



THE VOICE OF
THE PARENT IN
EDUCATION

QFHSA NEWS

VOLUME 56 ISSUE 3

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Message from the President



Well it seems even more change has occurred in 2018, most notably the decisive victory of the Coalition Avenir Québec (CAQ) in last October's provincial election. I spoke in the last edition about change and now we have a fundamental change in the political scene that heretofore had been unheard of in Québec, which has been ruled by either the PQ or the Liberals over the last 50 years. In addition, a new party in Quebec Solidaire (QS) has emerged and risen to a level equal with the PQ. Needless to say, "we're not in Kansas anymore Toto".

The question is, should the English-speaking Community (ESC) be worried by these new developments? Yes and No. Thus far, the CAQ has kept the Secretariat in place and named Christopher Skeete as the Parliamentary

Secretary responsible for the dossier. All indications at present are positive. I have met Mr. Skeete on three occasions now at various functions and each time he spoke in English. He also stated he is very much in favour of the QFHSA approach since we focus on parent involvement and engagement.

However, the elephant in the room remains, what are their plans for the future of school boards? At present we have had little news other than a reiteration of their platform, which calls for the elimination of all school boards. The CAQ apparently still intends to do so, but our community presents a barrier hindering somewhat their ability to do that to English school boards. Under Article 23 of the Canadian Charter of Rights and Freedoms, we are guaranteed the control and management of English Language Education in our province.

That being said, the government has stated they would be willing to perhaps invoke the notwithstanding clause to override our constitutional guarantee. That might not be so easy because it is believed that the notwithstanding clause cannot be applied to Section 23. Michael Bergman, a constitutional lawyer, prepared a brief in 2010 for the Quebec English School Board Association, in which he cited the following reference

Canadian Constitutional law expert Peter Hogg explains:

[The] override power extends to s.2 (expression), ss.7 to 14 (legal rights) and s.15 (equality). It does not extend to ss.3-5 (democratic rights), s.6 (mobility), ss.16-23 (language rights) or s.28 (sexual equality). With respect to these provisions, no override is possible.

Robert Kott clarifies Hogg's statements by articulating that Section 33

"provides only for the override of sections 2 and 7 to 15. Thus, while fundamental freedoms, legal and equality rights can be overridden, democratic rights, mobility rights and language rights are preserved!"

As stated in A.G. (Que) v. Quebec Protestant School Boards in 1984, "the exception clause contained in s.33 of the Charter does not cover s.23, it is only following the procedure laid down for amending the Constitution that it is possible to validly redefine the classes of persons protected by s.23. An ordinary statute will not suffice." Sections 33 and 23 of the Charter are thus incompatible.

Thus, we are at what can best be described at a stalemate of sorts. However, nothing in life is guaranteed and everything changes over time. Stay tuned for the next round to come. It's going to be a bumpy ride.

Linton Garner
President QFHSA



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Executive Director's Message



QFHSA's 75th anniversary is just around the corner and plans are underway.

In honour of this auspicious event, and with special funding from the Secretariat Responsible for Relations with English-speaking Quebecers, QFHSA intends to shed light on the valuable contributions of our Home and School Associations over the years, by creating some special resources for our members.

We will be sifting through past articles in the QFHSA NEWS (1944-2019) to collect articles that have been submitted by you, the member Home and School Associations, over the years. Some associations have shone brightly for only a year or two, and other, have nurtured their flame for fifty years or more. Each association has had its story to tell and its parent volunteers hold a place in QFHSA history. Once the individual association files have been enhanced, an interactive map will be developed, pinpointing the locations of the 370+ associations, past and present, with information on their first leadership teams. Links will be added with more information

and photos. The map will be accessible on the QFHSA website for all interested in exploring our past. Once complete, a glance will show just how prevalent Home and Schools have been across the province of Quebec. It will show how the Home and School movement, starting in Montreal, spread across the province and where it is active today.

In addition to the interactive map, a series of information banners for a travelling exhibition will be created. This series of banners, in French and English, will touch on the main areas of activity of the QFHSA: Rights, Education, Citizenship, Health and Welfare, Safety and Transportation, Literacy projects, Membership, and Award Recipients. These banners will be displayed at Fall Conference 2019 and will be available for loan to our member associations for promotional purposes. A presentation will be developed to complement the display and a series of appearances will be scheduled at various community events, such as the Quebec Anglophone Heritage Network AGM in June 2019.

Along with a special Fall Conference that year, QFHSA will be planning an Anniversary Celebration Banquet in November 2019 and will invite its members and special guests to come to help recognize and celebrate the power of parents determined to accomplish something that will benefit the children in their school.

The Québec Federation of Home and School Association has been and continues to be, a valuable institution of the English-speaking Community and we welcome all to come join us and celebrate.



Membership services

- **Thank you** to all the Home and School executives and membership chairs who sent in documents on time. All Home and Schools will receive notices of missing paperwork by email before the holiday shutdown in December. Please send in the appropriate forms with your payments.
- **Regional councils:** January and February are great months to hold a regional council. Please contact Marlyn if you would like to host a meeting for Home and Schools in your area.
- **QFHSA News:** Please ensure that correspondence from the QFHSA is added to your Home and School agenda every month.
- **QFHSA Major Awards:** Think about nominating an educator or program for one of the QFHSA's major awards. Details on the awards can be found at www.qfhsa.org.

