



THE VOICE OF
THE PARENT
IN EDUCATION

QFHSA NEWS

VOLUME 50 ISSUE 5

DECEMBER 2012

DIGITAL AWARENESS at the Fall Conference and Beyond

On the morning of October 27, 2012 at Honoré Mercier School in St. Leonard, the Quebec Federation of Home and School Associations (QFHSA) President, Liette Chamberland, launched the Fall Conference by bringing greetings to all attendees and introducing guest speakers, each with their own special message for the audience.

Frank Verrillo, English Montreal School Board (EMSB) Commissioner from District 17 in St. Leonard as well as Vice President of the Quebec English School Board Association (QESBA), praised the Honoré Mercier Home and School, which was formed 17 years earlier, for how quickly it became an intricate part of the school.

Leo La France, Assistant Deputy Minister, Services to the English-speaking community and Aboriginal Affairs, greeted the crowd as well. He congratulated the Anglophone communities for their participation in their local schools through organizations like Home and School Associations. Some of the upcoming government priorities are to give principals more opportunities to adopt policies at local schools, to push for holding school board elections in the near future and to ensure that teachers have more support in the classroom.

Donna Manos, Principal of Honoré Mercier School, underlined the essential role that a Home and School plays in schools such as being committed to the safety and well-being of students.

Kate Le Maistre, Chairman of the Advisory Board on English Education (ABEE), told the group that over the past year, ABEE submitted briefs to the Ministry on behalf of the community and is working on establishing boundaries for safe schools.

The Fall Conference keynote speaker was Dr. Shaheen Shariff, Associate Professor and international expert on legal issues with regards to online social communications. She is a key player in the McGill research team developing policy for an organization called Define the Line.

Dr. Shariff announced to the early morning crowd of parents and educators in attendance, that the norms of communication and thresholds are shifting. In forging new policies and procedures with regards to digital citizenship, Dr. Shariff emphasized that there needs to be more debate about balancing free expression, equality, safety, and privacy before further regulating online communication. She is concerned that we may overregulate with new legislation and that we should look at

working within our existing legislations before introducing new laws that may hinder issues and overcomplicate their application.

She shared that she is continually astounded by students who do not realize how hugely public everything posted on social media actually is. The kids don't understand the line between joking/teasing and bullying/slander. That is where the Define the Line Organization comes in. The team at McGill has received research grants and is working in conjunction with Facebook and other social media to help citizens define public versus private space, what their online risks are and how to be good Digital Citizens, as well as to help policymakers and education specialists navigate the same lines.

QFHSA Fall Conference October 2012



Clockwise from left to right: Donna Manos, Liette Chamberland, Dr. Shaheen Shariff, Frank Verrillo, Kate Le Maistre, Leo La France.

The adults of this generation are considered digital immigrants who must keep up-to-date with new technology and its safe application. They are easily out-paced by the tech-savvy "Net Generation". Dr. Shariff said the current challenge is to reach the other parents who did not attend this conference. With the new Law 19 (Bill 56), parents and schools must work together.

There are many sources for information and help for students and adults alike at sites such as: KidsHelpPhone.com, PREVNet and more at Definetheline.ca.

Lisa Fougère, QFHSA News Editor

Happy
Holidays
From our
Families to
Yours

In This Issue

President's Message p. 2

Executive Director p. 3

Fall Conference p. 4

Canadian Home and School
Federation p. 7

QFHSA Contests p. 8

Director Spotlight p. 11

Media Literacy p. 12

Teacher/Staff Appreciation
Week p. 14

Health p. 15

Literacy p. 16

Focus on the Locals p. 19



A MESSAGE FROM THE PRESIDENT

LOOKING FORWARD

This is the time of the year when most families are busy with Holiday preparations. As the New Year nears ever more, we find ourselves reflecting on our achievements and challenges of the past year and on our hopes for the twelve months to come.

No one really knows what the next twelve months have in store, but three things are almost certain—our children will continue to need us as they grow and develop their personalities, our schools will still need volunteers and we need to be ready for it all. These are some of the reasons why QFHSA organizes conferences and workshops throughout the year.

This past Fall Conference did just that; it informed us of the latest news on subjects that touch our lives every day. In a forever-changing fast-paced world, the simple act of bullying is not so simple anymore. The days where the victim had to be in front of his aggressor are long gone. Bullying can take many new forms: from mobile phones to the World Wide Web. If we refuse to accept these changes, we might come to the realization too late, that the digital realm continues to alter the world we live in.

Dr. Shaheen Shariff's plenary session at our Fall Conference titled, "Define the line: Clarifying the blurred lines between cyber-bullying and digital citizenship", enlightened us on this very matter. We feature parent reviews of the morning and afternoon workshops in the following

pages and an in-depth feature on working with your principal written by Carol Meindl, QFHSA Executive Director.

The year 2013 is around the corner, and we have lined up a few things of interests for you and your Home and School.

In January/February, we will be offering an in-house workshop with DM Family and School Services. We will also hold a workshop to help you understand the differences between your Constitution and By-Laws and Standing Rules, as well as some pointers on how to write them. Workshop dates will be emailed out.

On Friday, February 22, 2013, we will hold our annual Executive Appreciation evening. This year, we will add a new twist to it. As special guests on this evening and in recognition of all their years of hard work, the QFHSA would like the Home & School executives to extend an invitation to their long-time "graduating" parent volunteers to join us. It is our way to honour and thank them.

Under the theme "A Voice for Parents", the QFHSA will hold its Annual General Meeting on Saturday, April 20, 2013. Mark your calendars; it's an event you don't want to miss.

In the meantime, let's get back to what we do best: Giving our time to what really matters.

Wishing you all a very Happy Holiday season,

Liette Chamberland

QFHSA President

QFHSA NEWS

Continuously published since 1949

Volume 50, Issue 5

Official Publication of the Quebec Federation of Home and School Associations, Inc.

3285 Cavendish Blvd., Suite #560

Montreal, Quebec H4B 2L9

Phone: (514) 481-5619 • 1-888-808-5619

Fax: (514) 481-5610

Email: news@qfhsa.org

Editor: Lisa Fougère

Layout & Graphic Design: Lisa Fougère

Printing: The Business Box,
Beaconsfield, QC

Circulation: 7000 copies

Advertising Manager: Lisa Fougère

Editorial Board: Lisa Fougère, Carol Meindl, Rickhey Margolese, Liette Chamberland, Mary Skagos, Larry DePoe

Deposited with: Bibliothèque Nationale
du Quebec National Library of Canada

ISSN: 1924-9284 (Print), ISSN: 1925-797X (Digital)

Publications Mail Agreement No.
40011786

QFHSA on the Web: www.qfhsa.org

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

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



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

Advertising with QFHSA NEWS

Our QFHSA NEWS Advertising Rate Kit is available for 2012-2013. 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 February 4, 2013 with the NEWS published mid-March.

A MESSAGE FROM THE EXECUTIVE DIRECTOR

PART OF A NATIONAL MOVEMENT

By now most membership campaigns at the local associations are winding down and the membership lists are being submitted to the QFHSA office. When all the lists are in, there will be over 4500 families registered as Home and School members!

Occasionally, we receive calls in the office from local Membership Chairs asking the following: How do I answer parents when they ask, "Why do I have to pay \$18.00 to volunteer in the school?"

Of course, a parent is not paying \$18.00 to volunteer in the school. A parent is paying \$18.00 to be a member of a Home and School Association, to work together with other members to organize and promote events and activities for the students and to find volunteers. The Home and School structure, with its minutes, financial reports, organized committees and voting privileges, gives the work of the parents a legitimacy, an accountability and a transparency that is required. The terms of that membership, at the local level, rests with the association itself and is often detailed in the By-Laws and Standing Rules democratically adopted at some point in its history.

The \$18.00 membership fee goes to QFHSA to support the work of the Board of Directors and the office staff who, in turn, serve as a resource to the local associations. Without the membership fees, we would not be able to sustain a provincial office, a toll free telephone line and knowledgeable staff to answer questions and offer advice and resources. We would not be able to plan and host the Annual Fall Conference and offer workshops to parents. Without the membership fees, we would not be able to subsidize travel and accommodation for members from afar to attend Fall Conference and the Annual General Meeting. We would not be able to produce the QFHSA NEWS, which links all Home and School Associations together across the province of Quebec. Membership with QFHSA also links local associations to provincial Home and Schools across Canada, through membership with the Canadian Home and School Federation. Home and School goes beyond our own local schools, it is a national movement!

