



THE VOICE OF
THE PARENT
IN EDUCATION

QFHSA NEWS

VOLUME 49 ISSUE 1

JUNE 2011

LIVE STUFF Contest Draw

With a little sleuthing in this issue of the QFHSA News, you could be the winner of a LIVE STUFF kit just in time for some summer fun! Contest details on page 12. Entry deadline July 16, 2011.



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Group of Award Winners from Thorndale Elementary, AGM Banquet Evening

GET INVOLVED - EDUCATION MATTERS

This year's QFHSA theme "Get Involved—Education Matters" was celebrated during the 67th Annual General Meeting when representatives from schools all over Quebec came together on April 30th to review the past year's accomplishments and prepare for next year's mandates. Twenty-three school associations from all over Quebec attended.

Serge Laurendeau, President of the Quebec Provincial Association of Teachers (QPAT), opened the meeting with a speech regarding the importance of parental involvement in education. He outlined how parents, communities, teaching staff, support staff and administrators need to band together to give current and future students the best possible education our public system can offer. He spoke of how a united involvement from all parties will improve the quality of education that our children receive. Additionally, he addressed the need for students and their families to become more physically active. Children require approximately one hour of physical activity every day for proper growth and development. Currently, we live in a society where video games, television shows and other electronic devices are too readily available for entertainment. He emphasized the need for parents to spend quality time

with their children, playing outside, taking part in hobbies or activities that force daily interactions and open the door for conversation and communication.

Following tradition, the QFHSA honoured the outstanding commitment to membership with the Membership Awards. Additionally, local associations were recognized for their publicity and communication efforts with the Newsletter Awards. Sylvia Adams took a few minutes to speak in memory of Donna Sauriol, our QFHSA Executive Secretary for more than 30 years. Please turn to page 10 for the tribute to Donna.

The business meeting followed and the proposed budget for the 2011-2012 year was accepted. The QFHSA delegates passed motions to support the following resolutions: Funding for Libraries and Librarians; Special Education Services in Mainstream Schools; Alternative Programs for Students with Special Needs; and Students with Learning Disabilities and/or Learning Difficulties. The meeting concluded with the swearing in of the new Board of Directors and the ratification of the new Executive.

~ by Jennifer Bogart
QFHSA Director of Communications

WHY be a part of the QFHSA?

We have all asked the question and heard it from our peers. Some have the answer, and some are still on a quest.

Let's start by stating that the QFHSA first emerged from a community need. I did a little research of my own and found this interesting definition of what a community is:

"A self-organized network of people with common agenda, cause, or interest, who collaborate by sharing ideas, information, and other resources."

So why should your school be a part of the QFHSA? Well, simply *because our commitment to the children drives everything that we do.* Essentially, we only exist because of a need and that need transpires in our mission statement.

As parents, words like "enhancing education and general well being of children and youth" are on our minds 24/7. What parent doesn't believe in "involvement...in the advancement of learning"? Which of you doesn't want to have a "voice for parents" with which you can express your concerns about the education and well being of your children?

How long did it really take, from the birth of your child, to realize that a handbook may be handy but

PRESIDENT'S MESSAGE

all children are different and that there is nothing to replace the knowledge that the parents acquire of their own child? Who is in the best position to make solid and valid decisions about their children? If you answered the parents, we believe you are right!

One voice will never have a majority, but all our voices *together can make a difference.*

However, in order for the QFHSA to be your voice, we first need to hear from you. This year, more than ever, we invite you to express your concerns and ideas. Write or call us to tell us about what is on your mind... We are waiting for you... This year...



Get Involved...

because....

Education Matters!

Liette Chamberland

President

"What parent doesn't believe in "involvement...in the advancement of learning"?"

Interested in commenting on current affairs?

Contact Liette Chamberland at president@qfhsa.org or visit our website @ www.qfhsa.org

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

QPAT RALLY IN QUEBEC CITY

By Liette Chamberland

Friday, May 13 2011, my two kids, our dog MacKenzie and I drove up to Quebec City. We wanted to be the first ones in Quebec for the Rally. We wanted to be part of it because we firmly believe that the government needs to provide support and services to all children: those who have difficulties just as much as those who don't.

On Saturday, May 14th, a cold and windy day greeted us as we headed towards our destination: La Fontaine de Tourny, across the street from Parliament.

Under the theme "*Parce qu'il faut répondre aux besoins de tous les élèves*" many associations, parents and children had already gathered on the grounds around the fountain. Jugglers from L'Ecole du Cirque du Soleil were there entertaining the crowd to the delight of all, even MacKenzie the Mascot. While face-painting, sidewalk chalk drawing and the many Bouncing Castles were the favourite of all children, the teachers, support staff and parents were being entertained and danced to the sound of two different bands: Les Trois Accords and Alfa Rococo.

Later on in the afternoon, the many organizations took a stand on stage to address their concerns. It was touching to see so many people participating in the event and sharing



MacKenzie, QFHSA Mascot on Duty

EDUCATION MATTERS



promised by the National Assembly in October 2010. The Quebec Government needs to act on their decision to provide appropriate resources and funding to help ensure the success of all students in the classroom. This includes the support of integrated students, their peers, and educators working in the public sector. An on-line petition is available via QPAT to support this cause. The time for action is now!



Serge Laurendeau,
President of QPAT
at the Quebec City
Rally May 14, 2011

their convictions about education.

It was also nice to know that although it was raining in Montreal, in Quebec City, it didn't rain on our Parade!

Despite the weather, many people came out to the Quebec City rally on May 14th in support of the Quebec Provincial Association of Teachers (QPAT). Their message sent to the Quebec Government was to bring quick action on special needs education legislation, not in 2012 as

The petition can be accessed via:

www.assnat.qc.ca/fr/exprimez-votre-opinion/petition/petition-1649/index.html



Clockwise from left: QPAT
Flags, MacKenzie & Family
Sightseeing in Quebec
City, Entertainers at the
Rally



AGM 2011

On April 30, 2011, our new Board of Directors was voted on and sworn in for their terms. As of the AGM, we had 11 elected directors (out of a potential for 20 + the Past President).

Our current Board of Directors consists of:

Liette Chamberland (President), Carol Meindl (Past President), Rickhey Margolese (Executive VP), Suanne Stein-Day (Treasurer), Lawrence DePoe (Vice President), Jennifer Bogart (Vice President), Rosalind Hoening (Secretary), Brian Rock, Amanda Tweedie, Vera Young, Wanda Leah Trineer, and Patricia Willis.

Local associations are encouraged to submit names of people to serve on the Board of Directors and to represent them at the provincial level. Board members are also encouraged to participate actively on at least one Committee, participate in monthly meetings (can be through conference call), and to attend the QFHSA conferences and AGM.

Our Committees currently consist of:

Executive, Education, Rights, Finance, Administration, Literacy, Membership, Communications (Editorial,



Telephone, Website), Annual General Meeting, Fall Conference, Constitution/By-Laws, Nominations, and Resolutions.

Members of our Board are also involved in various projects that certainly welcome any interest, inquiries and assistance from volunteers. All of these require commitment and dedication from numerous resources, on the Board or not. Members are encouraged to come to the meetings to see what our committees are working on at meetings. If you have a subject that is near and dear to you, join us! Please contact the QFHSA office for more information and get involved because education really does matter!

RESOLUTIONS ADOPTED AT AGM 2011

The Committees of Quebec Federation of Home & School Associations Inc. have been discussing issues affecting education and the association during their meetings over the past year. The following resolutions were put forth and presented to the delegates at this year's AGM for discussion. Each generated much discussion and many delegates had very relevant input. The resolutions were updated, presented to the AGM during the caucus session and then voted and passed during the AGM business session.

The QFHSA values and requires 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 committee and inquire as to how you can help

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 2011/1

FUNDING FOR LIBRARIES AND LIBRARIANS

THEREFORE BE IT RESOLVED that QFHSA strongly urge the Ministry of Education, Leisure and Sport (MELS) to continue to augment current financial resources, in order to upgrade and maintain the school library and to provide a full-time qualified library position at each and every elementary and high school as a vital component of the education system.

