy Armenti, Maria Di Nezza



EXECUTIVE APPRECIATION EVENT

As a way of thanking dedicated volunteers from local Home and School associations, each year the QFHSA hosts an Executive Appreciation Event. This year, on March 27, 2014, the Board of Directors hosted local members for an evening at La Casa Grecque on Gouin Blvd., with an informative guest speaker, Patricia Levell, Psychologist/Psychotherapist/Retreat Leader giving attendees insight into "Living by Design". Patricia addressed the challenge of finding balance in our hectic lives, explored what balance truly means and discussed value-based time management strategies to enhance our quality of life. Balance in life doesn't just happen, you need to plan for it!

The night was attended by many local association members in addition to the QFHSA Board of Directors and office staff. Many received gifts of appreciation, in addition to the numerous door prizes that were won. It was nice to get together on a social level and appreciate those that are usually doing the appreciating! Thank you to all who attended.

2013-2014

NEWSLETTER AWARDS

Elementary 1st Prize

William Latter School,
Editor: Priscilla Benfeito

Honorable mention PETES
(Pierre Elliott Trudeau Elementary School), Editor:
Rosemary Barics

High School 1st Prize

Macdonald High - @ Mac Link, Editors: Tara Glover & Jennifer Mohr



2013-2014 MEMBERSHIP AWARDS

ELEMENTARY SCHOOLS Membership Chair

Ayer's Cliff Elementary (ETSB) Christine Cutler

Beacon Hill Elementary (LBPSB) Sarah Thomas

Dunrae Gardens Elementary (EMS) Amber Cornish

Greendale Elementary (LBPSB) Charm Skoularicos

HIGH SCHOOL Membership Chair

Westwood High School (LBPSB) Colleen Jackson

Welcome to New Home & School Associations

Poltimore Elementary (WQSB) Rhonda Boucher, President

Eardley Elementary (WQSB) Tiffany Raymond, President



UNSUNG HERO AWARDS

Recognizes outstanding volunteers within a local school.



Beacon Hill Elementary School : Samantha Laff , Tanya Cloetta, Janet Cowper , Emily Wang, Gabrielle Guillon

Birchwood Elementary School: Nattali De Medeiros

Buckingham Elementary School: Arlene Brunke, Suzanne Laurin

Dorset Elementary School: Lisa Marie Handy, Andrea Hayden, Robyn Ghantous, Belinda Brennan, Karolyn Kostlivy

Dorval Elementary School : Pam Newton, Caroline Elias, Shelly Klein, Anna Cantos

Dunrae Gardens Elementary School: Stamatia Tzavaris, Elisa Ruffini, Sarah Goblot, Monica Krieger, Jennifer Bastien, Sophie Robichon, Fotini Markopoulos, Mireille Tehbelian, Marie-Noelle Rivard

Edgewater Elementary School: Athanasia Antonopoulos, Daphne Amster

Edinburgh Elementary School: Victoria Stuhec, Jeanne Rheaume, Mary Bianchini, Colin McGilton, Sue Maheu, Julie Rivet

Evergreen Elementary School: Tracy Reardon, Gisela Nunes-Mancini, Cindie van der Vlist

Forest Hill Elementary School: Melanie Gelinis, Carolyn Motomura, Jennifer Maroufi, Zaf Koty

Gardenview Elementary School: Marina Petrolekas, Chrisa Kontoyannis, Maureen Leeman , Sophie Bisson, Annalisa Cotellessa

John Rennie High School: Dawn Schamerhorn

Lindsay Place High School: Nancy Tellier, Maureen Whalen, Charyl Hyndman, Barbara Schnider

Macdonald High School : Susan Tuff

Royal Vale Elementary School: Wendy McDonell-Côté

Pierre Elliot Trudeau Elementary School : Sandi Cook

Sherwood Forest Elementary School: Kim Bilet, Gail Gendron

Souvenir Elementary School: Katina Arvanitis , Eva Klitirinis

St. Charles Elementary School: Joanne Cembalo, Mary Troianelli

St. Thomas High School: Loretta Carter, Athena Michakis, Michelle D'Elia, Trudie Mason

Thorndale Elementary School: Isabelle Capitran, Tricia Shoot

Westwood High School Pauline Breton, Carole Seto, Judy Mitchell , Doris Myles Ruzilo, Kim Miller, Donna Graham, Christine Badour, Rhonda Gold, Vicki Nuttall

Wilder Penfield Elementary School: Kerry Donoghue, Joyce Shanks, Trish Meleras, Tracy Lemesurier, Adrienne Nahanni



QFHSA AGM AWARDS 2014

WESTWOOD HIGH SCHOOL - WESTWOOD SENIORS IDP (INTERNATIONAL DEVELOPMENT PROGRAM)

Pat Lewis Humanitarian Award

For the last 13 years or more, Westwood Seniors have been visiting a country in Central or South America to work on a humanitarian project, live with local families to learn about the culture and to see a bit of the wider world beyond their own back yards.



This year, 18 students, along with Ute Wilkinson (librarian)

and Alexandra Lanthier (French teacher) have been building a pre-school in Peru in a village called Pomac III. Organized by Kepri Expeditions, the students worked under the guidance of 2 maestros to finish a building made out of mud bricks and plaster. They bonded with their host families, ate local fare and experienced a different culture and way of life. These students have come back more mature, more generous and more sure of themselves, with a quiet confidence that tells us that their view of their place in the world has changed.



The students have had an opportunity to make a real difference in the lives of people in a village far away and have left it better than they found it. Their legacy is the good they have done in the world and the inspiration that they serve as to a new generation to go out and pay it forward. The Quebec Federation of Home and School Associations is honoured to present the 2014 Pat Lewis Humanitarian Award to the Westwood Senior's International Development Program. Congratulations!



