



THE VOICE OF  
THE PARENT  
IN EDUCATION

# QFHSA NEWS

VOLUME 52 ISSUE 3

FALL 2014

## In This Issue

- President's Message... p. 2
- Executive Director... p. 3
- Membership Services... p. 4
- The RER Committee... p. 5
- School Board Elections... p. 6
- Fall Conference... p. 10
- Community... p. 14
- Director Profile... p. 19
- Contests & Articles... p. 20
- Focus on the Locals p. 22
- Coming Up ... p. 18

*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.*



## A FALL CORNUCOPIA!



**And we're back.... Although it feels like we've never left....**

All of you reading this have already hit the ground running, and that is pretty much how it has been at the QFHSA provincial offices. With the start of the school year, hosting more than 50 people at our Executive Workshops on the 26th of September, the upcoming School Board Elections on November 2nd and the Fall Conference on October 25th just around the corner, it has been all hands (and then some) on-deck.

We've already published a Special Edition of our Newsletter on School Board Elections, and we are excited about the upcoming Fall Conference on The Brain on the 25th of October. This edition of our newsletter is chock full of stuff, a cornucopia if you will.

As the VOICE of parents and members we need your help this time... **Please shout loud and clear** to all you know to **VOTE on November 2nd** as the turn-out is critical to the existence of our education system! Even if you are on the "wrong" electoral list at the end of the revision period, get out and VOTE anyway! Let the government know we want to keep the school boards in the hands of the parents!

### What a great question....

#### Why should you pay \$18 to join the QFHSA?

Yes there is a fee to join the QFHSA. It supports our mission and the operating costs that go with its execution. (See mission on the side panel)

While all the committees and executive positions are carried out by volunteers just like you, we do pay a skeleton-like staff of 1 full-time and 2 part-timers to carry out the day to day operations. Costs like; rent, bank fees, travel, legal fees, and accounting fees are just part of the day to day bills.

The bulk of our funding comes from government grants, but membership fees contribute to much more. Our Fall Conference and AGM for example; with many of our members travelling from great distances, your fees can help to subsidize their costs.

The QFHSA is a **provincial** association whose diverse membership includes large urban schools, as well as smaller rural schools, some with as few as 45 children. These schools get additional support from the QFHSA as part of our library support projects, and are sent boxes of new and second hand books as there are very few **ENGLISH** resources in their areas.

There are free training workshops for new Home and School Executives and other parent workshops which are fully subsidized.

The QFHSA is an **independent** organization that speaks for parents on educational issues. Through its resolutions and briefs, the QFHSA presents to the governments and school boards and other organizations the parents' point of view on often contentious issues. Membership in Home and School gives parents the opportunity to express their point of view on various educational matters as well. You are not paying \$18.00 to volunteer but to be a part of a larger and louder "voice".

The QFHSA promotes literacy through various writing contests, the Reluctant Reader program in various high schools and the Born to Read program which is administered by local Home and School Associations.

We hold memberships in wider organizations like the Canadian Home and School Federation and the Quebec Community Groups Network, as well as well as core membership in Quebec Anglophone Heritage Network and partner with the Community Learning Centres. Your membership fees support a system much bigger than it appears on the outside.

\$18.00 *could* get you between 5 and 10 coffees this year or it can give you a voice and a vote in your local Home and School Association. Take this opportunity to improve the educational experience for all the students in your school. Aren't your children and their future worth it?

A MESSAGE FROM THE PRESIDENT  
**WORKING TOGETHER, GETTING IT DONE!**

I would like to encourage all Home and School members to help distribute our QFHSA News Special Edition on the school board elections. In doing so please let people know how important it is to cast a vote in this November's elections and also volunteer in their school. Recently we hosted more than 40 executive members of Home and School locals at our office for training sessions. The dedication of Home and School members makes an enormous difference in your schools, and creates a dynamism that might otherwise be absent. Encourage your parents to be as active as possible in any way that they can.

It is important to stay in touch with the QFHSA so we can understand your association's needs as well as concerns that you may have.

Among the many good exchanges that we had at the training, I want to underline that the provincial Directors and Staff are available to visit your association meetings, to assist or advise you in any way that they can. Please contact our office for more information.

We look forward to another year of collaboration, and I hope to see you at our Fall Conference.

*Larry DePoe*  
**QFHSA President**



*"Your dedication makes an enormous difference."*



**VOTE**



**QFHSA NEWS**

*Continuously published since 1949*

Volume 52, Issue 3

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

3285 Cavendish Blvd., Suite #560  
 Montreal, Quebec H4B 2L9  
 Phone: (514) 481-5619 • 1-888-808-5619  
 Fax: (514) 481-5610  
 Email: [news@qfhsa.org](mailto:news@qfhsa.org)

**Interim Editor:** Joyce Shanks

**Layout & Graphic Design:** Joyce Shanks

**Printing:** The Business Box, Beaconsfield, QC

**Circulation:** 7000 copies

**Advertising Manager:** Joyce Shanks

**Editorial Board:** Joyce Shanks, Carol Meindl, Rickhey Margolese, Brian Rock, Mary Skagos, Larry DePoe,

**Deposited with:** Bibliothèque Nationale du Québec National Library of Canada **ISSN: 1924-9284 (Print), ISSN: 1925-797X (Digital)**  
**Publications Mail Agreement No. 40011786**

**QFHSA on the Web:** [www.qfhsa.org](http://www.qfhsa.org)

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

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

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

**QFHSA BOARD OF DIRECTORS 2014-2015**

The new QFHSA Board of Directors was installed at the Annual General Meeting (AGM) on May 3, 2014.

**Top row left to right:** Rhonda Boucher (Director), Patricia Willis (Director), Rosalind Hoenig (Executive Vice President), Lawrence DePoe (President), Rickhey Margolese (Vice President), Wanda Leah Trineer (Treasurer), Mona Segal (Secretary), Brian Rock (Vice President).

Absent from picture: Joyce Shanks (Director).



**We have a very active Rights, Education and Resolution Committee with great commitment to serve our members.**

Co-Chairs of the QFHSA Rights, Education, and Resolutions Committee are:

Brian Rock, Mona Segal, and Rickhey Margolese.

Chair of the QFHSA Rights Sub-Committee is Brian Rock,

Chair of the QFHSA Education Sub-Committee is Mona Segal, and

Chair of the QFHSA Resolutions Sub-Committee is Rickhey Margolese.

A MESSAGE FROM THE EXECUTIVE DIRECTOR

QFHSA:

SERVING A UNIQUE ROLE THIS OCTOBER

The November school board elections will soon be upon us. The lists of candidates for commissioners are now available and many seats are being contested. Electors have an unprecedented opportunity this year to vote for the position of Chair. But who do you vote for? What do they stand for? Why is it important?

The role that Home and School can play this fall is crucial. As an independent body, we can provide opportunities for the public to meet with the candidates in their Electoral Divisions with "Meet the Candidates Nights" in October. We are doing all we can to create awareness of the importance of getting on the right electoral list and getting out to vote.