Home and School can bring many benefits to its members, as many of which the members care to take advantage. The Annual Fall Conference, for example, is open to ALL parents, and offers interesting workshops and topical keynote speakers. ALL members are eligible to register and attend at a subsidized rate. Additionally, the QFHSA office provides information and resources for workshops that can be brought to your own local school for your fellow parent members. It is up to the individual Home and School to decide what services they wish to provide for their parent members. It is then up to those parent members to decide which activities they wish to participate in. If various workshops and activities are offered and they are well attended, then the benefits of membership are obvious. If you would like your Home and School to bring workshops to your school, speak to your president, and ask him/her to explore what is available.



Attend your Home and School meetings regularly, be an active and productive participant and exercise your right to vote! Volunteer to help with Home and School activities. Help your Home and School Association make your school the best it can be.

Membership has its privileges!

Sincerely,

Carol Meindl
QFHSA Executive Director



CanadaHelps

If you would like to make a donation to the QFHSA for 2012, simply visit the QFHSA.org and click on the CanadaHelps button before

Dec. 31, 2012.



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

THE BUSINESS BOX

for all your Printing Needs!

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

*Please contact:
mike@thebusinessbox.ca*

QFHSA FALL CONFERENCE 2012



Each year the QFHSA brings together Home and School members from across the province offering workshops to develop leadership skills and networking opportunities through regional council meetings. This year's conference hosted at Honoré Mercier Elementary in St. Leonard was another success. We had 29 schools represented and 8 workshops! Our delegates were able to mingle with other members

during lunch and visit with many displayers on site to learn more about their products and services. On the next few pages, you will find reviews of the workshops written by some of the attendees. Thank you to all for participating and we hope to see you at our next event!

FALL CONFERENCE REVIEWS

Focus on
Anti-Bullying

IMPLICATIONS FOR PARENTS ABOUT THE NEW ANTI-BULLYING LAW

presented by Deb Kellman and Mona Segal, DM Family and School Services

Very informative session outlining the main points in the new anti-bullying law, Bill 56.

Deb and Mona are true subject matter experts, and provided important insight into the potential issues this new law will create. They gave us highlights of the situation, and answered everyone's questions with ease and professionalism. I actually signed up for this workshop because they were giving it. I had attended one of their presentations last year, and loved their style of teaching and sharing information with their audience.

This new law intends for the following specific points to be implemented, and Quebec schools have been mandated to work towards these goals (deadline is Dec. 30th, 2012):

1. An analysis of the school's situation with respect to bullying and violence.

2. Prevention measures to end bullying and violence, with a focus on racism, homophobia or targeting sexual orientation, identity, handicap or physical characteristic.

3. Measures to encourage parent collaboration.

4. Procedures for reporting bullying, registering a complaint, procedures for reporting cyber bullying.

5. Actions to be taken when bullying is observed.

6. Measures to protect the confidentiality of any report or complaint concerning bullying or violence.

7. Supervisory or support measures for any student who is a victim of bullying or violence, for witnesses and for the perpetrator.

8. Specific disciplinary sanctions for acts of bullying or violence, according to their severity or repetitive nature; and

9. The required follow-up on any report or complaint concerning an act of bullying or violence.

Also, there is an excellent website for youth, parents, and educators from the Quebec government at www.irightthewrong.com.

Anita Fudalewski, Birchwood

THE ABC'S OF SCHOOL FUNDRAISING

presented by Betty Skagkos, VP at Gardenvue Home and School and Fundraising Chair

School Fundraising is one of those things that we need to do, so I thought that this was a very interesting session. I really appreciated Betty's tips on successful fundraising. Getting the school parent community to be involved was a great point. Making it a group effort amongst Administration-Teachers-Parents etc is key in order to make any Fundraiser a success. Another great point was if something is not working (people are getting tired with a lot of effort for little return) take it as a sign to re-evaluate your fundraisers. Establishing a goal will help to determine what type of fundraising needs to be done. She pointed out that we attract more people when other people hear the positive feedback. Making sure we cover the 5 W's (Who, What, When, Where and Why) allows us to stay on task. Be aware of the resources available to you (ex: what companies do parents own or work for?) and always send a personal "Thank you" note to those people who offer their help. It is important to show your appreciation to your donors.

Overall, this session had many wonderful tips. Thank you to Betty.

Lisa Marie Foye, St. John Fisher

MORE FALL CONFERENCE REVIEWS

BUILD RELATIONSHIPS TO PREVENT BULLYING

presented by Dynamix

We started our session with a short introduction of our names and naming the one quality we would like for our children to have. Some came up with skills such as compassion, understanding, good listening, forgiveness, and honesty.

One question that was asked of us was "Do we set our children up to fail?" We send 40 kids outside to play but give them only 2 soccer balls. What do we think will happen? Fighting, screaming about who's turn is next is the usual result. How do we expect our children to succeed if we set them up for failure? We can't expect someone to write a novel yet not give them a pen or paper with which to write it.

We need to remind our children and ourselves, that we are all team players. We need to make sure we give them the right tools so they can move forward.

In our session, we played a few games as well. We had 2 sets of Frisbees numbered from 1-9. The rules were, only one person could cross the line at a time and flip a Frisbee over. They had to

be flipped in numerical order. You could not flip 1,2,3 and then flip 5. We often had to flip all the Frisbees back over and start again. We were split into two teams. It was great and boy, can we old folks move when we need too.

We played another one with tubes and marbles. We had a cup full of marbles and we had to go from one end of the classroom to the other with the marbles. The rules were, you have to transfer from person to person, without moving and not touching the marble or the cup on the other end. It's amazing how we all look at things so differently but make it work in the end. It was really fun!!

Another game we played was rock-paper-scissors. We picked a player and whoever lost went behind the winner and cheered them on. We got pretty rowdy with that one. Overall, what I took from it was whether you are on the winning side or losing side, as long as you keep cheering, you have won!

Christine Hamaker, St.Charles



HOW TO MOTIVATE A POTATO

presented by James Watts, co-founder and principal of Education Plus High School

In this session, Mr. Watts made many comparisons on different types of potatoes that come in different shapes, colors and sizes... great analogy when thinking about our children! He also explained that our children's reality is not necessarily the parent's reality and yet, the power of parents' words have an enormous impact on children. He also stressed that the power of teachers' words have an enormous impact on our children!

Although children and technology have changed over the years, school hasn't... is it not time for it to change?

Mr. Watts also explained the very essence of where potatoes come from... the root vegetable. As we know, once you have a child, you will always be a parent. Children are a reflection of their parents, so considering the root, being love and affection for humans, it will help them grow in a home-based environment to allow children to know exactly who they are. Knowing the meaning of life is like knowing the production cycle. When we know the purpose of each step in the production cycle, we will know how it fits into the final product. So children who know the steps of life will better understand where they fit in and make the decisions to arrive at a final product. We don't control our reputation, but we do control our character!

He went on to explain the three factors that lead to better performance and personal satisfaction: autonomy, mastery of a skill and purpose. We cannot bubble wrap our children too much, we must let them be more independent. Both parents and teachers alike have the ability to motivate our children without overprotecting them.

Mr. Watts was a very informative speaker and was able to think outside of the box. He had some great ideas that could help us all. I would definitely consider listening to him again at future conferences.

Patricia Saputo, Hillcrest Academy and English Parents Committee Association (EPCA)

*FALL CONFERENCE 2012
REVIEWS CONTINUED*

TECHNOLOGY IN THE CLASSROOM

presented by Réal Heppelle and Jody Wilson

The presenters were very knowledgeable and the information they provided was very useful. The technological tools that they introduced (SMART Board, video camera with USB, wireless mouse and keyboard, SMART speakers, SMART document camera, digital proscop, SMART clicker and SMART slate) were described in enough detail for someone to use them in their own classroom. There were also many examples given for what could be done with each instrument. In sum, this was a great workshop that I strongly recommend to anyone who wishes to create a dynamic and interactive atmosphere in their classroom.

Sophie Elhalwi,

Student Teacher from McGill University



UPDATE ON ANTI-BULLYING BILL 56 / LAW 19

by Lisa Fougère

All schools in the province of Quebec, both public and private, are required to adopt their own anti-bullying and anti-violence plans by December 31, 2012. This mandate comes as a result of the **Act to prevent and stop bullying and violence in schools**, which was adopted by Quebec's National Assembly on June 15th, 2012. It was originally introduced as Bill 56 and then became Law 19. The Act states that the plans adopted by schools must also include behaviour on social media as well.

