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Saturday, November 9
8 a.m. to 4 p.m.

\$25 per person (Early Bird registration) • \$35 per person (regular rate)

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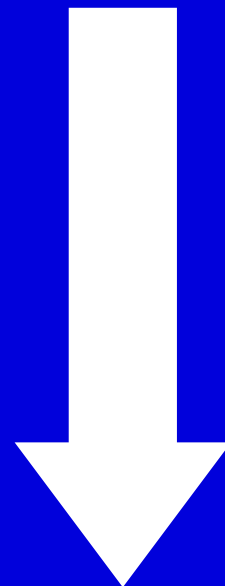
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Quebec Federation of Home & School Associations

Success
Literacy
Healthy
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Healthy Relationships

CLICK ANYWHERE ON THIS CARD TO VISIT THE QFHSA WEBSITE FOR SESSION DETAILS

QFHSA NEWS on NEXT PAGE





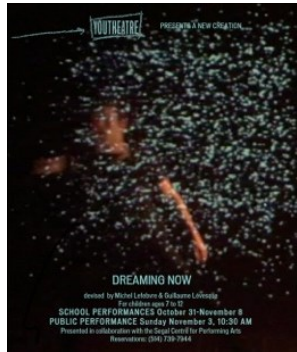
THE VOICE OF
THE PARENT
IN EDUCATION

QFHSA NEWS

VOLUME 51 ISSUE 3

SEPTEMBER 2013

AUTUMN BRINGS RENEWED ENERGY



Youth Theatre
presentation of
“Dreaming
Now”

CONTEST
TICKETS
to be WON!

DRAW OCT. 30/13

Details inside

The Quebec Federation of Home and School Associations (QFHSA) is heading into its **70th** year of existence, serving the parents, schools and educational communities of Quebec. We have come a long way in those years and have seen many changes to society and to education as a whole. Who knew 70 years ago that there would be something called Edmodo, a technology application used in classrooms for questions, assignments and scheduling, to keep everyone digitally notified with exam dates sent by text message, that some classes are using a policy called BYOD (Bring Your Own Device), that books would be electronic or that homework would be assigned and done on the internet? My son is not too happy that his high school math teacher faithfully emails all parents the homework to be done on a daily basis. As a parent, I must admit, I have embraced this and other new technology!

QFHSA Executive Workshops were held on September 23rd at the QFHSA offices. Executives attended sessions tailored for Presidents, Treasurers and Membership, Chairs giving insightful tips for those positions and exploration of potential issues that may be encountered.

The **QFHSA Fall Conference** is being planned with details falling into place. Please let your membership base know that the date is set for **November 9, 2013 at Beurling Academy** in Verdun. The sessions planned include informative and relevant topics given by expert consultants. The Keynote speaker chosen this year is Dr. Dale Stack, PhD. Dr. Stack is a key researcher and executive member of PREVnet (Promoting relationships and eliminating violence), a “national network of leading researchers and organizations, working together to stop bullying in Canada”.

Continuing with the year’s theme, “**A Voice for Education**”, there will be special emphasis on building and maintaining healthy

relationships. We hope you will join us for a day of presentations, workshops and networking, including a delicious lunch. Registration information will be sent out to local associations within the coming weeks.

This year is shaping up to be a busy one on the political landscape for education. QFHSA members have been on a trip to the Quebec National Assembly to represent our Home and School parents regarding Bill 14 last spring. As we look ahead, there are further government proposals we are keeping an eye on and will respond to as necessary. Our Executive Director, Carol Meindl, has her commentary on page 3 of this NEWS on the proposed **Charter of Quebec Values**, a charter the QFHSA feels does not necessarily represent its own communities’ values. The QFHSA will always strive to ensure that Quebec parents of all community backgrounds have a voice in education.

Everyone at the QFHSA wishes all our readers a renewed sense of energy for this fall to carry you through another busy year at your Home and School!

Lisa Fougère, QFHSA News Editor

In This Issue

- President’s Message p. 2
- Executive Director p. 3
- Executive Workshops p. 4
- Fall Conference p. 5
- Committee Updates p. 6
- Tribute to Mrs. Funnell p. 10
- CHSF Updates p.13
- Literacy p. 17
- Health Matters p. 17
- Focus on the Locals p. 20



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Quebec Federation of Home & School Associations

A MESSAGE FROM THE PRESIDENT

MORE IMPORTANT THAN EVER!

This is indeed a confusing time to be volunteering to help out in your child's school. For the last few years, school boards have been the target of financial cutbacks, and recently the Education minister is questioning their existence.

How does this affect you?

Clearly individual schools are not in a position to provide all the services that a typical school needs to offer. Special needs children, pedagogical support to teachers, not to mention a wide array of choices that may be possible within a board, these are beyond the reach of most schools. At the same time, the government has chosen to attack minority communities through a so-called charter of values. Just last week I witnessed a road rage incident where one driver told the other to get on the boat and go back to his country. These incidents, increasing in frequency, can be attributed to an atmosphere created by the current provincial government.



“Their priorities are out of tune with the needs of our communities.”

So your volunteer time is more important than ever. Your school board needs your support; a clear message must be sent to the Minister of Education and the government that their priorities are out of tune with the needs of our communities.

We invite you to get involved with our Education/Rights committee or any other committee that you would be interested to support. All have an important role to play and individuals can make a big impact.

As a reminder, provincial board members from the QFHSA are available to attend your local Home and School meetings to support your efforts. We would like to know what challenges your association is facing and what we can help with. Please call and extend an invitation to your next Home and School meeting. I look forward to seeing you then, and at our fall conference.

Larry DePoe

QFHSA President

BREAKING NEWS!!!

THORNDALE to HOST REGIONAL COUNCIL Nov. 25, 2013

To join in, please send an email to info@qfhsa.org. We will be discussing locally important issues and challenges. Thank you Thorndale Elementary!
The address is 4348 Thorndale, Pierrefonds.

Advertising with QFHSA NEWS

Our QFHSA NEWS Advertising Rate Kit is available for 2013-2014. Please send inquiries to news@qfhsa.org. The QFHSA NEWS is the best way to reach over 5000 Quebec families! Our next advertising deadline is Nov. 9, 2013 with the NEWS published mid-December.

QFHSA NEWS

Continuously published since 1949

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A MESSAGE FROM THE EXECUTIVE DIRECTOR

WHOSE VALUES DO WE FOLLOW?