CRAIG HODGSON Gordon Paterson Award

Craig Hodgson, who joined the staff at John Rennie High school in 2006, has created an excellent Music Program that has given the students an incredible educational experience. He has exemplified the spirit of cooperation with his open and honest collaboration with the parent's committee who fundraise, publish programs and help with communication, etc.

From organizing early morning practices throughout the week so that the Grade 8 Concert Band, the Senior Concert Band and the Jazz Band all have an opportunity to practice outside of class time, to providing free time to review issues/ or ideas with parents, he has always been a teacher open to new ideas and shows everyone what can be accomplished with hard work, dedication and enthusiasm. As the only staff member of the music program at John Rennie, he accomplishes a great deal and stands out as one of the most co-operative and

dedicated of teachers. No wonder the John Rennie parents are so proud of him!

Thanks to his energy and passion, his students are excelling. The Thursday Jazz Band won gold and the Friday Jazz Band won silver at the Musicfest Nationals in Toronto in 2013. It is the QFHSA's pleasure to award Mr. Craig Hodgson with the Gordon Paterson Award to recognize an outstanding educator who has given long service to the education of children and has encouraged the participation of parents in school life.

GARDENVIEW Earth Club with Ms. Valerie Honig-Nandhra

Pat Lewis Environmental Award

At Gardenview Elementary, one teacher stands out as going above and beyond the call of teaching. Ms. Valerie Honig-Nandhra has not only opened the world of science to all the students but has enriched the school and the students with so much more. Her initiation of an Earth Club has increased the amount of recycling done and has made the children aware of the excess garbage produced needlessly. The children, who met periodically during the lunch hour, performed a garbage audit, weighing the amounts of garbage that a regular lunch day generates and then compare it to a Litter-less lunch day. The students have learned that indeed, "Every little bit helps." The students support the print cartridge and cell phone recycling programs at school and have recently started composting. Through the Science Fair organized by Ms. Valerie Honig-Nandhra, students have one more opportunity to learn more, question, invent and explore ways to preserve the world around them.



Gardenview parents are very appreciative of everything that students have been doing through their Earth Club and it is our pleasure to award them with the first Pat Lewis Environmental Award.

DORSET PEACE PALS PROGRAM

Lewis Peace Prize

The Dorset Peace Pals program has been an integral part of the Dorset Community for 17 years. Under the guidance of the five (5) coordinators Ms. LaFramboise, Ms. Harwood, Mr. Taylor, Mrs. Kollar and Mrs. Martini, students are given an opportunity to develop and demonstrate leadership, problem solving, altruism, team-building and a sense of community. These are skills that will serve them well in school and in their future life.

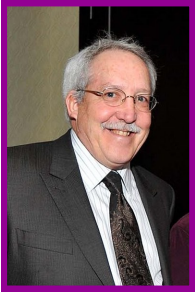


The idea behind the Peace Pals program is that kids are best at helping other kids deal with challenging issues that may come up. The Peace Pals students patrol the playground to encourage inclusion and peaceful conflict resolution, play a significant role in Remembrance Day Assembly and they assist in many other ways as well. They brainstorm to come up with new projects that will benefit their school, their local community as well as the international community. This year, the group has chosen the Montreal Children's Hospital as their community project and is making plans to fundraise.

The Peace Pals program is a tradition that the students identify with very strongly as it disseminates the message of peace, tolerance and goodwill among students. The Quebec Federation of Home and School Associations is honoured to recognize these students for their hard work and important contributions to school and community life.

CHSF AGM AWARDS 2014

For the first time, Canadian Home and School Federation awards were handed out at the QFHSA AGM awards banquet on May 3, 2014 in Montreal. Many worthy recipients were honored and our guests and members were touched as they listened to all the winners' inspiring stories. To read the recipients' full award details from our program booklet please visit the following link: [QFHSA AGM Program Booklet](#).



SAMUEL R. LAYCOCK MEMORIAL AWARD: LEO LA FRANCE

This award is presented to an educator who loves children and is interested in the education of all children; Someone who relates well to children, teachers and parents, enlisting their cooperation. Someone who has dynamic leadership qualities and inspires others to achieve; and has made a real contribution to relations between the school and the home. QFHSA was honoured to nominate Leo La France for the CHSF Samuel R. Laycock Memorial Award and is thrilled that he has been chosen as the recipient for 2014. It is so well deserved. Thank you for all you have given, Leo!

MAYBELLE DURKIN HEALTH ADVOCACY AWARD: EDDY NOLAN

This award is presented to an individual who has worked to improve the health awareness of children, to emphasize the importance of each individual who attempts to make a difference and to provide recognition and appreciation of membership activities. Eddy's own struggle with the effects of cancer, in his life and that of his family, has shown the children what it means to never give up, to keep one's dreams alive and to give everything that you can for a cause that you believe in. Eddy Nolan is, without a doubt, an inspiration and a role model to children and it is a privilege for CHSF to honour him with this award.



VOLUNTEER RECOGNITION AWARD: ANNE MACWHIRTER

Created in the "International Year of the Volunteer 2001" this award is given to celebrate the role of volunteers in Canada. With this award, we recognize exceptional volunteer commitment to the Canadian Home and School Federation and the provincial Affiliate. Although Anne has officially retired from teaching (35 years), she is only wearing one less hat than usual, and has many years in which to add a few more to her collection. Anne exemplifies the model of dedication to volunteerism, clearly enjoying what she does. We are grateful for her contributions to CHSF, QFHSA, New Carlisle and Shigawake Home and School Associations and her community at large. Thank you, Anne!