Welcome!

Welcome to new Home and Schools

- *Pierre Elliott Trudeau Elementary School*
- *St. Michael's High School*
both in the Western Québec School Board.



January 27, 2019:

Family Literacy Day's 20th anniversary

Have your Home and School plan a literacy event at your school. For information on the QFHSA's *Born to Read Program* please call the QFHSA office.

February 10 to 16, 2019:

Staff Appreciation

Canadian Home and School Federation

May 4th, 2019:

QFHSA AGM

Any member of your local association can represent the Home and School at this event. Please mark this date on the Home and School calendar.



CAQ Government's Retaining of the English Secretariat

A Commentary by Brian Rock



The announcements by Premier François Legault during the swearing-in ceremonies of the inaugural Coalition Avenir Québec cabinet were good news for Anglophones and Allophones.

The appointment of Christopher Skeete, the newly-elected CAQ Member of the National Assembly of Québec for Sainte-Rose in Laval, as the Parliamentary Assistant to the Premier, and Mr. Skeete's responsibility for the Secretariat for Relations with English-Speaking Quebecers, is also good news.

We probably need to thank le Parti Québécois and Jean-François Lisée, former MNA for Rosemont from 2012 until 2018, who as Minister of International Relations, the Francophonie, and External Commerce in the cabinet of Pauline Marois from 2012 until 2014, was also responsible for relations with the English-speaking community.

This was the forerunner as Kathleen Weil, Liberal MNA for Notre-Dame-de-Grâce, was Minister responsible for Access to Information and the Reform of Democratic Institutions, as well as Minister responsible for Relations with English-Speaking Quebecers from October 11, 2017 to October 18, 2018 in the cabinet of Philippe Couillard.

One could argue that the CAQ announcement is the strongest positioning for Anglophones and Allophones as the dossier of Relations with English-Speaking Quebecers has become the ministerial portfolio of the Premier and his Parliamentary Assistant reports directly to him.

What is also crucial is the retention of William "Bill" Floch as Assistant Secretary of the English Secretariat. Bill is well known for his decades as an effective administrator with the Government of Canada and with various community organizations within the province. Bill is very approachable and is a magician in getting things planned, organized, and accomplished.

Brian Rock, QFHSA Immediate Past President, Chair QFHSA Rights and Resolutions Committee.

Executive Training Workshop

Workshop Speakers: Marlyn Brownrigg, Leah Trineer, Barbara Schinder

Submitted by: Marlyn Brownrigg, QFHSA Membership Services

Eight (8) executives attended the executive training workshop at the Fall conference. The workshop was facilitated by Marlyn Brownrigg, QFHSA Membership Services Coordinator; Leah Trineer, QFHSA Treasurer; and Barbara Schnider, former QFHSA board member.

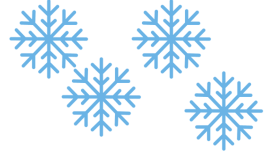
The roles and responsibilities of each executive position were summarized and tips given to have Home and School function smoothly and foster cohesive relationships with the school administration, governing board and staff.

As usual, we ran out of time but some of the discussion was continued during the regional councils at the end of the day.



1000 Books Before Kindergarten Project 2018/2019

By: Darlene Brown, Executive Director, The Learning Exchange



Overview

[The Learning Exchange](#) (TLE), in partnership with the [1,000 Books Foundation](#) and in collaboration with key partners within the community, is bringing [TLE's 1000 Books Before Kindergarten challenge to Quebec](#). *The 1000 Books Foundation helps facilitate the implementation of the 1000 Books Before Kindergarten reading challenge throughout the USA and in Canada. The 1000 Books Foundation is also a founding sponsor of #TheBigRead and the 1000 Books Before Kindergarten Alumni Ambassador program.*

Hundreds of libraries and community organizations across the United States and Canada have successfully started 1000 Books Before Kindergarten programs. This **free** program supports and encourages parents and caregivers to read 1,000 books with their child before he or she starts kindergarten! TLE's project will target English-speaking families and parents/caregivers to support the development of language and literacy skills of families to help their young children develop language skills and learn the early literacy skills needed for success in school.

Specifically, TLE will:

- Create a pro-literacy culture in the community to help prevent low literacy levels
- Support families in building expertise in language development, reading and writing to help their young children learn the early literacy skills needed for success in school
- Increase awareness and education opportunities about early literacy to community
- Help provide quality [family literacy resources](#) to parents and caregivers

Developing Pre-Reading Skills

Studies have shown that children who enter kindergarten with essential pre-reading skills have an advantage. They start school ready to read and have greater success throughout their school years. Children who enter kindergarten performing below their peers can suffer the effects of falling behind, which can be devastating to a child. Reading regularly with young children supports brain development and strengthens parent-child relationships. Reading aloud with children is the single most important activity to prepare children to learn to read because they will build awareness of phonemes, language, literacy and social skills. Reading together provides an opportunity for bonding and creating lifelong memories. By reading together parents and caregivers are teaching their children "how a book works", growing their vocabulary and instilling a love of reading. It benefits the family as a whole because it involves them in their children's early education and develops literacy within the family unit.

