



THE VOICE OF
THE PARENT
IN EDUCATION

QFHSA NEWS

VOLUME 51 ISSUE 2

JUNE 2013

A VOICE FOR EDUCATION



*Thank you to all our
advertisers for placing
their confidence in the
QFHSA NEWS over
the past year. We look
forward to the coming
school year and wish
everyone a wonderful
and restful summer
holiday!*

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GROWING UP ONLINE AND SOCIAL MEDIA IDENTITIES

The Quebec Federation of Home and School Associations (QFHSA) held its 69th Annual General Meeting and Banquet on April 20, 2013. Representatives from schools all over Quebec came together to review the past year's accomplishments and prepare for next year's mandates. Delegates from twenty four schools attended and received messages from several organizations both present and from afar. Among the speakers were Leo LaFrance, Sous-ministre adjoint aux services à la communauté anglophone, aux affaires autochtones et au Plan Nord, Ministère de l'Éducation, du Loisir et du Sport (MELS); Kate Le Maistre, Chair of the Advisory Board on English Education (ABEE); David D'Aoust, President Quebec English School Boards Association (QESBA); and Charles Taker, Liaison at the Office of the Commissioner of Official Languages.

Their messages were varied and encouraging, with the overall sentiment that even during these times of linguistic tensions, parental involvement is still key to student success, something that the QFHSA certainly advocates. The theme was QFHSA, a Voice for Education.

Liette Chamberland, now past QFHSA president, introduced a Constitution template for local Home and School associations to use. Many questions were asked and discussion ensued. There is full coverage of the constitution template on [page 10](#) of this June NEWS edition.

The Keynote Speaker was Matthew Albert, Educational Services Department Consultant with the Lester B. Pearson School Board (LBPSB). With his finger on the pulse of the upcoming "digital-native" generation through his work with the school board, Matthew described a different world than the one in which many parents present at the AGM grew up in. He confirmed the current generation lives online, socialize online and have largely grown up online,

seemingly from birth. To the shock of some people present, he said some parents these days are even registering their children's name as a domain at birth and recording their milestones online, much like our generation recorded in our children's baby books!

**AGM Keynote Speaker
Matthew Albert, ESD, LBPSB**



Matthew stressed how important it is to build one's online social media identity and to constantly monitor to ensure that what is on there is what one wants to project for years to come. He said most children and teenagers that socialize online don't realize in just a few short years from now their future employers will be checking up to see how they have behaved and what kind of person they have been. Any little cause for concerns from a teen's past online history can certainly be an issue when it comes time for job interviews. Online posts are difficult to erase- ever!

Overall Matthew encourages parents to be active informed role models for their children. He said people need to take ownership in establishing their own media identities and being good digital citizens. His parting advice was that if someone online is disrespecting you, Stop, Copy, Block, Report. The delegates were certainly more media aware after the informative presentation.

Lisa Fougère, QFHSA News Editor

A MESSAGE FROM THE PRESIDENT

LET'S VISIT SOON!

The next year we have chosen to be a year of outreach.

The provincial executive board would like to visit and meet with at least half of our local associations this year to get a better sense of the needs and priorities of the organization. And to thank you for the work that you do on behalf of parents, children and their teachers.

We will be contacting local Home and Schools to get an idea of your meeting schedules and we welcome any invitations that you extend to provincial board members.

Representing parents to various levels of school administration and government is a challenge, and one that QFHSA has done for 69 years. So our AGM this year in 2014 will be a special one - celebrating 70 years of QFHSA - and I look forward to seeing you there.



Larry DePoe

QFHSA President

QFHSA BOARD OF DIRECTORS 2013-2014

The new QFHSA Board of Directors was installed at the Annual General Meeting (AGM) on April 20, 2013.

Top row left to right: Joyce Shanks (Director), Mona Segal (Director), Lawrence DePoe (President), Carol Meindl (Executive Director), Wanda Leah Trineer (Treasurer).

Bottom row left to right: Rosalind Hoenig (Secretary), Rickhey Margolese (Vice-President), Liette Chamberland (Immediate Past President).

Absent: Patricia Willis (Director)



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A MESSAGE FROM THE EXECUTIVE DIRECTOR

HOME & SCHOOL A REWARDING PLACE TO BE



"You are making a difference in your children's lives."

As the school year starts to wind down, Home and School executives know that their work is not necessarily done. The Annual General Meetings are coming up and it is there that you will report to your membership about your successes and your challenges. It is there that you will thank those who helped out along the way and made all the difference to the success of your association's endeavors. It is there that you will make your pitch and encourage other parents to come on board to share the load and the fun. After all, *many hands make light work.*

If you have members of your executive who know that the next year will be their last because terms are completing and it is time to move on, please take care to identify and groom people to take over their positions. Consider finding co-chairs to your committees or assistant treasurers to your Treasurer to learn the ropes. Always make yourselves, as out-going executives, available to answer questions and give advice when called upon. Taking on the challenge and responsibility of a Home and School Executive position can be much less daunting if it is known that there is an experienced person just a telephone call or email away. The transition may not be completed overnight but may take the course of a year until confidence and autonomy are reached.

Take advantage of our free Executive Workshops in September and bring along any interested but perhaps yet unsure parents. Let them hear what the jobs entail and what sort of ideas are already out there. It could make all the difference.

Above all, be proud of what you are doing. You are making a difference in your children's lives; in their school and in their community. Home and School work has always been important and rewarding, even more so now than ever.

Every parent should have the opportunity to make their own contribution.

Sincerely,


Carol Meindl

QFHSA Executive Director

The Directors are coming!

The QFHSA Directors will be visiting the Home and School Associations in the fall, to meet with the members and to answer questions.

**Stay tuned
and
put the coffee on!**



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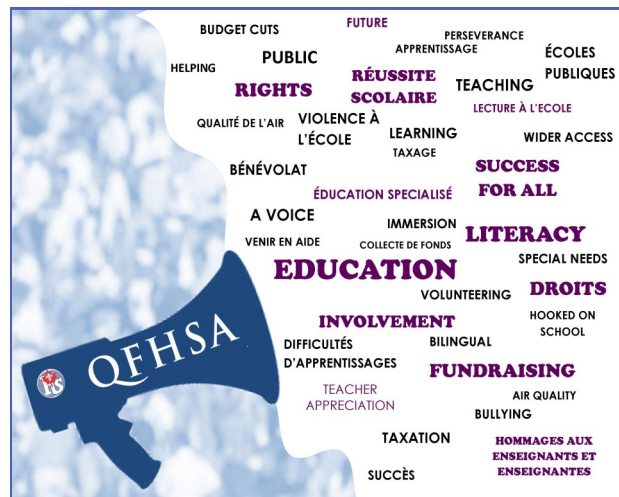
QFHSA ANNUAL GENERAL MEETING 2013