As parents, we feel that the values our children should follow are the values that we ourselves hold dear, with the understanding, of course, that we can only help to lay down a foundation for them and that, as time goes on, they will and should adapt that code of values into one that reflects their own heart and mind. We cannot impose our values on our children. We can hope, rather, that they see the “value” in them and internalize them.

“The richness of the diversity in Quebec culture is the gift we should cherish.”

However, we can help our children understand from where our values come. Many of the English-speaking communities of Quebec have an immigrant background - be it the grandparents coming to Canada after World War II or great-grandparents coming over after World War I. Many of them brought values from “the old country” and have had to watch as newer generations modify them to fit a more modern world. We in turn, must accept the modifications our own children will eventually make.

Organizations like the Quebec Anglophone Heritage Network dedicate themselves to the preservation of heritage sites across Quebec and also encourage school children to write about their heritage. The QFHSA has its own essay contests “Family Treasures” and “Famous Family Recipes”, activities that encourage our children to recognize and celebrate the variety of cultures, traditions, foods and art around them. The richness of the diversity in Quebec culture is the gift we should cherish.

I, like many others, find the idea of a handful of MNAs in the National Assembly deciding what the values of the whole province should be, with minimum consultation, troubling. From what I have seen so far, many of the values that the present government is proposing do not reflect my own nor that of my community. QFHSA will be in consultation with its own membership in preparation for drafting a position paper on the proposed Charter of Quebec Values.

Home and School has always maintained a non-partisan, non-commercial, non-racial and non-sectarian mandate, focusing on the welfare of all children. In a spirit of accommodation and inclusion, we have supported our schools in their efforts to

recognize a variety of celebrations and faiths as we recognize that these traditions demonstrate strong and ancient community values.

I would hope that the Charter of Quebec Values, as currently proposed, would not get the support of the wider community it desires, as it is clearly aimed at dividing our communities and not unifying them.

I encourage all Home and School Associations to continue to make strong efforts to invite and welcome as many parents as possible into your activities in a spirit that demonstrates the inclusive Quebec society we wish to promote, and not an exclusive one.



Sincerely,

Carol Meindl

QFHSA Executive Director



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EXECUTIVE WORKSHOPS

By Lisa Fougère, QFHSA News Editor

The QFHSA hosted a very helpful evening of workshops for new and returning Home and School executives at their office on Cavendish Blvd. this September 23. There was a great turnout with members wanting to know more about the Treasurer, President and Membership positions, with refreshments, coffee and tea being provided.

Barb Schnider, Membership Chairperson at Lindsay Place High School, hosted the Membership session, providing some helpful tips on how to increase your membership numbers and the details on what to submit to QFHSA.

Leah Trineer, QFHSA Treasurer and Director, hosted the Treasurer session, walking new treasurers through the ins and outs of balance sheets, profit and loss statements and Home and School budgets.

Tania Nichols, Past President of Sherwood Forest Home and School, gave the presidents and VPs in attendance some guidelines on running a successful Home and School. She discussed the duties of a president and went through topics such as leadership, organization and communication. Tania also gave the

attendees the benefit of her experiences on how to work with your Governing Board and administration, handling changes to the local constitution and by-laws documents, and how to encourage more participation from other members.

Filomena Borsellino, co-president in attendance from Genesis Elementary said that the key to success as an association is communication, through email, website updates and newsletters. Amanda Koelbi, co-president from Greendale Elementary said that her association sends out newsletters and found that parents just love it. They have even held a logo drawing contest and Home and School has gained popularity through exposure.

The QFHSA President, Larry DePoe sympathized that some associations are desperately looking for new involvement beyond a handful of parents, that associations should not give up. Each Home and School should continue to reach out and get others involved in whatever ways they can. He encouraged each association to continue doing the jobs they were doing and seek out new ways to inform members to entice them to the meetings and to become more involved. He also encouraged Home and School executives to alert their parents to the upcoming Fall Conference in November as an opportunity to explore new avenues to successful leadership and parenting.

QFHSA welcomes inquiries at any time throughout the year. We are here to help the local associations.

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QFHSA ANNUAL FALL CONFERENCE

Saturday, November 9, 2013

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

BEURLING ACADEMY

6100 boulevard Champlain

Verdun, Québec, H4H 1A5

COST:

Early Bird Special

\$25 for members;

\$35 after Oct. 26;

\$35 for non-members



*Focus on
Healthy
Relationships*

Each year the QFHSA brings together Home & School members from across the province offering an opportunity to develop leadership skills and networking connections through regional council meetings, workshops and a unique Plenary Session. We are lining up more workshops than ever this year!

Conference Schedule

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

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

8:45-10:15 am Guest Speakers & KEYNOTE SPEAKER — *Dale M. Stack, Ph.D.*

Professor, Department of Psychology and Centre for Research in Human Development, Concordia University

“Fostering healthy parent-child relationships and emotional competence in children ”

Healthy relationships begin in the home with parent-child interactions. Children need to develop several social and emotional competencies, such as empathy, perspective-taking, impulse control, cooperation, and conflict resolution, to build healthy relationships. These skills are essential to the regulation of emotions, coping, self-confidence, and ultimately for academic and social success, as well as overall wellbeing. In this keynote address, Dr. Stack will illustrate the importance of healthy parent-child relationships and some essential ingredients, as well as the vital and influential role parents play in their children’s development, including their role in fostering the myriad of skills and abilities children develop over time that lay the foundation for adaptive interaction patterns later in life.

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

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

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

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

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

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

Current Workshop Details being finalized.



QFHSA MEMBERSHIP

by Marlyn Brownrigg, QFHSA Membership Services

My name is Marlyn and I was recently hired as the QFHSA Membership Services Coordinator. I was previously involved with three local Home and School associations (14 years) and with the QFHSA as a volunteer (8 years).

Primarily, I will be a resource for Home and School executives so if you have questions or concerns please contact me. I will also help out with the fall conference and AGM and will be responsible for ensuring that local associations submit reports, membership lists and fees in a timely manner.

