

VOLUME 62 ISSUE 4

WINTER 2024

# QFHSA NEWS

THE NEWSMAGAZINE FOR HOME AND SCHOOL MEMBERS



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The Quebec  
Federation of Home and  
School Associations

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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.

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

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**Thank you to the local Home and Schools that shared their photos for this issue.**

*We welcome your letters!*

Please send us your comments/suggestions on this edition of the *QFHSA News* by email to [news@qfhsa.org](mailto:news@qfhsa.org).



# A New Year of Possibilities A Message from the President

HAPPY 2025!

I HOPE you all had a fun and relaxing break and are now ready to tackle the next few months.

You will be dealing with winter carnivals, teacher/staff appreciation activities, graduations and other school-year-ending events. These will also include your Home & School AGM preparation, wrap-up meetings to finalize next year budgets and school activities.

Please, don't forget your Federation commitments: resolutions, round-table discussions, Annual General Meeting and our awards banquet. We will be asking for your input and suggestions regarding resolutions, and your nominations for our various awards found on our website.

I would like to thank everyone who attended our Fall Conference in November. You asked our presenters many interesting questions regarding AI, social media and mental health. There were also three stimulating roundtable discussions which enabled the attendees to talk about their schools, Home & School activities and to network. We are planning more roundtable evenings and we already have a couple of schools wishing to host them.

Thank you for all you do for our children and schools. Hope to see you soon and as always, if you have any questions, please don't hesitate to contact the office or me at [president@qfhsa.org](mailto:president@qfhsa.org).

*Rosemary Murphy*

### Dates to Remember

February	• Black History Month
March 3	• Deadline for submissions for the Spring QFHSA News
April 11	• Major Award nominations deadline
April 26	• Unsung Hero and Golden Torch Awards deadline
May 2	• Awards Banquet out-of-towners registration deadline
May 9	• Awards Banquet registration deadline
May 24 at 6PM	• Awards Banquet
June 5 at 7PM	• QFHSA AGM 2025 (mandatory attendance)

### National Survey on Family Well-Being – 2nd Edition

HOW ARE QUEBEC FAMILIES COPING in an era of rapid social and technological change? How are these shifts affecting the quality of life of parents and children?

The **English Parents' Committee Association**, the **Fédération des comités de parents du Québec**, the **Association pour la santé publique du Québec**, and the **Réseau québécois pour la réussite éducative** have teamed up with **Dr. Mélissa Généreux** to invite parents to participate in the second edition of the **National Survey on Family Well-Being**.

Take part by completing the online survey: <https://udes.limesurvey.net/681162>

Last year, **14,000** parents participated. Can we match or exceed that number this year?

# A Year of Change & Collaboration

## A Message from the Executive Director



WELCOME BACK!

In my previous message to everyone, I spoke about change, how it is inevitable, disconcerting at times, but usually for the best. Everyone adjusts and a new chapter can be started. Not a purge but a pruning is often required for healthy growth.

Looking down the road of the year ahead of us, we see a federal election happening in the spring as well as a new president sworn into the White House in the United States. New policies will be drafted on each side, with results that will affect everyone.

Here in Quebec, despite critical shortages of teachers, nurses, social services, and infrastructure, there will be budget cuts and even more services will no longer be available. Night school programs are being cut in the English CEGEP system as Bill 96 comes into force. A kinder, gentler society does not seem to be in the future, but....

Within the walls of the local school, good principles can be taught and mentored. Home and School Associations

can respond to the needs of their parent members, teaching staff and their students. It is more important than ever to not let petty politics get in the way of doing what is best for the students.

QFHSA will be encouraging member associations to host townhall/roundtables this year, where they can get together with leadership from their sister associations and talk, learn from each other and share ideas and solutions. Partner with each other to bring events to your schools such as parent workshops. Partner with community groups to bring snacks and hot meals to students.

Together we are stronger. Let us keep our eyes and hearts on the kind of society we want to be and work enthusiastically toward it.