WE ATTENDED THE QFHSA 69TH AGM

Schools Represented at AGM 2013

- Beacon Hill Elementary (AGM + B)
- Beaconsfield High (AGM)
- Beurling Academy (AGM)
- Birchwood Elementary (AGM + B)
- Dorset Elementary (AGM + B)
- Dorval Elementary (AGM)
- Edgewater Elementary (AGM)
- Gardenview Elementary (AGM + B)
- Honoré Mercier Elementary (AGM)
- John Rennie High School (AGM)
- Lindsay Place High School (AGM + B)
- Macdonald High School (AGM + B)
- Roslyn Elementary (AGM)
- Sherwood Forest Elementary (AGM + B)
- Souvenir Elementary (AGM + B)
- St Charles Elementary (AGM + B)
- St Patrick Elementary (AGM + B)
- St Thomas High School (B)
- Thorndale Elementary (AGM + B)
- Westwood High School (AGM)
- Wilder Penfield Elementary (AGM + B)
- Willingdon Elementary (AGM + B)

(* 'AGM' = Business Session, 'B' = Banquet)



RESOLUTIONS AGM 2013

The QFHSA did not receive any resolutions from the local associations by the deadline date. However, one local association did come forth with a resolution that was not deemed an emergency resolution. QFHSA presented this resolution from St. Thomas High School on Financial Literacy at the AGM and the response was encouraging. Everyone was in agreement that it should be pursued further through the QFHSA to become a resolution for the 2014 AGM. The Resolutions/Policy committee continues to seek interested persons willing to work on the Policy project. If you are interested, please contact the QFHSA office. More information on this resolution in progress can be found on [page 16](#) of this June NEWS edition.



NEWSLETTER AWARDS 2013

Elementary

Garden Views: *Gardenview Elementary School*

Editors: Elena Giatras and Jason Kontolemos

The Quill: *Sherwood Forest Elementary School*

Editor: Bonnie Thornborough

High School

The Herald: *Lindsay Place High School*

Co-Editors: Linda Roach and Lynda Arthur

Westwood High School

Editor: Arlene Griffin



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.

GOLDEN TORCH AWARDS 2013

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

- Beacon Hill Elementary School: Kristen Luff
- Birchwood Elementary School: Angel Johnson
- Dorset Elementary School: Valery Bradley
- Dorval Elementary School: Al Deschamps, Kelly Laurie
- Dunrae Gardens Elementary School: Kimberly Battah, Arzine Abbas-Brochu, Brenda Michetti
- Edinburgh Elementary School: Valerie Buchanan, Tara Durley, Margo Pedersen
- Evergreen Elementary School: Julie Hingley, Josie Primiani
- Forest Hill Elementary School: Joanne Shea
- Gardenview Elementary School: Connie Di Iorio, Betty Skagkos, Nina Tzemopoulos
- John Rennie High School: Cheryl Boucher
- LaurenHill Academy: Ilgin Sartekin, James Watts, Kim Watts
- Lindsay Place High School: Genny Gomes, Linda Roach
- Macdonald High School: Diane Guidry
- Pierre E. Trudeau Elementary School: Marisa Calogero
- Sherwood Forest Elementary School: Lora Moller, Bonnie Thornborough
- Thorndale Elementary School: Nancy De Torres
- Westwood High School: Colleen Jackson, Tracey Clayton Roth
- Willingdon Elementary School: Margaret Jackson



2012-2013 MEMBERSHIP AWARDS

ON ISLAND SCHOOLS Membership Chair

Elementary

Beacon Hill (LBPSB) *Sarah Thomas*
 Edinburgh (EMS) *Robert Barnes*
 Gardenview (EMS) *Betty Skagkos*
 Royal Vale Elementary (EMS) *Wendy Côté*
 Roslyn (EMS) *Jennifer Smith and Carly Flemming*

High School

Macdonald High School (LBPSB) *Martin Roloff*



OFF ISLAND SCHOOLS Membership Chair

Elementary

Forest Hill (LBPSB) *Melanie Gelinis*
 Souvenir (SWLSB) *Kathleen Larsen*

High School

Westwood High School (LBPSB) *Colleen Jackson*

MOST IMPROVED MEMBERSHIP

Elementary

Forest Hill (LBPSB) *Melanie Gelinis*
 Birchwood (LBPSB) *Terri Anne Boissonneau*
 St. Paul (LBPSB) *Annie Lachance Fournier*

High School

Bonaventure Polyvalent (ESSB) *Ann Kelley*
 Macdonald High School (LBPSB) *Martin Roloff*



Welcome to New Home & School Association

La Tuque High School (CQSB) *Jeff Reed, President*

EXECUTIVE APPRECIATION EVENT

As a way of thanking dedicated volunteers from local Home and School associations, each year the QFHSA hosts an Executive Appreciation Event. This year, on February 26, 2013, the Board of Directors hosted local members for an evening at La Casa Grecque on Gouin Blvd., with animated and entertaining guest speaker, James Watts, co-founder and principal of Education Plus High School **and author of "Parenting – The Happy Parent"**.

The night was attended by many local association members in addition to the QFHSA Board of Directors and office staff. Everyone received gifts of appreciation, in addition to the numerous door prizes that were won.

Thank you to all who attended.



AGM AWARDS 2013

LIETTE CHAMBERLAND

Leslie N. Buzzell Award

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



recognize Liette Chamberland with the Leslie N. Buzzell Award. Through many years of local school volunteering at the Home and School and Governing Boards, Liette found herself making a difference at the provincial level with the QFHSA. During her time as Director at the QFHSA she was involved at many levels: she has been presenting the President's Workshop at all of our Executive Workshops, she chaired the Education Committee, she actively participated in the writing of many resolutions, wrote briefs, went to the National Assembly twice to present the Briefs on Bill 103 and Bill 14, participated in the QPAT Rally for special needs in Quebec City, attended the Special Needs summit in Quebec City with EPCA, attended the FCPQ conference in Quebec City, and attended many other events on the QFHSA's behalf.

She is a strong believer that all kids are special in their own way, that one size does not fit all, and that there is a continuous need to advocate for our children.

SOUVENIR SAFETY PATROL

Lewis Peace Prize

For an individual or group making a significant contribution towards peace. Through rain, snow or shine, the constant dedication of these 5 women helps keep the Souvenir drop-off zone safe. They ensure that their students disembark from their vehicles and enter the schoolyard without incident every day. The initial implementation of the drop off zone was a difficult adjustment for some, however, these volunteers were able to help make the transition easier for both students and parents. Kudos for making your school a safer place!