As a gentle reminder, please note that the following documents are now due: last year's 2012-2013 year-end

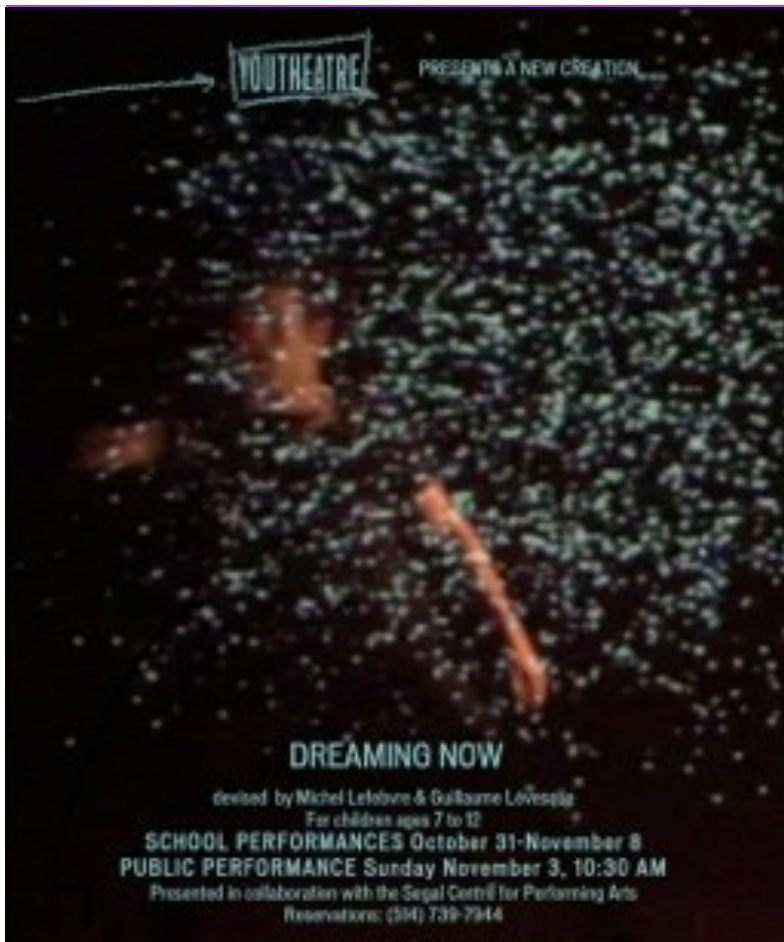
activity report/financial statement, this year's re-affirmation form, executive list, and the administration fee. The year-end activity report and financial statements should be signed and submitted by the 2012-2013 Home and School president and treasurer.

My contact information is: marlynbrownrigg@qfhsa.org or 514-481-5619. I will be in the QFHSA office part-time but urgent emails/requests will be answered with little delay.

I wish you all a great start to the school year and look forward to seeing you at the Fall Conference at Beurling Academy in Verdun on November 9th.

[Click here for links to FORMS on the QFHSA website.](#)

Local Association FORMS were due September 30, 2013!!! Be sure yours are sent in.



CONTEST --> ENTER NOW
for a chance to win a family pack
of 4 tickets to a

YOUTH THEATRE
presentation of **"Dreaming Now"**

November 3, 2013 at 10:30 am. "Dreaming Now" uses new media and interactive technologies to explore a world where we are all connected.

All you need to do to enter the contest drawing is to click on this link to send an email to:

NEWS@QFHSA.ORG

Be sure to include your name and school. The winning entry drawing will take place on **October 30, 2013**. Winners will be notified by email. Chances of winning depends on number of entries received.

More at www.youththeatre.ca

QFHSA COMMITTEES

WHAT IN THE WORLD DO ALL THE QFHSA COMMITTEES DO? WHAT DOES IT TAKE TO RUN THE QFHSA?

QFHSA is run with the contributions of several volunteer committees.

Currently, the committees and their chairpersons are:

- Annual General Meeting** - *Patricia Willis*, QFHSA Director
- Fall Conference** - *Mona Segal and Joyce Shanks*, QFHSA Directors
- Communications** – *Lisa Fougère (interim)*
- Editorial** - *Lisa Fougère*, QFHSA News Editor
- Constitution/By-Laws** - *Rickhey Margolese*, QFHSA Vice-President
- Education** – *Mona Segal*, QFHSA Director
- Finance** - *Leah Trineer*, QFHSA Treasurer and Director
- Literacy** - *Leah Trineer*, QFHSA Treasurer and Director
- Membership** - *Marlyn Brownrigg*, QFHSA Membership Services
- Nominations** - *Rosalind Hoenig*, QFHSA Director
- Resolutions/Policy** - *Rickhey Margolese*, QFHSA Vice-President
- Rights** – *Joyce Shanks*, QFHSA Director and *Rickhey Margolese*, QFHSA Vice President
- Administrative/Office Services/Personnel Committee Chairperson** - *Patricia Willis*, QFHSA Director

TAKE PART

If you are interested or know someone who would be interested in working on any of these committees from your community, please contact the QFHSA office at

514-481-5619.

We look forward to your input and working with you.

Rights Committee

Chairpersons Joyce Shanks, QFHSA Director and Rickhey Margolese, QFHSA Vice President

Rights are not simply an abstraction. Rights define our obligations to our children. We, Home and School parents, have a long and proud history of pleading and defending the rights of children and their parents. Parents should have the choice of the Official Language used in the education of their children. The Rights Committee keeps abreast of developments in the political landscape of Quebec and consider how they might affect our community.

Education Committee

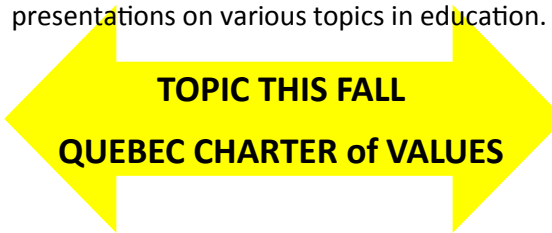
Chairperson Mona Segal, QFHSA Director

The mandate of the Education Committee can be very broad: to follow everything that

is going on in education. The committee, however, must choose priorities and follow up by reviewing articles in daily and weekly newspapers and various other media, by liaising with various education councils and, at times, by inviting guest speakers to give presentations on various topics in education.

Our committees will be drafting a submission on the proposed Charter of Values this fall. What are your local concerns on this charter? We want to work with you and need your input! Please contact the QFHSA office for details on how to help out and get involved. Email info@qfhsa.org.

It is a fact of life in Quebec, that Education and Rights concerns often go hand in hand.