RESOLUTION 2011/2

SPECIAL EDUCATION SERVICES IN MAINSTREAM SCHOOLS

Update of Resolution 2010/02

THEREFORE BE IT RESOLVED that QFHSA request that the Minister of Education, Leisure and Sport, to provide sufficient funding to school boards for support services and ample training be made available to teachers in dealing with students with special needs.

RESOLUTION 2011/3**ALTERNATIVE PROGRAMS FOR STUDENTS WITH SPECIAL NEEDS**

Reaffirmation of resolution 2010/03

THEREFORE BE IT RESOLVED that QFHSA continues to urge all school boards to respect and to support parental choice for alternative programs for students with special needs through inter-board agreements; and

BE IT FURTHER RESOLVED that QFHSA continues to urge the Minister of Education, Leisure and Sport to provide additional pedagogical resources and financial support to all school boards where alternative programs, specialized schools, classes or groups for grouping students with special needs are required; and

BE IT FURTHER RESOLVED that QFHSA continues to urge the Minister of Education, Leisure and Sport to provide funding to assist school boards with transportation services for students with special needs where required.

RESOLUTION 2011/4**STUDENTS WITH LEARNING DISABILITIES AND/OR LEARNING DIFFICULTIES**

Update of Resolution 2010/04

THEREFORE BE IT RESOLVED that QFHSA strongly urge the Minister of Education, Leisure and Sport and the School Boards to provide sufficient one-on-one support (tutoring, speech therapy and occupational therapy) so that children with learning disabilities or learning difficulties can learn to function at grade level; and

BE IT FURTHER RESOLVED that QFHSA urge that student teachers receive appropriate training and that classroom teachers must be provided with quality professional development to recognize the early warning signs of learning disabilities and/or learning difficulties so that they can recommend early and on-going testing and intervention. Classroom teachers must also be provided with professional development in order to teach and accommodate these students within specialized

classes, regular classes or within groupings of students with special needs; and

BE IT FURTHER RESOLVED that QFHSA request the Minister of Education, Leisure and Sport to provide additional financial support for materials, resources and training for all personnel involved.

WE ATTENDED THE 67TH AGM

Thank you to all schools that attended the 67th Annual General Meeting. Your participation was greatly appreciated!

BAIE COMEAU H. S.

BEACONSFIELD H. S.

BONAVENTURE POLYVALENT

DORSET

DORVAL

DUNRAE GARDENS

EDGEWATER

FOREST HILL

GARDENVIEW

GRENVILLE

HILLCREST ACADEMY

LINDSAY PLACE H. S.

MACDONALD H. S.

NEW CARLISLE

NEW RICHMOND H. S.

ROSLYN

SHAWINIGAN H. S.

SHERWOOD FOREST

SOULANGES

ST. CHARLES

ST. JOHN FISHER

ST. PATRICK

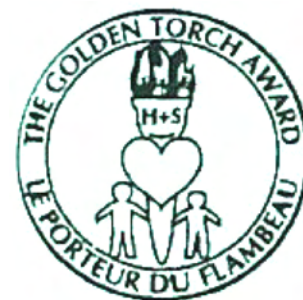
THORNDALE

WESTWOOD H. S.

WILDER PENFIELD

WILLINGDON

GOLDEN TORCH AWARDS



Recognizes the volunteer achievements of Home & School members at the school level

Beacon Hill Elementary School.....	Lisa Yee
Dorset Elementary School.....	Tracey Carson, Patty Levell
Dorval Elementary School.....	Kellie Ann Briand, Laurie-Ann Nisbet
Edgewater Elementary School.....	Valerie Robinson
Edinburgh Elementary School.....	Dale Stack, Christine Laberge
Evergreen Elementary School.....	Nathalie Corrigan, Alanna King
Forest Hill Elementary School.....	Fiona Du Jardin, Lisa Fougere, Sherry Hollinger
Gardenview Elementary School.....	Sophie Bisson, Connie Di Iorio, Betty Skagkos, Mary Skagos
LaurenHill Academy.....	Teresa Lanni, Ilgin Sartekin, Liana Prata-Vavougiros, Peter Vavougiros
Lindsay Place High School.....	Marlyn Brownrigg
Maple Grove Elementary School.....	Elizabeth Gimber
Pierre E. Trudeau Elementary School...	Crystal Schiess, Pam Walker
Riverview Elementary School.....	Cindy Fairhurst
Royal West Academy.....	Wendi Pettersen, Mary Sheppard
Souvenir Elementary School.....	Vanda Cimelli, Voula Krassakopoulos, Anne Lebeau, Sandie Szaniszlo
St. Charles Elementary School.....	Colomba Monteleone
St. Patrick Elementary School.....	Maureen Bird
Thorndale Elementary School.....	Kim Brewster-Neelin
Westwood High School.....	Mary Ficocelli
Wilder Penfield Elementary School.....	Kellie Lévis
Willingdon Elementary School.....	Linda Babins, Gail Issenman, MaryAnn Orlando, Marie-Claude Sheppard, Terri Tomalty

UNsung HERO AWARDS



Recognizes outstanding volunteers within a local school

Beacon Hill Elementary School.....	Wendy Bussey
Dorset Elementary School.....	Elizabeth Madramootoo, Chris Scott, Debbie Smith
Dorval Elementary School.....	Gary Kennedy, Lisa Jarvis, Shari Spanier, Fe Solomon
Edgewater Elementary School.....	Casey Stilwell
Edinburgh Elementary School.....	Victoria Embree
Evergreen Elementary School.....	Kirstin Bennett, Liz Javeri, Deirdre McCormack
Forest Hill Elementary School.....	Andrea Juneau, Carole-Ann Wapen, Carolyn Wells
Gardenview Elementary School.....	Georgia Chatzidakis, Nathalie Pepin, Nina Tzemopoulos, Trudy MacWhirter
LaurenHill Academy.....	Michelina Lemme, Rita Chinappi Reginato, Nektaria Tsapakis
Lindsay Place High School.....	Laura Fabrizi-Taggart, Linda Roach, Sharon Wilensky
Maple Grove Elementary School.....	Melanie Miles
Pierre E. Trudeau Elementary School...	Monica Brinkman
Riverview Elementary School.....	Natacha Bechard, Brian Schwartz
Royal West Academy.....	Gladys Chan, Ann MacKay
Sherwood Forest Elementary School...	Joe Brimo, Carol Civitarese, Rhonda Davie, Sue Lopez, Dawn Nicell, Jeff Patterson
Souvenir Elementary School.....	Jennifer Finnerty, Margit Savoie
St. Patrick Elementary School.....	Shane Magas, Gabrielle McWilliams, Jean Tremblay
Thorndale Elementary School.....	April Brown, Helen Dicso, Anne-Marie Mazzilli, Kim Brewster-Neelin
Westwood High School.....	Colleen Jackson
Willingdon Elementary School.....	Noelle Comire, Glory Ann Grete, Christine Holland, Amrita Thrind, Vanessa Tobin

SERGE LAURENDEAU

President QPAT

“Volunteers are crucial to the life of the school.”

A much-valued contributor at QFHSA conferences, Serge Laurendeau, was the keynote speaker of this year’s QFHSA AGM. He called the delegates to action, emphasizing the need for parents to be involved in education at all levels. He urged parents to keep their children physically and mentally active, challenging them and pushing them to succeed. Serge also cautioned parents to watch for any sudden changes in their child’s behavior, keep the dialogue open with them, teach them to respect authority and make sure parents are involved in the schools.



“QFHSA is well respected at the MELS level for their briefs and resolutions submitted.”

“Crucial to the life of the school”, Serge applauded the efforts and dedication of Home & School Associations, PPOs and volunteers. He further stated that because of the high level of parental involvement in English school boards, our graduation rate is higher than others across the province. The message was clear: there is no shortage of areas where parents can be involved in education.

He was looking forward to a great turnout in support of the Quebec Provincial Association of Teachers rally on May 14, 2011 in front of the Quebec National Assembly. The message they sent to the government is that if education is a provincial priority, then now is the time for action!

LEO LAFRANCE, MELS

Assistant Deputy Minister, Ministry of Education, Leisure and Sport

“You, the parents must be doing something right, as our success rate is around 80%.”