We have heard the rumours that unless there is a substantial increase in voter turnout in November, above the 16.7% in the 2007 English school boards elections and the 7.2% turnout in the French school board elections, we may face two choices: Elimination of school boards altogether or the merging of the current school boards. Our 9 English School boards could be reduced to just five (5).

Although the right to have school boards in the minority official language is entrenched in the Canadian Constitution, that does not preclude the government from making drastic changes in the current system. We already feel the effects of the enormous budget cuts the school boards are struggling with. We have to prove to the government that we value our school boards and that we support them. If you do not have a seat being contested in your Electoral Division, please go out and vote for your Candidate for Chair. If you find yourself on a French list rather than an English list, go out and cast a vote anyway! Tell your grandparents, aunts, uncles and neighbours to go out and vote!

The more people who cast a vote in these elections, the better. If you never bothered to vote in a school board election before, make this the time you do! Seriously.



*"Rumours are that School Boards are at risk."*

*Carol Meindl*



THE BUSINESS BOX

for all your Printing Needs!

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

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

Please contact:  
mike@thebusinessbox.ca

Quebec Heritage News

Subscribe Now!

Quebec's English-language heritage magazine.

**Individual:**  
\$30 for 1 year  
\$75 for 3 years  
\$120 for 5 years

**Institutional:**  
\$40 for 1 year  
\$100 for 3 years  
\$160 for 5 years

To pay by cheque, please mail payment to:  
QAHN, 400-257 rue Queen,  
Sherbrooke QC J1M 1K7.

Or pay by Paypal to:  
home@qahn.org.



QFHSA

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.



## Membership Services Report

Welcome to a new school year! I hope that the start to the year has gone smoothly and that summer is not too distant a memory. It was great to meet some of you at the September 26<sup>th</sup> executive workshops and I hope to see you at the fall conference on October 25<sup>th</sup>.

### A few reminders:

- ◆ **URGENTLY NEEDED** - The executive list for the 2014-2015. The QFHSA office needs to contact the right people. Please scan or fax this list in as soon as possible. Remember to include the number of students and families in your school because these numbers are used as data for the membership prizes.
- ◆ **2013-2014 President's and Treasurer's reports are now due.** They should be written by last year's executive members.
- ◆ **The administration fee** and local association renewal form also need to be sent into the office.
- ◆ **By October 31<sup>st</sup>** a preliminary membership list should be emailed to the office. Please ensure that: it is in Excel format and that all information is complete especially apartment numbers.
- ◆ Please email all items to [marlynbrownrigg@qfhsa.org](mailto:marlynbrownrigg@qfhsa.org).

### Other notes:

On October 15<sup>th</sup>, the QFHSA has organized a regional council for Home and Schools in the Eastern Shores School Board through the Community Learning Center video-conferencing network. The QFHSA will be broadcasting from the QCGN boardroom. Please call the office for more information.

**Constitutions:** Thank you to the Home and School executives who submitted their updated constitutions by June 2014. There is a document on the QFHSA website entitled *Approving Amendments of the Constitution*. If you have not sent it in please do so. If your Home and School has not updated your constitution, please organize a small sub-committee to get this done this school year. Call the office for the most current copy of your Home and School constitution.

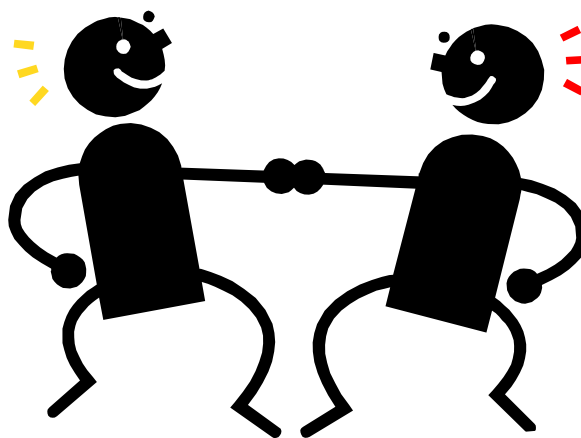
**By-Laws:** The QFHSA office hopes to have a By-Law template ready by the fall conference.

Don't hesitate to call if you need information and good luck with your membership drive.

Best Regards,

*Marlyn Brownrigg*

Marlyn Brownrigg  
QFHSA Membership Services Coordinator  
[marlynbrownrigg@qfhsa.org](mailto:marlynbrownrigg@qfhsa.org)



# Rights, Education & Resolutions Committee

## We've Been Busy with the RER of the QFHSA

In the past year and a half we've headed east to Quebec City **2x** to present our positions in the National Assembly. First, we spoke out against Bill 14 and more stringent language laws. The second time, we presented on Bill 60 and the Quebec Charter of Values.

*Sure....* the government that brought these Bills forth is no longer in power, but YOU DID THAT, we did that! We spoke up for the rights and freedoms for everyone, we are the voice of parents! That is what we do! Our mission (on page 3) says it right there, we are the VOICE, your voice!

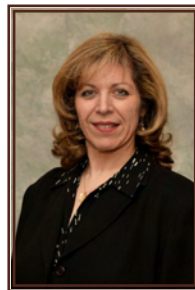
In May at our AGM we adopted 2 resolutions, and as a result of this work, we've gone west and met with officials on Capital Hill about **Resolution 2014-01 Financial Literacy**. We spent a half an hour (that is a lot of time when it comes to government meetings) with Yaelle Gang, a policy advisor to the Minister of State for Finance, the Honourable Kevin Sorenson. We've taken action, spoken up, and we've been heard, and there will be results.

Our Resolution 2014-02 on the Permanent Linguistic Voter's List for School Board Elections has had some responses, too! Good reminder to TELL EVERYONE you know to make sure they are on the right list, and to vote on November 2nd, 2014.



**Air Quality**  
**Charter of Values**

Chair of the QFHSA Rights Sub-Committee is Brian Rock.



**Financial Literacy**

Chair of the QFHSA Education Sub-Committee is Mona Segal.



Chair of the QFHSA Resolutions Sub-Committee is Rickhey Margoese.

We are also leading the way with workshops and education on such issues such as bullying in our schools.

On October 25th the QFHSA is hosting our Fall Conference on Brain Matters, Optimizing the Brain for Learning, a topic that was born from our Rights, Education and Resolutions committee meetings. Last year's Conference on Healthy Relationships was amazing!

There is a great group of inspired people on the RER Committees, and we know and hear from so many of you, that you too, believe in the great work that is getting done. But it's not all work and no play, that would be dull..... We have fun, getting it done!!!

So here is the question... We are recruiting more incredible people just like you. There is a lot of work to carry out and as the old expression goes, "many hands make for light work." Can you join us? Can you spare a couple of hours in the month? We will pay with unlimited coffee, and refreshments, and great company! No experience required, just a passion to make a difference!



**Anti Bullying**  
**Health**  
**School Board Governance**



Call to join us - 514.481.5619

**Perspectives of a Parent Commissioner**

Looking back on my years as a commissioner brings a sense of pride and accomplishment. I spent ten years as a member of the Council of Commissioners at the Lester B. Pearson School Board; five as a parent commissioner and five as a commissioner. It wasn't always easy. In fact at times it was extremely difficult. However, they were years of great learning and personal growth.