DM FAMILY & SCHOOL SERVICES

DEAR DM,

I can't wait to sit back and relax after a hard winter, homework and nonstop activities. As a child, I remember entertaining myself, or playing with cousins. Things are so different now! My children always seem to want me to play with them or be doing something with them. I'm feeling bogged down – and I'm wondering how I can get my children to be more independent so that I can fit in some down time for me too !

DEAR BOGGED DOWN,

Now that the school year is coming to an end, many of us can't wait to take advantage of the slowing schedule so we can breathe... it's time to take a step back from the busy school year schedule. You know the one: getting up / getting dressed / getting to school on time / homework / after school activities / exercise / sleep... only to start again with the alarm the next day. And, oh yes, we are in desperate need of some downtime.

After the long, activity packed winter, we all need to take the time to recharge our batteries and replenish ourselves from the inside out. That means time off, vacations, and jealously guarding the special times with our loved ones. Those special times with our families become the sources of "good will" that we so often draw on during the busy times. But what does that mean in terms of what we actually do when we spend that precious time together with our children? Do we really have to actually "play" with them? After all, aren't they about to spend the entire summer playing with their friends ? Many of us have no recollection of playing games or building toys with our own parents - and we turned out just fine.

So, why can't we just relax and let our children do what they do best — play? Why is playing with our children so important? To answer this we need to take another look at the value of play. As it turns out, children who have more time to play with their

parents are more empowered: They face the world ahead of them with increased self-esteem and more confidence. Although it's true that we turned out fine – we many not even be aware of what we've missed out on. Oprah Winfrey notes that most of us "turned out" just fine because of, perhaps even despite, our early experiences. But when we know better we can do better and enrich our children's lives. Perhaps because of us they will spread their wings a little wider, let their imaginations and fly to greater heights - even to the stars. Thus, we need to consider the research, especially since the research is clear: children who have regular play time with their parents are more easily able to cultivate creativity, be good problems solvers, and turn out to be people who love themselves more overall.

Even though summer is a time for slowing down, going from school mode to camp mode can still be stressful for parents and children alike. We need to steal moments of peace, and use those moments of unstructured family time to play, to build, to try new things, to struggle, and to try again as we build resilience in our children.

So hurry up and slow down.... unplug! And take

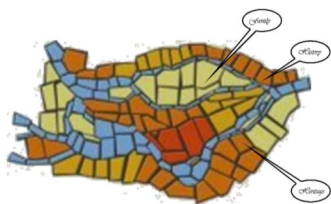
the time you need to be 100% present in the moment with your family. It would be so easy to just let them play with their friends while we stay busy in the house or yard. But then we would miss so much... Summer presents us with a golden opportunity to show our children just how important they are – to add to the "relationship" good will bank. Each moment shared is a moment to reflect on, to live again and cherish. For, soon enough, we will need to make withdrawals from that good will bank again – when the school year starts. We wish you and your family quiet, serene moments, time to relax... and a wonderful summer !

Sincerely, DM FAMILY & SCHOOL SERVICES

514.483.9339 / www.dmfamilyschool.com/



An ISLAND of STORIES



The Quebec Anglophone Heritage Network (QAHN) and the Quebec Federation of Home and School Associations (QFHSA) invited school communities to participate in our first “*An Island of Stories/Mapping the Mosaic*” essay project.

An Island of Stories gave students an opportunity to participate in an inter-generational activity that explored

their family’s history through the research of a special place/building/site on the island of Montreal and surrounding area. Congratulations to our winners below!

To map your own memory or stories, please visit the website at www.qahn.org and then mapping.montrealmosaic.com.



From left to right: Lauren Murphy (teacher Selwyn House), Demetrios Adamakakis, Tommy Kokkinos, Carol Meindl (QFHSA Executive Director)

1ST PRIZE

My dad was born in 1969 in Montreal. His parents were born in Greece. We follow the Greek Orthodox religion. My Dad’s favorite worship place was the Holy Trinity Greek Orthodox church. It was located at the corner of Sherbrooke and Clarke Street, downtown Montreal. The church was built in 1865, more than 100 years ago!

My dad was baptized there in 1970. He loved hanging out at the church going there every Sunday. It was only ten minutes away from his home. His aunts and uncles were married there and his cousins were baptized there too. My Dad would spend Easter and Christmas there with his family.

Did you know that the church had two floors and the second floor was the basement? That’s where my dad played with his friends. The church had pictures of saints and lots of candles. There was a lot of gold!

Unfortunately the church burned down on January 1986. When my Dad heard of the news, he was shocked, devastated and angry. He felt like a part of their home was gone. In 1997 the church got demolished. The Greek community did not have enough funds to rebuild the church!

Today there is a hotel called “ hotel 10” at that same corner. It is very popular and a lot of tourists stay there. When my Dad drives by, it makes him feel like there is something missing and it still feels very holy! The church was historical because it was an old church. It had a lot of history and it was important to my Dad and many others!

Tommy Kokkinos, Selwyn House School

2ND PRIZE

Anna Derossis was born in Canada but her parents immigrated from Greece. She is a mother of two children. My mom’s favorite place is Rockland Shopping Centre. She first went to Rockland when she was about 2-3 years old. She still remembers going to Woolworths, Steinberg’s Supermarket, and Brown’s Shoes. My mom lives in a different neighborhood today than when she grew up. Back then she used to walk to Rockland and it took about a 30 minute’s walk from her house, and a 10 minute walk from her grandparent’s house. Today it is about a 7 minute walk or a 2-3 minute drive from her house.

Presently Rockland is a large indoor shopping mall in the Town of Mount Royal. It was originally built in 1959 as an open-air shopping mall. It is now in the same location but has been rebuilt and renovated over the years.