NANCY BULOW

Gordon Paterson Award



For long service to the education of children and for the encouragement of the involvement of parents. Nancy Bulow is an outstanding educator who has given a lifetime of service to Quebec education. Mrs. Bulow has been a Physical Education teacher for 35 years and is retiring this summer. Over the years at Sherwood Forest Elementary in Beaconsfield, Mrs. Bulow has introduced all her students to many different sports. Her dedication and interest in the students extends well beyond her normal expected working hours. The children and parents at Sherwood Forest have been very fortunate to have Mrs. Bulow as their Physical Education teacher and feel that she epitomizes what the Gordon Patterson award stands for, long service to the education of children and for the encouragement of the involvement of parents.

WILLINGDON ELEMENTARY SCHOOL STUDENT COUNCIL

Pat Lewis Humanitarian Award

For an individual or group, at the elementary school level, who has shown outstanding efforts toward a humanitarian cause. This year's winning group of the Pat Lewis Humanitarian Award is the Willingdon Elementary School Student Council. The student council is composed of about 40 students with 15 or so making up the executive. The teacher who leads the student council is Isabelle Daniels.

For many years, the Willingdon Elementary School student body, led by an active Student Council, has been involved with many different humanitarian projects. They have helped coordinate and collect donations for the NDG foodbank, supported a foster child in Ghana, and donated French books to Haiti.

The Willingdon senior students demonstrate an exceptional level of maturity and responsibility. They set an example for the whole Willingdon student body and actively participate in activities that promote a safe and healthy school environment. Willingdon students demonstrate awareness and concern for those in need outside of their own school community, in the surrounding community, as well as abroad. The QFHSA is pleased to present the Pat Lewis Humanitarian Award to the Willingdon Student Council and Student Body. Bravo!



UNsung HERO AWARDS 2013



Recognizes outstanding volunteers within a local school.

Beacon Hill Elementary School: Susan Kennedy, Elaine Monaco, Krista Pershall, Anne Smart, Christine Westwell

Birchwood Elementary School: Julie Belanger, Lynne Bergeron, Diana Lobaton, Chantal Ragot, Bart Sellitto

Dorset Elementary School: Andrea Hayden, Karolyn Kostlivy, Julie Letourneau

Dorval Elementary School: Sandy Anderson, Manuela Chamney, Graham Rynbend

Dunrae Gardens Elementary School: Tamara Frishling, Gloria Lafrance, Jeanine Ramia Khoury, Stamatia Tzavaris, Carolyn Zigayer-Freedin

Edinburgh Elementary School: Irene Kosik-Desmond, Giovanna Ferrara, Patsy VanLouie

Evergreen Elementary School: Nancy Antonacci

Forest Hill Elementary School: David Brown, Melanie G elinas, Sabrina Sollecito, Pamela Wilson

Gardenview Elementary School: Dimitra Demerson, Marla Di Monte, Lisa Fong, Anja Juul, Mary Jane Pennino, Lisa Silverman

John Rennie High School: Stephanie Johnstone

LaurenHill Academy: Oryal Tanir

Lindsay Place High School: Barbara Schnider, Sharon Wilensky

Macdonald High School: Marty Silverstone

Pierre Elliot Trudeau Elementary School: Angela Berryman

Roslyn Elementary School: Graham Carpenter, Aislinn Mosher, Katie Pothier, Wendy Tran, Christine Van Moorsel

Sherwood Forest Elementary School: Lise Arsenault, Lisa Lee, Christine Martin

Souvenir Elementary School: Susana Huber, Effie Kontakos

St. Thomas High School: Remy Altarac

Thorndale Elementary School: Lois Gosse, Susan Henriques, Daniela Ilie, Julie Riddoch, Tony Zaidi

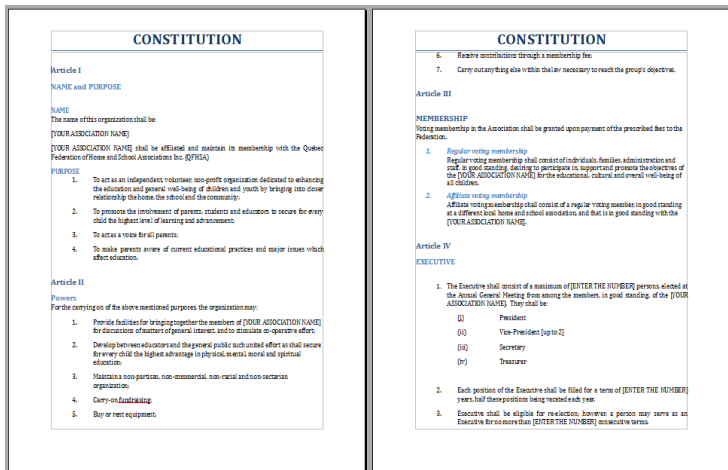
Westwood High School: Marion Legault

Willingdon Elementary School: Angela Campbell

CONSTITUTION TEMPLATE

By Carol Meindl, QFHSA Executive Director

INTRODUCING THE CONSTITUTION TEMPLATE



from the floor but even at more than an hour's time dedicated to the subject, it was felt that we had only begun to scratch the surface. There were just so many scenarios to be considered and the right wording of articles to be formulated to address them.

Some Home and Schools have dived right in and are in the process of adopting the template this spring before the end of the school year. Others are giving it more time and plan on introducing their first draft in the fall.

The QFHSA office staff are available to answer questions and give guidance when needed but another working session with a question and answer period will undoubtedly be necessary before everyone is comfortable with their new constitution. Until that time, please check the website for the Constitution Template Power point presentation and a copy of the Template itself and stay tuned for information when the next working session will be scheduled.

The template is available on the website at <http://qfhsa.org/constitution.htm>

Prior to the recent April 20th Annual General Meeting, Liette Chamberland, outgoing QFHSA President, had spent many hours sifting through constitutional materials to filter down to one basic document, something that could work as a Constitution Template for all local associations. Liette likened a constitution to the bones of a body with By-laws being the muscles that flesh out the bones and the Standing Rules being the clothes we put on that can change with the seasons. The Constitution gives us the most basic framework with which to organize our local associations along recommended and time honoured lines.

A constitution reassures the public and funding bodies that your Home and School is properly run and that money is effectively managed. It illustrates that your group is democratic and accountable, with clear methods by which decisions are made.

Some local associations already have regularly up-dated Constitutions, complete with By laws and Standing rules that have been worked on over many years, evolving as they have evolved. Others have just a bare bones Constitution and recognize that there is a need to flesh it out.

The Constitution session, complete with Power point presentation, at the AGM gave local associations basic information on the general importance of Constitutions, By laws and Standing Rules and the necessity to up-date them regularly. Liette was able to answer many questions fielded



CONSTITUTION
=
**the skeleton
(framework)**



BYLAWS
=
**the muscles
(flexwork)**



STANDING RULES
=
**the clothes
(ever-changing)**



A neuroscientific reading program

Summer Learning for September Success

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.

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QFHSA DIRECTOR SPOTLIGHT: Joyce Shanks

In each issue, the NEWS showcases one or more of the QFHSA Directors to let members get to know them a bit better.