*The concept of the **1000 Books Before Kindergarten** is to encourage, motivate, challenge and support families and children to read 1000 books before a child enters kindergarten. Reading regularly will expose children to a large variety of text which in turn, exposes them to a wide range of vocabulary and stories. The program is self-paced and can take anywhere from a few months to a few years depending on how often you read together. Parents can read anything their child enjoys! This approach empowers families as first educators, builds strengths and offers fun and creative family literacy moments.*

Source: [1000 Books Foundation](#), 2018

Instructions



Dear Parents/Caregivers,

On behalf of the [1,000 Books Foundation](#) and [The Learning Exchange](#), we invite you to participate in this **free** program which supports and encourages you to read 1,000 books with your child before he or she starts kindergarten! Make the pledge and start the challenge!

PROGRAM OVERVIEW

The concept is simple; the rewards are priceless! Read a book (any book) to your newborn, infant, and/or toddler. The goal is to have read 1,000 books (yes you can repeat books) before your little one starts kindergarten. Does it sound hard? Not really if you think about it. If you read just 1 book a night, you will have read about 365 books in a year. That is 730 books in two years and 1,095 books in three years. If you consider that most children start kindergarten at around 5 years of age, you have more time than you think! The key is perseverance. Make it exciting.

HOW TO PARTICIPATE

1. **Make the pledge today and take the challenge!** Register with [The Learning Exchange](#) online at

www.TLEliteracy.com or start the program on your own. Just start! 2. **Read with your child.** Studies have shown that reading with your child provides a great opportunity for

bonding. Reading together is fun and will create life-long memories for the both of you. 3. **Keep track of the titles** of the books that you or others have read with your child. Keep a **record** of what you are reading in the 1000 Books Before Kindergarten app, a notebook, on our convenient [reading log sheets](#), online, or by whatever method you want. You can track any book that is being read to your child by others and every time a book is read (no matter how many times) can count towards the total and the record itself will make a fun keepsake! 4. **Celebrate reading milestones!** When your children reach a milestone, give him/her a small reward such as stickers, a big hug, a book or take a picture with a [1000 Books milestone certificate](#) available on TLE's website (e.g. I READ 200 Books!).

FREQUENTLY-ASKED-QUESTIONS

Who can participate in this program? Any child from birth until he or she enters kindergarten can participate in the 1,000 Books Before Kindergarten program.

How long will the program take? The program will take anywhere from a few months to a few years. The program is self-paced and will depend on how often you read together.

Are there any resources to help me? Yes! TLE has found links to [great resources](#) to make it even more fun to read as a family!

adapted from [1000BooksFoundation](#)



The Great Backyard Bird Count

Launched in 1998 by the Cornell Lab of Ornithology and National Audubon Society, the Great Backyard Bird Count was the first online citizen-science project to collect data on wild birds and to display results in near real-time.

Now, more than 160,000 people of all ages and walks of life worldwide join the four-day count each February to create an annual snapshot of the distribution and abundance of birds.

We invite you to participate! For at least 15 minutes on one or more days of the count, **February 15-18, 2019**, simply tally the numbers and kinds of birds you see. You can count from any location, anywhere in the world, for as long as you wish!

If you're new to the count, or have not participated since before the 2013 merger with eBird, you must [create a free online account](#) to enter your checklists. If you already have an account, just use the same login name and password. If you have already participated in another Cornell Lab citizen-science project, you can use your existing login information, too.

[Click here for more info on how to get started.](#)

In 2018, Great Backyard Bird Count participants in more than 100 countries counted more than 6,400 species of birds on more than 180,000 checklists!

During the count, you can explore what others are seeing in your area or around the world. Share your bird photos by entering the photo contest, or enjoy images pouring in from across

the globe. You can even add photos and sounds to your checklist. [Read more.](#)

Your help is needed every year to make the GBBC successful!

Then [keep counting throughout the year with eBird](#), which uses the same system as the Great Backyard Bird Count to collect, store, and display data any time, all the time.

Every bird counts!



Common Redpoll by Kathleen Payne, N. 2018 GBBC.



Keynote Speaker: Marie Wahba



Are School Libraries Obsolete?

Submitted by Rosemary Murphy

This was the question Marie Wahba, keynote speaker at the QFHSA 2019 Fall Conference, posed to her audience on Saturday, November 3rd. Ms. Wahba, Director of Education Services at Lester B Pearson School Board, answered this with a consideration of the historical purpose of libraries. “Traditionally, libraries were a place to store and classify collections of books, manuscripts, journals and other sources of recorded information”. They were a place where one usually worked neatly, quietly and alone.