A frequent contributor and speaker at our conferences, Leo LaFrance was unable to attend this year’s AGM. He sent an inspiring letter to the delegates that outlined the priorities of MELS and the Quebec Government concerning education. They will be continuing to put their efforts and resources towards student retention and school success. He also anticipates an announcement in June regarding meetings held vis-à-vis special education.

MELS praised the high-level of parent participation in the Quebec English schools as research confirms “time and time again that parent involvement is a critical component of student success.”

MELS has an updated English section on its website with the latest information for English-speaking parents at

http://www.mels.gouv.qc.ca/index_en.asp



2010-2011 MEMBERSHIP AWARDS

Most Improved Membership “On Island” Schools

Elementary

Ecole Primaire Beaconsfield (CSMB)
Dorset Elementary (LBPSB)
Dunrae Gardens (EMSB)
Gardenview (EMSB)
St. Lawrence Jr. & Sr. (LBPSB)
St. Patrick (LBPSB)
Wilder Penfield (LBPSB)

Secondary

Lakeside Academy (LBPSB)
Macdonald (LBPSB)
Royal West Academy (EMSB)

Most Improved Membership “Off Island” Schools

New Richmond High School (ESSB)
Shigawake/Port-Daniel
(ESSB)

Welcome to New Home & School Associations

Cedarcrest Elementary (EMSB)
Gaspé Elementary (ESSB)
St. Anthony Elementary (LBPSB)
William Latter Elementary
(Riverside SB)
Maple Grove Elementary (LBPSB –
merger of Bishop Whelan and
Meadowbrook)

LESLIE N. BUZZELL AWARD

For unique, longstanding and meritorious service to the Quebec Federation of Home and School Associations at the provincial level.

BARBARA SCHNIDER

The **Leslie N. Buzzell Award** is presented to **Barbara Schnider**, a parent at **Lindsay Place High School in Pointe Claire** for outstanding service to the QFHSA at the Provincial level.

At the provincial level, Barbara served as a dedicated member of the QFHSA Board of Directors from 2006-2010. She co-chaired the Membership Committee, sat on the Rights Committee, made school visits to help establish new local associations, and helped resuscitate the Group Affiliate membership. Barbara has always been willing to help with the planning of the Fall Conferences and Annual General Meetings. She fervently believes that parents should let their voices be heard and participate in these events. She has been, and continues to be, interested in the provincial-wide scope of the QFHSA's mandate. Her contributions at the Lindsay Place High School local level are too numerous to list but "right hand woman" would seem a fitting phrase to describe her. Currently, she is also involved with committees at the Lester B. Pearson School Board (LPBSB) and is a well-deserving recipient of the Leslie N. Buzzell Award.



GORDON PATERSON AWARD

For long service to the education of children and for the encouragement of the involvement of parents.

MARCUS TABACHNICK

Marcus Tabachnick, who has devoted almost 24 years to the English Public School system is this year's recipient of the **Gordon Paterson Award** for his community leadership and his effective, rigorous and articulate defence of public education. His dedication to education began as a parent volunteer at the school level, then as a parent advocate in school committees and local Home and School organizations, member of the Board of Directors of QFHSA then on to School Commissioner of the Lakeshore and, subsequently, the Lester B. Pearson School Board. He has also served as President of the Quebec English School Boards Association as well as President of the Canadian School Boards. Throughout the years, his focus always remained very clearly on one thing: what was best for the children in our schools and in our community. Marcus epitomizes what the Gordon Paterson award stands for, long service to the education of children and the encouragement of the involvement of parents.



From left to right: Rickhey Margolese, Marcus Tabachnick, and Carol Meindl

LEWIS PEACE PRIZE

For an individual or group making a significant contribution towards peace.

JOHN CHOI - Souvenir Elementary School

School life, in today's society, is not only about academics but also includes many other teachings and disciplines on a social level. Mr. John Choi has been an educator for many years but, more importantly, he is also part of a team responsible for promoting and encouraging peace & "Souvenir Family" within the school. He is a RAP: Response Ability Pathways trainer, a program based on the foundations of "The Circle of Courage" model. The Circle of Courage represents four core values: Belonging, Mastery, Independence and Generosity. Through this philosophy John offers Peace Circles to students. He has also started an Ultimate Frisbee Club, as well as a Social Skills Activity group. All groups and activities involve elements of conflict resolution as a means to success. On another level he works closely with the administration and staff in order to maintain the school philosophy "Peace by Peace We Succeed". He is always passionate in what he strives to achieve and has led the school towards a non-bullying environment. His calm nature and positive demeanour have touched many hearts at Souvenir. In essence, with the support of Mr. Choi's dedication and hard work, Souvenir Elementary's path towards a peaceful family environment is becoming a reality.



From left to right: Carol Meindl, John Choi, and Tracy Friedman



PAT LEWIS HUMANITARIAN AWARD

For an individual or group, at the elementary school level, who has shown outstanding efforts toward a humanitarian cause.

SHERWOOD FOREST ELEMENTARY SCHOOL

This year’s winner is **Sherwood Forest Elementary School, in Beaconsfield**, for their **Green Thumbs Project**. “Green Thumbs” is a co-operative coalition of all the integral parts of an elementary school and includes participation from students, parents, teachers and the administration. Although primarily a student-based organization, parent Anne Macdonald, educator Justine Dansereau and principal Jean Fillatre help make Green Thumbs a truly community endeavour.



At lunchtime, twice a week, the students gather recyclable material, sort through trash and clean out bins. As the kids say “It’s not a glamorous job, but someone’s gotta do it.” They supply such items as cleaned out yogurt containers for art supplies and are constantly thinking up new ideas to better the school and keep it green. With the encouragement of “Green Thumbs”, the school has a composter in the schoolyard and an online newsletter produced by the green group of students that helps remind the school community what is being done and what can yet be done to better the world. By bringing awareness to environmental issues, this amazing group sets the tone for the whole community. At the AGM, the children gave everyone a very animated Top 10 Reasons for “Why They Recycle”. The number 1 **“most important reason is that we now have less garbage bins and more recycling bins on garbage day!”**

At the AGM, the children gave everyone a very animated Top 10 Reasons for “Why They Recycle”. The number 1 **“most important reason is that we now have less garbage bins and more recycling bins on garbage day!”**



A NOTE FROM THE CANADIAN HOME & SCHOOL FEDERATION

Sent to the AGM 2011 delegates from Janet Walsh, President CHSF

value of cooperation when it comes to improving the quality of education. Time and again, research shows that when a parent is actively involved in the education experience, their children achieve greater success as students. This success translates into even greater accomplishments in their adult lives.

“The theme of your conference, “Get Involved—Education Matters” is compelling. QFHSA’s voice for students in Quebec is vital as parents are encouraged to be engaged in their child’s education. Parents have a major influence on their children’s achievement in school. When families work together with schools and community groups to support learning, children thrive. Parents know the

I believe that the parent voice is powerful and when parents work together with our education associates, an enhanced and brighter future awaits today’s students.”

AGM 2010-2011 NEWSLETTER AWARDS

Elementary

Garden Views: Gardenview Elementary, Editor: Mary Skagos, Graphic Design: Andre Knox

Forest Hill Flash: Forest Hill Elementary, Editor: Lisa Fougere

Secondary

Mac Link: Macdonald High, Editor: Christine Clarke

Herald: Lindsay Place High, Co-Editors: Linda Roach and Laura Fabrizi

IN MEMORIAM DONNA SAURIOL

Over the past 67 years the QFHSA has demonstrated a remarkable diversity of involvement in the constantly changing educational and social issues that directly impact our children and youth. The continuity, solidity and backbone of a volunteer organization like the QFHSA can often be found in its staff members. Between the years of 1975 and 2009, we were fortunate to have one employee in particular who helped to maintain the integrity and continuity of our mandate. Prior to 1976, Donna's lifetime of service had already begun. She was an involved Home and School volunteer for her children's elementary school. She then served as an Area Representative on the QFHSA Board of Directors representing the Rosedale, Somerled, Kensington and Royal Arthur Home and School Associations. Her transition to office staff was a natural progression.