Joyce's Current Position with QFHSA: Director as of AGM 2013

I am married, and my husband and I have a wonderful 10 year old daughter in Grade 5 at Wilder Penfield Elementary School.

Do you volunteer at your child's school and in what capacity?

Since my daughter was in kindergarten I have been an active volunteer at my daughter's school. For a couple of years I was volunteer coordinator for the school library and now I am a regular volunteer. I help to coordinate and/or plan community and fundraising activities and when possible, I assist on school outings. Wilder Penfield has only had a Home and School for 3 years, and while I support the executive fully and wherever possible, I have never chosen to be on the executive.

Are you employed or run a business? I am self employed and have been for many years. My passions and my work always surround wellness of people and planet. For many years I worked exclusively as a holistic practitioner as a certified Reflexologist and practitioner in Cranio Sacral Therapy and Reiki. Four years ago I launched a new company that specializes in fundraising while supporting the health and well being of people and the environment.

Are there any other details you would like to share about who you are? I was very fortunate to have spent 9 years living in Banff, Alberta in the 90's where I developed an incredible appreciation for this great country and Earth. While there, I worked as a professional tour guide and event coordinator, which gave me the opportunity to share the wonderful heritage and diversity of our nation with visitors from around the world. It was in 1998 when I met my husband, (originally from Scotland) and then we began our own adventure, taking us to Toronto Ontario for a couple of years, Copenhagen Denmark for 2 1/2 years and then finally, in late 2003 back to Montreal where I am originally from.

How long have you been involved at QFHSA? Wilder Penfield first became a member school of the QFHSA in 2009, at the 2010 AGM, I co-wrote one of the year's resolutions on Air Quality. I attended every AGM since we have become members and in 2012, I became an active member in the Rights and Education committee. As an offshoot to our work there, we responded to the new PQ government's Bill 14, and I was very proud to work with the other Directors and members on a brief about Bill 14 which we were invited to present in the National Assembly in Quebec City.

How did you become involved with them? I am a passionate person, and when it comes to health and wellness and human rights for children and adults alike, I get inspired to spring into action. A lot of the time we "talk" about things that bother us, or

things that we would like to see improved, but I truly felt that by taking an active role in the work with the QFHSA, I was empowered and able to really make a difference.

Why did you feel it was important to join the Board of Directors of the QFHSA? I was honoured to be asked to become a director with the QFHSA, as I know all of us are so busy with our very full lives I was a little concerned about not being able to devote enough time to my new role, but I will give it my best shot. I think in the recent months with the Rights committee I got a good taste of the time commitment required for a Director. I will give it my best shot and hopefully together with the amazing people with whom I am working we can accomplish some great things.

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

I think the title of Director can be a little daunting, but in reality, it is only a word. I think what is expected is to be a good listener,

understand the concerns and issues at hand and work cooperatively with others on the board to help improve the lives of children and families in our greater community. So many of us already do this kind of work, the difference at this level is you can become involved and really get your message to the next level even into our government. Being a part of the QFHSA, and as a director, gives a voice to all the children and families in all of our schools. It really is an investment in everyone's futures.

What do you feel is the QFHSA's most important accomplishment?

The most important accomplishment for the QFHSA in my opinion is to be have been heard by the MPs and MNAs, and even the Premiere of Quebec. Taking action on what is important, these are great things, but not only to resolve issues, but it is great to teach our children that even though our government may be flawed, we can still work hard and make a difference.

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

I believe that there is power in numbers. Growth in active membership is essential for the QFHSA! This is one of those places where too many cooks in the kitchen MAKES for a much greater stew. The more people who can devote a little time, the better we will all be! Ideally having several teams (at least 3 of them) with 4 – 6 people would gives us the opportunity to help instigate change on a variety planes.



"This is one of those places where too many cooks in the kitchen MAKES for a much greater stew."



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FOR YOUTH

WHO ?

Boys and Girls in Kindergarten and Grade 1

WHAT ?

A program to build up "Friend Smarts" & enhance Social Skills

WHY?

Social skills are VERY important! They are the foundation for getting along with others – they are a part of our everyday life. Whether it's going to school, saying a friendly hello to a classmate, being a member of a team or working on a class project – strong social skills are priceless!

DESCRIPTION:

Dina Dinosaur is a 6 week program designed to teach children vital social skills such as empathy, emotion management, problem solving, cooperation and teamwork. These essential life skills help students in the classroom, on the playground, and at home. DM's professional group facilitators use a variety of mediums and interactive activities to support learning -- while ensuring your children have fun!

FOR PARENTS

WHO ?

Parents of children ages 2-10 years old.

WHAT ?

A parenting program to help children increase Social & Emotional Competence & promote positive relationships.

WHY?

Parents are an important part of their children's success. With the right knowledge and skills, parents are in the position to support their children in learning and developing the social skills so necessary for success at home and school.

DESCRIPTION:

Incredible Years Parenting Program is a an evidence based 10 week program for parents of children aged 2-10. This program is designed to help parents promote social emotional competence as well as to prevent, reduce, and treat behavior problems in children, as well as to support parents in learning new skills to support their children's healthy development.



CONTACT:
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*Based on The Incredible Years Programs

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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 says he had a very stressful year. He doesn't want to go to camp or do anything else – he wants to spend the entire summer playing online games. I don't think this is a good idea, but he is so adamant that he needs a break that I'm beginning to question myself... From: Planning for Summer

Dear Planning for Summer,

For many of us adults summer is a time of fond memories of summer fun, vacation, and relaxing. We look forward to having a break from all those things that the school year involves. And it's not only us adults who look forward to having a break from the school year. More and more of our young people are also expressing how stressful everything around the school year is for them too.

Summer can be a wonderful time for us to reconnect with our children. All year long we – and they – are on a schedule. Having some unrushed quality time can be a great gift for them and for us as well. It's the time we have to make memories, to build up the good will bank for those times that we will need to draw upon later on.

Having a short break and transition period after the school year is over is a nice way to start off the summer. But for some children who will be home all day with their parent(s) or other caregiver, summer can often be a long and difficult time. All young people need some structure. In fact, many summer problems are caused by a lack of structure. If day after day young people just get up whenever, eat whenever the urge strikes them and play online games, it's a sure bet that soon they'll start whining and becoming cranky. This typically leads to general unhappiness – for both young people and the adults in their lives. The trick is to change the structure for the summer and make it much more flexible and less demanding than the school year. But for their sake and yours, we encourage keeping some structure. Here are some examples:

Have some routines so children will know what to expect during the day (wake up, meals, bedtime,

etc). For example, there could be a weekday wake up and breakfast time that is later than during the school year, but still part of a routine. Later times on the weekend still provide time for sleeping in.