*Carol Meindl*

## Event and Fundraiser Ideas

THE QFHSA TEAM met with longtime QFHSA partner Corey Szwarcok of [Everblast](#) in December. He spoke to us about some of the new activities he is offering to school. We were particularly interested in the Family Feud idea! Here is a short summary and you can find out more on their website.

### **New carnival packages**

**Party Packages** with DJ and entertainment services.

**Funshops:** They set up in your school for 3–5 days, offering classes the opportunity to engage in amazing activities.

**Family Feud:** A new experience that's great for all ages including adult events or even fundraisers.



*Image from Everblst*

## Workshop Review & Key Takeaways Balancing Screens & Well-Being with Neha Shukla

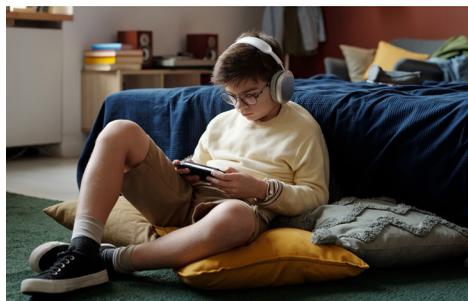


Image from Adobe Stock

**By: Kimberley Allen, President,  
Mountainview Elementary Home  
and School**

- Screen time benefits & risks
- Limits & mindfulness
- Cyberbullying prevention

ON NOVEMBER 16<sup>th</sup> at Hillcrest Academy, the Quebec Federation of Home & School Associations had our Fall Conference. The first workshop, led by Neha Shukla, a Behaviour Specialist at Épique Inc. focused on the important balance between screen time and well-being for children and youth. The new reality is that screens, are and will continue to be, a part of our lives.

The workshop started by exploring the positives of screen time. Educational apps and websites are providing kids with new and exciting ways to learn. With access to math tutorials, research tools, and creative platforms for music, art, and video, children can develop valuable skills. Additionally, screen time allows for global exposure, helping kids learn about different cultures, communities, and

environmental issues. This can promote empathy and a sense of global citizenship, offering a positive outlook for the future.

However, while screens offer many benefits, excessive use comes with its risks. One of the main concerns discussed was privacy and security. Children and teens are often unaware of the dangers of sharing sensitive information online, which can lead to unintended consequences. The lack of knowledge about digital footprints can also make them vulnerable to unsafe online behaviors. Socially, overuse of screens can affect face-to-face communication, leading to issues such as difficulty developing social skills and encountering "stranger danger" or grooming risks. Another concern raised was the exposure to inappropriate material on the internet, which many children encounter without parental supervision. This can negatively impact their social and emotional development.

The emotional and mental health effects of excessive screen time were also emphasized. Research has shown a link between overuse of social media and negative mental health outcomes, including depression and anxiety, especially among girls. This highlights the importance of balancing screen time with other activities that promote mental wellness. The workshop also touched on the

issue of cyberbullying, which has become increasingly prevalent. Educating children on the dangers of cyberbullying, fostering open communication, and establishing trust were all seen as key to helping kids navigate the digital world safely.

Neha also discussed how screens affect the brain, particularly with regard to dopamine. Instant gratification from screen use triggers dopamine release, which can lead to addictive behaviors and a lack of patience. This, in turn, can make it harder for children to focus and concentrate. The workshop highlighted the need for mindful management of screen time to prevent such issues from arising.



Image from Adobe Stock

In terms of recommended usage, Neha provided some guidelines based on age. For children aged 0-2 years, no screen time is advised. For 2-5-year-olds, limiting screen time to an hour a day is recommended, while children aged 6-12 should have no more than 1-2 hours a day. Teenagers, aged 13-18, should aim to keep screen time to 2-3 hours

*Continued on the next page*

# Fall Conference 2024

## Workshop Review and Key Takeaways (continued) Balancing Screens & Well-Being with Neha Shukla



Image from Adobe Stock

per day. These limits help ensure that screen time remains a positive tool for learning and creativity, rather than becoming a source of stress or negative outcomes.