School boards and other groups are in the process of formulating their policies and plans to administer the application of the new law. Many schools, though, already have policies and procedures in place. Bullying and cyberbullying may also be punishable by the law. The Canadian **Criminal Code** considers that communicating with someone repeatedly so as to make that person fear for his or her safety is a criminal act, as well as publishing or sharing false information about someone or information that can harm his or her reputation, expose the person to hatred, contempt or ridicule. Schools must take into consideration the best interest of both victims and perpetrators when incidents occur, including incidents that may not originate in school but are carried over into the school setting.

Everyone needs to take the time to read up on their obligations and how their rights are affected. For more information about the Act, please consult the MELS (Ministère de l'Éducation, Sport et Loisirs) sponsored site, IrighttheWrong.com.

eCause
eCause Canada Inc.™

Raise \$2,000 - \$10,000!

Inquire about a spring TP fundraiser by Jan. 30th to earn up to \$600 bonus dollars!

Now You're Rolling In It!

FUNDRAISING GREEN & CANADIAN

Some conditions apply

514-998-3863 TF 1-877-638-1678 info@eCause.ca www.eCause.ca

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.

FALL CONFERENCE 2012 REVIEWS CONTINUED

WORKING WITH YOUR PRINCIPAL: Guidelines for Home and Schools

*presented by Maria De Wolfe, Principal
Westpark Elementary*

This workshop gave Home and School parents an opportunity to hear a principal's point of view and preferred approach to Home and School relations. Maria De Wolfe, on behalf of all principals, was candid in her answers to various questions that were posed to her and gave valuable insight. She acknowledged that involvement in Home and School can give opportunities for new parents in a neighborhood to be a part of a community. When a principal works with a Home and school, they know they are dealing with parents who are already very committed to the school and its success. If student success is the blueprint on how to approach everything in a school, then cooperation between parents, staff, administration, PPO, Governing Board and Home and School is an obvious advantage.

Ms. De Wolfe admitted that sometimes principals often find themselves caught between School Board policy and Home and School policy when dealing with parents and school issues and often come to the school with philosophical positions of their own. Ultimately, it is the principal's school and he/she is the one responsible for the message that goes out from it. All communications with the parent community at large, therefore, should go through the principal's office, as the Education Act must always be followed and the principal is the ultimate authority.

As we can imagine, a principal's day is very busy and there may be frustration experienced when a reply needed from the principal seems to be taking too long. Ms. De Wolfe recommended that a timeline be set of 5 working days, and that this be respected by both parties

whenever possible, especially when an item is perceived as being time sensitive.

Principals also prefer to hear from a designated source with clear lines of communication drawn, be it the Home and School President when it involves Home and School issues or the Governing Board Chair when it involves school policy issues. Being flooded with emails and messages from all directions is often counterproductive with no one getting a satisfactory answer.

Principals and Governing Board chairs often need adequate time to consider a topic before it comes to the discussion table so that a favorable result can occur. No one wants a long meeting, where tempers flare, and everyone goes home unhappy. It is recommended to draft a Home and School agenda with the participation of the principal so that they have an opportunity to hear the concerns ahead of time. It was also suggested that the agenda be sent to the teachers and Governing Board to add items before it is sent out to parents. Encourage teachers to designate a representative to attend the meetings. Home and Schools like to hear the teachers' requests directly from those concerned, rather than from the principal.

Some Home and Schools can feel frustration when a principal cannot or does not wish to attend meetings. Ms De Wolfe admitted that some principals with young children, would rather not sacrifice another evening away from their family, especially after a long and busy day. A sensitive compromise should be found, as the involvement of the principal is paramount. Ultimately, a successful relationship between a Home and School and its Principal comes down to mutual respect and an ability to differentiate between individuals and positions and recognize where the true authority lies.

*Carol Meindl
QFHSA Executive Director*



CANADIAN HOME AND SCHOOL FEDERATION

Many at the CHSF have been busy over the past few months attending various meetings and symposiums to make sure parents and education are represented on the national front. In November 2012, President of CHSF, Janet Walsh, attended the Education Coalition Copyright meeting. There will be an updated copy of the book "Copyright Matters" available by mid-December. There will also be a copy of the "Fair Dealing Guidelines" available via the CHSF website.



In the photo are members of the CHSF board at the Ottawa Remembrance Day ceremonies on Nov. 11, 2012.

From left to right: Cynthia Richards-2nd V.P.; Deb Giesbrecht-1st V.P.; Janet Walsh-President and Rickhey Margolese-Director

The CHSF has also been busy garnering support for **Bill C-420: An Act to establish the Office of Commissioner for Children and Young Persons in Canada**. The CHSF Board has sent letters to the MP's asking them to support this Bill. A letter has also been provided to CHSF members and partners asking for their support. It is important for parents to send this letter to their MPs. Even if the Bill doesn't pass but the government feels the pressure from parents and others, it may decide to introduce a similar Bill itself. Marc Garneau from Quebec who introduced the Bill says it doesn't matter who gets credit for it as long as it gets passed.

Wishing everyone a safe and healthy holiday season!

Summarized CHSF meeting notes,
Rickhey Margolese

LET THE 2013 CONTESTS BEGIN!

The QFHSA launches two contests during Family Literacy Week at the end of January 2013. Both contests are open to Cycle 3 (grade 5 and 6) and Secondary 1 & 2 students. Prizes will be awarded, with the winning entries published in the June 2013 QFHSA NEWS edition. All schools were sent a package with information on these contests at the end of August 2012. Ask your principal or school staff if they are planning on participating.

In the **Famous Family Recipes Contest**, students are invited to embark on a culinary quest of family traditions and secret family recipes. The objective is to encourage students to research and share where these recipes come from. We want to hear the story behind the meals or recipes; what is the special occasion or significance of the meal. Students are encouraged to share and explore cultural foods and family traditions.



FAMOUS FAMILY RECIPES

Essay Contest #1

FAMILY TREASURES

Essay Contest #2



Is your school participating?

Be sure to ask

What is your family tradition or special occasion behind the meal or recipe?

Discovering your family history through literary exploration!

FALL CONFERENCE Raffle Winners

PRIZES

A number of prizes were drawn at the end of our Fall Conference. Here are the lucky winners:

QFHSA Evaluation Form Book Draws

Elementary School – Nancy Carbone, Hillcrest Academy
High School – Marlyn Brownrigg, Lindsay Place High School

Epicure Gift Set – Mike Nalecz, Lindsay Place High School

eCause Gift Set – Christine Hamaker, St. Charles Elementary

Dot & Lil Vintage Gift Set – Sophie Elhalwi, Honoré Mercier Elementary

Geordie Productions Tickets

2 tickets to Robin Hood in December 2012—Steve Pomerleau, Beaconsfield High School

2 tickets to Head à Tête in April 2013—Barbara Prioriello, Honoré Mercier Elementary

Congratulations to all!

Not only will the winning essays be printed in the June 2013 QFHSA NEWS, but there are PRIZES like Chapters Gift Certificates and more to be won!!



Quebec Federation of Home and School Associations

Telephone 514-481-5619

Email info@qfhsa.org





REVOLUTIONARY PROGRAM FOR STUDENTS WITH **READING PROBLEMS** GETS **DRAMATIC RESULTS**

Nathan is a bright, highly energetic grade three student who this time last year was really struggling with his reading. Academically, he was not achieving results and homework was a nightmare. "It was two hours of fighting for five minutes of work," said Nathan's Dad when remembering grade two. Thankfully, Nathan's attitude towards his homework has vastly improved and he is accomplishing much more in a shorter amount of time.

What caused this dramatic change? Over the summer, Nathan did a revolutionary reading program called Cellfield – a brain training program that integrates the parts of the brain required for efficient reading. Cellfield enables reading to become more automatic, increasing both fluency and comprehension. On average, the reading skills of Cellfield participants improve between one and two grade levels in just ten days.

As a result of Cellfield, Nathan improved his ability to read and with one-to-one reading help following Cellfield, Nathan's reading and spelling skills have continued to improve week by week. He has done a complete turnaround in his attitude towards reading and his schoolwork. And he finally sees himself as a reader.

Sara is another student who benefited from the Cellfield program. Sara was in grade nine when she did Cellfield last January. While Sara was already a successful student having received help for her dyslexia, she was having problems with the volume of reading and writing at her grade level. Her reading was slow and inaccurate and this affected her ability to comprehend what she read.

After completing the ten-day computer based training program, Sara's basic reading skills improved nearly five grade levels and she jumped close to two grade levels in her comprehension scores. Like most dyslexics, Sara had been using inefficient pathways in the brain for reading. Cellfield helped her to create new pathways and to automatically link the word, the sound and the meaning. This improved the speed and accuracy of her reading, and the comprehension of what she read – making homework more manageable.