Today Rockland is much larger and has a large food court. There are few original stores that are still there, most of the stores are different. One of the original brick walls which used to belong to The Bay can be seen from the parking lot. Not too many people know that. My mom’s favorite stores used to be Brown’s Shoe store because there was a large slide that used to go from the first level to the basement of the store. She would run in the store and go on the slide even when she wasn’t buying shoes. She also loved to go to Woolworths. It was a five and dime store and she always used to find little trinkets. There was a dining counter and sometimes my mom would buy a soda or ice cream.

When my mom was growing up she went there about once a week as it was the only shopping mall in the area. So she went there to shop for household items, clothes, shoes and food. Rockland is very special to my mom because she remembers going as a little girl and now she goes with her children.

In the past my mom had special moments at Rockland like when she had her ears pierced when she was 10 years old at The Bay. She could still remember it today. It was in the jewelry and accessories department. Actually one piercing was a little lower than the other but she never got it redone.

Today she also has special moments of Rockland like when she loved bringing her babies to the shopping centre. She still has fond memories of them in their strollers eating ice cream. She also loved bringing them to Chapters book store that now has closed and moved. One of the most special memories was when we bought our Yorkshire puppy at Safari pet store, about 18 months ago. This was the same pet store we would always have to visit on every trip to Rockland when the children were younger.

Demetrios Adamakakis, Selwyn House School



Teambuilding for kids
since 2002!

SPIRIT-CHALLENGE ASSEMBLY...

CATCH THE FIRE OF TEAMWORK!

Looking for a high-energy assembly that inspires kids to master Respect, Cooperation and Team Spirit? Want to bring the power of hands-on learning and engaging team challenges to your community? With the Spirit Challenge, your Dynamix Superstars bring high-energy, interactive fun to your assembly!



How the assembly works:

In 45 to 60 fun-filled minutes, a Superstar Dynamix facilitator leads groups up to 100 students in a series of unique, co-operative challenges and talk about what respect, cooperation and team spirit are all about. The unique Dynamix techniques break up cliques and show children how to work/play with new friends... moving kids out of their usual circle of friends and comfort zone, but in a fun way!

During the assembly, the kids are actively engaged and moving in a controlled area. We typically play three games, each followed by a few moments of reflection. *What happened and why? What did we learn? How could we have been more successful? And, most importantly, how can we use what we learned in our daily lives?* It's amazing to see the maturity of the responses, from children of all ages!

The Spirit Challenge works with 45 to 100 children. With groups over 100, we do two or more Spirit Challenges so everyone can participate in the games and reflection.

The Spirit Challenge is a great way to kick-start character, leadership and school climate initiatives. Book today to bring Respect, Cooperation and Team Spirit to your group!

- Great for K to Gr. 6
- 45 to 60 minutes
- Up to 100 participants at once!
- Interactive experience that turns the audience into active participants!
- WE COME TO YOU!

Great for:

- School assemblies
- Opening week of camp
- Community events
- Youth organizations



TRIBUTE TO WINIFRED POTTER

By Marion Daigle, QFHSA Historian and Past President



One of QFHSA's most dedicated and longest serving volunteers, Winifred Potter, passed away on February 15, 2014 at age eighty-nine. Anyone who worked with Winifred was struck by her extraordinary intellect, her strongly-held opinions and her ability to translate knowledge into action.

Educated in Canada, England and the U.S.A she was a gold medallist in Modern Languages from the

University of Toronto (B.A. 1947) and in 1948 she went on to earn an M.A. (U. of T.) and a Ph. D. (1950) degree from Bryn Mawr College, Pennsylvania. She was a Professor of English and Comparative Literature at McGill University (1952-57) and in 1976 she was the recipient of a Diplôme en français littéraire, Université d'Aix-en-Provence.

Winifred joined the Algonquin Elementary Home and School Association in 1968 where she served as chairman of the Education Committee for three years. She moved on as Area Representative to the QFHSA Board of Directors for the Town of Mount Royal Associations for three years. From 1973-75 she was Editor of the QFHSA NEWS and for many years hence was a regular columnist dealing with many of the pressing educational issues of the day.

Winifred and her husband, Dr. Calvin Potter, former QFHSA President (1979-81) shared a passion for human rights, equality and social justice. These basic rights of citizenship were equally important to QFHSA.

During the 1970s and 80s, in particular, the provincial government introduced language legislation (Bill 22, Bill 101) designed to restrict the rights of the English language minority to choose the language of instruction for their children. Defending parental rights in education demanded a dedicated and expert team of Home and Schoolers to prepare briefs, position papers and policy statements plus resolutions for legislative provincial and federal government commissions and hearings.

Bill 101 was introduced in the Spring of 1977. Winifred helped set up the Bill 101 Action Committee. The Chairman was Dr. Calvin Potter. In August that year a Premiers Conference was held in St. Andrews-by-the-Sea, N.B. Winifred was one of the key leaders and organizers of a huge delegation of Home and Schoolers, school commissioners and teachers from all over Quebec who traveled by bus, car and airplane to petition and denounce Bill 101 with banners and picket signs at their meetings. The

Premiers had been sent a package of background material prior to the meeting. Rene Levesque, the Premier of Quebec, was not pleased. Shortly after, a second initiative involved a 'blitz' in Ottawa by 200 Home and Schoolers in October to press MPs to address the issues affecting the constitutional and educational rights of the English minority in Quebec. Again Winifred was one of the key planners and organizers. Around this time Winifred expanded her volunteerism.

In 1977 she was elected as a school commissioner of the Protestant School Board of Greater Montreal (PSBGM), serving with distinction until 1988. Of particular interest to her at this level was tracking the accountability for the federal funding of minority language education. This program had been implemented in 1970 under the Official Languages Act but monies were being denied to the English language minority. She remained active on the QFHSA Rights Committee set up in 1981, often as a liaison from the PSBGM. She was also a PSBGM representative to the Fédération des parents de Montréal and attended regularly the meetings of School Committees and Home and School Associations in her ward. Throughout the 90s she remained active in research and drafting briefs related to the Canadian constitutional rights associated with the legislation regarding the implementation of linguistic school boards.