The workshop also delved into the impact of screen time on sleep. The blue light emitted by screens can interfere with sleep patterns, making it harder for children to fall asleep and get quality rest. Neha encouraged establishing a “wind-down” time before bed, at least one hour before using any screens, to help ensure good sleep hygiene and avoid overstimulation.

When it comes to setting screen time limits, the workshop provided several useful strategies. Neha advised against extreme measures such as using screen removal as punishment or creating unrealistic rules that children can’t follow. Instead, she recommended establishing clear boundaries, creating a balance with outdoor activities and breaks, and ensuring that screen time is purposeful. It's also important to set up screen-

free zones, such as at the dinner table, to encourage face-to-face interaction.

One of the most important takeaways from the workshop was the need to collaborate with children in setting limits on screen time. By offering alternatives, such as outdoor activities or creative pursuits, and modeling healthy screen habits, parents can help children maintain a good balance. Mindfulness was also a key theme, with suggestions like time in nature, meditation, deep breathing exercises, and journaling

with children, setting clear guidelines, and maintaining open communication were all highlighted as essential steps for ensuring children are safe online. Several online resources were shared, including **Media Smarts**, **Kids Help Phone**, and **Canada’s cyberbullying campaign**, all of which provide valuable information and support. By fostering open communication, setting realistic limits, and encouraging mindfulness and offline activities, we can help children thrive both online and in the real world.



Image from Adobe Stock

to help children unwind and maintain their mental health. There are also several great resources available, such as the **Calm** and **Headspace** apps, to guide families in developing healthy habits.

Finally, Neha touched on the importance of addressing cyberbullying. Establishing trust

### Resources:

Épique: [www.epiqueinc.com](http://www.epiqueinc.com)

Media Smarts: [www.mediasmarts.ca](http://www.mediasmarts.ca)

Kids Help Phone: [kidshelpphone.ca](http://kidshelpphone.ca)

### Cyberbullying:

<https://www.canada.ca/en/public-safety-canada/campaigns/cyberbullying.html>

Calm app: [www.calm.com](http://www.calm.com)

# Fall Conference 2024

## Workshop Review and Key Takeaways Physical Impacts of Screen Time with Taylor D'Souza

**By: Lucy Pereira, President, Jules Vernes Home & School Association**

- Screen time can harm physical health
- Early device use limits play
- Parents should model healthy habits

SCREEN TIME is a subject that is on many parents' minds nowadays. The effects of screen time on psychological health is something that we, as parents, have been concerned about for some time but are we aware of all the physical manifestations of excessive screen time? At this year's conference, we welcomed Taylor D'Souza, an occupational therapist from Kiddo Active Therapy, who joined us to discuss the physical impacts of screen time.

The statistics are quite alarming and demonstrate that most children are presented with their own personal devices as young as 2 years of age. This early exposure leads to decreased play which in turn affects their physical development. Easy, everyday tasks such as toileting and feeding are becoming increasingly challenging in preschool children and school age kids are experiencing difficulties with motor skills and endurance affecting their ability to complete simple tasks. In teenagers, the poor posture has coined the term 'tech' neck. Not surprisingly, the increased time spent in front of a screen leads to a more sedentary lifestyle which in turn results in increased cases of overweight teens and other health concerns.

### What can we as parents do to help stop the negative impacts of screen time?

Simple. Minimize our own screen time! Taylor reminded us that our children learn by example. If they only see us on a screen and we interact very little with them, they are bound to follow suit. Prioritizing time with our children should be at the top of the list with an emphasis on outdoor and physical activities. She reviewed some activities that could be done to help improve posture and we participated in a good old-fashioned wheelbarrow race!

I think the most poignant part of the presentation was when we watched a video by Molly Wright, one of the youngest people ever to give a TED talk. She reminded us of the importance of how our interaction with our children stimulates their desire to create meaningful connections. It is definitely a must-see!