Plan a mix of outings and home-based activities. Montreal is a wonderful place to live. Visit all those attractions you've seen advertised but never managed to actually see. Go for a picnic, or long walk – explore and have fun together. Plan some special events at home, whether it's taking time to play board games together, or planning a sleepover for their friends. And keep some materials handy for those rainy days (books, games, paper, paints, etc).

Enroll them in a camp or community based activity. Even if it's just for a few weeks out of the summer, they will still benefit from some structure (and you will enjoy a well-deserved break).

For youth with special needs or those who don't do well at camp: consider **hiring a university or CE-GEP student** to engage them in some form of activity a few times a week (and to give yourself a break as well !)

For teens: Having some structure in the form of a **summer job** (paid or volunteer) is a great idea, and builds self-esteem too!

Down Time. Make sure there's time to simply hang out and daydream. Free time is a great gift. It allows them to get to know themselves, to learn how entertain themselves and to even figure out how to handle boredom. And equally important... find time to **Relax and enjoy your children.** Get to know these little people. They grow up so very quickly !

Whatever you choose to do, we wish you a wonderful summer!

Sincerely, DM Family & School Services



We're on
Facebook too!



DM FAMILY & SCHOOL SERVICES
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A NEED FOR FINANCIAL LITERACY

By Carol Meindl, QFHSA Executive Director



Modern technology has created a very different world from when most of us were teenagers. Back then, we had summer jobs or did chores around the house for spending money. This we deposited in our bank accounts with the assistance of a bank teller. Most of us walked away with an updated bank-book.

We paid for things with cash, which we withdrew from the bank, again, with the assistance of a bank teller.

How different is the financial world of teenagers today! Plastic gift cards, credit cards, Paypal, online shopping... and yet all the same skills that were needed then to enter into the adult world of personal financial responsibility are still needed today. But where are our youth receiving this valuable instruction? If they are fortunate, they may have parents who take the time to guide them through some of the obstacles and pitfalls that could so easily catch and drag them under, putting them at risk for serious debt.

Financial literacy is a critical life skill. All students need to learn basic financial concepts: budgeting, the intelligent way to use credit cards, dangers of getting into debt, mortgages, investment concepts, online shopping, etc. Many studies have shown the advantages of financial literacy. But what are our children being taught in school about these critical skills?

In the Province of Ontario, the Ministry of Education incorporated financial literacy into its curriculum in 2011 for all students between Grades 4 to 12 after reviewing a report presented by the Working Group on Financial Literacy.

The Working Group was convened at the request of the Curriculum Council to gather information and to conduct consultations about ways to embed financial literacy education in the Ontario curriculum. Its role was to clarify the meaning of financial literacy and make recommendations to the Curriculum Council about the knowledge and skills required to support the development of financial literacy among Ontario students.

Parents in the St Thomas Home and School Association in Pointe-Claire decided to look at this issue earlier this year and proposed a resolution to QFHSA to adopt at the recent AGM, April 20, 2013. Although the resolution was not developed enough to be voted on at that time, there was enough support from the delegates attending the AGM for QFHSA's Education and Literacy Committees to be interested in pursuing this topic further.

The QFHSA Education Committee and Literacy Committee wish to invite interested members to join them in researching this topic over the coming months with the intention of submitting a complete resolution to the AGM 2014 which, once adopted, would be sent on to the Minister of Education, Leisure and Sport as well as to the Chairs of the School Boards of Quebec, both French and English, the Conseil Supérieur de l'Éducation, the Advisory Board on English Education (ABEE) and other educational bodies. We will be looking to work with members of other stakeholders in education to bring a unified voice in support of Financial Literacy for our students. Notice of Committee meetings will be sent out to the Presidents of the local associations in the fall. Stay tuned!

SOUVENIR ELEMENTARY SCHOOL FAMOUS FAMILY RECIPES CHALLENGE

The Famous Family Recipes Essay Contest sparked the interest of the student teacher at Souvenir and the QFHSA essay contest became the impetus for a few months work. Rebecca Wright, a student teacher, created a blog where the



students wrote the ingredients of their essay and then had to blog on other students. She also created links on the blog where the students could find out interesting facts about the ingredients used in their recipes. All fifty students in the two English classes wrote an essay and wrote out their family recipes which were all included in a class recipe book. The recipe book was sold at our school health night and they sold out of the 200 booklets they had printed! The students also created posters and did oral presentations where some pretended to be their YiaYia or Nona or were a cooking show. It was hard work but so much interest was sparked to Skype with grandparents in home countries or spending afternoons cooking with them.

Thanks to QFHSA for this idea. It turned into a true highlight of their grade six year.

By Jennifer Bell-Pierre

QFHSA CONTESTS

The QFHSA launched three essay contests at the beginning of 2013. Each essay contest explored various food/recipe or cultural item origins, encouraging students to research and write about their family history. The contests complemented teaching curriculums by combining elements of English Language Arts, History, and Mathematics.

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

FAMILY RECIPES WINNERS

Famous Family Recipes 2013 enjoyed many delightful essays from students eager to share their family recipes and traditions.

Congratulations to **Fletcher Bryce Davis** of Willingdon Elementary for winning 1st prize for his essay on [Grandma Baragar's Oatcakes](#) and congratulations to **Anna Chuprun** also of Willingdon Elementary for receiving 2nd Prize for her essay on [Happiness= A Hedgehog Square](#).

Both students received Chapter's gift cards and their classrooms also received Chapter's cards to buy books for all the students to enjoy.

To read the essays and try out the recipes, click on the recipe links above or visit the qfhsa.org website.



FAMILY TREASURES WINNERS

We received some wonderful stories from elementary school and high school students this year. Thank you all for sharing your family history and culture with your classmates, and with your wider community.

Congratulations to Elementary Cycle 3 Winners:

1st prize [Hannah Wilson of North Hatley Elementary](#)

2nd Prize [Victoria Vitovszki of Gardenview Elementary](#)

Congratulations to Secondary 1 and 2 Winners:

1st prize [Alexander Katona of Lindsay Place High School](#)

2nd prize [Veronica Jaramillo of Lindsay Place High School](#)

All students received Chapter's gift cards and their classrooms also received Chapter's cards to buy books for all the students to enjoy.

To read the essays, click on the links above or visit the qfhsa.org website.

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QFHSA CONTESTS

FAMILY TREASURES WINNING ESSAYS

Here are the winning essays from students.

ELEMENTARY 1ST PRIZE

My family treasure that I chose to write about is my mom's ring. The ring has fourteen sapphires and three diamonds. It also has gold on it. The gold is sort of a swirl that is crisscrossed.

Presently my mom is the proud owner of the ring. When my grandma passed away, my mom chose the ring since she was there when my grandpa bought it. My mom wears it almost every single day because it reminds her of her mom.

The ring used to belong to my grandmother for a special reason. Like my mom, my grandmother used to wear the ring everyday for a reason. There is a story behind this ring and to me it is romantic.