Sylvia Adams and Terry Sauriol, Donna's son

virtual editor of the "News" ensuring its timely publication. Donna did this latter task in her spare time, at home.

Donna Sauriol worked tirelessly during these 34 years with a work ethic that went far beyond any job description. During Donna's tenure, she "broke in" many of the QFHSA presidents. She helped Board members, Committee Chairmen and members accomplish their QFHSA mandates. She was there for countless meetings, conferences, reports and submissions - PLUS — the routine daily calls for help or advice from the membership at large. For years, Donna was the

Donna's work with the QFHSA did not go unnoticed. In 2004, she received the Buzzell Award for "unique, long-standing and meritorious service to the QFHSA at the provincial level". She also received a Volunteer award from the Canadian Federation of Home and Schools, recognizing her exceptional service. Each year, during the AGM, the QFHSA presented Donna with a "wee gift", usually tickets to the Roger's Cup Tennis Tournament at Jarry Park as a thank you for her dedication and hard work.



"She was a true friend and supporter of Home and School, as well as an integral part of the spirit of QFHSA."

Upon Donna's passing, many e-mails were sent to the QFHSA expressing how much she would be missed. The messages clearly expressed the impact of Donna's special qualities upon every person she touched.

We are sometimes "ships that pass in the night" in our relationships with others. We were so fortunate that Donna Sauriol's ship docked at the QFHSA wharf in 1976, and that it rested at the QFHSA anchorage for 33 years. We were all the richer for her presence among us and we will miss her.

*Sylvia Adams
Past President QFHSA & CHSF*



The QCGN has begun an information campaign on the important work we will be focusing on in the coming years. In short, this is a call to community partners, stakeholders and leaders to learn more about a collaborative priority-setting process the QCGN is spearheading on behalf of the English-speaking community. The QCGN, is the official representative of the English-speaking community with a number of federal departments and agencies. This priority setting process will play a key role in guiding the QCGN into the future as well as inform the federal

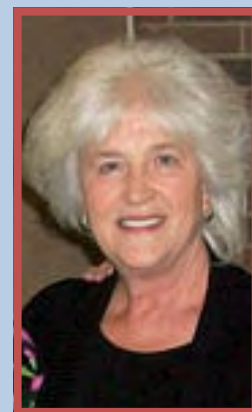
government partners in their intergovernmental, interdepartmental and intradepartmental planning activities. The timing of the priority-setting exercise is of utmost importance, particularly since the federal government has begun exploring policy and program initiatives to be included in its next five-year strategy for investments in Official Language Minority Communities which is slated to be launched in 2013.

The QCGN invite you to become involved in the priority setting process. Please contact pssc-chair@qcgnc.ca if you wish to learn more about the work they plan to accomplish over the next few years.

EXECUTIVE APPRECIATION EVENT WITH BARBARA COLOROSO

Each year the QFHSA hosts an event to thank their dedicated volunteers in Local Home and School Associations. This year, executives were invited to a lecture from renowned author and parenting expert, Barbara Coloroso held in February at the Montreal Airport Hotel. Speaking to a room packed with over 300 people, her theme for the evening was "Kids are Worth It". Often using comedy, Barbara was warm, engaging and thought-provoking. She touched on many topics particularly parenting with wit and wisdom, discipline vs. punishment, the Tao of Teaching and Six Critical Life Messages. Barbara's web site has parent tips on topics ranging from general parenting issues for the young through to the teens years, from bullying, to internet safety and digital issues facing us today.

Each QFHSA member who attended received a generous gift bag which included items donated by Sunsweet, coupon Entertainment Books, gift certificate to the MacWhirter B&B in the Gaspesie and gift cards. We thank all those who attended and hope it was evening of inspiration and exchange.



Barbara's tips available at
www.kidsareworthit.com

Thank you to all our local
association Executives who
attended!

A LOOK BACK IN TIME

1948

Vol. 1 No. 1

As part of our History and Archives Project, our stored news publications were scanned and digitally saved to be preserved for years to come. The first issue of the QFHSA newsletter, published November 1948, featured many issues still relevant to today's parents. We are still concerned about children's health, literacy, rights, quality of education and so much more. In the coming issues of the News, we hope to share more articles from the past.

One of the articles in this first issue was about an experimental summer "Vacation School" undertaken by the St. Laurent Home & School Association for 2 weeks in July of 1948, an early model of day camp. During this time through the help of voluntary teachers, the 150 children did a little studying, played games and had treats. The children also built and furnished a model two-story house, complete with fence and garden. The boys did the carpentry and painting work while the girls sewed the cushions, bedspreads and curtains. A fee of fifty cents was charged! How times have changed!

John McLeish, QFHSA President at the time of the 1948 publication, defined what it was to be a

member of a Home & School, the selfless dedication of volunteers to the betterment of homes, schools and the community at large. The Home & School exists for the betterment of conditions of child health and child care, and to feel a continuing sense of brotherhood for others and of responsibility toward great ideals beyond oneself. "The Home & School member recognizes that the best educational practice is built through a dual process... preserving what is best in the old, and constantly exploring



the new..."

He finished his President's Message by writing "May it be said of each of us that we are better Canadians, and better parents or child leaders, because we belong to the Home & School movement, and that our homes, schools, and communities are better and bigger in spirit because we work among them."

Next issue of the News, we will look at past resolutions.

QFHSA'S YOUTH EXPLORING SCIENCE WORKSHOPS

Schools in the Greater Montreal Area have access to many services and activities for children. The Youth Exploring Science (YES) Project was initiated by QFHSA to provide services to member schools and Community Learning Centres (CLC) in the off-island areas of Quebec, where these kind of educational opportunities do not readily exist. A partnership with the CLC network and LEARN Quebec allowed us to reach these children via the CLC video-conferencing system and through workshops prepared and given by Evelyn Castillo, a workshop animator extraordinaire!

"This spring I had the absolute pleasure of participating in a series of workshops provided by the QFHSA," said Evelyn. She shared that "during the 5-week run of the YES program workshops, two CLC locations connected via video-conferencing and kids were able to enjoy different workshops. We spoke of animals, plants, germs, and even brewed our own root beer!"

If you weren't able to attend this spring's workshops, keep an eye out for the next series of workshops coming this fall.

LIVE STUFF QUIZ!

Win one kit from LIVE STUFF by entering our contest. It's easy. Find answers to the 2 questions below and send by email to info@qfhsa.org with the subject "LIVE STUFF Contest Draw" by:

July 16, 2011

Both answers can be found in this issue of the QFHSA News. Happy hunting!

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

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

LIVE STUFF EXPERIMENT

This is an experiment/observation activity appropriate for 7 to 11 year-olds)

You will need:

- 2 small containers (yogurt container is fine, make sure it's clean)
- Some dirt
- Water
- 2 whole uncooked kidney bean seeds

What to do:

- Place a little bit of dirt in each container
- Place 1 seed inside each container.
- Plant one seed sideways and the other one straight up. See image below:

- Add some water
- Place in a warm, dark place
- Observe for a 6 days
- Note each day what you see and make a drawing



A POSITIVE TRANSITION TO HIGH SCHOOL FROM DYNAMIX

The transition from elementary to high school can be an overwhelming experience. Children spend years learning how to get along in elementary school to be swiftly taken out of their safe haven and tossed into unfamiliar territory. The unknown coupled with the myths about high school are sure to raise concern and, in some cases, anxiety. High school

should be a time for learning, growing, meeting friends and creating memories that will last a life-time. Students should not feel isolated, unwelcome or fearful. With the right support and tools, students can embrace the transition and not fear it. It is important for students to share their feelings, expectations and concerns with other students. Knowing that they are not alone creates a great sense of relief. Another key component to a successful transition is learning the necessary soft skills that will A) empower them, B) enable them to deal with unpredictable situations,

and C) teach them how to get along and co-exist with others. Some examples include conflict resolution, communication and good decision-making. School is a time to learn about math, science and geography but the precursor to academic success and most other success is confidence, positive values and solid interpersonal skills. Give your children these tools and watch them grow!