### Resources:

**Kiddo Active Therapy:**  
[www.kiddoactive.com](http://www.kiddoactive.com)

**Molly Wright TED Talk:** [https://www.ted.com/talks/molly\\_wright\\_how\\_every\\_child\\_can\\_thrive\\_by\\_five](https://www.ted.com/talks/molly_wright_how_every_child_can_thrive_by_five)



Image from Adobe Stock



# 2025 Heritage Photo Contest

## For Quebec High School Students!

### CONTEST RULES

**SUBJECT:** Photos must be of an object, person, place or event connected to the heritage of the student's family or community. Subjects must be relevant to life in Quebec.

**JUDGING:** Based on composition & originality (for both photo & text).

**ORIGINALITY:** Photo & text must be the student's work. Any submission copied in whole or in part will be disqualified.

**SPECS:** Colour or b/w; high resolution.

**SUBMISSIONS MUST INCLUDE:**  
Student's name & grade  
Name & location of school  
Title of photo  
Date & context of photo  
200-300-word description of the subject & why it constitutes "heritage"

Submit (up to 3 photos) to: [home@qahn.org](mailto:home@qahn.org)  
**Deadline: April 30**

### Prizes

1st: \$350  
2nd: \$250  
3rd: \$200

Certificate  
Winning photos will appear in Quebec Heritage News magazine.



# Uthabiti Dialogues

**By: Carol Meindl, QFHSA Executive Director**

- Reimagining anti-racist education in Quebec
- Integrating Black community contributions & challenges

ON JANUARY 21, the QFHSA partnered with ComECH Quebec and Parents for Diversity (PFD) to host a virtual forum titled *Uthabiti Dialogues on Resilience and Justice in Anti-Racist Education in Quebec: Aspiration and Praxis*. (Uthabiti means "resilience" in Swahili.) The event was moderated by Alexandra Arraiz, a parent advocate with PFD.

The forum featured an esteemed panel of speakers, including Dr. Alix Adrien, President of the Quebec Board of Black Educators; Dr. Dorothy Williams, President of Blacbiblio and a historian/consultant; Allison Saunders, Vice-Chair of the Lester B. Pearson School Board; and Tya Collins, Assistant Professor at the University of Ottawa. Each speaker offered unique insights into the challenges and progress in reimagining anti-racist education in Quebec, with a focus on integrating the contributions of Black communities into the province's historical narrative and addressing anti-black racism.

Tya Collins, a sixth-generation member of Nova Scotia's Black community, mentioned the

disproportionate focus on Caribbean and African immigration narratives, often at the expense of stories from longstanding Black communities in Canada, which remain virtually invisible. She expressed frustration over students' lack of interest in their own histories compared to the "traditional" curriculum. I myself was struck by the parallels between this issue and the experiences of the Acadian community in Nova Scotia, where their students often choose English institutions like Dalhousie University or Acadia University over the French-language Université Sainte-Anne.

Dr. Dorothy Williams, an author and historian specializing in the history of Quebec's Black community, voiced her concerns about the repeated failure of government-led studies to implement meaningful changes in education. Despite numerous consultations and well-crafted recommendations, there has been little progress. She cited the *ABC's of Canadian Black History* as an example of an invaluable educational resource that remains underutilized in Quebec schools.

Williams emphasized that when young people cannot see themselves reflected in their province's history, they lose interest in the subject altogether. For many students, history becomes just another academic hurdle rather than a meaningful exploration of their identity and heritage.

An engaging question posed to the audience by Saunders revealed a generational gap: *Did you have any Black teachers during your own schooling?* Most attendees from older generations answered no. However, in Montreal's Lester B. Pearson and English Montreal School Boards, today's students are more likely to encounter diverse educators—provided school boards retain autonomy in hiring staff based on criteria that include diversity.

The overarching sentiment from the forum was one of cautious optimism. While progress has been made, it remains slow and insufficient. The speakers stressed the lack of commitment from successive Education Ministers to act on recommendations, leaving school boards and parents to champion diversity and inclusivity in education as they are able.

The January 21st event concluded with a message of hope and perseverance. The speakers passionately affirmed that, with sustained effort, meaningful change is not only possible but inevitable.