Today, the school library is becoming a **Library Learning Commons (LLC)**. “A LLC is a common or shared space that is both physical and virtual. It is designed to move students beyond mere research, practice and group work to a greater level of engagement through exploration, experimentation and collaboration. A LLC allows users to create their own environments to improve learning. A LLC is about changing school culture and transforming the way teaching and learning occur”. (Loertscher, Koechlin and Rosenfield, 2012.1)

Ms. Wahba explained that Learning Commons focus on creativity, innovation and opportunity by removing outdated books and materials, including furniture and technology. School libraries have be-

come more colourful with different styles of comfortable seating and working areas adapted to group sizes and individual preference. It’s now a “whole school” approach to learning in a friendlier and clutter-free work space.

So, are school libraries obsolete? Ms. Wahba says “No, they just have a new role to play in our schools. It’s a more vibrant role that promotes wider reading and motivates readers and learners for life.” The library will provide a place for collaborative learning and for developing in students independent research and information literacy skills. They will still be places to read books, but now will be also so much more.



Christopher Grady is the creator of Lunarbaboon, a webcomic designed for humans. In his spare time he is a family man and an elementary school teacher in Toronto.



Hear-Entendre

CHIP (Communicaid for Hearing Impaired Persons) is a nonprofit organization serving the English-speaking hard-of-hearing community in Montreal for 40 years. New to CHIP's programs and services this year is a prevention program about noise induced hearing loss (NIHL) called HEAR-ENTENDRE. The World Health Organization reports that 1.1 billion children and young adults are at risk of NIHL. This is why it is imperative for CHIP to reach out to the community to better inform the public of this serious issue.

In the summer of 2018, CHIP provided children's summer camps with fun and interactive workshops to teach those between the ages of 9 and 12 about the causes, consequences, and prevention of NIHL. When starting this program we did not want the children to leave feeling that they needed to avoid all



places with louds sounds because, as we know, those places can be the most fun! We took a harm-reduction approach, which means that we do *not teach kids to avoid every environment where noise might be harmful to their hearing, but to approach these environments in safe ways. Just like we wear helmets for biking and sunscreen to protect our skin, HEAR-ENTENDRE teaches kids ways to prevent NIHL when there are loud noises around them. Wearing ear plugs or earmuffs, spending less time around loud sources of sound, walking away*

from loud noise, and turning down the volume are all effective ways to maintain healthy hearing!

With its engaging activities, the HEAR-ENTENDRE summer camp program had great success keeping children active and entertained while they learned about NIHL. This pilot project reached almost 500 children in just 8 weeks! The reception from parents, educators, and camps so far has been extremely encouraging and they are very appreciative that such a program exists. For this reason, we are very eager to offer the program in schools and beyond!



HEAR ENTENDRE

What Can You Do?



Turn Down the Volume



Walk Away from Loud Sounds



Less Time on Personal Devices



Protect Your Ears with Earplugs



Communicated For Hearing Impaired Persons (CHIP)
Communiqué pour adultes avec problèmes auditifs (CAPA)

7000 Sherbrooke West
Tel: 514-488-5552 (local 4500) | Cell: 514-727-2447
chip@hearhear.org | www.hearhear.org



This is a play based program that will continue to be used in recreational settings like after-school programs. For those in an educational setting we also have a presentation that is more suitable for classrooms. We are happy to announce that we have partnered with The Hearing Foundation of Canada's hugely successful Sound Sense program. This partnership will allow HEAR-ENTENDRE to educate children between the ages of 8 and 12 about NIHL and how to prevent it. Sound Sense has been active in other provinces for over 15 years. This exciting partnership allows CHIP's HEAR-ENTENDRE program to continue to flourish and be adaptable for different settings.

We are currently booking presentations for the new year. If you are interested in having HEAR-ENTENDRE come to your school or organization, or if you have any questions, please contact us using the information below.

Email: info@hearhear.org

Phone: 514.488.5552 ext 4500

Website: WWW.HEARHEAR.ORG

Address: 7000 Sherbrooke West Montreal, Qc. H4B 1R3

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The 8 Cs of Parenting

**Workshop presenters:
Delia Noel and Susan Layne,
AMCAL**

Submitted by Carol Meindl

Parents are waiting longer before asking for help. That was an observation made by Delia Noel and Susan Layne of AMCAL during their presentation of **The 8 Cs of Parenting** workshop. Parents recognize the early warnings of difficulties but don't necessarily know how to "nip them in the bud." Delia and Susan offered 8 common factors practiced that can lead to effective parenting.

Caring/Nurturing

Setting age appropriate boundaries and helping your children learn how to do things themselves by not over indulging. You cannot pour water out of an empty cup or to paraphrase Dory, "You can't never let anything happen to them. Then nothing would ever happen to them."

Communication

A parent needs to be clear about the *what, when, how and who* of any situation or task. Establish ahead of time what are the negotiables and what are the non-negotiables and be consistent. Both parents must be on the same page to present a unified front and be clear about the expectations. Be present with your kids...whenever they want to talk to you, give them your full attention.

Community

It takes a village to raise a child. Draw on the help of others: teachers, principal, neighbours, kids' friends' parents. Each can play a role...you don't have to be in this alone.