Nominations Committee

Chairperson – Rosalind Hoenig, QFHSA Director

The mandate of the Nominations Committee is to receive nominations for, and to recruit qualified people to the Board of Directors. We accept nominations all year long and welcome inquiries. We are looking for energetic individuals who believe that education in Quebec matters!

MORE ON THE QFHSA COMMITTEES

Communications Committee

Chairperson Lisa Fougère, QFHSA News Editor and member at Birchwood Elementary and Westwood High School Home & School Associations.

The **Communications Committee** oversees the content and creation of the QFHSA NEWS, our quarterly newsletter, the QFHSA website, our profile on social media sites and all other communications with our membership.

The **Editorial Committee** is a sub-committee of the **Communications Committee** and is also chaired by the QFHSA NEWS editor, Lisa Fougère. The editorial committee meets 4 times a year in order to prepare each issue. If you have worked on your local association's newsletter and would like to take it to the next step or have ideas for our newsletter, we would love to have you join our committee. Please feel free to contact us at news@qfhsa.org.

The website is managed by Cathy McKeogh of Cathy's Web. We invite all members to join us and offer comments on our Facebook site. We try to post interesting and timely information and we encourage your feedback. This year we hope to continue to improve the website and to keep it as up-to-date as possible.

Be sure to LIKE us on Facebook!



And don't forget the wealth of information available on the QFHSA website at

QFHSA.ORG

PLEASE NOTE QFHSA FALL OFFICE HOURS

Our main office is back from summer vacation and is staffed by Shadi, Marlyn and Carol for fall, with office hours being Monday to Thursday from 8:00 to 4:00, Friday from 10:00 to 3:00. All inquiries will be replied to as soon as humanly possible.

Resolutions/Policy Committee

Chairperson Rickhey Margolese, QFHSA Vice-President

Throughout the year, QFHSA is made aware of many issues important to the well-being of our children (education, health, safety, etc...). Resolutions on these topics would allow us to approach various government departments, other organizations and like-minded groups to resolve these issues.

We need people to research resolution topics during the year (can be done from your home), write resolutions, look at resolutions that are received in January and help write the covering letters once the resolutions are passed in April. If you like to read and do investigative research, we are also looking to form a sub-committee to look at the QFHSA Statement of Policy. This is a document based on all the resolutions passed at AGMs. It was last updated in 2008. (The sub-committee will decide on when and how often to meet).

We would like to hold the first meeting of the **Resolution/Policy Committee** in the first 2 weeks of October 2013.

Finance Committee

Chairperson – Leah Trineer, QFHSA Treasurer and Director

This committee prepares annual budgets, oversees QFHSA finances and prepares annual reports for the QFHSA and auditors.

HOME AND SCHOOL HAS A DEFINITE PLACE IN HIGH SCHOOLS

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Why I Stuck with Home and School

After many years as a Home and School president/co-president, I am “graduating” with my son. As I look back at the Home and School part of my volunteer career, I don’t have any regrets. The many friends I have made over the past 14 years have made the journey worth it. I have been exceptionally fortunate to have had good relationships with administrators, staff reps, governing board chairs, and Home and School members. The 3 “C’s” (cooperation, cohesiveness, and camaraderie) were present at Valois Park, Jubilee, and continue at Lindsay Place.

I started volunteering here and there when my first child was in kindergarten, became a membership chair, co-organized staff appreciation week (with another non-creative person), jumped to co-president and then president. Other things followed but I always had a good team behind me. We panicked (Holiday Fair), cried (major school change), but most of all, we laughed.

I’m often surprised at how many parents don’t join Home and School at the high school level especially since many West Island elementary schools have Home and School associations. Maybe most don’t realize how much they can still help. We find out more from our Administration/Staff reps at one Home and School meeting than our kids tell us in a month. At the high school level, it is easier for parents

“We find out more from our Administration/Staff reps. at one Home and School meeting than our kids tell us in a month. “

to “fade into the woodwork”. The child who does not want to see you wandering the halls will not since there are not many Home and School day-to-day activities. The need is still great though.

My stint as a QFHSA board member and QFHSA rep to the CHSF opened my eyes to the wider provincial and Canadian issues facing public schools and parents. It is better to be informed even though some of the issues never seem to be resolved. As part of the membership committee I enjoyed meeting other parents and hope that I was able to help them out when they needed it.

In September, I give up two volunteer positions and will keep two others. I have things in the job jar that need attention and like many of you, mountains of accumulated paperwork to go through. I don’t think that I will be bored.

Best wishes to all my fellow volunteers. May you find humour in all situations that come your way.

By Marlyn Brownrigg
Past President Lindsay Place Home and School
Current QFHSA Membership Services Coordinator



TRIBUTE TO MARGARET FUNNELL

by Marion Daigle, QFHSA Past President

When it came to commitment and getting a job done, there are few more experienced and willing people than Margaret Funnell.

After planning (from her hospital bed) and attending her Sixtieth Wedding Anniversary Celebration on August 8, 2013, Margaret died early the next morning in her 83rd year. A graduate of Bishop Strachan School and the University of Toronto in 1953 (B.A. in physics), she pursued a lifelong volunteer interest in education and community service.

Her leadership with Home and School began in the early 1960s as President of the local association at Lakeside Heights Elementary in Pointe-Claire. She then moved on to chair the School Committee at Seigniori Elementary. In 1976, Marg was elected a Commissioner to the Lakeshore School Board (LSB), where one of her many leadership roles was as Vice-Chairman from 1980-1990. She was particularly active during this time with the Quebec School Boards and the Canadian School Trustees Associations. Ever mindful of her roots in education, Marg was always available for meetings with local Home & School Associations in her area and was a regular at QFHSA conferences and AGMs.



In 1991 Marg was elected as a QFHSA Director and as a Vice-President on the Executive Committee. In addition, she was Resolutions Chairman from 1991-93. Shortly after, she agreed to chair the Membership Development Committee, where she brought careful thought and organization to the very time-consuming and challenging mandate of this committee. Quietly and diligently, Marg spread the word about Home and School activities to a wider community through the Quebec Community Groups Network (QCGN), where she represented QFHSA.

In 1997 Margaret was the recipient of the QFHSA Leslie N. Buzzell Award for outstanding service to the Quebec Federation at the provincial level.