As a longtime parent volunteer and committee member at the school level, the position of parent commissioner was a natural fit for me. Together with my fellow parent commissioner, we were the voice of parents at the school board. It was intimidating, challenging and rewarding, all at the same time.

Parent commissioners are in a very unique position and wear many hats. They are also members of governing boards and the school board's Parent Committee, with great demands on their time. They witness first-hand how the information and decisions that originate at the school board unfold. Being in a good position to gather input at the grassroots level, they work to ensure that a parental perspective is considered in all matters. Over the years, I've seen decisions on issues of safety, transportation, technology, school fees, nutrition, and the consultation process, to name a few, be influenced greatly by the input of parents.

Parental views and concerns can also impact initiatives at the school board. During my years of involvement, we (parents) were the driving force behind governing board training, long before it was required by law. We gave workshops, prepared materials and lists of resources. As well, it was at the continued request of the High School Parents' Committee that our secondary schools now offer a common entrance exam. Another initiative that comes to mind was our annual Volunteer Awards

Evening. It was created by the board's Central Parents' Committee, and ran for 17 years before it was unfortunately discontinued two years ago. These are concrete examples of parents making a difference.

The transition from parent commissioner to commissioner was not a difficult one. I went from speaking on behalf of parents to representing all the constituents in my Electoral Division. I was also able to vote at Council meetings, a right that as a parent commissioner I did not have. Not being allowed to vote was never an issue for me though, as I always believed it was your voice that mattered most.

That being said, commissioners do make important decisions by vote. They set policy and direction, oversee the management of resources, and work to ensure student success at all levels. Without question, the toughest decisions I made as a commissioner revolved around the closure of schools. These were never taken lightly, knowing full well what an impact they have on the entire community.

Commissioners can and do make a difference. They make decisions that matter to students and the community. Get to know your commissioner candidates and then vote in the school board elections. It will help ensure that the best people are elected to this important position.



*Sue Williams*

**Parent Commissioner 2002 - 2007  
Commissioner 2008 - 2013**

**Election Perspective from QESBA**



November 2<sup>nd</sup> will see the first school board elections in seven years. It will be a key moment for both the English and French school boards. In 2007 there was a 17% voter participation rate in the English system and an overall 8% rate when the turnout at the French boards is

taken into account. Successive governments have lamented about what to do to either increase the voter turnout or eliminate school board elections all together. We cannot let our right to manage and control our own education system just disappear. In 2014 we need to make a strong statement that we want, need, and support our publicly elected school board system. We certainly don't want to allow the government to appoint our representatives.

We can ensure that the government respects our wish to maintain our system by voting, and voting in large numbers on November 2<sup>nd</sup>. However, in order for there to be a vote we need candidates. The number of elected Commissioners will be greatly

reduced this election, making each seat all the more important. There will be only 95 commissioners elected to the nine English school boards. Our students from pre-Kindergarten to Adult and Vocational Training are counting on good people to step up to run for election.

It is not hard to get started. You need to be over 18 years of age, a Canadian citizen, your principal residence on the territory of the board in which you want to run for election, and not be prohibited by law from being a candidate. In addition, you need to be prepared to attend school board and community meetings and participate at various events to represent your community. You also should be a passionate believer in the public education system. If you meet those criteria you need an official nomination form, 10 supporting signatures to run for Commissioner or 50 supporting signatures to run for Board Chairman. Deposit your completed form with your local returning officer and you are ready. The nomination period ends on *September 28<sup>th</sup>*.

**Submitted by:**

***The Quebec English School Boards Association***



The Quebec Community Groups Network has long held that English schools are one of the cornerstones of our communities. Because a strong English school system is crucial to the vitality and survival of our minority community this year's school board elections will be critical.

As citizens and members of a minority language community we are responsible for our institutions, their health and well-being. We must stay informed and be involved in order to ensure their long term sustainability. We must carry out our civic duty and vote in the up-coming school board elections, not only to choose the right individuals to lead our institutions, but also to demonstrate to the government and to Quebec society at large that our community cares about our school boards and their survival.

It has been seven years since the last school board elections. This year also marks the first time that we will be voting for school board chairs and well as commissioners. These elections are important for the future of English-language educational opportunities for our children and for lifelong learning opportunities for adults.

Commissioners play an important role in our democracy. They set the tone for the management and operations of school boards and their schools. They mirror the values and culture of their communities in the decisions they take. They speak on

behalf of our communities, their needs and aspirations. They intervene with government, civic society and other stakeholders on behalf of the educational, training and lifelong learning needs of our communities. They are responsible for decisions affecting school budgets, staffing, educational priorities, innovations in pedagogy, and even for the survival of schools in areas where there is dwindling enrolment or the construction of new schools where numbers are growing. It is essential for our school board commissioners to be individuals with integrity and intelligence and to have the best interests of our children and our community at heart.

School Board elections are one of the few places where our minority language community can exert control over our institutions. We must all participate to show that our school boards, our schools and the quality of educational services they provide are vital to the future of our English-speaking community in Quebec.

**VOTE**

**November 2,  
2014**



**Perspectives of a Commissioner**

The Quebec English public school system has much to be proud of. Even with declining enrolment and serious budget cuts, English school boards have exceptionally high success and graduation rates, great alternative, enriched and support programs for students and especially, engaged parents and collaborative stakeholders, all of which have contributed to enhance the vitality of the English-speaking community. At the same time, the ability of Quebec taxpayers to support and sustain important educational, social, health and family programs is being questioned.

Perspective candidates for election this November 2<sup>nd</sup> have the dauntless challenge of convincing the public and especially our parents that school boards, as a level of local government, are important. Elected commissioners, in addition to attending committee meetings at the school board, often attend Governing Board meetings in schools and hear the concerns of parents, staff and administration. They play a vital role in determining the particular needs of the individual schools and the community they serve. They also make important policy and budget decisions for the entire board when they meet as a Council. Members of the public and especially the parents of the chil-

dren we serve have to be convinced that in order to guarantee the survival of elected school boards, they will have to vote in much larger numbers on November 2<sup>nd</sup> than they did in 2007.

While the government grapples with important budget issues and determines whether the services it provides are sustainable, public education has to continue to be viewed as an important investment in our future. Over the next few months, elected commissioners will have to make some difficult choices and tough decisions. They will have to be data driven and results oriented, and clearly defined as being in the best interests of the students. Elected commissioners will have to work together with other school boards and differently with stakeholders, looking at alternative ways of generating savings, keeping in mind that these savings will be reinvested in student success and perseverance. Failure to change the way we do business, as already is the case in three other provinces, will most definitely result in the public, and ultimately the government, questioning the relevance of elected school boards.

Submitted by:

*Frank Verillo*

**Retiring Commissioner, English Montreal School Board**

# SCHOOL BOARD ELECTION FAQs

Consult these pages to get clear answers on the most frequently asked questions about the School Board Elections.