Commitment

Follow through on your decisions and be consistent so that your children know what to expect. Instead of making rash decisions, take time to consider. After a request from your child, indicate that you will "think about it" and then come back with a rational decision, based on serious consideration, not just a knee jerk reaction to "Bambi eyes", tears or tantrums.

Consequences and Consistency

Once a request has been made, and the conditions agreed upon, be consistent. If there are consequences for not living up to their end of the bargain, make them age appropriate and stick to them.

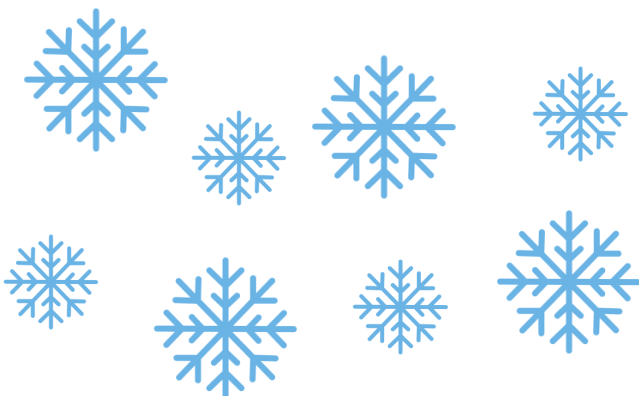
Chores

Never underestimate the value that comes from doing chores. Kids need a sense of "we are all in this together and we all pull our weight" This is the best way to nip a sense of "entitlement" developing in our children.

Challenges

No one said parenting was going to be easy. No one said being an adolescent or teenager was going to be easy either. The ultimate goal should not be simple "harmony in the home" but to raise compassionate and productive future citizens. Promises, consequences, consistency and commitment remain essential for every member of the family to follow.

AMCAL does family therapy that involves the whole family, not just the parents. If you need help with your family, don't wait too long to seek help. Contact AMCAL and develop the tools you need now to help your children navigate into adulthood later. <http://www.amcal.ca>



Understanding Your Teens and Social Media

Workshop Speaker: Glenn Kratz

Here are some points covered by Glenn during his presentation.

Why are we here today?

- we want to understand popular social media application; comprehend social media

Why we care?

- safety; we buy things to protect our children
- it can be a black hole – computer and social media
- packaged info/rapid messaging – lack of depth, Junk food
- lack of creativity; concentration, depth

Welcome to the next generation: Generation 2 and Generation Alpha

- most entrepreneurial
- self entitled
- most extensively self posted
 - 91% of teenagers post selfies
 - today linked to mental health
 - selfie deaths
 - can increase positive mood and greater self-confidence, when they get “likes”

From the Pew Institute

- 94% use social media on mobile devices
- 71 % use more than one social media platform
- more girls than boys use social media
- more people are using social media to find relation-

Submitted by: Debi Brown, QFHSA

Teens playing with Instagram, Snapchat, Twitter, YouTube, Tumblr

- Facebook – end of an era;** preferred by parents not teens
- old memories
 - family followers
 - lack of Privacy Settings

The APPS – Instagram, Snapchat

- Instagram – photos, videos
- Snapchat - “stories” shared and last only 24 hours, but can be saved.
- most entries “disappear” as soon as viewed

There is no such thing as **ANONYMITY** online

- Instagram –** turn on/off location settings
- teach kids to post what is authentic not what they want to be
 - usually looking for approval
 - lack of empathy

- Snapchat –** free video and photo sharing
- snap streaks – how many consecutive days students share a snap
 - easiest to use
 - once logged on, ACCEPT total responsibility of action
 - future – cyberbullying, sexting, sextortion (blackmail)

Instant gratification – it’s all about the likes

DITCH THE LABEL – research on ages 12 -25
www.ditchthelabel.org/social-media-addiction

www.ditchthelabel.org/living-insta-lie

Common Sense Media

- barometer for popularity
- teens do not have a filter

Healthy Socialization

- practice what you preach
- set common sense limits
- don’t make it a punishment
- make meals a “no phone zone” for the whole family
- make sleep a priority
- charge the phone outside the bedroom

Connected – has some positive aspects

- use tech effectively
- talk and agree
- online trail, digital footprint

Ask questions - who they follow

- what they are posting
- what comes upon their feed
- why do you want to share

Inquire - be positive

- read terms of use together
- check privacy settings
- delete location info
- nothing is temporary
- report harassment

Resources

- Canadian Centre for Child Protection



1944-2019

1956



1970



A HISTORY OF ACHIEVEMENT

Home and School: a social movement

The first Home and School Association was formed in 1919 in Ste-Anne-de-Bellevue, Quebec at Macdonald High school. The first Federation of 45 Home and School associations was formed in 1944. Quebec parents have been involved in education ever since

1999



**Anniversary
Celebration
2019**

**75 years of parental
involvement in
education in
Quebec**

**A History of
Achievement**

QFHSA

360+

**Home and School
Associations:
Past and Present**

**QUEBEC FEDERATION OF
HOME AND SCHOOL
ASSOCIATIONS**

Montreal

1944-2019

www.qfhsa.org

Next School Update

Workshop Speaker: Michael Canuel
Submitted by: Sandra Gesualdi
St, John Fisher Home and School

Allowing schools to be 'future-ready' by changing the organizational framework of systems where interconnectedness and interdependence are integral components...the NEXTschool.