In August 1993 my grandpa had a really bad accident. The truck he was driving turned over in a ditch. He was transporting hot tar which was over 350 degrees. The hot liquid poured all over the truck cabin and him. Then began a long hard journey of recovery for him and his family. He spent the first three weeks at the burn unit in Quebec City, then the next 7 months in the burn unit in Montreal. There were a lot of ups and downs in the beginning. My grandma, my mom and my aunt fought very hard to keep grandpa alive.

It was around Christmas time when the doctors started to slowly wake him up. By late spring he was able to come home on weekends. Soon after he was able to stay home permanently. There were still many trips to the hospital for different surgeries and dialysis. My grandma was really busy and she also learned how to change bandages and help the nurses that would come to the house for minor treatments.

Christmas 1994 arriving, my grandpa's hands were still all bandaged up so he couldn't do much to help my grandma. My grandpa asked my mom to help him find a special Christmas gift because he loved her so much, and that is when they found the ring. My grandma had tears in her eyes when she opened the box and saw the ring. My grandpa told her how much he loved her and from that moment on the ring never left her finger.

In May of 2000, my grandma passed away because of cancer. When my grandpa was ready to give away her personal belongings, he asked my mom if she wanted the ring they had chose together. My mom said yes it had special meaning to her, also wearing it every day. One day she will pass along the ring so that we make sure that it is cherished and to not forget the special meaning of the ring.

To my family, this ring means love and memories. It also means that we will always have a part of my grandmother and grandfather with us.

Hannah Wilson, North Hatley Elementary School



Students from North Hatley



Student from Gardenview

ELEMENTARY 2ND PRIZE

Dear Diary,

In 1985, a wonderful tradition began when my mother purchased the first Christmas ornament for her newly married brother and sister-in-law, my uncle and aunt. The tradition continued for many years and when my cousins were born, my mother started to buy Christmas ornaments as beautiful and colorful as a rainbow for them. She would buy ornaments with their young ages on them until they were five. Then, when they were into different extracurricular activities such as swimming, she would buy them a Christmas ornament with a swimmer on it or if it was skating it would be a pair of ice skates as white as snow with sparkling silver blades.

Once my parents were married, on their first Christmas together my aunt and uncle bought an ornament in the shape of a heart with a picture inserted of my mom and dad together the day my dad gave my mom her engagement ring.

When my sister and I were born, the tradition continued and now whenever we go on vacation, we always buy an ornament of the city we were visiting. Each Christmas, my godmother and godfather get my sister and I an ornament with a special inscription on it like: "You are the best goddaughter ever" and each year, it is a different shape and has a different inscription on it.

It is always a treat to add new ornaments on our memory-filled Christmas tree. Every year, when it is time to put up our Christmas tree, it is always exciting when the family comes over, we unpack all of our ornaments and we talk about all of the great memories.

**Victoria Vitovzki
Gardenview Elementary School**

Essay Contestants from Lindsay Place High School



HIGH SCHOOL 1ST PRIZE

Sophie Jasciewicz arrived in Germany with her family from Poland because her father, despite his Polish name, had German lineage and arrived in Germany to work on the railroad. They ended up in Kamp Heerle in the Polish section. Sophie, a beautiful young woman was a talented seamstress; she was placed in a job making clothing.

Jancsi Katona, a young man with a zest for life had trained as a master tailor. He was born in Lujog (Lugosh) Transylvania to German-Hungarian parents. When Transylvania became part of Romania, the Hungarians living there became a minority in their own land. Desperate to find a way out of his village, Jacsi became an athlete; he made it to the 1936 Berlin Olympic Games. He was in Germany working as a tailor and living in the Romanian section of Kamp Heerle.

Although Jancsi and Sophie came from different backgrounds, they were both working in the clothing industry, and as fate would have it, they met and fell in love. The young couple were married in 1945 and ten months later became the proud parents of a baby girl, my Aunt Annie.

Jancsi was very anxious to leave war-torn Europe for greener pastures. Sophie was anxious about travelling across the world to an uncertain future. After the war the family either had to stay in Germany or emigrate because the UN would not release Opa Jancsi's papers to return home to Romania; he was considered a Displaced Person.

In December 1948, the family embarked on the RMS Scythia which left the Bremerhaven Port in Germany and made the winter Atlantic crossing to Pier 21 in Halifax, Nova Scotia where all immigrants were received in Canada upon arrival from Europe. The family travelled light, a suitcase in each hand, holding their few treasured belongings. Pier 21 was a forbidding looking place with wire luggage cages and wooden benches. It took hours to get processed. Finally the family was bundled into a train headed for Montreal, the center of Canada's garment industry. Upon arrival, they were met by the Hungarian Priest who found them a room with a Ukranian family.

Opa worked in a factory and part time in the YMCA kitchen. Opa also worked in a factory; he vowed once his passage debt was paid he would work for himself, which he did into his eighties. Eventually the family who took the Katonas in moved and the newcomers took over the flat. The family left the piano behind, which now sits in my living room. Aunt Annie says the family was shown many kindnesses during those first years in Montreal as they wove their lives into the fabric of their new country.

Alexander Katona, Lindsay Place High School

HIGH SCHOOL 2ND PRIZE

A family treasure is an object that gets passed down through many generations and is a great way to bring the family together. Some kids might think that a family treasure is their grandmother's doll, or their grandfather's model airplane. Mine is a bit different. My family treasure is a story. Just like a family treasure that gets passed around, so do stories. A family story is part of who I am and helps me find my place in my extended family. As we cherish this story, we can't forget that it is all true and that it happened to real people...people related to ME! It makes me proud to be a part of my family. Even though this story isn't very long, it goes back a long way in history.

On a cold night in Surrey, England in 1944, my great-grandmother and my great-grandfather were inside their house during World War 2. It had been just like any usual day, in war-time England and my great grand-father was home on leave from the British army.

The family was enjoying their short reunion and doing the normal daily things until night came. That was when all the bombings happened. My grandmother was just a little girl and didn't know what the war was all about. The Germans started bombing again! They heard bombs going off everywhere around them and they didn't have time to get to the air raid shelter that was on the end of the street. They were scared.

My grandmother, even though she was just a little girl when this happened, was nervous. They were trapped in their house when all of a sudden they heard an eerie whistle. It was a bomb that had been dropped and was going to be what they called a "direct hit". It was going to fall directly on their house! In a panic, my great-grandfather took his wife and his baby girl and they crawled under a great massive dining table. My great-grandfather kissed them all goodbye and then held them close under the table, all thinking they were about to die. The wind shifted and carried the bomb into the sea where it exploded. They thought that it was the last moment they would ever spend together, crying and praying under the table. It was a miracle they survived.

This story was passed down from my great-grandmother to my grandmother. She told us a lot of stories about the war and we are glad that she remembers them. I find this story amazing in so many ways because one in a million miracle saved their lives. Without that gust of wind in England in 1944, I wouldn't be here today.