Her leadership talents and expertise were also evident among her other community interests: the Zonta Club of Montreal, the West Island Community Resource Centre and the Montreal Lakeshore University Women's Club.

Our sympathy goes out to her devoted husband, Owen; her children, Barbara, Patricia, Susan, and Geoffrey; her grandchildren, Emma, Fiona and Owen; and her sister Cicely.

Thank you, Margaret, for your lifetime of service. Your dedicated leadership, compassion and kindness to all will long be remembered by all of us who were privileged to know you.



Our **Mission Statement** can be found on our website along with many other helpful and informative documents, including the QFHSA Strategic Plan, upcoming Events, Special Projects, Awards, back QFHSA NEWS issues and valuable partner links and resources.

Please visit www.qfhsa.org for all your association updates.

ADVERTISING FEATURE

Rewiring the Brain Helps Students With Learning Disabilities



Karen Foley, B. Ed.; M. Ed.
Director, Strategic Learning Centre

In the ground-breaking book: *The Brain That Changes Itself* (published by the Penguin Group in 2007), author Dr. Norman Doidge tells some wonderful stories of individuals who have recovered from strokes, mental illness, and brain injuries through brain training. One of the women he features was born with only half a brain and yet, she is able to speak and hold down a job – and she even has a sense of humour. If the brain can reorganize itself in extreme cases like this, think of what brain training could do for a child with learning disabilities.

I have seen this many times in my own work with students. Take Eric for example. He is a teenager who struggled all the way through school. When I met him, he was dreading going into grade eight. Eric had been identified with a learning difficulty in grade two and had been receiving resource help since that time. But his academic skills were

still way below where they should have been. When we tested Eric, we found that his reading and spelling scores were at a grade three level. No wonder he was struggling with high school work.

Eric’s mother was very worried for her son. She feared that he would be a high school dropout if something drastic was not done. So when I recommended that she enroll Eric in a brain-training program called “Fast ForWord,” she agreed. Through intensive and repetitive games, Fast ForWord improves a child’s ability to process sounds, to understand language, and to be able to process what they hear in the classroom more efficiently. And this is exactly what it did for Eric.

The new connections that were made in Eric’s brain through Fast ForWord made learning to read and spell much easier for him. His brain was now able to benefit from the reading and writing instruction that he then received. Eric described how he felt to me one day. He said: “School is very different for me now. I am a lot less stressed. I can read and write much better and my grades have really improved.”

There are many success stories of children whose lives have been changed forever because their parents understood that the brain can change with proper training. Brain training programs can help rewire the brain for children with weak language skills, auditory processing problems, dyslexia, ADHD, poor memory, and a myriad of other learning problems.

For example, Eric benefited from another brain training program called Interactive Metronome. This program synchronizes sight, sound, and physical movements to improve attention and working memory. Working memory is essential for comprehending and remembering information. And improved working memory results in higher grades.

If your child is having trouble learning or has been diagnosed with a learning disability, consider a course of action that will actually address the root cause of the problem. Don’t settle for second best for your child. Brain training programs should be an integral part of any plan to correct learning problems.



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CHSF UPDATES

This year Canadian Home and School Federation (CHSF) found itself in St. Johns NL for the Spring Board Meeting and Annual General Meeting. Three executive positions were open for election, President, Secretary/Treasurer and, following my election to the position of President, the 2nd Vice-President. Glyn Morgan from New Brunswick was elected as 2nd Vice-President and Michelle Ercolini from Ontario was elected as the Secretary /Treasurer.

The Executive and Board discussed our mid term meeting and the costs for our members to send a Director. It was decided, as a cost saving measure for our members, to forego a face to face meeting with the Board. The Executive would meet and there would be teleconference/videoconference meetings with the Board members throughout the year. This decision will be reviewed at our next Annual Meeting to determine if this is a viable option for our organization.

Once again CHSF produced a TSAW poster and will be mailing them out to the members who asked for them. We have been celebrating our teachers and staff since 1988 and are pleased so many provinces have followed suit.

We were given a copy of the Copyright Matters booklet, a compendium explaining the details of the legislation allowing educators and students access to digital technology.

Recently in the media there has been a renewed effort by Canada's leading medical journal to have the federal government prohibit the sale of energy drinks to minors. The serious health risk posed by these drinks for children and adolescents require strong warning labels. In 2010, CHSF wrote a policy that energy drinks should not be available for purchase by persons under the legal age of majority and sent this policy to the Members of Parliament. We will be continuing our efforts in this matter.

QFHSA can be proud of what they have accomplished within their province. The organization is well respected within the educational community, encouraging educators, students and parents to become involved. The challenges we face in the education of our children at times seem insurmountable and never-ending, but I believe working together with a united voice we have the ability to face these challenges and direct the decisions being made. We have a long history of partnering and it is my hope we will continue to do so for years to come.

Cynthia Richards, President CHSF



CHSF New Executives for 2013-2014

From Left to Right are: Janet Walsh - Immediate Past President; Michelle Ercolini - Secretary/Treasurer; Glyn Morgan - 2nd Vice-President; Deb Giesbrecht - 1st Vice-President; Cynthia Richards - President.

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3. Parenting Groups in DM's offices.
4. In School Parent Workshops.
5. Professional Development Workshops.
6. In School Student Programs.

**TOGETHER WE CAN MAKE A
DIFFERENCE !**

Dear DM,

My son is in grade 1, he loves going to school.... and I love to see the expression on his face when he's getting ready in the morning, he's so excited. But when I come to pick him up at the end of the day, he's not so happy. His teachers say he doesn't have good "social skills". They say he has a hard time waiting his turn or not getting what he wants.

He doesn't like to share, always wants to be first, and gets frustrated quickly... so nobody wants to play with him and he doesn't have many friends. This is the last thing in the world I ever wanted for him – I just want him to have a great year!

Dear Wanting to have a Great Year,

Many of our young people today struggle with social challenges. Some children struggle with social and emotional regulation, and have much difficulty managing frustration. For these children, making and keeping friends can be the most difficult and painful aspect of being at school, and can create sadness, worry, or anxiety. The one thing we have in common is we all need to belong and to be valued by those with whom we spend our time. The good news is — social skills are sets of skills that can be taught !

Social skills are the foundation for getting along with others and are a part of our everyday life. Whether it's going to school, saying a friendly hello to a classmate, being a member of a team or working on a class project, strong social skills are priceless. Research has shown that social skills are the base for positive self-esteem: When children feel good about themselves, they are more willing to take positive risks academically and socially.