Dr. Canuel gave an update as to where this initiative stands within our schools. To date, there are eight schools (within three school boards) participating in this new educational framework. The teachers and principals of the participating schools have voluntarily chosen to make this change. Transition to the NEXTschool takes place over three years: Explore School (year one), Lead School (year two) and NEXTschool (year three). What does a high school look like, that engages its students and prepares them for the world ahead? The answer to this question is encompassed in this organizational framework.

The essential components of the NEXTschool:

- Learner-centered. Information is not relayed teacher to student. Rather, learning is induced and information is brought out of the student all the while being supported by the teacher. This assures responsibility by all, at-all-times. Students, teachers and principals all have a voice.
- Collaboration is encouraged; the social nature of learning is respected. The integration of learning within society, where the place of the learner is an essential element of community is a holistic and humanistic design to learning. Testing is no longer the assessment for learning. This approach encourages teachers and students to be Design Thinkers (problem solving, critical thinkers).

- Organization adapts and evolves continuously. The school must reflect the interests, needs and values of the community in order to be successful.
- The classroom is reconfigured to reflect student-centered learning (no longer rows of desks facing the front of the classroom). Fluid spaces are conducive to collaborative learning as well as working individually.
- Rescheduling of the time and organization of subjects. Interconnecting subjects: for example, learning math, science and writing all while doing an experiment as opposed to going to math, science and English language classes separately, taking into consideration the time of day and frequency of subjects taught.

We consider the evolution of many elements in our daily life, and yet, the educational format has remained stagnant for over a hundred years. This new approach will be preparing our students for the future - encouraging them to be critical thinkers all the while respecting the interests, needs and values of the school community.



It's Time to Move Your H&S's Fundraising Online



You've probably heard that some other QFHSA schools have moved their fundraising activities online and have thought that it sounds like a good idea, but are unsure as to how to start. Your fundraisers have been paper-based

since they began, it works and everyone understands the processes. You know it's labour-intensive and error-prone, but changing to an online system can seem overwhelming for fundraising co-ordinators and you're unsure how your parent community will accept the changes.

Since 2012, Sagoto Solutions has guided many H&S's through the transition from paper-based fundraising to online. Your H&S volunteers do not need to be tech-savvy. Sagoto will work with you, starting with your current forms in their present format. Online forms are developed that will collect the same information. You will be able to preview each form online and suggest changes. A form will go online for your parents only when it has been approved by you.

Managing the data becomes a breeze. All the information collected on the forms is automatically entered into a spreadsheet that you can download at any time. You can sort the spreadsheet however you want: by classroom, by pizza type, etc... You and the parents receive email receipts containing the details from the form and confirming the transaction.

Your parent community will be thrilled. For many families, the only time they write cheques is for participating in school programs. Worried about families who don't use credit cards? Families who

don't use credit cards normally use debit cards and Sagoto's forms take either credit or debit cards. In addition, families that do use credit cards are likely collecting at least 1% back in credit card loyalty programs.

It costs nothing to start. Most forms have no set-up costs. Fees are per transaction and are normally absorbed by your H&S, in the price you set. Transaction fees are \$1 + 2.9% the value of the transaction. Each transaction can be for multiple children in the same family.

Sagoto has created forms for pizza and subway lunches, milk, frozen yogurt, yearbooks, donations, school supplies, parent social event tickets, school clothing, spring fair/BBQ tickets and wristbands, QFHSA memberships, hockey night fundraisers, extra-curricular program registration, PED day activities and silent on-line auctions.

Sagoto Solutions was started by Lisa Weinberger in Ottawa, a software professional and mother of four. Observing the inefficiencies of school fundraising when compared to government and commercial processes, she sought to change things. Sagoto Solutions now has many clients in the greater Toronto, Ottawa and Montreal areas including QFHSA's Willingdon Elementary Home & School, Mount Pleasant Elementary Home & School and St. Patrick Elementary Home & School.

Sagoto Solution IT professionals bring over 35 years of IT experience of providing technical solutions and business analysis to government, industry and non-profit community organizations. For more information, contact Sagoto Solutions by email at info@sagoto.com, check out their website at www.sagoto.com or call 613-552-6669.

Helping Your Child with Stress, Anxiety and Emotions

Workshop Speaker: Dr. Catherine Zygmuntowicz

Submitted by Nancy Greig, Dorval Elementary Home and School



Dr. Zygmuntowicz is a pediatric psychologist at the Montreal Children's Hospital and at the SAGE Psychology clinic in the Pointe Claire Village.

Dr. Zygmuntowicz was very interesting, open and approachable. As the audience was made up of parents, her messages really resonated with us.

She outlined some of the sources of stress for kids (and parents). Many of them we kind of know already, but having someone state them out loud really hits home. Some examples:

We have high expectations on ourselves as parents causing us to be more stretched and stressed than before, we then pass those high expectations (and often tension) onto our kids.