- by Corey Szwarcok
from Dynamix

About **Dynamix**:

Dynamix, the Leader in Teambuilding for Kids and Teens, has for years been offering unique, innovative and exciting teambuilding and character development workshops to child cares, schools and camps.

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

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

Workshops Hosted By:

Dynamix

The Leader in Teambuilding and Character Development for Kids & Teens!

(514) 333-8326 www.getdynamix.com



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



TEAM QFHSA AND DYNAMIX

The QFHSA has partnered with Dynamix to bring you special offers on workshops, available to local Home & Schools priced for up to 20 families per session at your school or centre. Currently offered are Family Fun Teambuilding (starting April 2011) and Social Transition into High School (starting Sept 2011). Dynamix also offers special event fun for beginning of school year parties, carnivals and more. For more information or to book your workshops, please contact the Dynamix team and be sure to mention you are a QFHSA school!

COMMITTEE UPDATES

EDUCATION - We follow everything that concerns education. We review the news, web sites, publications and more to keep abreast of developments in education for the benefit of our member associations. We will often share our findings through our Facebook group. Some of our findings also give us ideas to formulate resolutions. If you are concerned about education, please join us to help out.

LITERACY - always happy to fill Born to Read book bag orders, our committee is currently awaiting a grant from the Gazette Raise a Reader project. We will be sending out a Literacy survey over the coming months. The Children's Literacy Resource Guide is available to help local schools deliver programs. Call our office to find out more.



From left to right: Marion Daigle, Rosalind Hoenig, and Rickhey Margolese

COMMUNICATIONS - the QFHSA web site will be given a total makeover, revamped and updated over the summer months. Click Like on our QFHSA group on Facebook to get updates on projects and events.

WWW.QFHSA.ORG 

Please contact our office for information or to help on any of our committees.

MEMBERSHIP - Don't forget that the QFHSA membership fee has been increased for 2011-2012 school year to \$18.

Did you know that we currently have 4,332 Family Members? That is a BIG family!

High School, they need you even more!

To all new high school parents, a note from Marlyn Brownrigg to please be sure to join your Home & School association at your child's new high school. Marlyn suggests that "Once your kids get to high school, it is even more important to volunteer and be involved since you probably won't know what's going on and you really need to!"

RIGHTS - at the AGM there were many parents with comments and questions on various education rights and issues, most notably English language instruction eligibility & enrolment numbers. Brian Rock extends an invitation to parents to attend any Rights Committee meeting in person or by conference call. This committee is always very active in formulating resolutions to put forth to various governments and associations to defend the rights of children and their parents. Some of the topics covered are special needs education, alternative programs, language of instruction and upholding the choice of English-language instruction, technical vocational education and more. We need involved people to help defend your rights and that of future generations!

A NEW APPROACH TO REGIONAL COUNCILS

The organization of regional councils has been undertaken by the QFHSA. In 2010-2011 three regional councils were held. The first was held in the New Carlisle on the Gaspé Coast and moderated by Anne MacWhirter and Brian Rock. The second took place at Wilder Penfield and elementary schools in the Pierrefonds/Dollard area were invited to attend.

The third was hosted by St. Thomas High Home and School and representatives of LBPSB secondary schools participated.

Hopefully next year we will be able to organize another three with one specifically for schools in the EMSB. If you think your school would like to host a regional council please email Marlyn at info@qfhsa.org.

DON'T WORRY: TAKING CHARGE OF CHILDRENS' WORRIES & ANXIETIES

Today's youth are living in an era of unprecedented changes driven by technology. These changes in how we relate and communicate have impacted every aspect of our lives, and the communities we live in. Our children are growing up with increased expectations at school, socially, and, eventually, in their careers. One implication of technology is that we can hardly avoid hearing about world events in instant or "real" time. Whether it is the minute by minute coverage of a royal wedding, or the extensive reports of natural and man made disasters (floods, tsunamis, terrorism, etc.), we know that today's youth are bombarded with input about local and world events.



Mona Segal at our AGM in April 2011

For some, this information is taken in stride. It can be stressful, but it is soon moved to the back burners of our mind and the day continues. For others, the thoughts become worries and can diminish the enjoyment of life. Of course the amount and kind of stress makes all the difference, as does individual temperament and responses to the news, and how closely it impacts us: Some of us experience these situations as frustrating, while others become

nervous, angry, fearful or even anxious.

Some key questions parents or youth can ask themselves, do the worries:

- ◆ Interfere with academic success?
- ◆ Interfere with social events?
- ◆ Interfere with the ability to try new things?
- ◆ Create physical symptoms before certain activities / events (i.e. going to school, tests, family or social events, etc.).
- ◆ Create tantrums or other behavioural changes?
- ◆ Seem to create any rituals, compulsions, or repetitive behaviours?
- ◆ Create a freezing up or stuckness about certain activities / events, especially new things?
- ◆ Interfere with the ability to enjoy life fully?

Tips and strategies for helping children with anxiety:

Labelling the anxiety. Whether you call it worries, anxiety, nerves, or "that queasy feeling" really doesn't matter. The important thing is to choose a name that allows the two of you to talk about it. Having a name for the anxiety makes it seem more concrete and more manageable for children. Giving the feeling a name also helps you and the child team up and work against the problem together.

Deep breathing. One of the most effective techniques in dealing with anxiety is abdominal breathing (or "belly breathing" for younger children). This is breathing deeply into one's lungs by expanding the diaphragm (vs shallow breathing using the rib cage that can lead to hyperventilation). It is physically noticeable by the expansion of the stomach (abdomen) rather than the chest when breathing, and is considered to be a more effective way to absorb oxygen. This technique is effective for children of all ages, and for adults too!

Help your child learn coping self

talk. This involves encouraging the child to ask themselves questions such as: What else can I think about to shrink my worry? What can I do to reduce my anxiety?



Older children can be encouraged to **challenge the reality** of their worries. It is more effective to help the child learn self talk that evaluates the situation realistically than to just use positive self talk. If a situation is frightening, they do a reality check by asking themselves: "Is my worry based on a real danger?" If it is in fact a realistic fear, they do something about it. If it's not realistic, they acknowledge their anxiety and use coping self talk to reduce the worry. Helping your child test reality also shows that you are taking his/her feelings seriously and that you are willing to join in the struggle to help him/her deal with it.

Finally, worries are a **normal part of life**, as are finding solutions to problems. If you are concerned that your child has more anxiety than his/her peers, or if their world is shrinking because of anxiety - keep in mind that the situation is far from hopeless. With a little help, your child can learn more effective ways of thinking... and parents can say goodbye to frantic phone calls, night-time tears, and scenes at school or daycare. Your child can learn how to take charge of anxiety and take charge of their lives.... and DM can help!

Deb Kellman and Mona Segal of DM Family and School Services work together with young people and their families to find solutions.

At DM we offer confidential services at our offices in Montreal and West Island
Tel: 514.483.9339

In-school parenting and youth workshops available through partnership with QFHSA. Ask about their offers!

FAMILY TREASURES ESSAY WINNERS

Thank you to all students who worked so hard and submitted their Family Treasures Essays. The winning Family Treasures essays have been chosen! Congratulations to:

- ◆ Alessio Caporusso, Beurling Academy, 1st prize Secondary
- ◆ Michelle McKenzie, Beurling Academy, Honorable Mention, Secondary
- ◆ Elia Di Zazzo, Gardenview, 1st Prize, Elementary
- ◆ Nina Seuntjens, EP Beaconsfield, Honorable Mention

The **Family Treasures Essay Competition** was a wonderful opportunity for children to explore their own sense of self as well as their own family's history. The winners of the competition were awarded a \$50 Chapters Gift Certificate for themselves as well as \$50 for their class.

MY FAMILY TREASURE BY ELIA

My family treasure is a little reddish brown leather Greek-English/English-Greek dictionary. My grandmother, Evangelia Kilakos-Bountounis, owns the dictionary. It never belonged to anyone else.