Veronica Jaramillo, Lindsay Place High School

BEACON HILL ELEMENTARY Beaconsfield

For several years, the Beacon Hill Home & School Association has sponsored a foster child from an underdeveloped part of the world as part of the Foster Child "Drops of



Water" Campaign. Our foster child is Roselore, an 8-year-old girl from Haiti whom we are pleased to sponsor through Plan Canada's "Because I am a Girl" campaign. We hope that by reading about our foster child with our children, it may help them understand how people live in other parts of the world and why it is important for us to do what we can to help. During the campaign, for \$2, children and their families "purchased drops of water" that were used to "fill buckets". Children wrote their names on the drops and a display was made on a bulletin board in the school. This way, the children could see how their many "drops of water" made a difference. A huge thank you to Krista Pershall for coordinating this campaign!

Beacon Hill is very proud to be part of a generous community. In addition to the above, we also participate in the Diabetic

Children's Foundation annual Halloween Box Campaign. The numbers came in and we were able to raise approximately \$1200. Our H & S is also fortunate enough to be able to target a small percentage of our annual fundraising efforts to a less privileged local school. This allows the school to give the students some special treats or an activity which they otherwise could not afford.

On the evening of April 18th, we hosted our 5th annual Art Gala. This great community event showcased art that the students created in class, inspired by artists Jonathan Harris and Monet, Venus de Milo. The staff participated by decorating a fantastic array of lighthouses (our school logo) which were raffled off. The St-Thomas High School sax quartet also provided music during the evening.



Thanks to the hard work of our students, staff and volunteers, and especially our coordinator Beverly Leith! Through this very successful event, we were able to raise sufficient funds which will be used to upgrade our school yard in the very near future.

By Lisa Yee

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 SEPT. NEWS DEADLINE
submit by Sept. 9, 2013

For publication date on or about Sept. 30, 2013

WILLIAM LATTER ELEMENTARY Chambly

William Latter Home and School members were proud to be able to contribute an apple morning snack to all the students and staff and William Latter School during the March Nutrition Month. Money raised through bake sales and various activities held by the H&S Association and the hard work of many volunteers of H&S helped make another event a successful one. The apples were appreciated and enjoyed by everyone.



On March 15th William Latter School held their first "Family Games Night" in the school library. Many families brought their favourite board games to share and play, and snacks were provided. It was a fun way to bring together all ages - from preschoolers, to older kids, to moms and dads - and we all enjoyed it so much, we decided to hold another one in June



In May William Latter Home and School Association hosted a cafe ceramic event, it was extremely popular as we had 117 students sign up! The students enjoyed spending two of their lunch hours painting a cup or a bowl as a gift for Mother's Day.



By Laura Barwick

FOREST HILL ELEMENTARY St. Lazare

Some highlights of our year, we have our huge annual BBQ on June 7th. We received a membership award at the AGM. Also, we had 2 kindergarten classes, who received LEGO robotic kits from Home & School this year, with which they entered a competition. The kids were required to build a robotic structure that represented the elements in a garden. Many different examples were given, such as butterflies, dragonflies, bumblebees. Pictures coming in the September NEWS!

Have a great summer. By Eveline Azran-Shvarts

LINDSAY PLACE HIGH SCHOOL

Pointe Claire

Another Staff Appreciation Week came and went. This year's theme was guided by *The Book of Awesome*. A variety of quotes on the "awesomeness" of daily life could be found in the staff room and sprinkled throughout the school where they were noticed by the students. Stress busters (jigsaw puzzle and bubble wrap) were put in the staff room for the week. Not only was it an awesome week for the staff but the number of volunteers who pitched in was exceptionally awesome this year. Thank you to the students who helped with the decorations, the parents who donated raffle prizes, the lunch contributors, the worker bees, and the creative minds that came up with all the great ideas.



Once the year starts Home and School members begin their regular activities and before you know it, June has arrived. September 2013 will see some major changes as some executive members and committee coordinators "graduate". I'm confident that LPHS Home and School will continue to play an integral role in the school and that volunteers will step up and join the various Home and School committees.

By Marlyn Brownrigg
(Retiring) President Lindsay Place Home and School

GARDENVIEW ELEMENTARY

Saint Laurent

On August 24th 2013, a team of 32 walkers made up of administration, staff and Home & School parents will be representing Gardenview and participating in the Pharmaprix Weekend to End Women Cancers benefiting the Segal Cancer Centre at the Jewish General Hospital.

The team will be walking 1 day, challenging themselves to walk every part of the 32 km journey. In order to participate, each walker pledges to raise a minimum of \$1250. The school community has been involved and have participated in fundraisers throughout the year by collecting donations during the annual Uniform Swap, having 2 holiday dress down days, 2 used book sales and a mini-walk. Over \$47 000 was raised between online and cash donations. Online donations can still be made up until August 23rd, just click on www.endcancer.ca/goto/gardenview2013, and choose from the list of walkers on the left hand side.

On Tuesday June 4th, all 850 students dressed in a sea of pink, along with their teachers and volunteers walked through their Saint-Laurent neighborhood. The students walked between 1-3 km, depending on grade level, as they recreated the WEWC walk. Upon their return to the school yard, all students signed a banner which the team will bring with them on the weekend walk.



GRENVILLE ELEMENTARY

Grenville

The Grenville Home and School has had a very busy year. We have hosted two Book Fairs, a Craft Fair, organized Halloween Activities, served hot lunches and provided funding for many field trips. A few highlights are photographed.

At our "New Year's Brunch", Bonhomme Carnaval arrived to share waves and hugs with the students, pictured here with Kindergarten.

On St. Patrick's Day, GES was truly a "field of green" as the students wore green and celebrated Irish traditions and shared stories of Leprechaun mischief.

What fun was had as the entire school joined in for the Skate-athon organized and hosted by the Home and School. The snack of hot chocolate and cookies was one of the highlights. Collecting pledges and realizing the outcome of a two thousand dol-

lars contribution towards the annual swim program was gratifying

Organized by the staff, costs covered by Home and School, GES Students enjoyed the experience of handling go-carts in the school yard.

On Valentine's Day, students wore red and white and ate red and white spaghetti for lunch. Grades One and Two children decorated heart shaped cakes for dessert.

By Vera Young



WESTWOOD HIGH SCHOOL St. Lazare

“What do you mean we can’t send chocolates home with the students?” That was my first question at my first Westwood Home & School (WWH&S) meeting. And as the reality sunk in that we were only raising around \$7000 instead of the \$13,000 we achieved in elementary school, it crossed my mind to ask, “Is it worth it?” Instead, I joined a dedicated team of parents who knew that it was worth it and who wanted to achieve more, and more we did. More importantly, we did it having fun!