Social skills, including waiting and tolerance for frustration, can be difficult but necessary

skills to acquire, and takes some teaching. Once children are taught the skills sets they need to get along with others, solve problems, and express themselves in assertive ways, their social world begins to blossom. Like any other skill, practice makes perfect.

One program that focuses on social skills is the "Incredible Years" programs, with a 3 pronged approach (i.e. support to students, parents, and educators). The program for students, "Dina Dinosaur"* is designed to teach children emotional regulation, frustration tolerance, positive interaction and communication skills, problem-solving strategies, as well as team building.

Through the use of interactive activities and games, the program promotes social and emotional competence for children. Parents can also support their child's learning by joining the "Incredible Years"* Parent Training Program. The parental component is an interactive strategy based program that is designed to prevent new problems, address current challenges and support parents in learning new skills to support their children's healthy development. With the right knowledge and skills, parents are in the position to support their children in developing the social skills so necessary for success at home and school. Sometimes having the opportunity to discuss challenges with other parents who have similar struggles can be invaluable.

Contact DM for more information !

Sincerely,

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CANADA 150 YEARS YOUNG IN 2017

By Carol Meindl, QFHSA Executive Director

In 2017, Canada will be celebrating the 150th anniversary of Confederation. In May 2013, the Executive Director participated in the CANADA 150/2017 STARTS NOW brainstorming session organized by CBC/Radio-Canada. Our national broadcaster teamed up with Via Rail, the Community Foundations of Canada and others to start a conversation about how this Canadian milestone should be celebrated in communities across our nation. The event, which is podcast on the CBC site, was one of 11 being held across Canada, included talks by a number of speakers from sectors as diverse as arts and culture to business and technology including

Simon Brault, President, Culture Montréal; Yves Desjardins-Siciliano, Chief Legal & Corporate Affairs, Via Rail Canada; Manon Gauthier, CEO, Segal Centre of Performing Arts; Michel Leblanc, President and CEO, Board of Trade Metropolitan Montréal; Ghislain Picard, Chief, Assembly of First Nations for Quebec and Labrador; and Gilbert Rozon, Founder, Just for Laughs Group.

Held in both official languages, with simultaneous translation, these influencers presented their thoughts on Canada and how to celebrate its 150th anniversary. The conference podcasts can be watched by linking to www.2017startsnow.ca

In the meantime, **it is time for our own Home and School Network to start thinking about how we want to mark this major milestone.** While Canada turns 150, Montreal will celebrate its 350th birthday, Expo 67 will mark its 50th anniversary, and the QFHSA will turn 73. The National Hockey League will celebrate its 150th anniversary. The Quebec Bridge, which was completed in 1917, will also turn 150. A really good party takes time to organize so let's start a conversation about who, what, where and when our own communities will mark this major milestone.

If you have any ideas, contact carol-meindl@qfhsa.org




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PLAN NOW FOR QFHSA ESSAY CONTESTS 2014

Home and School Literacy Activities

Once again, QFHSA invites 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. Share what makes your family special with your community and be surprised at what is right next door!

Family Treasures <http://qfhsa.org/treasures.htm>

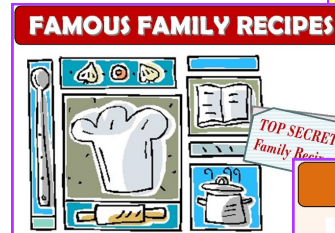
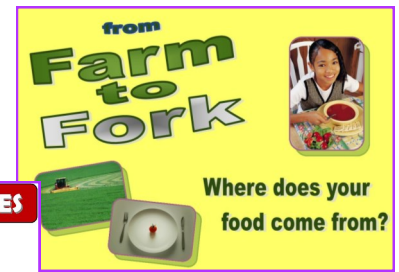
Famous Family Recipes <http://qfhsa.org/recipes.htm>

From Farm to Fork <http://qfhsa.org/farm.htm>

An Island of Stories (NEW) link soon available on the website qfhsa.org

For more information, contact the QFHSA office and look to the QFHSA website. These are a great way to encourage your child to participate and learn a thing or two about their family history.

Of course, there will be prizes!



FREE BILINGUAL Veterans' Week Materials

We are again offering our suite of free Veterans' Week materials with updated content to help engage young people in remembrance.

- *** The Take Time to Remember activity booklet (ages 5-7)
- *** Youth newspapers Tales of Animals in War (ages 5-11)
- *** Canada Remembers Times (ages 12-18)
- *** Postcards for Peace, bookmarks and posters are also available, as is the on-line Veterans Week teacher's guide.

Check out the electronic versions and order your own bilingual copies today at no charge.

www.veterans.gc.ca/eng/remembrance/veterans-week/educational-resources

While you are on our website, please explore our Veterans' Week web feature for lots more information like details about commemorative events being held across the country and social media tools to allow young people to share their thoughts.

www.veterans.gc.ca/eng/remembrance/veterans-week

Parents from Home and School associations can also order on behalf of the school but be sure to coordinate with staff to avoid double orders.

HEALTH MATTERS

HEALTHY LUNCHES



It's school time again! Back to School means changes in routine, planning healthy meals, buying school supplies, and much more. To help you get started, Health Canada suggests the following resources:

• **Healthy eating during the School Year**

Preparing healthy meals in a hurry takes less time than you might think. The following page offers some suggestions for quick and easy meals:

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/using-utiliser/suggestions-eng.php>

• **Watch out for allergies!**

Did you know that around six per cent of children are affected by food allergies? For their health and safety, it is important to be very careful when preparing school lunches for your children, even if they have no allergies.

Get more information at the following address:

<http://www.healthy Canadians.gc.ca/kids-enfants/food-aliment/lunch-diner-eng.php>



Have a great school year
everyone!



When It comes to family health and safety, you want the facts.

What's the healthiest diet for your child? Is the car-seat you bought right for your vehicle? What are the latest food recalls and allergy information? How important are vaccinations in protecting children from disease? How often should you clean your re-usable shopping bags (or have you ever cleaned them)? What can parents do about bullying? Have you talked to your kids about the dangers of drugs?

Now you can access a wide range of dependable, up-to-date information on all kinds of topics through Health Canada's website. They are also on Facebook.