*“ I get it the first time.
I'm a faster reader.
I understand better and
I enjoy reading more. ”*

Sara's Mom recently reported that Sara now has more confidence going into tests because she knows that she has the ability to easily read the question and produce a clearly written detailed answer. Her Science average has jumped from a 75% to an 85% in less than a year.

When I asked Sara what she felt Cellfield had done for her reading, she had this to say: "It helped me to track better across the page. I don't need to reread a word or a sentence because it's not making sense to me. I get it the first time. I'm a faster reader. I understand better and I enjoy reading more."

If you or your child has a reading problem or has been diagnosed with Dyslexia, Cellfield may be the program for you. New clients are being accepted at Strategic Learning Centre. To find out more about Cellfield go to www.cellfield.ca. We look forward to sharing this program with you.

Stepping Up Resource Centre
5555 Westminster Ave. Suite 201
Cote St. Luc • (438) 380-3635
info@steppingup.net

Strategic Learning Centre
280, av Dorval, Suite 206
Dorval • (514) 631-9745
karenfoley@strategiclearning.ca



BENEFITS OF TEAMBUILDING AS AN EXTRA-CURRICULAR ACTIVITY

Submitted By Shea Wood, MA, Dynamix Lead Facilitator

Children learn many things in the school environment. While in class, children are able to learn a variety of subjects through engaging with the curriculum. During recess, children have the opportunity to develop important social skills and get some physical exercise (see Wood's article in December 2012 issue of the QFHSA Newsletter). Extra-curricular programs are important because they allow children to develop skills that are not necessarily fostered in the classroom and discover their own talents.

Teambuilding as an extra-curricular program can be really fun for kids but also provide many benefits. When children are actively participating in games and exercises that require them to work in teams, they are developing skills and qualities that will be essential for development and future success, such as communication, patience, cooperation,

decision making, courage, empathy, and respect. This set of skills cannot simply be taught but must be learned through experience (Kress, 2006), and extra-curricular teambuilding experiences can allow children to personally experience situations where they need to call on these skills and refine them in a fun, accepting environment. In fact, those who are engaged in hands-on learning can retain up to 90% of the information or content being explored (NTL Institute for Applied Behavioral Science, 2006) and are also able to better internalize the concepts and have deeper understanding of the material (Riskowski, Todd, Wee, Park, & Harbor, 2009). In addition to strengthening these important skills, teambuilding programs can also help to develop relationships among participants, and close, positive relationships with peers can have a strong impact and lasting effect on a child.



Team Building Workshop with Dynamix

Developing these skills and relationships can be extremely important on a personal level, but the benefits extend to the school community as well. For example, teambuilding, and the skills and qualities developed in such a program, can act as a preventative measure for bullying. If children have a peaceful, respectful connection with their peers, many incidences of bullying can be prevented. Research shows that bullying can be stopped within 10 seconds when peers do not support the behavior or intervene (Craig & Pepler, 1997), and if the student is a friend of the victim, this is much more likely to happen (Pastorino & Doyle-Portillo, 2008). In essence, close relationships and qualities such as self-confidence, empathy, courage, and good decision-making can prevent bullying from happening and bring a quick end to it if it does occur.

The benefits of participating in a teambuilding experience as an extra-curricular activity are clear. When we are choosing extra-curricular programs for our children it is important to consider what they will enjoy, but when this enjoyment can be paired with

profound learning experiences that

will assist them in their lives and enrich the school community, we have set our children and community up to succeed.

Sources:

- Craig, W., & Pepler, D. J. (1997). Observations of bullying and victimization in the schoolyard. *Canadian Journal of School Psychology, 13*, 41-60.
- Kress, C. (2006). Youth leadership and youth development: Connections and questions. *New Directions for Youth Development, 109*, 45-56.
- NTL Institute for Applied Behavioral Science. (2006). *The Learning Pyramid*. Alexandria, VA. <http://www.ntl.org>.
- Pastorino, E. E., & Doyle-Portillo, S. M. (2008). *What is Psychology*. Belmont, CA: Wadsworth Cengage Learning.
- Riskowski, J. L., Todd, C. D., Wee, B., Dark, M., & Harbor, J. (2009). Exploring the effectiveness of an interdisciplinary water resources Engineering module in an eighth grade science course. *International Journal of Engineering Education, 25*(1), 181-195.

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





QFHSA DIRECTOR SPOTLIGHT:

Richard Balfour

In each issue, the NEWS showcases one or more of the QFHSA Directors to let members get to know them a bit better. Be sure to say hi at the next QFHSA event!

QFHSA: Please tell us a little more about yourself, personally and professionally.

RB: I am a parent of three school-aged children. I run my own company providing educational services for homes and schools in the Montreal area. I specialize in music and computer technology lessons that are fun and promote creativity in an adaptive environment. Having worked in several sectors in business and IT management, I wanted to share this experience with the younger generation, to give them that competitive edge that is needed to succeed when they enter the workforce.

QFHSA: How long have you been involved with the QFHSA? And how did you become involved with them?

RB: I am now halfway through my first year as a member of the QFHSA. I've been passionate about education from the first day of Grade 1. After working for several years as an IT professional, I changed course in 2008 and began teaching piano lessons in schools and at students' homes. I became involved with the QFHSA when I realized that knowledge and experience I gained from the business world could be shared with public schools to help give kids and teachers that competitive edge. Kids today need better role models to help them reach their full academic potential, and this is my way of giving back to the community.

QFHSA: Why did you feel it was important to join the Board of Directors of the QFHSA?

RB: I joined the Board of Directors as I felt it was the best way to get involved and to be part of a team of individuals who are as passionate and caring about education as I am, and where my experience can really be put to work.

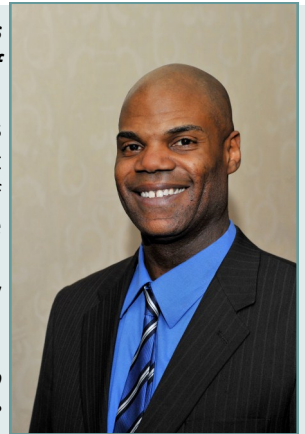
QFHSA: What would you say to others considering joining the QFHSA as a Director?

RB: It is one of the most challenging, yet more-than-rewarding volunteer experiences you will ever have! If you want to take part in shaping the future of education in Quebec, then look no other place. You've found home. I feel the QFHSA's most important accomplishment is in helping to bridge the education and cultural gap in Quebec, one rivet at a time.

QFHSA: What would you like the QFHSA to achieve in the next 5 years?

RB: Better integration of technology that can help engage better parent/student/teacher participation, regardless of the context. Harmonization of worlds; implementation of solutions and practices to end the linguistic and cultural discrimination that is invading our homes, businesses and schools (re: adoption of Bill 56). Greater awareness and more outreach into homes and communities.

QFHSA: Thanks Richard!



EFFICIENT HOME AND SCHOOL MEETINGS

Guidelines for Presidents

By Tania Nichol, President, Sherwood Forest Home and School

Through my experience with Sherwood Forest Home and School, I have found the following enables efficient meetings:

- The Home and School President should send out an **agenda** prior to the meeting date so all members are aware of the issues that will be discussed. This way, members can prepare their questions in advance and committee members can be ready to answer them.
- **Meet with the Principal** 1-2 days prior to your meeting to avoid blindsides and gives time for the Principal to do his or her "homework" and come prepared to the meeting.
- Keep your Executive members **in the loop** to any potential problems, disagreements, changes that may come up at the meeting; again to avoid any blindsides.
- Keep your **agenda simple** and only address events or actions that will be coming up within the next 2 months.
- Keep an **eye on the clock** and keep discussions to approx. 10

minutes. To maintain control, ask that people raise their hands if they wish to speak. If discussion goes off topic, interrupt and bring it back or move on to the next item. A good way to let it be known that you are moving on is to **thank the speaker** for their report and any comments.

- When it comes to **organizing a committee** for an event, pass around a sign-up sheet for those who are interested in participating, discuss any ideas, formats, and/or money needed then mention to those who are interested to either continue the discussion after the meeting, if there is time, or to decide on another meeting date.

**ACCESS LINKS directly
from this PDF!**

All advertising, websites and email links in this PDF are hyperlinks.

When selected, you will be redirected in another browser tab.

MEDIA LITERACY

Defining our roles and responsibilities in a digital society.