## Why vote?

- ♦ The decisions made in our school boards, including how budgets are spent, are made by the elected commissioners and parent commissioners on behalf of the parents in their Electoral Division.
- ♦ These commissioners are in constant touch with the needs of their community. Together, on the council of commissioners, they allocate funds and make decisions that directly affect education, our children, and our greater community.
- ♦ The current Liberal Government has already stated they are prepared to eliminate School Boards or drastically restructure them. (Apparently maps have already been drawn with the new zones).
- ♦ A **STRONG** voter turn-out will let the government know we are unwilling to allow the administration of our school boards to take place in the government offices.

## *Need Help?*



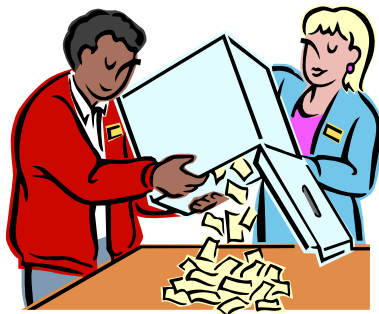
LE DIRECTEUR GÉNÉRAL  
DES ÉLECTIONS DU QUÉBEC

**418-528-0422**

**1-888-353-2846**

**Toll - Free**

<http://www.electionsquebec.qc.ca/english/>



## Who is Eligible to Vote?

- ♦ Almost every Quebec Citizen over the age of 18, (unless they meet one of the criteria in the Act Respecting School Elections which does not permit them to vote).
- ♦ For the complete list of rules about voting eligibility see: [www.qfhsa.org/schoolboards/htm](http://www.qfhsa.org/schoolboards/htm)

## How Do I Know If I am on a List?

- ♦ Every household in Quebec is to receive a voter card in the mail.
- ♦ On that card it will list the eligible voters in the home.
- ♦ It will also specify in which School Board Election you are voting.
- ♦ If there are no voters indicated by name on the voter card then you are not registered on a list.

## **Did you know?**

If you have children in both the French and the English School Boards in your area, you may vote for candidates in both boards.

## What do I do if I am on the Wrong List?

- ♦ Voter lists will be in revision until October the 14th and in some school boards until October the 18th. (Verify yours!)
- ♦ You will need to contact the Returning Officer of the School Board to which you would like to be added. Phone numbers can be found in the table below.
- ♦ You will need to request the change in writing.
- ♦ Forms can be found on line through the school board or at the location for the electoral list revision
- ♦ **IMPORTANT** - Please note some school boards are ending their revision period as early as the 14th of October, others on October the 18th.



**SCHOOL  
ELECTIONS  
NOV. 2, 2014**



**Important Dates to Remember**

- Sept. 23 - 28 This was the Nomination Period for candidates (Chairs and Commissioners)
- Sept. 29 Returning Officers released the names of candidates
- Until - Oct. 18 Encourage all eligible voters to verify on which list they appear and *transfer* to the correct list
- Oct. 4 - Oct. 18 Electoral list Review and Revision Period \* *Please note dates may vary by School Board*
- Oct. 18 last day for Electoral List Revisions
- Oct. 25 QFHSA Fall Conference with Special Panel Discussion on School Board Elections
- Oct. 26 Advance Polls
- Nov. 2 Election Day

**The FUTURE Starts Today**

**In Scotland, recently 85% of eligible voters turned out to use their voice and vote for their future. Our children are our future. Be sure to get out & vote on November 2<sup>nd</sup>, 2014.**



**How did I get on the French List?**

- ♦ If your children are currently attending an English school board school in your area, you will be on the correct list.
- ♦ There was however a time when people were defaulted to the French school board lists once their children had graduated out of the English system.
- ♦ New voters, also had been placed on the default French lists, so it makes it imperative that you and your grown children and parents etc... verify your cards when they arrive.

**When Do I Vote?**

- ♦ Advance polls are on October 26th, 2014.
- ♦ The location will be listed on your voter card.
- ♦ If you change lists, inquire about the times and location of their advance polls.
- ♦ Election Day is Sunday November 2, 2014.

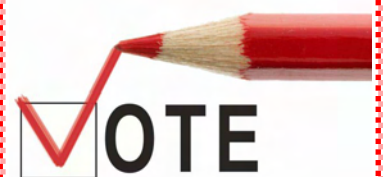
**School Board Returning Officers**

Central Quebec	Cathleen Scott	1-800-249-5573 ext. 3022
Eastern Shores	Chantal Pitt	418-968-8412 or 1-866-968-8412
Eastern Townships	Pauline Lazure	819-868-3100 ext. 55025
English Montreal	Robert Stocker	514-483-7200 ext. 7888
Lester B. Pearson	Remi Poliquin	514-780-8683
New Frontiers	Cuthbert McIntyre	450-691-1440 ext. 227
Riverside	Kathleen Balfour	450-672-4010 ext. 6016
Sir Wilfred Laurier	Linda Di Domenico	450-621-5600 ext. 1322
Western Quebec	Richard Vezina	819-684-1313 ext. 1152

**What do I do? I missed the revision and I am still on the wrong list?**

- ♦ **VOTE ANYWAY!**
- ♦ **Even if you are on the wrong list, VOTE, the turn-out of the election will help decide the fate of Quebec's School Boards!**
- ♦ **Encourage EVERYONE you know to vote!**
- ♦ **Spread the word #SchoolBoardElections**

**Tell Everyone To:**





*You are invited to attend*

# QFHSA

QUEBEC FEDERATION OF HOME AND SCHOOL ASSOCIATIONS

## FALL CONFERENCE 2014

Education

Health

Policies



### Featuring:

- \* **Guests & Keynote Speaker**  
**Michael Quinn, Neuroscientist & educational consultant**
- \* **Regional Councils**
- \* **Informative Workshops**
- \* **Special Panel Discussion on School Board Elections!**
- \* ***Sharing the Knowledge***

**Brain Matters**



Succeed

Parenting

Literacy

**Saturday, October 25, 2014**

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

**Pearson Electrotechnology Centre**

**5000 René-Huguet, Lachine, QC H8T 1M7**

# QFHSA FALL CONFERENCE 2014

## SESSION DETAILS

### OPTIMIZING THE BRAIN FOR LEARNING

The brain is the organ of learning and the most powerful computer in the universe. However, unlike most computers, it doesn't come with a user's manual. Join Michael as he explores how findings from current neuroscientific studies shed light on how our children can optimize their learning.

What are the best conditions for learning? What role do emotions play in learning and how can we exploit them? What about exercise, diet, sleep? In this talk Michael will also explore the difference between valid science and the many myths about the brain and learning.

All students can learn effectively -- and a little knowledge about how the brain and mind operate can help us ensure our children have the best chance of success. Let Michael be your tour guide for the human brain as he points out the many features that can help all our children succeed!

Michael Quinn, BSc. (Hons) Lond. Physiol M.Phil. A.B.P.S. PGCE. He is a neuroscientist by training, and now works as an educational consultant.