This little dictionary is so special because my beautiful grandmother used it throughout her life to help herself, her family and her community. My grandmother was born in Greece. She is the eldest of four children. When she was ten years old her father passed away. When she was nineteen years old my courageous grandmother immigrated to Canada. She arrived on April 5, 1954, all by herself. She was a young girl in a new country with no family and didn't speak the English language very well. She spoke Greek and had learned French in school back in Greece. She learned English in Canada. My grandmother bought this little dictionary to help herself. A lot of the new Greek immigrants would ask her for help when they needed translating done for them. She worked very hard at different jobs. She worked at the Royal Victoria Hospital as a nurse. She also worked at Shillers fabric store on Sherbrooke Street and later on at Coorsh. Shillers was the first store to advertise on the Greek radio station that they had somebody to serve them in Greek and English. My grandmother was that salesperson. She saved her money and brought her brother, sister and her mother to Canada. One of her brothers stayed in Greece. Later on, she met my grandfather Panagiotti Bountounis. They had two little girls named Eleni and Panagiota. They raised their loving family together. My grandmother helped her daughters through their elementary school, high school, CEGEP and university with this little dictionary.

This little treasure symbolizes to my family the strength, hard work, struggle, dedication and success of a young girl.

Everybody tells me that I remind them of my grandmother, Evangelia. She is a strong, intelligent and caring person who loves her family more than anything in this world. This family treasure is a part of her. It reminds me of where my roots come from and who I am. I am very proud of my grandmother and my heritage.

Elia Di Zazzo, Gardenview, 1st Prize, Cycle 3

TREASURED ESPRESSO CUPS BY ALESSIO

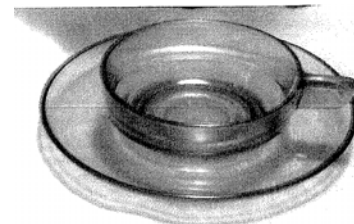
The family treasure that I have chosen is the traditional espresso cups. The espresso cups being a traditional family heirloom has been passed on from generation to generation. Let me explain how it has been passed on. My great-grandmother names Chiarina started off the tradition in the early 1900s.

Living in Italy, drinking espresso is the culture for Italians. The cups and the saucers are smoky glass as it is a transition of brown and yellow. Comparing from the 20th century to the 21st century there is a big difference in the quality and the style of the cups! The cups are not very large as the saucer is much bigger when the cup is sitting on it. The cups have a very unique handle with a fitted dent which can be picked up with the thumb and the forefinger. Whereas today's cups, they have a hole in the handle.

I believe that it is a very important family tradition. It is normally passed on in the family when the girl gets married. Therefore, it all started when my great-grandmother got married. Chiarina's mother passed on these cups to her on her wedding day as a gift. After this, my maternal grandmother got married and Chiarina respected the tradition to pass the cups on to her daughter Elena. My grandmother Elena brought the cups to Canada. She kept them for over 25 years and then passed it on to my mothers Sandra in 1992 on her wedding day.

The feeling of having this family tradition is that it has come from a long way. One day we can look back and tell our children the history behind these espresso cups. Another reason would be that the tradition began in Italy and now it is continuing in Canada. Also, knowing that these cups are older than some people, it is very impressive as well as fascinating. These fascinating pieces of treasure are also big reminders of my family in the future. It will also be a reminder for the children in the future. It is very amazing that over 100 years the cups are still in perfect condition; surprisingly not even one of them has a little chip on it or even cracked. While my great grandmother had these cups it was World War 1 and 2 as a fact, these cups survived it. As you can see over 100+ long years these cups were not tossed aside as they were very well taken care of. Hopefully, the future generations will do the same by taking care of these espresso cups so that they will remember their very old and first ancestors.

**Alessio
Caporusso,
Beurling
Academy, 1st
Prize Secondary**





MY FAMILY TREASURE BY NINA

My family treasures are two books written by my great-grandfather with drawings done by my great-grandmother.

These books were written in 1942 in the midst of the Second World War. Belgium was occupied by the Germans. There was poverty in Flanders, and a shortage of food. To help out the hungry people the Belgian government gave small parcels of land to every family living in cities so that they could grow their own vegetables. However townsfolk didn't know how to cultivate the land.

My great-grandfather was a teacher and headmaster and he knew a lot about agriculture. On Sundays he gave talks on instructing the people how to grow vegetables and many came to listen. He also wrote these two books called "Terug naar het land" which means "Back To The Land". One book talks about growing vegetables. It explains how, when and where to sow the seeds, which manure to use, how to harvest and how to store the vegetables. It also describes the different diseases plants can have and how to treat them. The other book explains how to raise farm animals.

These books used to belong to my grandma who passed them down to my mom. They now belong to my mom who is a biologist. They are so special to me because they show the drawings that my great-grandmother did before she passed away at a relatively young age. My family is proud of these books. They are important to me because they show me who my great-grandfather was and what he did.

**Nina Seuntjens, EP Beaconsfield,
Honorable Mention, Cycle 3**



The above students contributed to the Family Treasures Essay Contest from St. John Fisher Senior

FAMILY TREASURES BY MICHELLE

Christmas time in our home is one of the most special times of the year for our family and it is made even more memorable by the unique family treasures that have been passed down to now decorate my tree. My grandfather was the youngest of four children and because his mother, my great grandma Jessie, did not have a lot of money for presents let alone money to buy decorations, every Christmas her, my grandfather and his three siblings would collect very special sparkling earrings, odd shaped buttons and antique pins to create their own decorations. In the meantime, my great grandfather Fred would cut out shapes of trees, angles, stars and snowmen from plywood and varnish them. My grandfather and his brother and sisters would then glue red and green velvet to all of those pieces to try to bring the colors of the season to life.

Then the fun would begin for everyone. My great grandma would set up the velvet covered plywood pieces on the kitchen table and lay out all of that jewellery beside them. My grandfather and his siblings all took part adding, subtracting and rearranging that jewellery until they got it just right. It was like putting together a puzzle and everyone in the family had their own opinion on how the pieces would be placed.

Today, my grandma continues to tell us the story of how my grandfather told her that he remembered when his mom went to her own jewellery box and got a pinkish intertwined pin of two hearts which she glued to the center of the angel decoration as a symbol of how precious and loved all of her children were. Those hearts were always my favourite but these days though, when I look at them closely, I keep seeing new favourites and thinking about what a fun and proud accomplishment it must have been for all of them to work together.

Each and every piece that hangs on the branches of our Christmas tree is equally important, for not only do they reflect the unity of our family but also how appreciative and creative each of them were. I love that my whole family made these pieces by hand and we can remember what special and wonderfully caring people they were through this story. They are beautiful and inspiring pieces.

Our family heirlooms have created a connection to the past that can be passed on and enjoyed by future generations. They have helped us to learn more about our ancestors. These decorations mean that our family will be able to keep the bond with our relatives that are no longer here with us.

**Michelle McKenzie, Beurling Academy,
Honorable Mention, Secondary 1 & 2**

FOCUS ON THE LOCALS

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

NEWS DEADLINES

Aug. 15, 2011 - Nov. 7, 2011 - Feb. 6, 2012



EDGEWATER

Edgewater Elementary School is actively collecting energy cubes in support of Le Grand Defi Pierre Lavoie. The program encourages parents and children to be active together. The more members of a family that participate in a



shared activity such as bike-riding, hiking, street hockey, or basketball, the more cubes each child in the family earns. To add to the cube collection, the school has been encouraging lunch-time involvement with organized 15 minute runs around the school yard. The school with the most accumulated cubes will send a cycling team on a 1,000 km race ending at the Olympic Stadium, June 17-19, cheered on by up to 4,000 students. The program was created by Pierre Lavoie, to help raise awareness and funds for lactic acidosis, a rare hereditary illness especially present in the Saguenay-Lac-Saint-Jean region. For more information, please see the website at <http://legdpl.com/> ~ by Jennifer Bogart

BONAVENTURE

For the second year in a row, the Bonaventure Polyvalent Home and School Association was involved in the annual Christmas brunch along with students, teachers and parents. Teachers prepared eggs, toast, pancakes, bacon, and sausage which were served along with juice, fruit and hot beverages. Students were invited to come in their pajamas and partake in the activities available: volleyball, basket ball, board games and karaoke. Parents socialized and chatted with school staff. In keeping with the festive season there was much merriment all around. Also, the Home and School announced the winner of their Christmas basket raffle. The fundraiser raised over \$300.00. ~ by Ann Kelly



ST. CHARLES

Staff Appreciation

The St. Charles community expressed its gratitude towards the staff during Staff Appreciation week. Staff Appreciation was held during the week of February 7th and was an amazing success thanks to all the volunteers and to everyone who donated either in the form of monetary or food. I am extremely proud to be a part of this wonderful, generous community. Each and every one of those involved with staff appreciation contributed in letting the St. Charles staff know how much they are appreciated, thank you!!!