By *Richard Balfour, QFHSA Director*

What amazing times we live in today. It is truly astounding to have a vast amount of technology that we often take for granted. It has transformed the way we communicate with each other, and as such, we find ourselves with the challenge of managing the constant and ever-increasing flow of information, and from such a wide variety of sources.

When I left school to join the workforce 18 years ago, the Internet had a very different landscape. For the most part, we used dial-up modems to connect to BBSes or a fringe Internet service provider with a 28.8 kbps connection. Windows 95 was all the rage, as were flip-phones (I recall Startac being a popular model at the time), as handheld devices as we know them now did not exist.

Back then, our computers were slow, big and bulky. Video games did not have the level of detail and realism they do today. Our games today have become so graphic and laden with many moral and social values programmed into them. Many games offer a virtual simulation of "life" that closely mimics the real world. Sometimes it is very difficult to distinguish what is "real" any more.

We live in a society that has become more open than anyone could ever have imagined when the Internet first took the stage. We have become "beacons" for each other on the global stage. Social networking sites such as Facebook, Google+, Twitter and many more have given us the ability to talk to anyone, from any country and at any time. In a way, we have become digital diplomats, representing the values of our peoples, in whichever country that we find ourselves in.

For example, when I use the Internet at home, and I'm chatting with someone in the same city, I can safely assume that my rights and privacy are protected by Canadian law. But what happens if I'm chatting with someone who lives in a different country, where their Internet laws are much different?

How do we make sure that no matter what we do while using the Internet, everyone can expect to use it fairly? Like the old saying goes, if it's good for one, it must be good for the other. When we travel for business or pleasure, no matter what our destination is, we always take it upon ourselves to try to act accordingly and to respect the people we meet at all times. As such, we need to adopt a similar approach when using the Internet, which today means virtually ANY communications device that uses wired or wireless technology.

With that in mind, it obliges each and everyone of us to understand what it really means to be a digital diplomat. We must be responsible for our words, deeds and thoughts. Once information gets out onto the Internet, it is there forever, as

information is never sent to just "one" place. Just as we cannot isolate a single thought in our minds, and pinpoint where it is exactly in the framework of our brains, the same can be said with how information is stored on the world wide web.

Managing information becomes a huge responsibility on our part, as everything we say or do can, and will be used against us, not just by the person next door, but by someone overseas who may perceive the way we use the Internet as a threat. This means, we can no longer keep the status-quo, or remain silent when we witness situations in which the Internet is used in ways that can harm people, or undermine the integrity of our institutions.



Today, anyone with the right tools can create a visual history of what we do on and offline. This is no longer science fiction, but a fact of daily life for the people and organizations that work very hard to keep the Internet a safe place for generations to come. We have laws to guide how we use cars on the road, or how schools must monitor the hallways and school yards for the safety of their students. We need to be vigilant both at home and at school on how our kids use the Internet.

We must take the time to think about how others might see us when we express ourselves with our technology. We need to rethink how we use our creativity when we publish or share our digital works over the Internet. Responsibility starts with self-respect, and in the end, we should always treat others with the same level of respect that we would like in return, on or off the digital playground.

SECURITY TECH TIP on IPODS

Did you know that there are settings on ipods where you can restrict access to certain age ratings for various apps? Make sure you have a look and set your child's ipod security to a level that you are comfortable having them access. From the Settings app, select General then Restrictions (assign a passcode) and review the allowed content.



DM FAMILY & SCHOOL SERVICES

CHECK OUT

DM's

SAFE

SCHOOLS

PLAN

CONTACT DM

FOR MORE INFO

ABOUT DM

DM Family & School Services work together with young people, their families, schools, & communities to build partnerships & find solutions. DM offers services in the following areas :

1. Counseling for individuals (adults, youth, adolescents, pre-school children, young adults), couples, & families.
2. Community Groups for youth in DM's offices.
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 Tom is a wonderful boy: polite, a hard working student, and a loving son. Lately he has been spending time with some boys in his grade 4 class who are constantly online gaming. Now that's all he wants to do. As the holidays approach, the only gift he wants is the new "Call of Duty®: Black Ops II". He doesn't care that the rating for this game is age 17 plus. Tom gets upset just thinking that maybe I won't get it for him — but this just doesn't feel right. From: Unsure of My Duty.

Dear UNSURE OF CALL OF DUTY,

This is one of those times where it's hard to be a parent... hard to know what the consequences of our actions will be in the long run. But let's start in the present. It's time to get informed about Call of Duty and get some objective information as to whether or not this game would be against your values, and worth fighting over with your son.

Even before that, you will have to decide whether you can be convinced to allow your son to break the ratings rules because he wants to play. As an adult, consider the implications of only following the rules we like, and discarding the ones we don't. This is more complicated than it looks: The implications may be significant as he moves through his teen years — why wait to drink, drive or get a tattoo ? Perhaps this dilemma can provide an ideal opportunity for some thoughtful conversation.

One of the attractions of any online game is the potential to be part of a virtual community, to be part of something very exciting and challenging. Like other opportunities, the online world has its dangers as well. Your child can find himself at the mercy of an "unknown" attacker who can bully him with impunity. He may never know who that person is — someone across the world, or someone in his class. Whether you choose to allow this game or not,

some conversations about how to respond to online bullying is a must for all parents !

So let's get back to the game. Call of Duty is set in times of war. The main activity is shooting enemies with an assortment of weapons. Despite your son's protest, this game earned its 17+ rating for blood, intense violence, strong language, and use of drugs. Like many other 1st person shooter games, there is an option to limit the blood/gore level, perhaps a good place to use your discretion. But that still does not get around the aspect of shooting as "entertainment". Or the knowledge that over time, your child may become so desensitized to violence that it won't seem so violent after all. Unfortunately, exposure to violence and increased levels of stimulation (from gaming) can, in some cases develop into a gaming addiction over a relatively short period of time. The child's brain, having become accustomed to the higher level of stimulation, seeks out this stimulation. You may be surprised to learn that in some studies playing video games for 1 week can result in changes in the brain. These changes can be reversed in as short as 1 week should the gaming be terminated. Many young people are very devoted to games and spend as much time as possible plugged in.

Our best advice to you would be to consider the moral, developmental, and emotional implications for young people of playing a game intended for much older youth and adults... There is always time. They grow up so fast!

BEST WISHES FOR A WONDERFUL HOLIDAY SEASON, AND FOR THE NEW YEAR !

Sincerely,
DM FAMILY & SCHOOL SERVICES

DM offers confidential counseling services, groups for youth & parents, and professional development workshops to school personnel, parents, & students. Educational Consultants provide specialized support for schools working on Safe Schools Plans. Together we can make a difference!



DM FAMILY & SCHOOL SERVICES

Confidential Services

Offices in Montreal & West Island

514.483.9339 www.dmfamily.school.com

TEACHER & STAFF APPRECIATION WEEK 2013 - TSAW

A chance to say thank you to all teachers and staff!

Home and Schools usually play a large part in annual Teacher and Staff Appreciation weeks (TSAW) sometime in February. The national appreciation week set by the Canadian Home and School Federation (CHSF) is February 10 to 16, 2013. MELS has the Quebec week set from February 5 to 11, 2013. No matter when your school decides is best to host its appreciation week, you can be sure there will be many happy, well-fed teachers and staff.

Many of us have had a teacher who left a positive stamp on our days in school and, sometimes, even on our lives. Through their teaching methods, philosophy, dynamism, originality and devotion, these professionals were positive influences on our path through school and shaped a facet of our personality. So let's take advantage of Teacher Appreciation Week to pay tribute to the women and men who inspired us. The following is a submission from a parent who wanted to share her appreciation of teachers.

Dear QFHSA,

I have been a member of the Home & School for 20 years but at last, my children are out of the High School system. I have written a hopefully encouraging letter (see below) to the teachers who have been exceptional over the years. Maybe some parents can see themselves in this and maybe they can really let those teachers, who go beyond their regular grind, know how much they are appreciated. Here's to many more years of the QFHSA's dedication to parents and students.

Regards,

Linda Betuik Gibson

(formerly of Macdonald High Home & School)

**NATIONAL TEACHER/STAFF
APPRECIATION WEEK
FEBRUARY 10 - 16, 2013**



**North West Territories
British Columbia
Saskatchewan
Manitoba
Nunavut
Ontario
Alberta
Yukon
Quebec
Nova Scotia
New Brunswick
Prince Edward Island
Newfoundland & Labrador**



**CELEBRATE WITH
CANADIAN HOME & SCHOOL FEDERATION**
An Initiative Inspired by CHSF Since 1988



Thank you for being the true meaning of a teacher

Thank you for seeing that my child grows and has a fulfilling time at school.