### Session Workshops (10:30 to 12:00)

#### *Feeling Sad, Feeling Blue: Depression in Children and Adolescents*

**Facilitated by Zmira King Elbaz, Ph.D., OPQ, Psychologist, Centre of Excellence for Mental Health**

Most children handle the "ups and down" of everyday life with minimal impact. However, for some children, the various challenges and demands of everyday life can lead to long bouts of unhappiness. Depression is the term psychologists and psychiatrists use to describe a long period of time where children and youth can feel helpless, hopeless and alone. This session will look at some of the signs and symptoms of depression in youth. Strategies that will help parents develop emotional health in their families and maintain a positive outlook will be discussed, along with guidelines for accessing professional help.

#### *My Occupational Therapist and Me*

**Facilitated by Rita Carducci, Occupational Therapist**

This workshop will include information on sensory integration, fine and gross motor skills, visual and perceptual

abilities, as well as Activities of Daily Living. Moreover, specific relaxation techniques will be presented to help youth with anger, anxiety, and decreased body awareness in order to support self regulation.

#### *Helping Children Be Successful: Optimizing Your Child's Brain Power*

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

Does your child have difficulty organizing themselves? Sustaining their attention all the way through homework? Did you know that the root to parenting children with attention issues is... their brain? Yet understanding your child's brain is important in helping them take charge of attention and learning challenges.

This interactive workshop will focus on understanding the brain of a child with attentional issues. Included will be a review of current research, principles that can be applied in the home and school setting to improve overall brain function, and strengths based strategies for optimizing brain development and well-being... to help all our children be successful at home, school, and in the community!

#### *Exercising the Brain Through Play*

**Facilitated by Corey Szwarcok, Dynamix Teambuilding**

We all know going to school, doing homework and reading are all important to a child's brain function. What is equally important for the brain is physical activity. In this energetic workshop you will learn fun physical activities kids love and is exercise for their brains!

### Special Panel Discussion 1:00 - 2:00 pm on School Board Elections

**Moderated by Brian Rock,**  
*QFHSA VP/Chair of RER Committee*

Join us as we host this special panel discussion on the upcoming school board elections.

We will have a cross section of those involved in English education in Quebec. Their positions are from various perspectives.

**With:**

**Lawrence DePoe**  
*QFHSA President*

**Frank Verrillo**  
*Retired Commissioner*

**Kim Hamilton**  
*QESBA - Quebec English School Boards Association*

**Walter Duszara**  
*QCGN - Quebec Community Groups Network*

# QFHSA FALL CONFERENCE 2014

## October 25<sup>th</sup> Schedule

Time	Event
8:00-8:30	Registration/Display Visits (coffee available)
8:30-8:45	President's Welcome & Opening Remarks
8:45-10:15	Guest Speakers & KEYNOTE SPEAKER
10:15- 10:30	Nutrition Break/ Display Visits
10:30- 12:00	Workshops
12:00-1:00	LUNCH
1:00-2:00	Panel Discussion - School Board Elections
2:00 - 2:15	Break/ Display Visits
2:15-3:15	Regional Councils Evaluation Draws A variety of prizes will be drawn!
3:15 - 3:30	Conference Wrap Up and Door Prizes

Each year the QFHSA brings together Home & School members from across the province offering an opportunity to develop leadership skills and networking opportunities through regional council meetings, workshops and an informative Plenary Session.

Join us for this year's session moderated by:



**Michael Quinn**  
BSc. (Hons) Lond.  
Physiol M.Phil. A.B.P.S.  
PGCE. He is a  
neuroscientist by  
training, and now  
works as an  
educational consultant.

### *Lunch and Refreshment Breaks Included*

#### Regional Council Meetings

Enjoy an opportunity to network with other Home & Schools from your region!

#### Visit the Displayers' Booths

You will find tons of useful information and great ideas to bring back to your schools!



QUEBEC FEDERATION OF HOME AND SCHOOL ASSOCIATIONS

Fall Conference 2014 Registration Form

Saturday, October 25, 2014

Please fill in a separate registration form for each person attending.

School/Organization: \_\_\_\_\_

Member's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

10:30-12:00 Workshops (please note registration for workshops is on a first come first serve basis.)

	First Choice	Second Choice
◆ <b>Feeling Sad, Feeling Blue: Depression in Children &amp; Adolescents</b>	_____	_____
◆ <b>My Occupational Therapist and Me</b>	_____	_____
◆ <b>Helping Children Be Successful, Optimizing Your Child's Brain Power</b>	_____	_____
◆ <b>Exercising the Brain Through Play</b>	_____	_____

12:00 - 1:00 Lunch/ Display Visits

1:00 - 2:00 Panel Discussion

2:00 - 2:15 Break/ Display Visits

2:15 - 3:15 Regional Councils

3:15 - 3:30 Conference Wrap Up and Door Prizes

**Registration Fees**

Up to October 18<sup>th</sup>:

Home & School Members only @ \$25 per person \_\_\_\_\_, Group of 10+ @ \$20 per person \_\_\_\_\_

After October 18<sup>th</sup>:

Members and non-members @ \$35 per person \_\_\_\_\_, Group of 10+ @ \$30 per person \_\_\_\_\_

**\*\* Please feel free to photocopy this form and bring a friend!\*\***

**\*\*\* If you are registering for a group, please enclose all names \*\*\***

Enclose cheque, with Registration Form, payable to QFHSA 3285 Cavendish Blvd., Suite 560, Montreal, Qc, H4B 2L9 Tel. 1-888-808-5619, (514) 481-5619, Fax (514) 481-5610

## Do You Ever Jump to Conclusions?

*Thinking Traps Workshop Sat. OR Sun Oct. 18 or 19, 2014*

Have you ever felt certain you knew enough to make a judgment only to find out later you were wrong? Have you ever read too much into an email from a friend or colleague? Do you sometimes blame others or external factors for things of your own doing? Thinking Traps may just be the workshop for you.

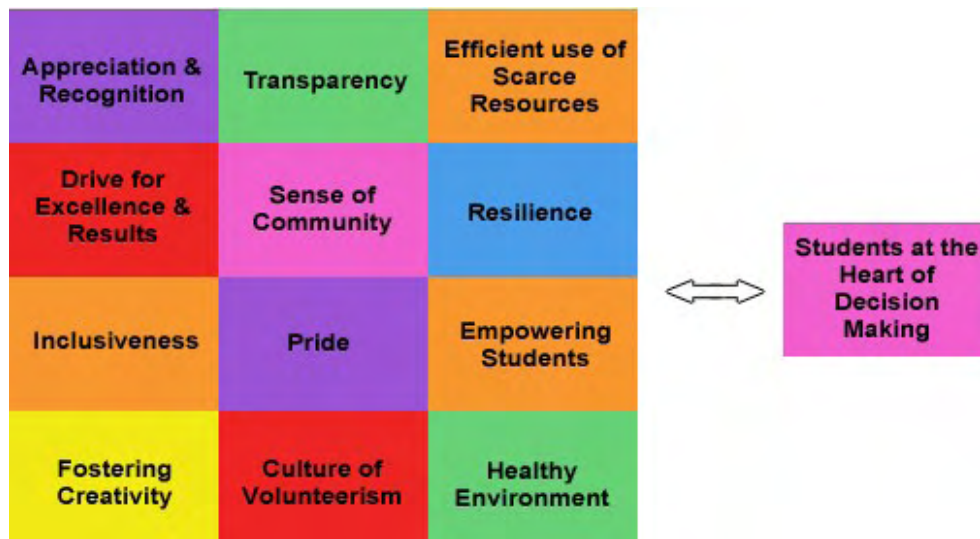
For eight years now, Concordia University Applied Human Sciences department has been partnering with Lester B. Pearson School Board to develop one-day interactive workshops aimed at all members of the Lester B. community. The Concordia Masters students are required to develop a one-day workshop for a “client”. LBPSB is the client and the workshop has to be custom developed for our staff and community.

