



FALL CONFERENCE  
2015

Education

Health

Policies



Succeed

Parenting

Literacy

*Welcome to the*

# QFHSA

QUEBEC FEDERATION OF HOME AND SCHOOL ASSOCIATIONS

## FALL CONFERENCE 2015

Featuring:

- ◆ Guests & Keynote Speaker  
Honorable Marlene Jennings
- ◆ Regional Councils
- ◆ Informative Workshops
- ◆ Panel Discussions

*Together we are stronger!*

Saturday, November 7, 2015

8:00 a.m. to 4:00 p.m.

Roslyn Elementary School

4699 Avenue Westmount, Westmount, QC H3Y 1X5





## QFHS FALL CONFERENCE 2015 – PROGRAM

- 8:00 - 8:30 Registration/Display Visits (coffee available)**
- 8:30 - 8:45 President's Welcome**
- 8:45 - 10:15 Keynote Speaker**  
**Marlene Jennings, Chair - "Election Systems Study Panel"**
- 10:15 - 10:30 Nutrition Break / Display Visits**
- 10:30 - 12:00 1<sup>st</sup> Session Workshops**
- ◆ **The Home and School Election process**  
*Facilitated by Brian Rock and Debi Brown*
  - ◆ **Writing your Home and School By-Laws**  
*Facilitated by Rickhey Margolese & Marlyn Brownrigg*
  - ◆ **Literacy: Today's Challenges**  
*Facilitated by Leah Trineer, Lawrence DePoe, Carol Meindl, Linda Shohet*
- 12:00 - 1:00 Regional Councils**
- 1:00 - 2:00 Lunch/ Display Visits**
- 2:00 - 3:30 2<sup>nd</sup> Session Workshops**
- ◆ **Email Etiquette**  
*Facilitated by Luigi Di Fillippo*
  - ◆ **Talking to our Kids about Money (Money Fair)**  
*Facilitated by Brian Smith*
  - ◆ **Teamwork for Success**  
*Facilitated by Corey Szwarcok*
  - ◆ **Managing Stress through Mindfulness**  
*Facilitated by DM Family & School Services*
- 3:30 - 3:45 Door Prize Draw**

Thank you to all the volunteers for their invaluable help in making our Fall Conference a success and to all the members who made it a priority to attend!

***QFHS would like to acknowledge the financial support provided by:***  
***Patrimoine Canadien/ Canada Heritage***  
***&***  
***Ministère de l'Éducation, de l'Enseignement supérieur et***  
***de la Recherche***



**Brian Smith**, *Canadian Foundation for Economic Education*, is an employment counsellor and a financial coach at *Carrefour jeunesse-emploi Côte-des-Neiges* in Montréal, Quebec. He works with young visible minorities and recent immigrants on the Monnaie-Money project. Born in Montréal, Brian played football for Boston University, where he studied Sociology.



**Brian Rock**, was elected President of QFHSA at the AGM in May of 2015. A former high school teacher and school principal, Brian is an educational consultant and researcher. He is Executive Director of the Regional Association of West Quebecers with the Quebec Community Groups Network, the founding Chairman of the Coalition For the Future of English Education in Quebec (COFFEE-Quebec), and one of five panelists on the Election Systems Study Panel.



**Debi Brown**, QFHSA secretary, has been committed to involving parents in education for over 25 years. She has served in various executive positions from the local H&S to the National CHSF. She has served on school committees, governing boards and as the Parent Commissioner for both the elementary and high schools. Currently, Debi works as an administrator for a United Church, using her accounting, human resources and organizational skills that she perfected while volunteering with Home and School.



**Rickhey Margolese** has been active with QFHSA and Constitution/By-Laws/ Resolutions for more than 20 years. She also sits on the Constitution/By-Laws Committee at the Canadian Home and School Federation. She brings this wealth of experience to the table to help draft practical and efficient by-laws for the Local associations.



**Luigi Di Fillippo** has a diverse technical and business background acquired through over 35 years of experience in large public and private sector organizations such as McGill University Health Centre, Bombardier and most recently English Montreal School Board. He has seen the evolution of communications tools from “nice to have” to being fully integrated into almost all activities in an organization. Unfortunately, practices and processes have not always kept pace.