Other community interests included serving on the Board of Directors of Youtheatre and volunteering as a guide at the Montreal Museum of Fine Arts.

Dr. Calvin Potter, former QFHSA President and the prestigious chairman of the Rights Committee, predeceased Winifred in 1999. She continued on as a valued mentor and adviser, especially on Resolutions until 2009.

Winifred was the mother of three children: Lianne, Miriam and Gillian, and a grandmother to Katie, Lance and Alessandro.

QFHSA wishes to express its sincere condolences to Winifred's family and to let them know of our deep appreciation for her significant and beneficial contributions to the Federation. She and Cal enriched our lives as colleagues and, above all, as friends.

AVIS DU CONSEIL SUPÉRIEUR DE L'ÉDUCATION

Le Conseil supérieur de l'éducation a rendu public le 3 juin un avis intitulé Le développement professionnel : un enrichissement pour toute la profession enseignante. Dans cet avis, le Conseil soutient que le développement professionnel du personnel enseignant est une source majeure de valorisation de la profession pourvu que chaque enseignante et enseignant soit véritablement au cœur de ce processus. Le communiqué de presse, l'avis et son sommaire sont publiés sur le site Internet du Conseil.

Nous vous invitons à prendre connaissance de ceux-ci en cliquant sur [ce lien](#).

Bonne lecture!

Lucie Bouchard, Secrétaire générale

BECOME A BETTER INFORMED & MORE INVOLVED PARENT!

The Education Act of Quebec (Chapter I-13.3) can help you as the start of the new school year approaches. Here is how:

The General Assembly of Parents: articles 47 & 96.1 to 96.4. During the month of September, the incumbent Governing Board Chair or the School Principal summons all parents to the General Assembly of Parents. At this meeting, four (4) parents – more in larger schools - are elected as Parents' Representatives to the Governing Board. One of the elected Parents' Representatives is also elected as the Representative to the Parents' Committee. A Second Parents' Representative is designated as a Substitute Representative to the Parent s' Committee. Also decided at the General Assembly of Parents is whether or not to establish a Parent Participation Organization at your school.

The Parent Participation Organization: articles 96.1 to 96.4. In many larger schools, there is a Parent Participation Organization as well as a local Home & School Association. In many smaller schools, the local Home & School Association serves as the voice of parents and co-ordinates fund-raising; there is no P. P. O.

Your Local Home & School Association:. The Quebec Federation of Home & School Associations inc. holds a provincial charter, and this year is celebrating its seventieth (70th) anniversary. If your school does not have a local Home & School Association, you may call 514-481-5619 or 1-888-808-5619 for further information.

The Governing Board: articles 42 to 95. Early in October, all parents are invited to the first meeting of the Governing Board. At this meeting, the Chair of the Governing Board is elected from among the Parents' Representatives to the Governing Board. The Secretary of the Governing Board is elected from among the members of the Governing Board.

Your School Principal: articles 96.8 to 96.27

Your School Principal must encourage concerted action between the parents, the students, and the staff, their participation in the life of the school, and their collaboration in fostering success.

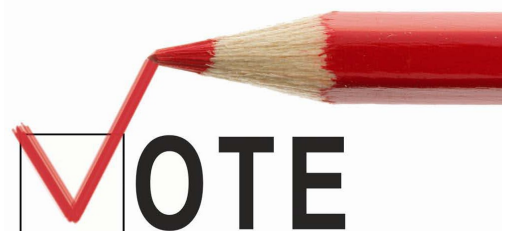
The School Board Commissioner: articles 143 to 178. Also see the Act respecting School Elections (Chapter E-2.3)

The School Board Elections are on

Sunday, November 2nd, 2014

Be sure to get out and VOTE!

By Brian Rock, QFHSA Vice-President



QFHSA CONTESTS

QFHSA invited schools and individual students to explore their culture and family history through participation in our Essay Contests. Objects, foods, places and stories all play a role in our family history and identity.

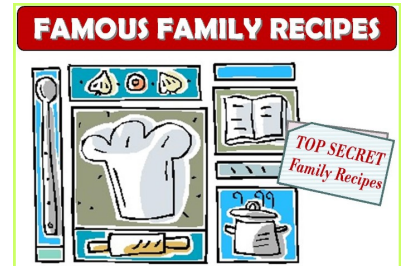
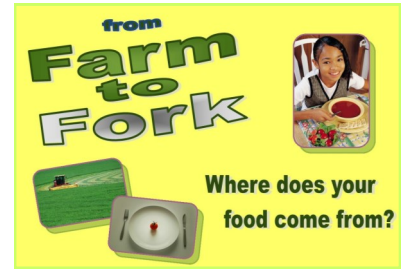
We hope this has been a fun and enriching experience for all. On behalf of our panel of judges, we would like to extend a sincere thank you to all the students who submitted essays and would like to encourage them to continue their creative writing and to explore their family heritage and traditions. The QFHSA congratulates these students for putting in this extra effort during the last months of the school year. Thank you to all who participated!



CONTEST WINNERS & PRIZES

Congratulations to all students who took the time to enter the contests and learn more about their families and traditions. All students received Chapter's gift cards and their classrooms also received Chapter's cards to buy books for all the students to enjoy.

To read all of the winning essays or honorable mentions, please visit the qfhsa.org website under Essays.