In preparation for the workshop Thinking Traps, the Concordia Human Systems Intervention students set out to understand what makes the Lester B. Pearson School Board tick.

The students learn about us by attending Governing Board meetings, Home & School meetings, an Art Show at an elementary school, a Council meeting, a tour of head office and several other events. They gather their notes and are challenged by the members of the cohort on their findings. This has been part of the process for the past eight years and last year’s cohort created this “quilt” representing their conclusions.

The Concordia students managed to push all our buttons with this clear representation of who we are.

Thinking traps are something every person experiences. In our everyday lives we take in more information through our senses than our brains can process. To help us cope we take shortcuts, filtering the information and developing ways of thinking that can trap us.



We often get caught in our own thinking patterns that frame the way we view the world. As part of these patterns, there are a series of well-documented traps that prevent us from seeing the true picture. This impacts our relationships with others and may very well limit and close doors to opportunities for learning and growth.

Join us for this one-day interactive workshop to learn more about common thinking traps, identify ones that you fall into, and learn strategies to help you avoid them.

It is open to all staff, parents and community members of LBPSB. It is being held on Saturday, October 18th and again on Sunday, October 19th at the Pearson Electrotechnology Centre in Lachine. The partnership between the board and Concordia allows this workshop to be offered at a very low cost of \$25, which covers some of the administrative overhead expenses.

Enter the promo code QFHSA for a discount on the workshop!

Register at [Concordia/LBPSB workshop](#)

# WELCOME TO DM... A TRUSTED RESOURCE FOR YOUTH & FAMILIES !



**DM IS DEDICATED TO SUPPORTING INDIVIDUALS, COUPLES, FAMILIES AND YOUTH OF ALL AGES WITHIN A SAFE AND CARING ENVIRONMENT** that seeks to build on strengths and restore nurturance. The DM offices are large and spacious, evoking the feeling of a comfortable and cozy living room. It never fails to bring a smile when a young child assumes the office is indeed a home and inquires where the therapist sleeps at night !

Some families come to DM because they seek the joint expertise of a **CERTIFIED PSYCHOTHERAPIST** who is also an **EDUCATIONAL CONSULTANT**. A person who wears both hats: intimate knowledge of school systems, as well as training in therapy to support families as they enhance their knowledge of what their child needs to succeed at home and at school.

Families with **ELEMENTARY AGE CHILDREN** or **PRESCHOOLERS** come to DM to better understand their children's behavior at school / pre-school; to have individual, group, or play therapy for their child; to participate in **PARENT-TRAINING** programs; or develop individual plans at the educational setting to resolve problems. **TEEN YEARS** are another creative and emotionally responsive time for youth, with joys and struggles abound. At DM parents come to learn strategies how to keep teens safe and thriving while they learn new tools to keep the love and provide limits.

For many it's the happy hustle and bustle of groups after school or on weekends that bring them to DM's doors: To participate in **SOCIAL SKILLS GROUPS**. The atmosphere is upbeat as children reconnect with new friends and get ready to participate in groups! The ages vary, but all programs have one thing in common: All are research based and packed with activities that enhance emotional competence and problem solving skills - but are so **FUN** it's hard to believe they're learning !!

For **INDIVIDUALS THROUGHOUT THE LIFE CYCLE**, DM offers **PSYCHOTHERAPY** - a collaborative process through which the client, with the support of the therapist, works towards meeting their goals, healing, growing and improving their quality of life. While the journey can have difficult moments, becoming the person you want to be is always a journey worth taking. Some **COUPLES** come to DM to reconnect with love - to find each other again when stress and struggles in daily lives have taken them further from their partner than they ever dreamed they could be.

But more than anything else, **DM IS A PLACE WHERE A HEAVY HEART CAN FIND A SAFE AND SUPPORTING ENVIRONMENT TO SHARE ITS PAIN AND FIND NEW STRENGTH**. A place to develop plans to support children through difficult times, or rebuild structure and nurturance when our teens have taken a wrong turn. **CONTACT DM — WE CAN'T WAIT TO MEET YOU !**

**EVERY NOW AND THEN WE ALL NEED AN OPPORTUNITY TO REFLECT, RECHARGE AND RETHINK OUR NEXT MOVE.**

**SOMETIMES IT HELPS TO TALK TO SOMEONE YOU CAN TRUST ! DM OFFERS :**

- Social Skills Groups & Friendship Clubs
- Parenting Courses
- Specialized Services for Special Needs
- Individual, Couple & Family Therapy
- In School Parent Workshops
- Professional Development for Adults
- Psychotherapy for Children, Teens, & Young Adults
- Specialized Services: Pre-School Children

**REGISTRATION FOR GROUPS NOW OPEN !**  
**CONTACT DM:**  
**514.483.9339 / www.dmfamilyschool.com**



## How Finland Keeps Kids Focused Through Free Play

Like a zombie, Sami—one of my fifth graders—lumbered over to me and hissed, “I think I’m going to explode! I’m not used to this schedule.” And I believed him. An angry red rash was starting to form on his forehead.

*Yikes*, I thought. *What a way to begin my first year of teaching in Finland*. It was only the third day of school and I was already pushing a student to the breaking point. When I took him aside, I quickly discovered why he was so upset.

Throughout this first week of school, I had gotten creative with my fifth grade timetable. Normally, students and teachers in Finland take a 15-minute break after every 45 minutes of instruction. During a typical break, students head outside to play and socialize with friends while teachers disappear to the lounge to chat over coffee.

I didn’t see the point of these frequent pit stops. As a teacher in the United States, I’d spent several consecutive hours with my students in the classroom. And I was trying to replicate this model in Finland. The Finnish way seemed soft and I was convinced that kids learned better with longer stretches of instructional time. So I decided to hold my students back from their regularly scheduled break and teach two 45-minute lessons in a row, followed by a double break of 30 minutes. Now I knew why the red dots had appeared on Sami’s forehead.

Come to think of it, I wasn’t sure if the American approach had ever worked very well. My students in the States had always seemed to drag their feet after about 45 minutes in the classroom. But they’d never thought of revolting like this shrimpy Finnish fifth grader, who was digging in his heels on the third day of school. At that moment, I decided to embrace the Finnish model of taking breaks.

Once I incorporated these short recesses into our timetable, I no longer saw feet-dragging, zombie-like kids in my classroom. Throughout the school year, my Finnish students would—without fail—enter the classroom with a bounce in their steps after a 15-minute break. And most importantly, they were more focused during lessons.