The St. Charles staff was treated to various treats including a chocolate fountain, a Mexican themed lunch, a before and after school supervision free week and a karaoke competition featuring student judges. The staff was very appreciative of everyone's contributions and efforts.

St. Charles H&S believes that "Together We Can Achieve" and we are fortunate to be part of a great community which includes: parents, teachers and staff members with the ultimate goal of always doing what is in the best interest of all our students; for that we are grateful.

~ by Colomba Monteleone

WILDER PENFIELD

With the end of the 2010-2011 school year quickly coming to a close we reflect on all that we have enjoyed and accomplished this year. As it was only our 2nd year as a Home and School we are proud of what we have achieved, and look forward to the years ahead. Some of the many activities we enjoyed this year were our Halloween Dance and Holiday Fair, which were both a lot of fun! We had a great time organizing Teacher Appreciation Week including a movie-themed lunch. All our students got up and running for our Run-A-Thon.

Money raised through our fundraising efforts has allowed Home and School to purchase a variety of items for our school, such as: team jerseys for sporting events, 2 theatre productions were held, as well as our own in-school production and helping to keep our school cool in the hot weather, with fans in each classroom. These fundraisers have allowed Home and School to help in providing other necessities for each of our individual teachers' needs. We look forward to a fun filled year next year!!!



~ by Adrienne Nahanni

FOREST HILL JUNIOR

For the second year running, students at Forest Hill Junior authored their very own books culminating in a huge Literacy Celebration. As an in-school activity, all the children worked hard on a huge mosaic made of tiny pieces of tiles all glued in place to make a picture. This colourful piece of art was based on a school book that students had written. It was a story about a tree that sees all of the seasons go by. On Literacy Evening in April, the parents visited the school, went to their children's classrooms where the students read their very own stories to their parents. The hardcover books were written and illustrated by the young authors in K to grade 2. The evening ended with other literacy activities such as the reading of stories and the creation of new tales with family involvement. The beautiful mosaic (pictured below) is on permanent display in the hall of the Junior school. ~ by Lisa Fougere



ROSLYN

What a great way to celebrate literacy!

On January 28, 2011, Roslyn School held its 6th annual Born to Read Assembly where 12 Roslyn families with babies born in 2010 received a bag of books through the QFHSA's Born to Read program. They held an assembly with all the students, recipient parents and babies and siblings, teachers and principal, and members from H&S. One mom of a 10-month old girl, Valeria, with a sibling in Kindergarten, Nicolas, was really impressed with the assembly. She said "It was a very warm event, really different from what I have seen anywhere else. It was a great way to open the doors to literature for kids."

Thanks to H&S for keeping the event going and for the wonderful books! ~ by Irma Alvarez



GOT NEWS?

Send it in to

news@gfhsa.org

WESTWOOD

Westwood Home & School has had a great year. Our fall membership drive was fruitful and we welcomed new members to the table to plan our various activities. As in previous years, our main fundraising campaign is magazines with QSP. Our September drive to kick off the campaign was very successful and magazines continue to be sold online year round on the school website's Home & School page.

Our craft fair at the end of November was our largest ever; both crafters and visitors alike vowed to return again next year. The raffle table was a big hit as always, helping us to achieve a new high for craft fair earnings. The fair always kick starts the holiday season for Home & School members and we're looking forward to next year's.

We also spoiled our teachers with goodies during Teacher Appreciation Week. A fabulous pot luck lunch was served at Senior Campus on the Tuesday and Junior Campus on the Thursday, along with muffins and chocolates rounding out the week. The teachers all agreed that the lunch was their favourite day of the year!

Home & School has finished disbursing the funds we raised this year: \$3,000 went to the Junior campus to purchase laptops for resource and school use and \$3,000 went to the Senior campus to purchase laptops and projectors. During the year, Home & School donated to various activities such as author visits, rails for the library, culture in the schools, the Junior Campus music program, yearbook, and graduation. Home & School also donated \$1,000 to Mr. Bougie, a Westwood art teacher who is transforming Senior Campus' old gym into an old world theatre with a lot of paint and imagination.

Home & School would like to thank our principals and vice-principal, teachers, commissioner, students and guests who faithfully attend our meetings and contribute so richly to our association. We appreciate it! We would especially like to thank Senior's Principal, Alana Quinn-Leroux for her tremendous contribution to making Westwood such a great school and we wish her well at John Rennie. We also extend a warm welcome to Sheila Honeyborne, the incoming Principal of Westwood Senior; we look forward to working with her. Thanks everyone for a super year and we'll see you in August!

~ by Arlene Griffin



BEACON HILL

CHINESE NEW YEAR FOR TSAW

This year, the H & S Association decided to have a "Chinese New Year" themed Teacher Appreciation Week from January 31st to February 4th.

The week started with an invitation for all the students and staff to wear red, gold, or Asian clothing and a group photo was taken. The school was decorated with Chinese symbols which the students used to show the teachers and staff how much they were appreciated. There was a luncheon for all the teachers and staff which was filled with delicious Asian themed foods which was supplied by our parent community. Parent, Nancy Zhang, entertained the staff with a traditional fan dance and grade 4 student, Gabriel Verghese, gave a chopstick lesson to the uninitiated. The teachers received Chinese-themed treats and surprises throughout the week and were also given a break from yard duty during a cold week in February by our parent volunteers!

The week ended with an offering of bubble-tea fruit smoothies in 3 flavors to them all. It was a great week which allowed our students to learn more about this special holiday as well as show the teachers and staff how appreciated they are for making Beacon Hill such a great school!

The H & S Association is already hard at work with our next "big project" which is our third annual Art Gala fundraiser!

~ by Lisa Yee



LINDSAY PLACE

The theme for staff appreciation week was “We Love The ‘80’s” . The staff was transported back in time with great decorations: photos, “Pac Man”, posters, phrases, and other memorabilia. Raffle prizes were given to the winners of different contests and 1980s music and a CD player was supplied by a Home and School volunteer. Each day a 1980’s theme gift was distributed to each staff member. We also decorated the Home and School bulletin board in the lobby so that the students could relive “history”.



In May, we allotted most of our fundraising money to staff wish list items and wish that we could do more. Fundraising in high school continues to be a challenge but we persevere. The next big event is the pre-prom graduation reception organized and hosted by grade 10 parents and the next edition of The Herald newsletter.

~ by Marlyn Brownrigg

BAIE COMEAU

The Mitten Tree

Baie-Comeau’s Home and School Committee came up with a fun project of giving back to the community at Christmas time. We called it “The Mitten Tree”. Students and staff were asked to bring new or gently used mittens, hats and or scarves. They then decorated the tree with their gifts. All the articles were collected on the last day of school and given to the local soup kitchen. The woman receiving the clothing was overjoyed and said that they would be put to good use. Thanks to all who helped to warm the heads and hearts of those around us.

Home and School Christmas snack:

The Home and School treated the students and staff to lots of delicious goodies at Christmas time. All were delighted to participate and partake in the eating of home made cup cakes and big gingerbread cookies. Thanks to those who helped out.

Annual Bean Supper

The Baie Comeau Home and School Association is proud to have successfully enjoyed another Bean Supper. This is our biggest fundraiser that we do each year for the school. People of all ages come and participate. We have elementary kids to former students who come with their grandchildren. It is a wonderful evening of food, prizes, music and even a delightful bit of dancing. We are so proud of all our volunteers in the way they help out year after year. Without them this would not be a success. Thanks to all who came, participated, supported and encouraged our English school.