**Resources:**

**Parents for Diversity:**

<https://parentsfordiversity.com/>

**Blacbiblio:** <https://www.blacbiblio.com/>

# A Word From Membership Services

**Fall Conference:** It was great to meet some of you at the Fall Conference on November 16<sup>th</sup>. It was a pleasure to work with the Hillcrest Academy staff and Home and School volunteers who helped make the event run smoothly. Thanks ladies! There was a lot of discussion after the roundtable sessions, so if your Home and School would like to host other associations, please contact Marlyn Brownrigg.

**Documents and Fees:** All documents and fees for the 2024-2025 school year are overdue. Your association will be contacted regarding missing items.

**Constitution and By-Laws:** January and February are the best time to review these documents. If your association does not have a constitution or a set of by-laws, please strike a sub-committee to begin the process. Marlyn will be happy to assist you.

## LITERACY NEWS

**Family Literacy Day:** January 27<sup>th</sup> was Family Literacy Day, and the theme was “Learn to be Green, Together”. While Family Literacy Day is over, it is never too late to think about planning an event with the school librarian (maybe for Earth Day on April 22) or preparing for next year. You can also start a *Born to Read* program in your school. The QFHSA will donate the first 10 bags of books to your Home and School if they are launching this program in their schools with the intention of continuing the program for the next few years. For more information, please contact Carol Meindl or Marlyn Brownrigg at our office.

**Holiday Book Giveaway:** After a few unforeseen challenges, the holiday book giveaway was a success. Ten (10) Home and Schools participated, and 315 books were donated. Thank you for supporting those less fortunate in your communities. A shout-out to the students of Forest Hill Senior who supported a school in Kuujjuaq who lost their library two years ago.

The schools that received books were Beechwood Elementary, Macdonald High School, Mount Pleasant Elementary, Crestview Elementary, Souvenir Elementary, Jules Verne Elementary, Forest Hill Sr. Elementary, Beacon Hill Elementary, Terry Fox Elementary (Laval), and Eardley Elementary.

ALL THE BEST FOR 2025!

## Insurance:

The QFHSA has changed insurance providers but the form on the website remains the same. Please remember to leave a two week lead for requests.



Here is a picture of our books that were delivered with the Holiday Baskets at Beechwood Elementary School.

## Contact Information for QFHSA Staff:

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

# Addressing Gaps in Quebec History Education

## What We Choose to Remember: The Teachers Study Guide with Chantal Clabourgh



Image from ComECH

- Documentary exploring Anglophone & Allophone experiences in Quebec
- Features 30+ stories from immigrants to Quebec

SOME OF YOU MAY be familiar with the documentary film created by Guy Rex Rodgers, entitled *What We Choose to Remember*. This film explores the history of Quebec society through the lens of various waves of immigration spanning four key periods: 1760-1945, 1945-1970, 1970-1995, and 1995-2020. By examining the immigration and settlement experiences of Anglophones and Allophones, the documentary provides a nuanced perspective on Quebec's history within the broader context of Canada.

Current history textbooks predominantly focus on the French experience in Quebec. However, *What We Choose to Remember* and its accompanying teacher's guide offer educators a valuable resource to engage Anglophone and Allophone students. These tools help students see themselves reflected in Quebec's history,

fostering a more inclusive understanding of the province's past.

On January 20, the Quebec Federation of Home and School Associations (QFHSA) partnered with ComECH Quebec to host a virtual forum featuring Guy Rex Rodgers and Chantal Clabourgh, the author of the teacher's guide. During the event, they presented the project and shared strategies for incorporating it into lesson plans.

Many students are familiar with their own family histories, often hearing stories from grandparents or great-grandparents about their immigration journeys. These stories often include challenges, such as arriving in a new land without knowing the language, and hopes for a better future. Yet, these personal narratives are largely absent from school history books.

From 2012 to 2019, QFHSA ran the "Family Treasures" essay project, inviting elementary school students to share family treasures and the stories behind them. For example, some students brought espresso cups that had traveled from Greece with a great-grandparent, pieces of heirloom jewelry passed down through the generations, or a small dictionary a grandfather used to learn English and teach others.