At first, I was convinced that I had made a groundbreaking discovery: frequent breaks kept students fresh throughout the day. But then I remembered that Finns have known this for years; they’ve been providing breaks to their students since the 1960s. What’s most important is not *where* kids take breaks but how much freedom we give them from their structured work. In my quest to understand the value of the Finnish practice, I stumbled upon the work of Anthony Pellegrini—author of *Recess: Its Role in Education and Development* and emeritus professor of educational psychology at the University of Minnesota—who has praised this approach for more than a decade. In East Asia—where most primary schools give their students a 10-minute break

after 40 minutes or so of classroom instruction—Pellegrini observed the same phenomenon that I had witnessed at my Finnish school. After these shorter recesses, students appeared to be more attentive in the classroom.

Not satisfied with anecdotal evidence alone, Pellegrini and his colleagues ran a series of experiments at a public elementary school to explore the relationship between recess timing and attentiveness in the classroom. In every one of the experiments, students were more attentive after a break than before a break. They also found that the children were less attentive when the timing of the break was delayed—or in other words, when the lesson dragged on.

In Finland, primary school teachers seem to know this intuitively. They send kids outside—rain or shine—for their frequent recesses. And the children get to decide how they spend their break times. Usually, teachers in Finland take turns—two at a time—supervising the playground during these 15-minute stints.

Although I favor the Finnish model, I realize that unleashing fifth graders on the playground every hour

would be a huge shift for most schools. According to Pellegrini, breaks don’t have to be held outdoors to be beneficial. In one of his experiments at the public elementary school, students had their recess times inside the school and the results matched those of other experiments where students took their breaks outside: After their breaks, the children were more attentive in class. What’s most important is not *where* kids take breaks but how much freedom we give them from their structured work. When break times are teacher-directed, Pellegrini found, the recess loses its value. It’s free-play that gives students the opportunity to develop social competence. During these times, they not only rest and recharge—they also learn to cooperate, communicate, and compromise, all skills they need to succeed academically as well as in life.

As a teacher, I’m always trying to improve my classroom through experimentation. What I realized in Finland, with the help of a flustered fifth grader, is that once I started to see a break as a strategy to maximize learning, I stopped feeling guilty about shortening classroom instruction. Pellegrini’s findings confirm that frequent breaks boost attentiveness in class. With this in mind, we no longer need to fear that students won’t learn what they need to learn if we let them disconnect from their work for 10 or 15-minute periods, several times throughout the school day. And let’s be honest here, we teachers benefit from these breaks, too.

**Written by Tim Walker;** An American teacher in Helsinki questioned the national practice of giving 15 minute breaks each hour - until he saw the difference it made in his classroom. June 30, 2014 Reprinted with the Author’s permission.







Teambuilding for kids  
since 2002!

CATCH THE FIRE OF TEAMWORK!

**SPIRIT-CHALLENGE ASSEMBLY...**

**For as low as \$2/ student!**

Looking for a high-energy assembly that inspires kids to master Respect, Cooperation and Team Spirit? Want to bring the power of hands-on learning and engaging team challenges to your community? With the Spirit Challenge, your Dynamix Superstars bring high-energy, interactive fun to your assembly!



**How the assembly works:**

In 45 to 60 fun-filled minutes, a Superstar Dynamix facilitator leads groups up to 100 students in a series of unique, co-operative challenges and talk about what respect, cooperation and team spirit are all about. The unique Dynamix techniques break up cliques and show children how to work/play with new friends... moving kids out of their usual circle of friends and comfort zone, but in a fun way!

During the assembly, the kids are actively engaged and moving in a controlled area. We typically play three games, each followed by a few moments of reflection. *What happened and why? What did we learn? How could we have been more successful? And, most importantly, how can we use what we learned in our daily lives?* It's amazing to see the maturity of the responses, from children of all ages!

The Spirit Challenge works with 45 to 100 children. With groups over 100, we do two or more Spirit Challenges so everyone can participate in the games and reflection.

The Spirit Challenge is a great way to kick-start character, leadership and school climate initiatives. Book today to bring Respect, Cooperation and Team Spirit to your group!

- Great for K to Gr. 6
- 45 to 60 minutes
- Up to 100 participants at once!
- Interactive experience that turns the audience into active participants!
- WE COME TO YOU!

**Great for:**

- School assemblies
- Opening week of camp
- Community events
- Youth organizations





**(Toronto – October 1, 2014)** French for the Future is pleased to officially launch its 2014-2015 National Essay Contest.

*This year's theme is:*

**Michaëlle Jean, former Governor General of Canada, has said, "Sports, culture and arts are necessities that bring together communities and give youth a way to express themselves."**

**DO YOU AGREE WITH THIS STATEMENT?  
WHY?**

From October 1st to December 19th, 2014, grade 10 to grade 12 students from across Canada (Secondary IV, V, and CEGEP 1, in Quebec) are invited to submit a 750-word essay in French for a chance to win their share of the \$215,000 in scholarships offered by the post-secondary institutions shown below :

Essays must be submitted through French for the Future's web site, by 11:59:59 p.m. Eastern Time on Friday, December 19th, 2014. For more information, to read the Contest rules, the evaluation grid, and to access the registration form, please visit French for the Future's web site at: **www.french-future.org**.

## AN ISLAND OF STORIES ESSAY CONTEST



As of 2013, the QFHSA has enjoyed partnership with QAHN, the Quebec Anglophone Heritage Network, as a core member and collaborator on various projects. Although QAHN is primarily an umbrella organization for English Quebec Heritage societies and small museums, it also functions as an advocate for the preservation of heritage sites, be they primarily English or French in origin.

Our Home and School communities are scattered across the province of Quebec, in the small English enclaves that proudly hold on to their culture and traditions. One can become very attached to the place where one lives and see the beauty and uniqueness present in ways that others, just passing through, may not.

Hometowns hold special meaning for us, and walking through old neighbourhoods can be both nostalgic and disturbing, as some places change completely, while others stay the same, as if untouched by time.

We would like to hear about some of those places that are dear to the heart of our members on the Island of Montreal.

Once again, QFHSA will be offering a chance to explore the Island, one special place at a time, through our **An Island of Stories Essay Contest**. We will be encouraging schools, and parents to participate and help their children choose a location on the island of Montreal (and surrounding area) that is dear to the heart and write a short essay about why it is important to your family.

For more information go to [www.qfhsa.org](http://www.qfhsa.org) under special projects



**Director Feature - Rhonda Boucher from Poltimore in the Western Quebec School Board.**

We asked Rhonda to tell us a little about herself and her experiences in her children's education.

I've been a member of the QFHSA since October of 2013. I'm celebrating my one year anniversary with them. I'm a mother of two: my twelve year old son, Brandon, began Junior High at Hadley this year and my daughter, Isabella, who's nine, is in Grade 4 at Poltimore Elementary.