For more information, check out the Government of Canada Healthy Canadians web pages under

<http://healthy Canadians.gc.ca/kids-enfants>

HALLOWEEN FOOD SAFETY

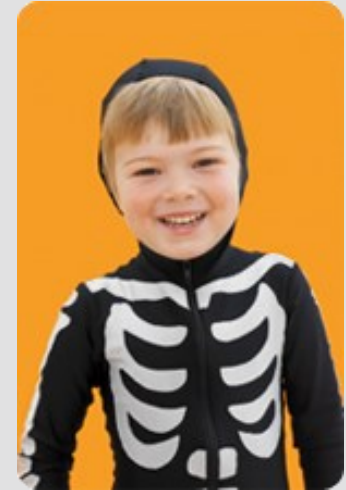
Trick or treat?

All kids should be careful before eating trick-or-treat goodies at Halloween -- especially those with allergies and sensitivities. Here are some key safety tips:

Before

Tell your children not to accept -- and especially not to eat -- anything that isn't commercially wrapped.

Have dinner with your kids before they go out so they aren't tempted to munch -- too much! -- while trick-or-treating.



After

Don't let kids eat any candy or other treats until you or another adult has checked it.

Throw away anything homemade.

Check all commercially wrapped treats for small holes in the wrappers. Throw out anything that's torn, unwrapped or in loose packaging.

Be cautious before giving treats that could be potential choking hazards (e.g., chewy candies, gum, hard candies, lollipops, peanuts).

When in doubt, throw it out!



Children with allergies and sensitivities

Some Halloween treats may contain allergens. Common ones are peanuts, tree nuts, milk and eggs. Some treats, such as chocolate products, may contain allergens that are not declared on the label. The most common undeclared allergens found in chocolate products include peanuts, tree nuts and milk protein. Here's a good approach:

Read all labels carefully.

Only give your child treats that list the ingredients.

Don't give you child products with warning labels such as "may contain" statements.

Don't give your child products of which you are unsure.

Safe Trick-or-Treating to all!

Monday
Pasta and salad

Tuesday
Fish, green beans and brown rice

Wednesday
Chili and salad

Thursday
Omelettes and toast

Friday
Chicken stir fry

Planning ahead makes weeknight dinners a snap!



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 you are planning and what concerns you might have that you would like to share with others. So do other local associations.

SEND IN YOUR NEWS!!!

**Upcoming December NEWS DEADLINE
submit by Nov. 9, 2013**

For publication about mid-December 2013

news@qfhsa.org

GARDENVIEW ELEMENTARY Saint Laurent

The Fun Fair Committee worked extremely hard to ensure that this year's Fun Fair, held on June 14, was a huge success. The Fun Fair is the best example of how wonderful and generous the Gardenview community really is. Thank you once again to all our donors and volunteers.

As always, we ended our school year with preparations for our year-end member dinner on June 17 and the graduation ceremony and dance held on June 20. As we do every year, we say goodbye to another incredible group of students and wish them well in this next exciting chapter of their lives, and hope that the memories of Gardenview will last a lifetime.

We cannot say this enough, but it is worth mentioning that Home and School would not be what it is without your support, generous donations, and above all, your volunteering. This is what allows us to sponsor our enriched math program, resource program, choir



and musical productions, ECA, robotics program, special events, workshops and more. We thank everyone who has collaborated at all these levels, including the staff and administration that support us in our goal to enhance the school's learning environment. We strive to continue to be a very successful Home and School so that we can offer programs and activities that set us apart from the rest.

Thank you again.

By Connie Di Iorio and Nina Tzemopoulos

HONORE MERCIER ELEMENTARY St-Leonard

Honore Mercier's Welcoming Day 2013

On Friday, September 6th 2013, the Honore Mercier School students celebrated the beginning of the school year with "Welcoming Day" festivity. Activities were organised by Dynamix. They were also treated to a Corn Roast and Mr. Freeze were distributed to all. Special thanks to the organizers, administration, staff, Dynamics and Home & School for making this event spectacular!

By Stephania Vitetta, Editor



NORTH HATLEY ELEMENTARY North Hatley

In my first year as Home & School President, I received a lot of support from our fantastic and dedicated NHHSA members as well as the students, their families and staff. We were able to accomplish all we set out to do.

Among many items, we were able to bring our playground project to fruition which is something we had been working on for more than 2 years. Our official playground inauguration took place in May with our Spring Fling carnival



where we treated parents and students to a fun-filled day that was completely free of charge. Staff and families enjoyed many events such as face painting, band performances, free snacks and goodies, ball toss games, a special ribbon-cutting ceremony, bingo and arts and crafts.



The playground project was undertaken by the NHHSA in 2010-11. Since then, through fundraising and donations, totaling over \$25,000, the playground was funded which included a new play structure, picnic tables, and soccer nets.

We send out a HUGE thank you to all our generous donors, sponsors and contributors.

We look forward to another exciting year this fall!

By Carol Matheson



NEW CARLISLE HIGH SCHOOL
New Carlisle



Centennial Celebrations

NCHS Celebrates its 100th day in their 100th year!

How often do you hear teachers telling their students to throw things out of the school windows? Well that was the case at NCHS on our 100th day of school. Our kids have been working on different projects linked to our 100th birthday so it was an opportunity to let loose and either throw or catch one of the 100 balloons that were being tossed out of the windows. Many people from the community were able to attend, take pictures, and share the joy felt by the kids and staff. The wind prevented us from launching the balloons from the school roof as originally planned, however, this small compromise didn't affect the level of fun!

Reprinted from the NCHS website.

New Carlisle High School is celebrating its 100th Year Anniversary! They launched the festivities in February this past winter on the 100th day of school with a school-wide blue and white balloon launch. Fun was had throughout the school year as they ramped up for the summer reunion.

In July, the high school hosted a huge reunion party where all families and friends of NCHS alumni were welcomed. There was a BBQ, a Wine and Cheese event, an Art Show, beach activities and a Saturday night party where each decade was represented with fun-filled themes representing each. Guests also attended a Car Rally the next day and had a great time remembering their high school days of yesteryear!

Kudos to all the organizers for the Centennial Celebration weekend! The efforts were very appreciated by all!

WESTWOOD HIGH SCHOOL St. Lazare

Last year we topped the charts with a record 106 members and we won a QFHSA High School Membership Award! We won a QFHSA Newsletter Award too. 😊 We appreciate the parents' faith in us and hope to have another record year.