**Lawrence DePoe**, Immediate Past President, has a BA ECE with a Specialization in Education from Concordia University and works with schools and childcare centres developing special programs and projects.



**Leah Trineer** is the QFHSA Treasurer and former chair of the Literacy Committee as well as the coordinator of the Born to Read program at Roslyn Elementary School.



**Marlyn Brownrigg** is presently employed as the QFHSA Membership Services Coordinator and has spent many years as a Home and School President at three schools – Valois Park, Jubilee and Lindsay Place High School. Marlyn was also a member of the QFHSA board of directors and has been a long-standing member of the QFHSA Rights and Education committee.



**Carol Meindl** has been the Executive Director since 2011 and has been spearheading the Family Treasures and Famous Family Recipes Essay contests for Home and School since 2011.



**Linda Shohet**, founder and executive director of The Centre for Literacy, a national centre of expertise and professional development in all areas of literacy and skills from 1989-2015, has written many articles and book chapters, spoken widely and consulted for provincial and international governments, on early and family literacy, workforce skills training, and health literacy. Linda has an Honours BA and MA from McGill and a PhD from Université de Montréal, in English Literature. She taught English for over 30 years at Dawson College where The Centre for Literacy was originally established.



**Corey Szwarcok**, co-founder of Dynamix Teambuilding, graduated from Concordia University in 2002 with a Bachelor of Arts degree in Applied Human Sciences. Following graduation, he partnered with Mitch Zeltzer to create Dynamix Adventures, Inc. Dynamix is the leader in teambuilding and character development programs for kids and teens.

**DM Family & School Services,  
Deb Kellman ME.d & Mona Segal MSW ME.d**

Deb and Mona are educational consultants and therapists. In their company DM FAMILY & SCHOOL SERVICES, they have had the privilege to support many individuals, couples, families, and youth as they reach their goals in the home, school, daycare, and work environments. DM provides couples therapy, family therapy, individual therapy for children from toddlers to teens, parenting courses, parent support, social skills groups for youth of all ages, and in-school services from early childhood to university and workplace settings. Contact DM - DM can help!





## QFHSA FALL CONFERENCE 2015 – VENDORS

<b>BUDDING ARTISTS</b>	<b>Corinna Rake/Maria Calleja</b>	<a href="mailto:maria@buddingartists.ca">maria@buddingartists.ca</a>
<b>DM FAMILY &amp; SCHOOL SERVICES</b>	<b>Mona Segal</b>	<a href="mailto:dmfamilyschool@hotmail.com">dmfamilyschool@hotmail.com</a>
<b>DYNAMIX</b>	<b>Corey Szwarcok</b>	<a href="mailto:corey@getdynamix.com">corey@getdynamix.com</a>
<b>LAMONTAGNE CHOCOLATE</b>	<b>Janice Lacombe</b>	<a href="mailto:jlacombe@lamontagne.ca">jlacombe@lamontagne.ca</a>
<b>MY FUN RUN</b>	<b>Steven Chin</b>	<a href="mailto:steven@myfunrun.com">steven@myfunrun.com</a>
<b>NoG's About It! - BRICKS FOR KIDS</b>	<b>Dianea Phillips</b>	<a href="mailto:ppccphillips@gmail.com">ppccphillips@gmail.com</a>
<b>PRESTIGE FUNDRAISING</b>	<b>Kevin Doyle</b>	<a href="mailto:Kdoyle_1998@yahoo.com">Kdoyle_1998@yahoo.com</a>
<b>World's Finest Chocolate</b>	<b>Debbie Balas</b>	<a href="mailto:debbie@worldsfinest.ca">debbie@worldsfinest.ca</a>

*Catering services provided by Debbie Jardine.*

**Fall Conference Committee: Marlyn Brownrigg & Carol Meindl**

**Please send any comments/questions/feedback/session reviews to:**

[info@qfhsa.org](mailto:info@qfhsa.org)

*We hope you've enjoyed your day with us!*