~ by Michelle Petit



THE RED COAT

She may be short in stature but she's long on heart. She can be seen on a daily basis walking from her home on Queen's to her workplace just down the street on Belmont. Often in winter you might notice her wearing her red coat. It's a long coat that covers most if not all of her legs. She has a matching bag to go with said coat, and no doubt under that coat there is probably a matching dress.

If you have lived in Pointe Claire long enough I am pretty sure you know who I am referring to Ms. Callary. You can spot her swagger back and forth from home to work on any given day. She walks as though she doesn't really have to be anywhere too important, as though she needs to take in the sights as she walks, thinking about things on her sojourns.

Ms. Callary is one of our famous people of Pointe Claire. Just ask any parent or child or a child who is now a parent if they know Ms. Callary and your answer is sure to be "of course I know Ms. Callary, she was the best daycare lady ever". Janet Callary started back in 1990/91 with a half day

kindergarten daycare program. The kindergarteners would have a half day class with the teacher and those that didn't go home would have a half day with Ms. Callary. I believe it was **Mr. Condon** at the time that saw something special in Ms. Callary and hired her to run the daycare program at **St. John Fisher**. Mr. Condon made a smart choice when he did that.

Ms. Callary has been in the daycare business now a number of years. I knew Janet from my video store job. She would often come in with a pile of movies and say "Hi, I'm not sure if these are late. If they are, no problem, I'll pay. I work in a daycare and I just can't seem to keep track of all these movies." Janet would then go on to tell me about the movies and the children and which movie was a hit and which wasn't. I liked this woman when I met her all those years ago. She was a person you could tell was happy doing what she was doing in life.

After being a H&S volunteer, I ended up working for Janet for a number of years first as a lunch monitor and then later on in the daycare. I loved working for her; she was highly supportive. She was

also funny, creative and inspiring in many ways.

I have known Janet now for several years and I am proud to say she is not only a former boss and a wonderful one at that she is also a very good friend. I have come to know her well and to know her family.

This year Janet will be leaving her beloved St. John Fisher. Yet I am sure we will still see that red coat on the streets of Valois. A woman dedicated to her craft, the craft of moulding and shaping children. A craft that few do as well as Ms. Callary. She is, to put it succinctly, a truly honourable and wise woman who loves what she does and so carries forth that passion. She will be sadly missed by her staff, the administration and parents but mostly by those wide-eyed children who love Ms. Callary unconditionally not because she's just about as tall as they are but because she's got a heart as big and pure as theirs.

~ by *Martha Farley*

Past Lindsay Place Home and School member, frequent contributor to The Herald, as well as our QFHSA Newsletter Award judge

Presenté en Anglais



amiquébec
Agir contre la maladie mentale
Action on mental illness

Do You Have a Loved One with a Mental Illness?

Try AMI-Quebec's free support groups for English speaking caregivers dealing with mental illness in a loved one from the comfort of your home...

English speaking caregivers across Quebec who are experiencing difficulty coping with the mental illness of a loved one are invited to participate in support groups over the telephone. Self-help support groups are non-judgmental, safe and confidential forums where people come together to deal with shared concerns and problems. Our groups are especially designed to reach caregivers living in regions where English services are not readily available, and to help you cope when a loved one has a mental illness. A trained facilitator provides any needed assistance.

"You alone can do it - but you can't do it alone" is the central thrust behind self-help support groups. Join us; share, listen, and strengthen your coping skills.

SUMMER READING SUGGESTIONS

from Scholastic

Gr. 1—2 *Dilly's Summer Camp Diary* by Cynthia Copeland Lewis. First-time campers will love this comic-book style look at the highs and lows of sleep-away camp.

Gr. 3—5 *The Dolphin Diaries Series* by Ben M. Baglio. Travel the oceans and uncover the secrets of dolphins.

Gr. 6 + *The Sisterhood of the Traveling Pants* by Ann Brashares. Four friends spend their summer apart - but keep connected through an amazing pair of jeans. Don't miss the sequel: *The Second Summer of the Sisterhood*.

Encourage the love of reading in your child!

For more suggestions, please visit Scholastic online.

HEALTH
ISSUES

Beware of sunburns! We're all aware of the dangers caused by the sun but did you know that one bad sunburn before you turn 18 can double your chances of developing skin cancer? Use sunscreen with a high SPF factor, reapply often and stay out of the sun on high UV rating days if at all possible. For more info. Google Health Canada's Sun Safety Basics on the web.

SUMMER SPORT HELMETS

Make sure everyone in the family wears a protective helmet for biking, rollerblading and other sports. It is important to discuss this with your child and to make sure that even though they are not with you, they should always wear their helmets, including teenagers!

IT'S LIKE AN OVEN IN THERE!

Reminder to NEVER leave a child or animal in a parked car in the summer. The temperature can quickly rise to oven-like heat! For more health info, Google

Montreal Children's Hospital Safety Info on the web.

ASSOCIATIONS IN GOOD STANDING

ALLION	ARUNDEL
AYER'S CLIFF	BAIE COMEAU H. S.
BEACON HILL	BEACONSFIELD H. S.
BEECHWOOD	BELLE ANSE
BEURLING ACADEMY ***	BONAVENTURE POLYVALENT
BUCKINGHAM	CEDARCREST (new) ***
CHELSEA ***	CHRISTMAS PARK ***
CLEARPOINT	DORSET
DORVAL ***	DUNRAE GARDENS
EAST HILL	EDGEWATER
EDINBURGH	EDWARD MURPHY PRE-K.
E. P. BEACONSFIELD ***	EVERGREEN
FOREST HILL JR. & SR.	GARDENVIEW
GASPÉ ELEM (new) ***	GASPÉ POLYVALENT
GENESIS ***	GREENDALE ***
GRENVILLE	HILLCREST
HONORÉ MERCIER	JOHN RENNIE H. S.
JULES-VERNE	LAURENHILL ***
LINDSAY PLACE H. S.	LORD-AYLMER ***
MACDONALD H. S. ***	MAPLE GROVE (merged)
MARGARET MANSON ***	MERTON ***
MOUNT PLEASANT ***	NESBITT ***
NEW CARLISLE	NEW RICHMOND H. S.
NORTH HATLEY ***	ONSLOW ***
ORCHARD ***	P.E.T.E.S.
RIVERVIEW VERDUN	ROSLYN
ROYAL VALE H. S.	ROYAL WEST ACADEMY
S. E. MCDOWELL	SAINT-PATRICK ***
SHAWINIGAN H.S. ***	SHERWOOD FOREST
SHIGAWAKE PORT DANIEL	SOULANGES (new)
SOUVENIR	SPRINGDALE
ST. CHARLES ***	ST. EDMUND ***
ST. GABRIEL ***	ST. JOHN FISHER JR. & SR.
ST. LAWRENCE JR. & SR.	ST. PAUL
ST. THOMAS H. S.	ST. ANTHONY (new)
THORNDALE	WESTMOUNT PARK
WESTPARK	WESTWOOD JR & SR H. S.
WILDER PENFIELD	WILLIAM LATTER (new)
WILLINGDON	

This list includes all the schools in good standing (fees paid but not all documents are in) as of May 2011. If your association is not on this list, please contact the QFHSA office.

*** Those marked with an asterisk means that some paperwork is missing. Please contact the QFHSA office to rectify what is missing.

WINNERS OF AGM APRIL 2011 BOOK DRAW

The AGM feedback questionnaire book winners are:

Joyce Shanks from Wilder Penfield

Myrna Howatson from New Richmond High

Congratulations!

Thank you to everyone for submitting their feedback on the AGM. To help with the planning of future events and AGMS, please ensure you answer the quick survey sent out to your executive in May.

We really appreciate it!.

HOME & SCHOOL EXECUTIVES TAKE NOTE!

EXECUTIVE TRAINING WORKSHOP

**FRIDAY, SEPTEMBER 23, 2011
7:00 PM**

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

ANNUAL FALL CONFERENCE

SATURDAY, NOVEMBER 12, 2011

LOCATION: SHERWOOD FOREST SCHOOL
313 WINDERMERE, BEACONSFIELD

More information will be sent to your association as we approach September.

June 2011

QFHSA NEWS

QFHSA NEWS

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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.