Westwood's magazine fundraiser has been gaining momentum over the years and last year was 46% more profitable than the year before. Our campaign kicks off in October.

Even our annual Holiday Craft Fair was bigger and better than ever last year with more crafters and more raffle prizes, thanks to parents and community businesses. It remains the kick-off of the holidays. This year's Holiday Craft Fair is set for Saturday November 23, 2013 in the Westwood Junior gymnasium. We have had many inquiries already and planning is well underway!



Thank you to all our volunteers and coordinators who canvas the community for our immense Raffle Basket tables! We are happy to help the crafters that bring their wares to sell at the fair. And thank you to all those who come out to support our Home and School from near and far. We hope to see you there!

By Arlene Griffin

DORSET ELEMENTARY Beaconsfield

As students enter the front doors of Dorset this year, they will be greeted by two brand new faces.



Our new Principal Mrs. Piffer will bring a hands-on touch to the school. She has been in education for thirty three years and in administration since 2001. She first became interested in education because she realized that not all students learn the same way. She has since spent her career helping kids make the most of the talents that they have. Mrs. Piffer's background is in home economics, food science and nutrition – these kind of applied life skills are things that she would like to see more of at the primary level. She is very excited about joining the Dorset community because she has heard wonderful things. She is most looking forward to advancing her own education by delving into new technologies and is thrilled with the new iPad project. Mrs. Piffer believes that she will learn a great deal from the students here. Those who are worried that they won't be seeing Joey anymore should note that Mrs. Piffer is also a dog lover and may be enticed to bring her Golden Retriever, Maggie, to school. In addition to her hobbies like sewing, refinishing furniture, cycling and gardening ... Mrs. Piffer is very excited that she will soon be called "Grandma". From our short session together, I sense a great warmth and passion from our new principal and Home and School looks forward to working with her.

Mrs. Piffer will be in good company in the front office. She is joined by Tania Alibrando, our new school secretary, who is stepping into the very big shoes left by Mrs. Hope. Ms. Tania (as she would like to be called) is very excited about joining the Dorset community because of all the positive things she has heard about our school. Having spent some time with her this week, I have no doubt she will fit right in. Tania brings a wealth of experience to the job. She has worked with thousands of kids at seven other elementary schools and loves her job because every day is so unique. As she says "you never know what is going to happen". Tania has many skills that will come in handy. She speaks four languages, has a background in cinema and fine arts, she loves to cook and cycle and when she is not at Dorset, she is mother to two girls, ages one and eight. As they say in the movies, I think this will be the beginning of a beautiful relationship.

And of course, we will get the party started on September 18th (rain date on the 19th) at Dorset's annual Welcome Back BBQ. This year it is a beach party/luau theme. Don't forget to make a splash by channelling your summer vibe. Participation in the games gives you a chance to win a Quinn Farm Christmas tree. As always, Airbounce rides will be there as well as plenty of treats for the kids.

On behalf of the Home and School Association, I would like to officially say welcome back to all of you in the Dorset Community. It is going to be a great year.

By Tracey Mckee

"WHERE'S MY SCHOOL?"

Disappointed that your school is not on the Focus on the Locals pages? Please talk to your Home and School members to submit the wonderful things your association is doing for our next issue in December 2013 (deadline November 9, 2013), to news@qfhsa.org

LEONARDO DA VINCI ACADEMY Rivière-des-Prairies

Two years have come and gone so quickly since we first started a Home and School at Leonardo Da Vinci Academy. We certainly have come a long way and this year was phenomenal!! With extraordinary events like Halloween, Christmas Breakfast, Carnival Day and Teacher Appreciation Week; these events could not have been accomplished without the dedication of the H&S members.



This year, one of our main focuses was Anti-Bullying. We initiated this project by giving every student a wristband "LDVA Stands Up To Bullying". Every child had the

opportunity to receive color coded wristbands by "stepping up" through themes of intervention, friendship, empathy and poster drawings. We had two speakers addressing the students, ex-NHL hockey player, Chris Nilan and Mike Neuts, who lost his son to bullying.

We ended the year with our first annual Anti-Bullying Rally. Our vision was to have our voices heard. "LDVA Stands Up To Bullying". Home and School worked diligently in getting the community involved as well. We are so proud of all our sponsors who saw the importance of this cause.

On June 17, 2013, we began our rally with a 45 minute walk through the streets of RDP. Thank you to our police department, Station 45, for keeping our students safe. Upon our return, we went to Park Samuel Morse, next to our school. We had speeches given by the principal, Mr. Mike Talevi, our VP, Ms. Sabrina Petrocco, H&S President

and VP, Isabella Panetta and Luigi Garofalo, Sanimax representative, John Primac and political MP, Marc Tanguay.

Grade 6 student, Vanessa Bordonaro addressed the students on her experience at LDVA and bullying. Grade 4 students performed a dance to the song, "Mean Girls" from Rachel Crowe.



Home and School members also performed on stage to the song, "Don't You Worry Child" while giving a motivational speech. It was accompanied by fireworks, whistles, colored smoke bombs and confetti blasters! The rally was a huge success!!

It was followed by our year end Fun Day. We are sure we made a big difference!



As the new school year begins, we look forward to a successful year, where education and safety for our children are of the utmost importance.

Thank you to our administration, our wonderful teachers and staff, and of course the parents, who always come together for the kids!

LDVA ROCKS!!

By Isabella Panetta

BEACONSFIELD HIGH SCHOOL Beaconsfield

For the past several years the BHS Home and School has organized a "Welcome Back Treat" for the BHS staff. We provide fresh baked muffins, fruit and Tim Horton's coffee for all to enjoy. The staff is always pleased and happy to receive this treat at such a hectic time. We are happy to let them know that we are there to support them in many ways.

We look forward to a new year... *By Anne Macdonald*





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Upcoming QFHSA Events:

Fall Conference

November 9, 2013

Time: 8:00 am - 4:00 pm

Location: Beurling Academy

6100 boulevard Champlain, Verdun, H4H 1A5

Annual General Meeting

Saturday, May 3, 2014

Time: 10:00 am - 5:30 pm

Followed by **Annual Awards Ceremony**

Time: 5:30 pm - 10:00 pm

Location: The Sheraton Airport Hotel

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

SEPTEMBER 2013

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.