These stories revealed a shared awareness among students that their families came from diverse places and contributed to making Quebec their home. However, these narratives remain unrepresented in traditional Quebec history curricula.

A recording of the January 20 presentation (and the password) is below. The teacher's guide, accessible [here](#), is filled with ideas for engaging students in a history that includes their own families' experiences. A link to the documentary film is [here](#).

Encourage your school's history teachers to watch the 90-minute film and explore the teacher's guide. By doing so, educators can help their students understand that Quebec's history belongs to everyone whose families have played a role in shaping it.

### Resources:

Watch the film online and access the teacher's guide: <https://whatwechoosetoremember.ca/>

ComECH Quebec YouTube Channel: <https://www.youtube.com/@ComECH-QC>

Link to recording: <https://tinyurl.com/se7pkpn4>  
passcode: 6\$@UgGa\*

# News for You



## How informed are you on the political history of Canada – Prime Ministers and Governor Generals: 1867-2024? *A Trivia Quiz from Brian Rock*

Answers are at the end. No cheating allowed!

**1. Why did the first Prime Minister of Canada always go by the name of John A. Macdonald?**

- a. The Premier of Ontario from 1867 until 1871 was John Sandfield Macdonald.
- b. He had another brother with the name of John.
- c. The census of 1871 showed one thousand people in Ontario had the name of John Macdonald.
- d. His favourite letter of the alphabet was “A”.
- e. None of the above



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**2. The Liberal-Conservative Party became:**

- a. Union Nationale
- b. The Liberal Party of Canada
- c. The Conservative Party of Canada
- d. The Reform Party of Canada
- e. None of the above

**3. Who was the first Prime Minister who was also the Leader of the Liberal Party?**

- a. Mackenzie Bowell
- b. Charles Tupper
- c. Alexander Mackenzie
- d. John Abbott
- e. None of the above

**4. Who was the Prime Minister of Canada who served the longest in office?**

- a. Wilfrid Laurier
- b. Pierre Elliott Trudeau
- c. John A. Macdonald
- d. William Lyon Mackenzie King
- e. None of the above

**5. Who was the Prime Minister of Canada who served the shortest term in office?**

- a. Joe Clark
- b. Kim Campbell
- c. John Turner
- d. Charles Tupper
- e. None of the above

**6. Who was the first Governor General of Canada?**

- a. The Viscount Monck
- b. The Lord Lisgar
- c. The Earl of Dufferin
- d. John Campbell, Marquess of Lorne

**7. Who was the Governor General of Canada who served the longest term in office?**

- a. The Earl Grey
- b. Georges Vanier
- c. David Johnston
- d. Vincent Massey
- e. None of the above



Image from Adobe Stock

**8. Who was the Governor General of Canada who served the shortest term in office?**

- a. The Lord Lisgar
- b. Julie Payette
- c. The Marquess of Willingdon
- d. The Lord Tweedsmuir
- e. None of the above



Continued on the next page

QFHS A WINTER 2024 /13



# News for You

## A Trivia Quiz from Brian Rock *(continued from the previous page)* Answers

**1. Why did the first Prime Minister of Canada always go by the name of John A. Macdonald?**

a. The Premier of Ontario from 1867 until 1871 was John Sandfield Macdonald.

**2. The Liberal-Conservative Party became:**

c. The Conservative Party of Canada

**3. Who was the first Prime Minister who was also the Leader of the Liberal Party?**

c. Alexander Mackenzie

**4. Who was the Prime Minister of Canada who served the longest in office?**

d. William Lyon Mackenzie King who served 21 years & 154 days. John A. Macdonald served 18 years & 359 days; Pierre Elliott Trudeau served 15 years & 164 days; & Wilfrid Laurier served 15 years & 86 days.

**5. Who was the Prime Minister of Canada who served the shortest term in office?**

d. Charles Tupper who served 68 days. John Turner served 79 days, Kim Campbell served 132 days, and Joe Clark served 273 days.