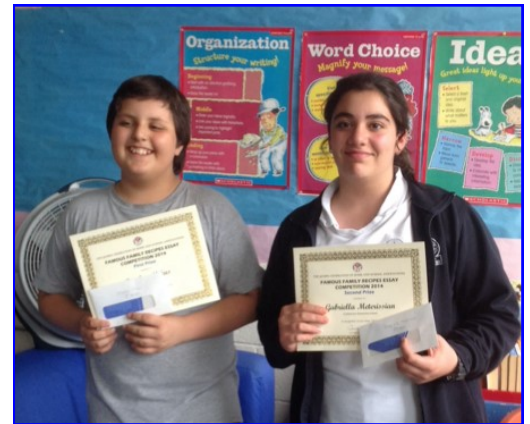
1ST PRIZE Cabbage Rolls

In my family, there are many recipes but today I will be telling you about a special one that has been in my family for a little more than 3 generations (some of my relatives aren't around anymore so it might have been a little longer). The food is called Cabbage Rolls. Cabbage Rolls are a traditional Polish food made with pork and beef mixed with barley. This recipe is famous because when my great grandfather (on my dad's side) was 80 years old, he would pull his wagon 3 kilometres to the market so that he could buy a big sack of cabbage. When he would arrive at his house he would make sauerkraut by grating the cabbage and putting it in a barrel which he bought from Seagrams Distillery so that it would ferment. It's at this time that my great grandmother would prepare cabbage rolls. Needless to say they didn't have this very often.

Keeping with tradition, my grandparents also make cabbage rolls but not sauerkraut. It was a bit different because they made it with tomato sauce instead of the way my great grandparents used to make it with chicken soup (because my great grandfather was allergic to tomatoes.)

Making cabbage rolls is a time consuming activity. You need to first boil the cabbage to separate the leaves which takes up to 2 hours THEN you have to make the cabbage rolls. You have to stuff them, roll them then bake them which takes the better part of a day. Even today we continue this tradition. My father is the one in my family who prepares the cabbage rolls with my mom's help. However things go faster and the process is a little safer because he uses a microwave instead of boiling water and picking at the cabbage and getting burned.

Stephen Mikus, Gardenview Elementary School



FAMOUS FAMILY RECIPES WINNERS

Families often have favorite foods and recipes, special meals that come once or twice a year and are passed down through generations. These recipes or meals can be part of long standing traditions, either cultural or familial, born from interaction between old world and new world communities, or are wholly spontaneous.

It is the stories and sentiment behind these traditions that can give a unique glimpse into the history of a community. The Quebec Federation Home and School Association's Famous Family Recipes offered students an opportunity to explore and share these cultural traditions with their classmates, and learn about the cultural diversity within their own school communities. Next year we hope to see and hear more stories from the students.



2ND PRIZE

Gnocci

My family's favourite recipe is called "Gnocci". They are thick soft pastas that are made from flour, water and potatoes. First we boil them in water then we serve them with my grandmother's famous and delicious meat sauce. Depending which region of Italy you come from, the recipe and the name varies.

When my grandmother was younger, my great-grandmother taught her how to make these delicious "Gnoccis". Then it was my mom's turn to learn. Since my grandmother lives with me, she taught me how to make them. This recipe is very special because we only have it one or twice a year, since it takes very long to make. This meal is usually made only for special occasions like birthdays and holidays.

"Gnocci" is the perfect meal because the ingredients are not expensive and it's very filling. My grandmother came from a really big family of 10 people. It was her, her seven siblings and her two parents. Back then, they didn't have a lot of money so since it was not expensive, they would buy a lot of the ingredients to feed the family.

This recipe is special to me because it reminds me of when I sit next to my grandmother and spend time with her to make these delicious and amazing "Gnoccis".

When I have kids of my own, I will teach them how to make this amazing and delicious recipe and they will pass it on to their own kids. Of all the meals that my grandmother cooks, these "Gnoccis" are my favourite and they will always be!

Gabriella Meterissian, Gardenview Elementary School

HONORABLE MENTION

Saint Basil's Cake

Every Family has a famous recipe that holds legendary stories, heart-warming memories, secret ingredients and cherished traditions. They are passed down from generation to generation; each one, giving it their own little twist. In my family, it is a delicious cake that is only eaten on New Year's Eve. It is called "Saint Basil's Cake" or simply the "king's cake".

It is a cake that has been baked for many generations in the Greek orthodox culture with recipes varying from family to family. With some flour, sugar, orange shavings, a hint of syrup and a few eggs, my mother works her baking magic to prepare this delectable cake. While it slowly bakes in the oven, the wonderful aroma fills the house with a magnificent scent of sweetness. It is tradition to hide a coin inside the cake. After the stroke of midnight on New Year's Eve, the head of the household serves a slice of the delicious cake to each member of the family starting from the eldest to the youngest. The one who receives the coin is said to have good luck throughout the new coming year.

This year my baby brother won for the first time! It is a cherished recipe as well as the center of a beloved holiday tradition which always brings the family together. As previously mentioned, most family recipes have a special secret ingredient; the secret ingredient in my family's recipe, is love.

Rianna Angelopoulos, Gardenview Elementary School

FAMILY TREASURES WINNING ESSAYS

The Family Treasures Essay Competition is a wonderful opportunity to combine the elements of both the English Language Arts program with that of History as an 'in class' project where children can explore their own sense of self as well as their own family's history. By researching, asking questions, and writing about what they learned creatively, they have an opportunity to share that history with their classmates and their community.



1ST PRIZE

The Promise

My family treasure is unique and not one that anyone would suspect. It is of much value, has survived a few generations and carries a lot of history. It has become larger than life itself.

It all began in 1942, just before World War II, on the island of Crete with my great grandparents, Dimitri and Maria Kriarakis. Due to a family feud over family land, they were forced to abandon their beautiful home in the valley and had no option but to purchase a tiny house on the beach. In those years, properties on the beach had no tangible value. These houses were only bought by the less fortunate families.