Our kids' school day is often longer than our own work day – they have daycare before school, school itself, and daycare after school – and they are 'on' that whole time. Then add activities on evenings and weekends, and they really don't get much downtime.

Anxiety is now the most common mental condition in kids. What can we as parents do about it? Sleep is the most important factor – for our kids and for us.

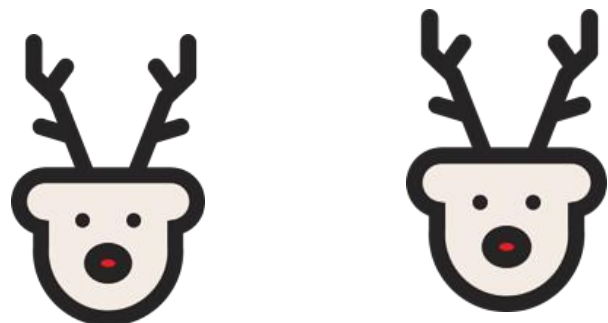
We need to help our kids replace their automatic

negative thoughts (ANT's) with positive thoughts. To do this, our kids need to know what their strengths are, what they're good at and that they are good at something. This helps them build confidence, self esteem and self love. Being grateful fills the mind up with positive experiences. Creating and giving happiness is the best way to be happy yourself.

Her best tip – if you only do one thing, do this: Twice a week – per kid per parent – spend 15 minutes doing whatever your kid wants, following their rules (no screens, and within safety and legal reason!).

And remember, parenting is like the oxygen mask on planes – you have to take care of yourself first to be able to take care of your children.

Thank you Dr. Zygmuntowicz for sharing these much appreciated insights and time with us.



Maximize Social Media to get Your Message Out

Workshop Speaker: Johanna Tzountzouris
Submitted by Mike Nalecz



The usage of FREE social media offers vast potential in reaching your school community. All it takes is a little time and effort to feed it. A workshop held at the 2018 QFHSA Fall Conference provided insightful guidelines to harness the power of social media. Johanna Tzountzouris from the Centre for Community Organizations (COCO), a seasoned communicator, gave an appreciated overview on three popular social media platforms; Facebook, Instagram and Twitter. Local Home and School associations can benefit from being present on social media. Below are some elements to consider to help you.

Outline clear goals/ objectives

Set clear goals. They should be simple with a maximum of three. This will help you focus on story telling to reach out to your audience.

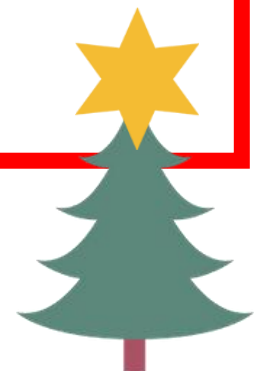
Know your audience

Having clear goals and knowing the audience you are targeting will facilitate crafting of the messages and sharing the workload in content creation. So, imagine its like having a conversation: the tone and context matter. Talking to your audience with targeted appropriate content will bring best results.

Choose the right platform

The ability to reach out to community, target audiences and measure results inexpensively have made social medias so popular. The story telling and the ability to provide feedback and conversation distinguish social media to traditional marketing strategies including emails.

Choosing the right media depends on your audience and your messaging goals.



Which platform works for you?



Facebook is by far the most popular media with over 65% of Quebecers using it. Ease of use and familiarity make it the go to solution for most organizations. It is recommended to have one administrator and set up a “Page”. Easy to set up private “Group” pages to help in communicate on special projects. It is also possible to create “event” pages to help publicize your special events. To expand your following, such as advertising a fund-raising event, you can purchase



Instagram a fast-growing image sharing platform is a good way to send out positive messages. The usage of hashtags/ key words helps with targeting and growing the conversation. It is said that 90% of Instagram users are under 30. It is a great way to communicate and keep your community engaged and allows quick access to see the number of people are accessing your posts.



Twitter format of constant feed requires engagement to post news worthy items. It is not uncommon to find posts repeated at different times of the day to capture attention. Luckily there are scheduling apps such as Buffer and Hootsuite that can help. Traditionally a text-based content with limited amount of characters now permits 280 characters of text along with images and video. Favoured for news, media and political voice.

Platform	Age	Strengths	Frequency / work-load	Notes
Facebook	>40	Most used social network for all ages	1-2x a day 1-5 hrs/week	Currently largest adoption with possibility to expand reach using paid advertising for little \$
Instagram	millennials	Image sharing platform that is rapidly growing	1x a day 2-5 hrs/week	Favouring images and relying on key words.
Twitter	20-40	Good for news and real time information	3x a day time consuming but can be automated	Most time sensitive media with key word hashtags

Centre for Community Organizations (COCO) is a provincial, non-profit organization working to help non-profits in their organizational development, leadership training and communications needs.
<https://coco-net.org/>

The **CoClicCo** - a practical guide on social media for your community organization can be found here
<https://coco-net.org/wp-content/uploads/2017/05/English-Social-Media-Guide-.pdf>

Focus on



The locals

Edgewater Elementary

On Friday October 26th Edgewater Home & School hosted our annual and very popular “Halloween Hulabaloo Dance”. Once again, our gymnasium was packed with cleverly disguised Edgewater families dancing to the music and DJ stylings of F. O. L Entertainment. Our bake table was overflowing with delicious Halloween themed treats and busy with customers throughout the duration of the dance. A huge thank you to all our fabulous volunteers who assisted generously with organizing, decorating, baking and clean up.