**6. Who was the first Governor General of Canada?**

a. The Viscount Monck

**7. Who was the Governor General of Canada who served the longest in office?**

d. Vincent Massey who served 7 years & 199 days. Georges Vanier served 7 years & 171 days; David Johnston served 7 years & 1 day; and The Earl Grey served 6 years & 307 days.

**8. Who was the Governor General of Canada who served the shortest term in office?**

b. Julie Payette who served 3 years & 102 days. The Lord Lisgar served 3 years & 144 days; The Lord Tweedsmuir served 4 years & 101 days; and The Marquess of Willingdon served 4 years & 184 days.

### SCORING:

One point for each correct answer:

/8

7-8 = A

5-6 = B

3-4 = C

1-2 = D

How did you do?

Brian Rock, B.A., M.Ed., is a retired school principal and a former secondary teacher of English Language Arts and the History of Quebec and Canada who now resides in Aylmer, Gatineau. Brian chairs the Coalition For the Future of English Education in Quebec (COFFEE-QC) as well as the Committee for the Enhancement of the Curriculum of the History of Quebec (ComECH-QC). Brian is the corporate secretary and a director of the CEGEP Heritage College Foundation (HCF) and chairs its Governance and By-Laws Committee. Brian is also a director of the Aylmer Heritage Association (AHA) and chairs its Publications Committee.

A past president of the Quebec Federation of Home and School Associations Inc. (QFHSA), Brian is a current member of the QFHSA Board of Directors. Note: The opinions expressed in this commentary are those of the author and not necessarily those of the QFHSA.



# The Kids' Page

THIS PAGE IS FOR STUDENTS in the Federation's Home and School network. Blowing bubbles is always fun. Have you tried it in the winter? The bubbles slowly crystalize in the cold.



## Recipe

You can use a regular bubble solution or make your own.

If you make your own, try these recipes from [wikiHow](#).

Here is the Basic Bubble Solution with Glycerin. (You can also use corn syrup or skip both. For those recipes, please go to the wikiHow page.)

### Basic Bubble Solution with Glycerin:

- 1 cup of warm water
  - 2 tablespoons of liquid dish soap
  - 1 tablespoon of glycerin
  - 1 teaspoon of granulated sugar
- \*Makes 1 cup of bubble solution

## Instructions

- **COMBINE INGREDIENTS:** Mix 1 cup of warm water, 2 tablespoons of liquid dish soap, 1 tablespoon of glycerin, and 1 teaspoon of granulated sugar in a bowl with a pour spout. Glycerin helps make stronger, longer-lasting bubbles.
- **STIR GENTLY:** Use a long-handled spoon to stir until the sugar dissolves, avoiding foam formation.
- **LET IT REST:** Allow the solution to sit for at least 1 hour to strengthen the bubble mixture.
- **USE OR STORE:** Stir gently before using, then blow bubbles. Store in an airtight container in a cool, dark place (e.g., fridge) for up to 6 months.
- **DISCARD IF SPOILED:** Throw away if the solution becomes cloudy or smells bad.

What makes winter bubbles special? Frosty patterns appear on the bubble's surface as tiny ice crystals form, making them look magical!

We haven't tried this - yet! So if you do it, please send us photos at [news@qfhsa.org](mailto:news@qfhsa.org). Tell us how it went. Did it work? It is supposed to work best on cold days (below freezing). We will publish your photos in our next news magazine.



# Focus on the Locals

IN THE FOCUS on the Locals section, we share news and information from our local associations. Thank you to all of the Home and Schools that contributed to this issue. We would love to hear from our other Home and Schools too! Before sending photos, please make sure you have the permission of those appearing in the photos. We invite Home and School Associations to send their news to [news@qfhsa.org](mailto:news@qfhsa.org) by March 3<sup>rd</sup>, 2025.

## News from the Baie-Comeau H&S By Stephen Kohner

Our 2024-2025 got off to an early start with the H&S organizing a back-to-school barbeque lunch for students, staff, parents and families of Baie-Comeau High School in late August. The menu featured fresh corn-on-the-cob, hotdogs, fresh fruits and veggies, fruit juices, along with a home-made chili. We used the occasion to sign up a few parents interested in serving on the H&S and worked in conjunction with the North Shore Community Association to help spread the word about parent and child resources for the anglophone community.