They took all of their seven children, including their eldest son and my grandfather Joseph Kriarakis. They raised their family in this beach house and not having a regular backyard, the whole beach became their backyard.

As World War II began, my great grandmother, Maria, not only suffered the loss of her husband but, she had to raise her seven children alone with the help of her eldest son, Joseph. Joseph, a 12 year old boy without shoes and sandals, risked his life, worked night and day during the war selling peanuts and fruits for the survival of his family. They not only survived the war, but they also survived as a family.

Once arriving in Canada, my great grandmother asked my grandfather, Joseph to keep "a promise" upon her death. This promise was that he would be the only heir of their tiny house on the beach and pay off his brother's and sister's share. And so he did, in 1982.

Since then, he transformed this tiny little beach house to a hotel with a restaurant. He was working in Canada, raising his family and working in the summers at his hotel. He was keeping his promise!

A year ago, Joseph lost both his kidneys, and is currently struggling with his own health and cannot come back to Canada. He has made but only one request for his three daughters, Gina, Angie, and Christina. You can call it "the promise". He has asked them to keep his legacy and his family treasure alive.

The promise will carry through generations and one day this promise will have to be kept by my cousins and I, and all for the sake of my grandfather and the promise he had kept!

Michael Guluzian , Gardenview Elementary School

2ND PRIZE

The Piano

My family's treasure is bigger than a breadbox and smaller than a house, it's a piano! The piano has been passed down in my family for three generations. It was originally built in 1910 in Dresden, Germany. It is an upright piano; it has carved designs on the front, four brass adjustable candlestick holders, the sides are engraved, three pedals and two handles on the side.

In 1942, my great grandfather, was living in Puno, Peru. Puno is a town on the high plains of the Andes Mountains at an elevation of 5000m. He bought the piano for my grandmother, who was 8 years old, and had recently started taking piano lessons. He bought it from a rich family that brought the piano from Germany many years before. Since then, the piano was owned by my family. All of my grandmother's brothers and sisters played the piano. My grandmother when in her 20's moved to Lima, the capital of Peru, to study. Eventually she got married and had her first child. Upon the birth of the child, her father decided to pass the piano on to a new generation of piano players. So the piano was loaded onto a truck and shipped to Lima, Peru. There, it stayed with the family moving numerous times as the family grew.

Eventually, my mother learned to play piano on this instrument, and developed a lifelong love for it. Years later, my mother's family immigrated to Canada, but the piano was left behind. Eventually, my mother started going out with my father, and they made a trip to Peru. While there, they made a special trip to go see the piano. The bench had been consumed by termites. The piano was also infested with termites, but not very damaged. My mom was very sad, and it was there that my father offered to bring the piano to Canada. So the piano was packed up and shipped by air cargo to Montreal.

The piano arrived, and ended up in my parent's apartment after they got married. After a few moves, the piano ended up in our house and I along with my brothers and sisters, learned to play piano on it. My sister, who continues to play piano, has said that she would one day like to have it in her house.

Stephen Mikus, Gardenview Elementary School

QFHSA CONTESTS



1st Prize is awarded to Michael Guluzian for his essay on The Promise (\$100.00 gift card to Michael and \$100 gift card to Classroom 21).

2nd Prize is awarded to Stephen Mikus for his essay on The Piano (\$50.00 gift card to Stephen and \$50 gift card to Classroom 24).

Honourable Mentions go to:

Ruth Sivagnanam for her essay on The Bracelets (\$25.00 Chapters gift card). And to Rianna Angelopoulos for her poem on The Treasure Box (\$25.00 Chapters gift card).

Here are the winning essays from students.

HONORABLE MENTION

The Bracelets

Everyone has their special family treasure and today I am going to write about my family treasure, the bracelets.

Long time ago when my great- grandmother was getting married her husband decided to give her a special gift of two bracelets. These bracelets were not meant to put on your hands, but on your ankles. On each bracelet there were five different stones. When the wedding was done and few months had passed by, tough times came. My great-grandfather was forced to be a part of the army and my great-grandmother was left alone with four naughty children and her two ankle bracelets.

A few years passed and she came to the knowledge that her husband had sadly passed away in the army. Now she had only one suggestion: to immigrate to a different country .That's exactly what she did she moved to England. She got some money by selling all of her jewelry, but she would never even dream about selling her ankle bracelets for any price. It would always be stuck to her ankles like super glue.

Everyone was happy in England and all of her four children became educated and mature. She sadly caught breast cancer and when she was in the hospital, she told my grandfather to take the stones on her bracelets off. Everyone was in shock when she said that, but he obeyed her and took the stones off.

There were ten different stones and she told him to make bracelets out of them, each stone had its unique bracelet. Now they had ten beautiful ankle bracelets. She then told him to put just two bracelets back on her ankles .When she died they burned her body with them on. The other bracelets were given to her family, the sons would each give a bracelet to their wife. These bracelets and this story has always been passed on in my family and always will remain a family treasure.

Ruth Sivagnanam , Gardenview Elementary School

HONORABLE MENTION

Icon

It sat in a corner,
for so long.
It waited for my mother,
all along.
She found it on an island,
far beyond the deep blue sea.
In a Mediterranean treasure box, where no one could see.
Made out of old wood and painted by hand,
its simplicity was beautifully grand.
She purchased it with my father before they had me.
The two were so young,
with a bright future to foresee.
It was my parents first gift as husband and wife,
for a blessed beginning to their humble new life.
It is certainly not shiny and definitely not bold;
in fact, it is over a century old.
With hues of the earth and accents of gold,
the centrepiece of our home , for all to behold.
The sacred Virgin Mary in the holiest light,
her grace to protect us, all day and all night.
As she weeps for her son; a mother is she,
in front of her I stand, as I pray on my knees.
Her angels always among us;
although never in sight,
eternally watching over us, like sacred white knights.
Oh holy icon,
how beautiful you are,
thank you for blessing us thus far.