Thank you for not comparing them to their siblings, wondering, "What happened to you?"

Thank you for not "giving up" on them when you have difficulty with them or if you've had a bad day.

Thank you for asking if there is a problem when they are outside the classroom crying.

Thank you for listening when they have a problem with another teacher or the principal.

Thank you for letting the parents know when there is an issue in class. Maybe for you it was a disruption but for them it was the day they reached a critical point.

Thank you for not degrading a student in front of his or her classmates for whatever you feel should be proven out loud.

Thank you for seeing the inner potential of a child and encouraging it even though it seems to go unnoticed or unappreciated at times.

It may prove to help eventually and the attempt will be fondly remembered.

Thank you for smiling at an unhappy student. They may not reciprocate but it doesn't make them feel worse.

Thank you for taking the time to see the "good" even though the "honour roll" seems like it was never meant for kids like them.

Thank you for telling the students how your life has turned for the better if you once had difficulties. Students seem to like the "human" approach of a success story. It makes them feel like they are not alone.

Thank you for being honest and encouraging to the parents. They know how their kids are.

Thank you for encouraging all students to participate, not only those who can better contribute.

Thank you for realizing that not all students learn the same way and that they may still have the potential in them.

To all the teachers who have been there for their students, you have done a job above and beyond just teaching.

You have influenced another generation. They will remember that special moment when all seemed so dismal.

That kind word or friendly smile meant so much more than you will ever know.

Thank you.



HEALTH AND HOLIDAYS

Montreal Children's Hospital Seeking Toy and Gift Donations

The Montreal Children's Hospital is currently accepting toys and gifts to distribute to patients during the holiday season. Should you wish to donate gifts this year, please consult their wish list for ideas and suggestions of items they would like to collect for children of all ages. This year especially, they are in need of toys for their very young baby population as well as gifts for teenagers. All items must be new and un-wrapped in order to facilitate distribution of gifts and for infection control reasons. In order to prepare for Santa's visit on December 25th, they are encouraging donors to deliver their goodies to the hospital before December 20th. All donations should be brought to the reception desk at the main entrance of the hospital (Monday to Friday 8:30 a.m. until 4:00 p.m.). On evenings, weekends and holidays, please drop off donations at the security desk. Please also leave your name and address affixed to the donation so they can officially thank you. [Click here to consult the MCH 2012 Wish List.](#)



ST. PAUL'S JOURNEY TO WIN AN OUTDOOR CLASSROOM

We would like to share the story of our outdoor classroom that was built at St. Paul Elementary School. Our journey started in 2010 when 2 parents met in the backyard of the school shoveling pea gravel around an existing play structure to make it safe. This led to a conversation about ways we could improve the school yard in a more significant way. Then, over the course of the next few years, we looked for external funding and grants with the goal of removing asphalt and improving the school yard.

During that process, we discovered the Majesta Outdoor Classroom contest. We researched outdoor learning and created our own classroom design to suit the needs of our school environment and submitted it. We were thrilled that our school was selected as one of the top ten national finalists. To win, we had to get the most online votes over the course of 6 weeks. This immediately became a school-wide effort. The voters extended past our school community into neighboring cities and even other provinces. All parents worked on getting votes by canvassing in arenas, shopping centres and grocery stores. The organizers worked tirelessly with media and online communities to spread the word.

Six weeks later, we had the most votes and won! After the win we worked on transforming our ideas from paper to something sustainable for the school yard. We had marvelous vendors who worked for discounted rates to make something wonderful happen at St. Paul.

We invite everyone to come by and take a walk around our magical area. It is built entirely from natural elements and is a wonderfully inspirational area for children to learn. We would encourage other parents and schools to enter this contest, the results are very worthwhile.

By Monica Slanik and Linda Thompson



Submit an entry for your school to win \$20,000 for an outdoor classroom! [Click here to visit the Majesta website and watch the St. Paul classroom video.](#)

Grade 4's & 5's – Swipe your way to free skiing and boarding!

Attention

Grade 4's and 5's!
Want to Ski and Ride for free (with photo and \$29 admin/delivery fee)? Visit snowpass.ca



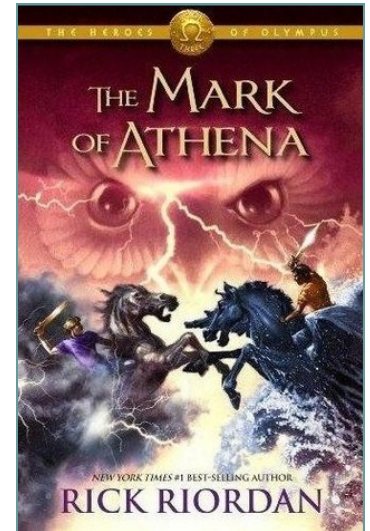
LITERACY—BOOK REVIEWS

The Mark of Athena

By Rick Riordan
 Format: Hard cover
 Pages: 574
 Publisher: Hyperion New York

This is Book 3 in the Percy Jackson Series, “The Heroes of Olympus”. The Mark of Athena is a book about 2 camps called Camp Half Blood (the Greek camp), and Camp Jupiter (the Roman camp). These 2 camps have been fighting for a long time and have finally called a truce so they could defeat Gaea and her sons, the giants. It is also where Annabeth, from the Greek camp, has to face her destiny and find the Athena Parthenos. She must face her mother Athena’s rival, Arachne, whom she had turned into the very first spider, a giant black widow. I would definitely recommend this book for people who like Greek mythology, ages 10 years old and up. The next book coming out in this series is the House of Hades and I am very much looking forward to that book.

By Chris Szeibert, Grade 7, Westwood Junior High School



Divergent

By Veronica Roth
 Format: Trade Paperback
 Pages: 487
 Publisher: Harper Collins

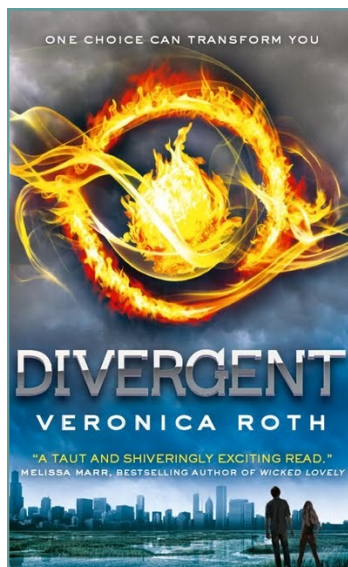
ONE CHOICE CAN TRANSFORM YOU.

Beatrice Prior lives in a world where the people are divided into 5 factions: Abnegation, Erudite, Dauntless, Amity and Candor.

The Abnegation are selfless. They don’t like to draw attention to themselves and are more concerned in others’ contentment than their own. They are usually seen wearing gray clothes and hide their beauty.

The Erudite are intelligent. They enjoy learning new things and try to understand how everything works. They are usually seen wearing at least one piece of blue clothing, which they believe causes the body to release calming chemicals.

The Dauntless are fearless. They love a good adrenaline rush, and they don’t let other people dictate their behavior. They are seen wearing black clothes with tattoos and piercings.



The Candor are honest. They are honest with everyone, no matter how difficult it is and no matter how much trouble it gets them into. They see the truth as black and white, so that is what they wear.

The Amity are peaceful. They are at peace when the people around them are getting along. They are playful and kind. They are seen wearing bright red and yellow.

Beatrice is Abnegation. She has been taught to be selfless. But, to her parents’ dismay, it doesn’t come as easily as it should. When she turns 16, it is time for her to choose which faction she will live in. When she takes her aptitude test, she discovers she has equal aptitude for Erudite, Abnegation and Dauntless. She is Divergent. When it is time to choose, what will she do? When she chooses, how will it affect her life?

By Zoe Knox, Grade 7, Royal West Academy

15 Minutes of Fun

Take 15 minutes a day to learn with your family.



#4 Tell knock-knock jokes together while doing the dishes.

Learning can happen at any time.
For more great ways to share 15 Minutes of Fun with your family, visit FamilyLiteracyDay.ca



ASSOCIATIONS AT FALL CONFERENCE

October 2012

- Beacon Hill Elementary
- Beaconsfield High School
- Beurling Academy
- Birchwood Elementary
- Bonaventure Polyvalent
- Evergreen Elementary
- Gardenview Elementary
- Hillcrest Academy
- Honoré Mercier Elementary
- John Rennie High School
- Leonardo Da Vinci Academy
- Les Petits Bouts-de-Choux de L'Est
- Lindsay Place High School
- Macdonald High School
- New Richmond High School
- PETES Elementary
- St. Charles Elementary School
- St. John Fisher Elementary
- St. Thomas High School
- William Latter Elementary
- Willingdon Elementary

DID YOU KNOW

that the QFHSA June 2012 NEWS was read by:

several thousands in Canada,
in addition to
1 person in the Cayman Islands,
211 in the UK
103 in the USA, and
1 person in Switzerland!