In November, our attention turned towards fundraising. For the third year, we teamed up with our local coffee roaster at Le Manoir du Café. People had a choice of ordering a 400-gram bag of coffee beans or coffee grounds. A profit of \$312 was realized and the coffee was distributed just in time for the Christmas break.

As part of the multitude of Christmas activities at BCHS, the H&S put on a scrumptious hot breakfast for students and staff just before the break. A menu of sausages, French toast, sausages, hash browns, milk and juices along with clementines was cooked up by our volunteers. This gift was appreciated by one and all. A donation by a former student helped ensure the cost was kept low.

We are scheduling our activities for the remainder of the year: supplying hot chocolate for when the students go skating at the local park, providing fresh fruit snacks at their carnival day at the ski hill, and setting a date for the annual Bean Supper which in 2024 raised \$2485 for student activities and bursaries. Not bad for a school with an enrollment of 32 students!



# Focus on the Locals

## Hillcrest Academy



E21 enjoyed learning about Terry Fox. They all persevered.



Terry Fox Run



Leadership hard at work! Brainstorming recess games for their junior students!



Grade 6 had an amazing time at camp!



The Colouring Social Club! Grade 3 students



An exciting week for kindergarten: magic pumpkin seeds sprouted into pumpkins!



The first-ever Pancake PJ Party!

# Focus on the Locals



## Beechwood Celebrates Holidays Around the World!

Submitted by: Joanna Turowetz

BEECHWOOD HOME & SCHOOL hosted an exciting Spirit Week event, *Holidays Around the World*, bringing students together to learn about and celebrate diverse cultural traditions. The event highlighted holidays such as Christmas, Hanukkah, Kwanzaa, Diwali, and Lunar New Year through a variety of interactive activities and displays.

Students enjoyed unforgettable moments like a traditional lion dance, dreidel games, a scavenger hunt, and a djembe drum workshop. Kids were also thrilled by a special visit from the North Pole! Festive temporary tattoos and holiday card-making for seniors added a creative and thoughtful touch, while beautiful cultural displays provided educational insights into the origins and customs of each holiday.

To top it all off, every student went home with a special holiday gift, making the event even more memorable. It was a joyful blend of fun, learning, and inclusivity, leaving students with a deeper appreciation of cultural diversity.



## Focus on the Locals

### St. Charles Elementary Home & School

Taken from the St. Charles 'Home & Scoop Newsletter'

Submitted by: Talia D'Costa and Lorry Portela

ST. CHARLES ELEMENTARY had a busy fall and the December newsletter was packed!

The Home and School Association was not only able to provide the students and families with meaningful events and activities but also raised funds that went directly back into the classrooms in the form of educational materials from which the students will benefit.

The school year began with their annual Welcome Back BBQ, where the community came together to reconnect and make new connections. In late September, apples were distributed for the Terry Fox Run, celebrating the students' determination after their run. At the end of October, the Grad Committee organized a Halloween Dance in the gym for all the graduates to enjoy. Grads received their much-anticipated grad t-shirts and participated in a costume fashion show. In November, a Holiday Market was hosted, where local crafters and artisans showcased their creations, and a special visit from the Big Guy added to the festivities.

December may have been chilly, but a Tropical Wonderland Family Night brought warmth as families played bingo and trivia and won exciting prizes. Pizza and pasta lunches have become a highlight, bringing joy to both students and parents. In January, Dagwoods lunches will return, and there will now be a new option – AMIR! The last Friday of each month has been designated as St. Charles Spirit Day, with students proudly wearing their St. Charles School clothing.



# SHARE YOUR NEWS!



Photo from Adobe Stock

What is happening in your Home and School community? Fun fundraisers? Special events? Please let us know and we will be happy to share your news in our *Focus on the Locals* section in an upcoming issue of the *QFHSA News*.

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