In the last 4 years since I have been a member of WWH&S, we have increased our membership from approximately 70 members to a high of 106 members this year (including associates). We have 2 main fundraising campaigns and both exceeded expectations. Our magazine fundraiser with QSP has been gaining momentum every year and we sold a record \$19,500 of magazines with a 30% profit margin. Our other main fundraiser, and a tradition at Westwood, is our annual Winter Wonderland Craft Fair and we more than doubled our profit this year. What was our secret? Every little thing that every person contributed over the course of the year added up to one big success.

Whether it’s baking muffins, maintaining an Excel spreadsheet of Craft Fair sponsors, wrapping goodies for Staff Appreciation Week or coming to the meetings to contribute ideas, every little thing our members contribute matters. The good thing about high school H&S is that a lot can be done from home – it doesn’t require being at school during the day. In some ways it’s a completely different experience than elementary H&S. The rewards of being part of a high school H&S are even richer though.

WWH&S is committed to supporting 3 areas of school life: (1) literacy (2) cultural enrichment and (3) school spirit. This year we raised \$13,000 and, to date, we have given away or promised \$12,000. We’re responsible for 2 schools, Westwood Junior and Senior, so the funds are shared among the 2 campuses. We’ve supported 2 libraries to bring in authors and buy e-readers to keep kids reading. Donations also include a contribution towards new indoor soccer nets, travel expenses for our wrestling champs to compete in the Maritimes, funds for the purchase of classroom aids, transportation help so students can attend a French play, purchase of new French novels for Grade 11, awards and grad convocation donations and more. This is all in addition to \$4,000 for Junior to purchase a commercial projector and screen for the gym for presentations and school assemblies, and \$4,000 for Senior towards the purchase of 2 new refrigerated water fountains.

We’re very proud of our accomplishments and I think our schools are proud of us. Our Staff Appreciation Week is first class and we have a great working relationship with everyone in both schools. Most of all, we are wholly supported and appreciated by our school’s leaders, Hans Bulow, Principal of Westwood Junior, Sheila Honeyborne, Principal, and Dion Joseph, Vice-Principal, of

Home & School in High School? Really??

Westwood Senior. They have been our biggest fans and have helped smooth the road we’ve travelled. We are very sad to be losing Mr. Bulow to a well-deserved retirement and Mr. Joseph to his new post as Principal of Pierre Elliott Trudeau Elementary School (PETES) – they are very lucky to have him. They attended all of our H&S meetings, helped us brainstorm, promoted us to parents and it has been such a pleasure working with them. We will miss them both and they will miss our baking at H&S meetings! All kidding aside, thank you Hans and Dion for your leadership, inspiration and friendship – we wish you all the best. And we look forward to working with Marie-Josée Coïteux, the incoming Principal of Westwood Junior and Lesley Petford, the incoming Vice-Principal of Senior.



One of the LONG raffle tables at the Holiday Fair

We are also losing 2 key members of our team this year as they graduate from Westwood along with their kids. Marion Legault has been an integral part of every activity we organize and has been a fantastic secretary this year. Tracey Clayton was the engine of WWH&S for many years as President and much more. In leaner years Tracey almost single-handedly kept WWH&S alive. We will miss her spirit and passion. Thank you, Marion and Tracey, for your dedication and contribution.

So Grade 6 parents, I know you’re tired and thinking you are done but I urge you to reconsider. High school H&S is different and you are needed more than ever. Many hands make light work and you can just do what you are interested in... because small actions add up to big achievements. Enjoy your summer and see you in the Fall!

By Arlene Griffin

EVERGREEN ELEMENTARY St. Lazare

It is hard to believe that another school year has come and gone at Evergreen. Our year began with the excitement of meeting our new Principal, Kathleen O'Reilly. It did not take long before Mrs. O'Reilly and Home and School hit it off and embarked on a plan to ensure the success, happiness, and safety of all students at Evergreen! The entire year was dedicated to implementing new ways to enhance the educational lives of students, and provide the necessary resources to all Staff members. The relationship between Home and School, and the Administration is crucial to the success of a school's goals. The accomplishments realized by Home and School this year demonstrated the importance of this. That being said, we would like to say a huge thank you to Mrs. O'Reilly for all of her support, enthusiasm, encouragement, and dedication!



What kept Home and School so busy this year? Well, besides the numerous activities mentioned in the past newsletters, the last few months of the school year continued to keep us occupied! For the

second year in a row, Home and School took part in the Hudson St. Patrick's Day Parade on March 16th. The theme of the float was Dr. Seuss and reading. Several volunteers worked tirelessly during the nights prior to the parade to create what turned out to be a gorgeous, entirely "SEUSSICAL" float. The grade six Grad students, the Evergreen Staff, and Mrs. O'Reilly took part in the parade by dressing up in famous Dr. Seuss characters such as Green Eggs and Ham, The Lorax, Thing 1 and Thing 2, and of

course, The Cat in the Hat!! A great time was had by all and it was wonderful to see the faces of students in the crowd who recognized their teachers on the float!

As a last event, Evergreen Home and School will hold its first ever Outdoor Family Fair on Saturday June 1st.

As the school year approaches the end, Home and School is preparing for its AGM at which a new Executive Committee for the 2013-2014 school year will be elected. For those of you who have never considered an Executive position on your Home and School Association, I urge

you to consider giving it a try. Twelve years ago I attended my very first Home and School meeting and left thinking "I want to be more involved". Today, as my second child graduates from Evergreen, I leave with 12 years of volunteering experience that have truly changed me as a person, as a mom, and as an Educator. I feel truly blessed to have been a part of the lives of every student, every teacher, and every parent that I have met over the years. I know that my children will always remember my involvement in their school. I can only hope that this will encourage them to be involved, because yes, it does make a difference.

Thank you, Evergreen!

By Karen Rassi & Sue Lamy



SHERWOOD FOREST ELEMENTARY Beaconsfield



Students, parents and staff enjoyed an evening of art and performance and the 2nd Visual and Performing Arts Vernissage on April 18. From the hand-decorated flower pots by staff to the student's artwork to a dynamic dance routine and choir, the Home and School fundraiser was a smash hit! Funds raised will go towards

teachers' "wish lists" at each cycle. Special thanks go out to Mme. B, Mrs. Allen and our Home & School and parent volunteers who worked tirelessly to prepare such a wonderful event. And of course to our budding artists whose creative and unique artwork turned the school into a true gallery for the evening! By Johanne Cadorette

"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 September 2013 (deadline September 9, 2013), to news@qfhsa.org



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Upcoming QFHSA Events:

Executive Workshop (Sept. Session)

September 7, 2013

Time: 9:00-11:00 a.m.

Location: QFHSA Office

Fall Conference

November 9, 2013

Time: (to be confirmed)

Location: Beurling Academy

6100 boulevard Champlain, Verdun, H4H 1A5

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

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QFHSA NEWS

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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.