Without them, the successful realization of this event would not have been possible. We are lucky to always have a strong team of regular volunteers and advocates in our corner. Our next big event will take place on Saturday November 24th from 10:00am to 3:00pm, our beloved Christmas Craft Fair! An Edgewater tradition! Everyone is welcome to pass by to check out our many artisans & vendors, grab a treat from our Holiday Bake table, try your luck at our “mystery bottle” game or just pop in to say “Hello”!



St. Charles Elementary

"Together We Can Achieve"

Upon arriving for the new school year, the students of St. Charles were pleasantly surprised to see their newly painted school yard! Thanks in part to the St. Charles Home and School (H & S) fundraising efforts.

On September 21st St. Charles H & S hosted the annual Welcome Back BBQ and Big Bang fundraising event, attended by close to 500 people. It was a great opportunity for families to meet our new teachers, as well as catch up with our veteran teaching staff. Although the weather was challenging with rain and wind in the later hours of the event, everyone still enjoyed sausages and hot dogs, balloon sculpting, tattooing, face painting and the ever popular visit with the police officer. As well, a special guest, our Pierrefonds mayor Jim Beis and his daughter dropped in to visit. The Big Bang fundraiser was a success with 150 sponsored gift certificates, gift bags or prizes available for purchase. Exact prizes were revealed once their chosen balloon (aka The Big Bang) was popped. Thank you to all of our generous sponsors who made this fundraiser such a success.

The Grad class had their annual Halloween Party held on October 26th. The student's costumes were creative and fun. The volunteer parents of the Grad committee got into the spirit and looked fabulous in their costumes. A Spooktacular fun time was had by all!!

A huge THANK YOU goes out to those who have organized and volunteered for these events. St. Charles is fortunate to have such dedicated volunteers.

In the month of December, students can look forward to H & S planned events such as Movie Night and Breakfast with Santa. Happy Holidays!!



News From Onslow Elementary—November 2018



The school year started with some excited students, staff and community when our new playground was finally installed in the back yard. The kids are very happy with this new addition.



We held our 10th annual Christmas Craft Show in November and was once again very successful. We had over 40 local vendors and artisans, a canteen with homemade chili and soups, a student bake sale table and even a visit from Santa himself.

Onslow Elementary School held their 10th annual Christmas Craft Show on Saturday, raising money for school trips and needed classroom items. Back row, from left: Julia Bernier, Stacy Johnston, Maci Park, Molly Dowe, Santa Claus, Cyprus Katchikian, Kenzie Smith and Lillie Taylor. Front row, from left: Cameron Bernier, Kaylee Hamilton and Jessica Hamilton.

Looking forward, the Onslow H&S will be hosting their ever famous Christmas Dinner in December to the staff and students as a thank you for their support.

We wish everyone a safe and healthy Christmas and New Year.

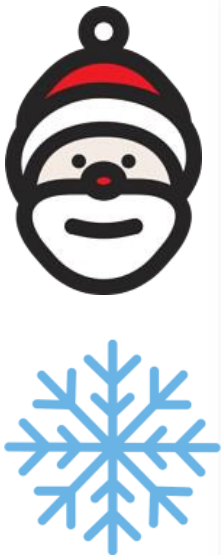
TD Canadian Children's Book Week May 4th to 11th, 2019

By: Shela Desomeaux

Over the last few years Pierre Elliott Trudeau Elementary in Vaudreuil-Dorion, has participated in TD Canadian Children's Book week. Our librarian would go through the application process posted on the website www.bookweek.ca and choose authors to come read to the students. Once applications were filled out and approved, the librarian would bring a request to our Home and School meeting to cover the costs of these wonderful activities.

When the authors themselves come and read their stories to the kids, they bring the story to life.

The students are more engaged in the story, students can interact with the author and ask questions. Some bring props, some share the story on smart boards.



Jennifer Mook-Sang shared her story *Speechless* with the grade three and four students at Pierre Elliott Trudeau Elementary in Vaudreuil-Dorion during the May 2018 Children's Book Tour.

"If you are interested in hosting an author, illustrator or storyteller during Book Week, please fill in the [online application form](#) and the Book Week Coordinator in your province or territory will contact you if they are able to provide you with a reading." Deadline for applications is January 15th, 2019.

"TD Canadian Children's Book Week brings the magic of books and reading to children across Canada!" Ask you librarian or school administrator to look program over and hopefully bring a storyteller to your school.



WHERE IS MY SCHOOL?

Disappointed that your school is not in the Focus on the Locals section? Please talk to your Home and School members and submit the

wonderful things your association is doing to news@qfhsa.org for our next issue in June 2018.



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