Rianna Angelopoulos, Gardenview Elementary School

FROM FARM TO FORK Essay Contest

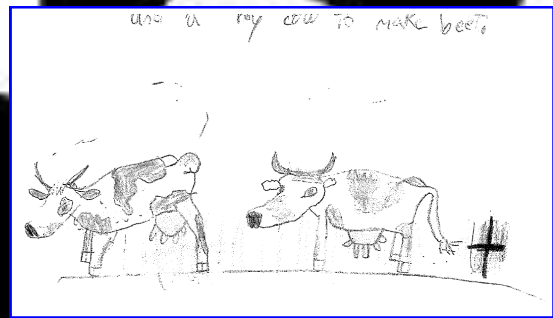
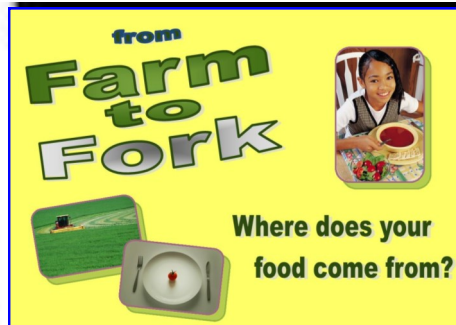
On March 28, 2014, about 40 Grade 3 students at Wakefield Elementary enjoyed a morning presentation of "Cooking with the Advocate" a component of Agriculture in the Classroom. --mostly boys as many of the girls were absent due to a concert they had been part of the night before at the Museum of Civilization. Honing the material to suit Grade 3s rather than Grade 6s was a bit of a challenge but Cynthia Gunn, food writer for the Advocate, was able to engage the children's interest. They learned to make butter by passing a jar of cream around the classroom with each student taking a turn giving it some vigorous shakes. At the same time Cynthia broke the class into 3 groups for about 10 minutes. One group made cookie dough, one group prepared questions for the farmer scheduled to visit in the afternoon, and one group looked at two of the books sent to them from QFHSA.

Marc Boyd, a local beef farmer (Quebec Farmers Association director) joined in the second half of the session to answer questions. The kids really enjoyed having a farmer in the

classroom--even in this semi-rural community (20% live on farms, or smallholdings --i.e. a few animals and large gardens). It was an interesting treat for them. They learned about the cost and the care of raising cattle for beef production, and how it differed from dairy farming. They also learned what happens when you put two bulls in the same field together (apparently, they will fight each other and cause serious injury).

During the following week the students wrote a paragraph about the presentation and drew a picture to accompany their report. The names of the participants were thrown into a hat, and a draw took place to see who would win a copy of the book, "The World in Your Lunchbox" by Claire Eams donated by the Quebec Federation of Home and School Associations Literacy project, From Farm to Fork.

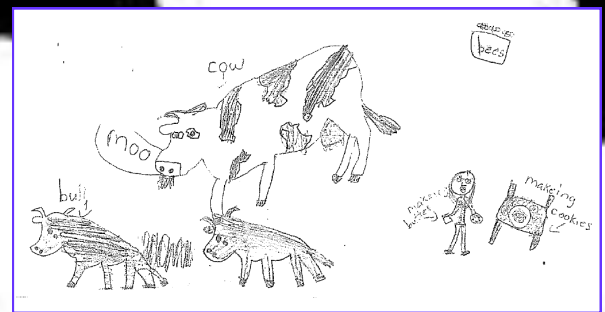
The teachers were thrilled to have two additional copies of these books added to their class library and the children learned a bit more about the Road from Farm to Fork.



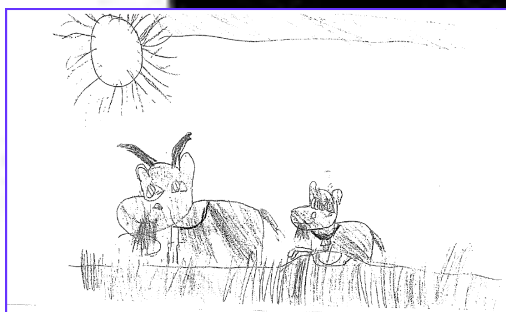
Artist Unknown



Artist Leia Shea



Artist Sydney



Artist Chelsea Fuller

FOCUS ON THE LOCALS

Get your school in the spotlight in the QFHSA NEWS! Send in your articles and pictures to news@qfhsa.org. Upcoming FALL NEWS DEADLINE **submit by Sept. 9, 2014** (for publication on or about Sept. 30, 2014).

We had some mail server problems in May and June and unfortunately any Local articles and pictures were NOT received. Please RESEND them and we will include them in the FALL ISSUE. Our sincerest apologies.



Pictures from AGM 2014



BIG FUN NEW ADVENTURES GREAT FRIENDS



Fall registration open

guidesquebec.ca 1-800-565-8111



Get updates on our
QFHSA Facebook page.

Click on Like



Follow us on Twitter



Upcoming QFHSA Events:

Executive Workshop

September 26, 2014

Time: 7:00 p.m. - 9:00 p.m.

Location: QFHSA Office

Fall Conference

October 25, 2014

Time: 8:30 a.m. - 4:00 p.m.

Location: TBD

All Home and Schools will receive the details for these events as they become available. Please check with your local representative or contact our office (contact details are on page 2 of this newsletter).

SUMMER 2014

QFHSA NEWS

QFHSA NEWS

3285 Cavendish Blvd., Suite # 560
Montreal, Qc H4B 2L9
www.qfhsa.org

Mission Statement

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

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