Our readership extends far and wide.



TEACHERS FROM
learn
RECEIVE HIGHEST
INTERNATIONAL
RECOGNITION FOR
INNOVATIVE PRACTICE

On October 21 in New Orleans, Louisiana, two Quebec teachers received from the International Association for K-12 Online Learning (iNacol) its most prestigious award for innovative practice in e-learning. Audrey McLaren McGoldrick and Peggy Drolet, two educators who teach within **learn** Quebec's virtual school were singled out from thousands of applicants by iNacol, in recognition of their remarkable accomplishments in the online classroom. These two teachers were granted the award for *Innovative Online Learning Practice*. They have developed unique methods to engage students in learning. These methods are both meaningful and effective and they already serve as a model for regular classroom teachers. This award puts **learn** and the province of Quebec at the cutting edge of e-learning, an educational domain which is growing in importance worldwide. E-learning has the potential to reach out and to connect with students everywhere across the province and to make significant contributions to the success of students. **learn**, a non-profit educational organization, has been delivering online classes to the English community of Quebec for over a decade now, and is widely recognized as a leader in this particular field of education.

For more information about these remarkable teachers, iNacol, or **learn**, please contact
Suzanne Longpré
Communications Officer
[learn slongpre@learnquebec.ca](mailto:slongpre@learnquebec.ca) or
Tel: 450-622-2212



FREE Online Tutoring Sessions with **REAL** Teachers. **STUDENT ONLINE SUPPORT**

Homework help available when students need it. www.learnquebec.ca

Experienced teachers are online from Monday to Thursday evenings to help with homework problems, practice and review.

If your family has a computer with internet access, you can benefit from this **FREE** program.

LEARN usernames and passwords, available from your school, are required to register.

- Elementary Homework
- Chemistry
- Physics
- History & Citizenship
- Language Arts
- Science & Technology
- Français
- Math - all levels

- Register online starting October 15, 2012
- For schedule, registration and more detailed information about our **FREE** service, please visit our website.



Audrey McLaren McGoldrick and Peggy Drolet, LEARN Quebec educators receiving an award for Innovative Online Learning Practice at iNacol, Louisiana in October 2012.



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.

SEND IN YOUR NEWS!!!

**Upcoming MARCH NEWS DEADLINES
submit by Feb. 4, 2013**

TSAW Submissions by Feb 22, 2013 Please!!

For publication date on or about March 11, 2013

DORSET ELEMENTARY

Baie d'Urfé

Volunteer Spirit in a School: Dorset Has the Parents to Prove it!

There is power in numbers and power in the will to get things done. This power can be a wave of change and a surge of energy that drives an organization forward. This is the power of volunteers and their strength. Schools, and many other of society's public organizations, could not function without those individuals who give their time and energy for the good of its members.



At Dorset, as in most schools, teachers and students rely on parent members of various in-school organizations such as Governing Boards, PPOs (Parent Participation Organization) or the Home and School to help support so many essential programs and just plain fun activities. Public education relies on supplementary funds raised by parents and local businesses to help fund many of the extras that schools use to enrich the school experiences of our children.

Our tireless Dorset volunteers help run the library, meeting, greeting and helping students and teachers alike. Every month our volunteers work hard on organizing wonderful pizza and submarine sandwich lunches for our students (and staff!). Our Home and School parents organize special family events that help raise funds for our school's many essential programs and amenities

that benefit everyone. We had a fun and disco-inspired Welcome Back BBQ in September (mmm M&M's veggie, regular burgers and hot dogs) chased down with welcome cups of java (Starbuck's coffee) to fill us up and keep us warm on what proved to be a chilly fall night. The Home and School hosts the occasional after hours family dance for big and little boppers. They work and play to fund the culture of our school.



A great new addition to our line up for grown ups and kids alike is a pre-Christmas shopping fund raiser at Pointe Claire's Dix Mille Villages. Our own students have been educating us in the journey of acting and thinking locally and globally. Our student Peace Pal program annually chooses a local and a global project to support. Last

year some of our Home and School parents took a page from their book and held sessions with all our students-Kindergarten to

Grade 6. Their goal was to make presentations to further educate students and staff on the reality of economic development in many developing nations. They showed who creates and where the goods are made and most importantly how they are traded fairly with Dix Mille Villages. We held our shopping event in November to support fair trade and our school.



Our evening Bingo and Christmas Fair event will be held the evening of December 7th this year. It is always fun for young and old with a special visit from le Père Noël himself! Supper and fun, what a bargain! The Home and School elves have been busy at work with fun being the operative word.

Many parents volunteer for a variety of events at their child's school. Our parents join in a Terry Fox Run, cheer a school team at Ultimate Frisbee or Handball (on the grounds of Dorset School), chaperone apple picking excursions or hold five year old hands and walk to the Maxwell to sing for seniors.

We say in schools, that everyday parents send us 'the best kids they've got', and kids just love it when the best parents they have, come to their school and help.



By Ann Tellier, Kindergarten teacher at Dorset Elementary

ST. CHARLES ELEMENTARY Beaconsfield

HOME & SCHOOL HELPS TO DEVELOP THE "WHOLE" CHILD

St. Charles Elementary's vision includes the following: "This community will endeavour to address the development of the whole child (personal, social, cognitive, intellectual, moral, and physical) while providing a strong academic foundation."

Studies have shown that a whole child approach, which ensures that each student is healthy, safe, engaged, supported, and challenged, sets the standard for comprehensive, sustainable school improvement and provides for long-term student success.

Over the years, we have been very fortunate to have a very active Home & School that oversees many different events which is a part of developing the "whole" child.

Here are some Home and School events we hold that help to develop the "whole" child:

- **Welcome Back BBQ** – Helps to bring the community together in a relaxed atmosphere and allows parents to meet staff members so that students (old and new) can feel a sense of connection to our school.
- **Movie Night** – Not only do the students enjoy a newly released movie but they are able to bond with their school friends at the same time in a more casual setting which helps to foster positive relationships with schoolmates.
- **Holiday Shop** – Allows the students an opportunity to shop for loved ones (and pets) which gives them a great deal of pride to shop on their own. It also shows them how to budget their money so they are able to buy for everyone on their list.
- **Literacy Blitz** – Encourages the students to know that reading



can be a lot of fun and that literacy is an important element to school success.

Whether your child is just starting kindergarten or entering the final year at St. Charles, it is never too late to start volunteering. So whether your expertise is decorating, creating, organizing, writing, accounting, brainstorming etc., there is something for everyone. The great thing about St. Charles Home and School is you decide how much you want to be involved.

"Silent gratitude isn't much use to anyone" - G.B. Stern

It is with this quote in mind that I say "Thank You!!!" Thank you to all our volunteers who always come through and make it all happen. We have a dynamic team of stay-at-home and working parents who are involved in their child's school, which helps to make our school a better place for all students.

By Colomba Monteleone

BEACON HILL ELEMENTARY Beaconsfield

Home and School has been busy this first half of 2012-3! We started the year off in September with two special activities, one for the students and one for the parents. We welcomed "Junkyard Symphony" on September 14th. They put on an extremely entertaining show while bringing their message of environmental health and awareness. Some students and staff alike were involved in music and dance routines which brought the house down! It was a great opportunity for everyone to laugh together while seeing how ordinary objects could be used in a very entertaining way. On the evening of September 26th, we welcomed Justine Dansereau of Group Interactiv to present her workshop on "Homework Solutions". Over 50 parents were in attendance, so it was obviously a relevant topic! This year, in order to present more parent workshops to our community, Home & School is collaborating with 3 other local schools and sharing hosting duties.

Our **Terry Fox Walk** was another huge success! This year, physical education teacher Derek Lagimodière, increased the challenge to the students. Whereas last year, only he came to school in a dress if \$10 000 was raised (it was!), this year if the students raised over \$15 000, all male staff would have some fun with the students and come to school dressed up as women! Our 326 students did not disappoint and raised just under \$16 000 for the Terry Fox Foundation. Thanks to all our male teachers and staff, from the principal to the concierge, who held their end of the bargain and looked lovely for an amazing cause! It is a pleasure for the Home & School to collaborate with such an amazing staff!

By Lisa Yee



LINDSAY PLACE HIGH SCHOOL Pointe Claire

After a very busy fall which included the annual **Meet-the-Teacher** bake sale, refreshments for **Open House**, two fundraisers, and assisting with some community events, Home and School members are looking forward to a bit of downtime. The time and commitment of volunteers is extremely appreciated, especially since many at our Home and School table are juggling their families as well as the needs of their aging parents. Luckily, they still find time to dedicate time to our organization.

LPHS Home and School is facing some challenges this year. Finding volunteers for daytime commitments and a succession plan for the 2013-2014 school year are top priorities. This June, 3 members of the Home and School executive will be “graduating” along with their children. How to keep parents involved at the high school level seems to be a common concern that was discussed at the QFHSA Fall conference regional council (high school).

Congratulations to the **Lindsay Place Alumni 50th Anniversary** committee which organized the reunion held on Thanksgiving weekend. Home and Schoolers can certainly appreciate the amount of work involved in coordinating such an event. It was impressive to see how many students volunteered their time on a long weekend.

By Marlyn Brownrigg



LEONARDO DA VINCI ACADEMY Rivière-des-Prairies

It is our 2nd year as a Home and School at Leonardo Da Vinci Academy. We have increased in membership by 57%, which shows great support!



Our year started with a huge event, **Welcoming Day**, where we catered to over 500 children. Home and School treated all the children to hot dogs, corn on the cob, juice and TCBY. The children enjoyed themselves as we got huge inflatables, a face painter, a photo booth, foose-ball/soccer tables and music! It was a great day enjoyed by all.

We also initiated our first major fundraiser, the chocolate drive which resulted in a great success!

Our next event was **Halloween!** With support by many volunteers, we organized events for all the children. From pumpkin decor, crafts, bingo, freeze dance, hot pumpkin game, scavenger hunt and Halloween dance, the children had a fun-filled day. Our Halloween treat to all the kids was a package from Colgate which included a toothbrush, toothpaste and floss (with chocolate of course)!!

November was a busy month. We allocated money to teachers to buy enriched material. The book fair is in the works, as well as a bake sale. As it was **Bullying Awareness** month, we held a workshop for parents and a guest speaker for the children, no other than retired NHL player, Chris Nilan!! A rally is in the works in the spring.



We are presently working on Christmas events. We will undergo our **Community Food drive** affiliated with our parish church.

All in all, the year seems to be promising. I feel blessed that our school principal, Mr. Talevi takes an interest in Home and School as well as Governing Board. As challenging as it can be, it is rewarding! With the great support and dedication of all our members, we will succeed.

By Isabella Panetta

SHERWOOD FOREST ELEMENTARY, Beaconsfield Off to a Great Start!

The Sherwood Forest community hit the ground running this year and hasn't stopped! Back-to-back activities have kept young minds busy and engaged and having lots of fun!

The children got back into the school spirit on Sept. 12 with the **Cooperative and Fun Games Day**, held on the school's beautiful grounds on a perfect sunny day. On Sept. 28, new friendships were made at the **Annual Newcomers' Lunch**, and our new principal, Ms Wusua Mitchell was warmly welcomed to the school during the annual **Peace Day Assembly**, where the school's Peace Partner program was kicked off. Certificates were awarded to students who demonstrated the virtue of the month, which was respect.

The **Dare to Care Program** was introduced to the Sherwood Forest Elementary School community, students, parents and staff, on September 19th and proved to be extremely popular. Dare to Care offers new hope and ideas to address the issues of bullying and to initiate effective prevention. Students in kindergarten through to grade 6 participated in the **Dare to Care Student Day**.

This year's **Terry Fox Run** (held October 17) was a huge success! The event raised over \$7,000, almost twice the amount raised last year! At the end of the day, kids participated in a flash mob dance that was videotaped and later presented as a gift to the Terry Fox Foundation. The children had so much fun, and took away many wonderful lessons about Terry Fox, team and community spirit and individual achievement. Way to go!

The **Halloween Social**, a family event held Oct. 19 was spookier and more entertaining than ever! Face painting, games, treats, pumpkin decoration, mad scientists – the event was truly enjoyed by all families!

By Johanne Cadorette

EVERGREEN ELEMENTARY St. Lazare

With students and staff settled into their routines, Home and School decided to organize a **Family Movie Night** at Evergreen. Over 85 families came out to watch Madagascar 3 on a Friday evening in October. Before the movie, volunteers served up popcorn, chips, and drinks to movie goers. As well, the GRAD students were on hand hosting a delectable bake sale to raise funds for their graduation activities. They volunteered their time to sell baked goods and entertain the children before the movie started. There was free face painting, colouring, stickers, and a Halloween craft for all kids to enjoy. Great job, grade six!

Our **Annual Turkey Raffle** was held the week before Thanksgiving. For only 50 cents per ticket, one student per grade had a chance of winning a \$ 25.00 gift certificate from I.G.A. Poirier. A huge thank you goes out to Joanna Hannon for organizing this unique event for the past 10 years!! All proceeds from the raffle go directly to the Le Pont Bridging food bank.

The Home and School meetings have been quite busy lately as members discussed new fundraising ideas, projects, and of course, ways to enhance the educational life of students at Evergreen. We are proud to announce the purchase of a new Smartboard for the Resource room, as well as a set of IPADS, and several laptops for the school. It is thanks to the fundraising efforts of the Evergreen families that essential resources such as this can become a reality at Evergreen! **Thank you, Evergreen families!**

Our volunteers are in full swing at this time of the year. Many of them are coming in two or three times per week to lend a hand. We have volunteers in the library, doing attendance check, kiss and drop, and running pizza and Subway days. There are also volunteer opportunities throughout the year at events such as book fairs, movie nights, the family B.B.Q., and more. We appreciate everyone's time.

Finally, our membership numbers are officially in for the 2012-2013 school year, and we are thrilled to reveal that we have 114 members this year at Evergreen! As part of the Executive Committee, we cannot put enough emphasis on the importance of supporting Home and School through membership. Without it, we would not be able to reach our goals and contribute to the well-being of each and every student. A membership with Home and School is a small way to make a huge difference in the life of your child!

By Karen Rassi & Sue Lamy

“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 March 2013 (deadline Feb. 6, 2013), to news@qfhsa.org (TSAW submissions by Feb 22)



**MARGARET MANSON
ELEMENTARY
Kirkland**



On October 3rd, we hosted our Terry Fox Run for Cancer. Before our run, we took a school wide picture of an outline of a pair of sunglasses. All students were wearing their sunglasses and their colors. We collected many non-perishable food items. The fun didn't stop there! Our goal was to raise \$3,500 for Terry's Foundation. If we reached our goal, Ms. Aiken promised to dye her hair pink. YES, PINK!!! We are excited to say that our students stepped up to the challenge once again and we are proud to announce that we not only beat our goal, we surpassed it.

The final amount raised was **\$8,812.39!!** Way to go Margaret Manson Community!

By Cindy Jared-Deschamps

**NEW CARLISLE HIGH SCHOOL
New Carlisle**

The NCHS Home & School has proven to be a powerhouse for small town fundraising and all of our efforts have paid off! The association was asked to 'help out' with fundraising for a **new play structure** for the school yard in 2011. We did not take that task lightly and dove into the 'challenge' with creative year-long fundraising and a team of very devoted parents and staff. The Home & School proudly handed the cheque to principal, Kristy Larose in June 2012 for \$6500.



This school year, the team has attracted several new parents who share the same enthusiasm and have kick-started the year with two successful fundraising events already under our belts. The **Annual Bottle Drive** in September had members and kids out in school colors throughout New Carlisle and neighbouring communities collecting and sorting.

The **Hunters Bake Sale** in October was a prosperous venture for the association and a win/win situation for those looking for some tasty grub to take hunting!

The upcoming **Annual Christmas Dance** on December 14th will surely prove to be yet another fun way to get members involved for a good cause!

Thank you to the NCHS Home & School team. Together, we can accomplish anything!

By Sandy Astles-Belanger





Get updates on our QFHSA Facebook page.

Click on [Like](#)



Follow us on Twitter



Upcoming QFHSA Events:
RESERVE THE DATE FOR OUR ANNUAL GENERAL MEETING AND AWARDS DINNER

Saturday, April 20, 2013

Location: to be confirmed

Get ready to send in your nominations, awards information and any resolutions your Home and School is considering.

EXECUTIVE APPRECIATION EVENT

Date: February 22, 2013

Location: to be confirmed

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 this newsletter).

DECEMBER 2012

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.