I've been involved in my children's education from Day One. I joined Governing Board at Poltimore when my son started kindergarten. I've been the GB Chair for Poltimore ever since. During my years I've been a Delegate for the English Parents Association Committee (EPCA) for two years, sat on Parent's Committee, and last year, I chaired the Parent Committee, as well as the Special Education Advisory Committee (SEAC) for the WQSB. (Western Quebec School Board). I was elected to be the Parent Commissioner for the elementary sector for the WQSB last year and have really enjoyed attending the different committee meetings and seeing first hand all the AMAZING work that's being done for our children. I'm EXTREMELY proud that I chose the WQSB for my children's educa-



tion.

Joining the QFHSA last year has been a wonderful experience. The Fall Conference, the regional meetings, the AGM and all of the support that Poltimore receives from the QFHSA has given us new ideas/tools to support our school. We don't worry that our hard earned fundraising money is at risk of being taken from us. We can give support back to our school through conferences and workshops for our parents. Home and School doesn't just mean supporting schools, it means helping parents, children and communities. Community is the backbone to a successful school, especially in our rural area.

I look forward to many more years with the QFHSA and the WQSB. I've learnt so much from them both. I am so glad that I made that decision to get involved in my children's education.

If you're not already involved in your school, please think about it. Our children deserve the best education ever, and you can be an important part of it, by just volunteering in your school.

**Rhonda Boucher**

Director for the QFHSA, Western Quebec School Board

**FOIRE AUX LIVRES  
McGILL BOOK FAIR**  
Livres d'occasion par milliers / Thousands of used books  
Entrée gratuite / Free Admission

[www.mcgill.ca/bookfair](http://www.mcgill.ca/bookfair)

mardi, mercredi et jeudi	Tuesday, Wednesday, Thursday
21 octobre de 13h à 21 h	October 21 from 1PM to 9PM
22 octobre de 9h à 21 h	October 22 from 9AM to 9PM
23 octobre de 9h à 19 h	October 23 from 9AM to 7PM

**Salle Redpath | Redpath Hall**

**Great books, great prices,  
great cause. Don't miss it!**

The Canadian Home and School Federation | La Fédération Canadienne des Associations Foyer-École

**The National Voice of Canadian Parents**

**STUDIO BBG**

**Parties, Workshops & Boutique**

Save \$5/child with this ad.

**5 Years & Up**

- Beading
- Mixed Media
- Rainbow Loom
- Cupcake Decorating
- Photos & Frames
- & so much more

[www.studiobbg.com](http://www.studiobbg.com)

46 Ste-Anne #4, Pointe Claire Village (next to Barbar Books) 514.674.3481

**Scholastic Book Reviews**

**Seasonal Recipes**

**Craft Ideas**

**Fundraising Success Stories**

**Community Projects**

**Special Achievements**

**This is YOUR Newsletter, share with us, and as long as there is space, we'll include your stories, pictures and reviews!  
news@qfhsa.org**

An easy way to talk with young people about the law!



Together, we can prepare the citizens of tomorrow!

Your starting point for legal information

A Special Youth Zone

- articles on a wide range of legal topics
- a section dedicated to legal careers

[www.educaloi.qc.ca/youth](http://www.educaloi.qc.ca/youth)

Free Classroom Resources

- user-friendly teaching guides
- essay contest
- workshops in schools led by our volunteer legal professionals

[www.educaloi.qc.ca/teachers](http://www.educaloi.qc.ca/teachers)



ēducaloi

INFORMATION EMPOWERS

[f facebook.com/EducaloiJeunesse](https://www.facebook.com/EducaloiJeunesse) [#droitenclasse](https://twitter.com/Educaloi)

# BIG FUN NEW ADVENTURES GREAT FRIENDS



Girl Guides  
of Canada  
Guides  
du Canada



Fall registration open

guidesquebec.ca 1-800-565-8111

## Family Treasures 2015 Parent Submission Requests

If you were asked to choose an object in your home that you cherish, one that has been passed down through generations perhaps, or one that just holds a precious memory for you or your immediate family, what would it be? A piece of jewelry, a photo album, a concert T-shirt, a piece of furniture, an article of clothing, a stone from a beach, a recipe?

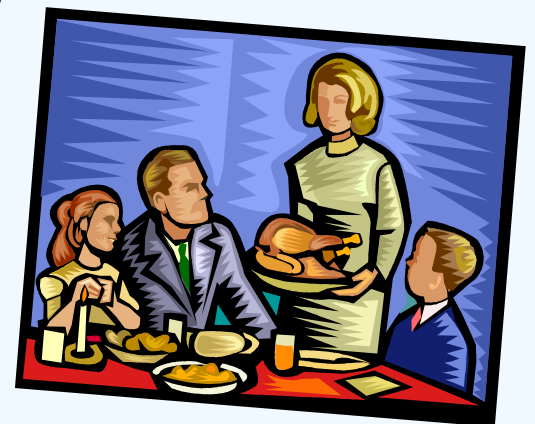
For the past few years, the QFHSA has been promoting the Family Treasures Essay contest within the schools, with the aim to encourage our children and youth to take a closer look at their own family history and learn about that of their classmates. It is through this sort of sharing, that greater inclusion can be promoted. When we celebrate our differences rather than seek to downplay them, it can help build a wider and more tolerant society, one small piece at a time. Everyone comes out a little bit stronger.

This year, we will again be encouraging our schools to participate in Family Treasures in the spring of 2015, as part of Literacy week, but we would also like to also encourage our parent members to consider their own stories and get involved.

If you have a story you would like to share with your wider Home and School Community, send it to us. With your permission, we will periodically post these submissions on the QFHSA facebook page.

For more general information on the Family Treasures Essay Competition for the schools, and to read past submissions, you can go to [www.qfhsa.org](http://www.qfhsa.org) and click on the Family Treasures tab under Special projects. Or call the QFHSA office.

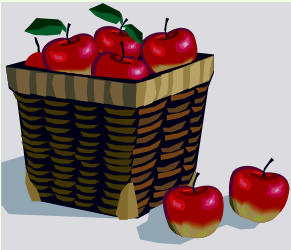
We would love to hear from you.



## FOCUS ON THE LOCALS

Get your school in the spotlight in the QFHSA NEWS! Send in your articles and pictures to [news@qfhsa.org](mailto:news@qfhsa.org). **Upcoming WINTER NEWS DEADLINE submit by Nov. 14, 2014** (for publication on or about Dec. 15, 2014).

### Apples, Books and Spaghetti. Birchwood is Busy!



Every school has a teacher that regularly goes above and beyond the call of duty. Birchwood Elementary is very lucky to have such a teacher in Julie Belanger, affectionately known by everyone, as Mme Julie.

She was recently rewarded and recognized for her on-going efforts, thanks to Alison Parsons, mother of Victoria in grade 4, and Treasurer of the Birchwood Home and School. Alison heard about a contest on the Montreal radio station 92.5 the Beat to nominate a terrific and deserving teacher. No surprise, Mme. Julie was selected and was soon basking in baskets of apples, and the several apple crisps that were shared by everyone.

A Great Big Thank You to all of our volunteers who worked for hours non stop at our first ever Birchwood Home and School Spaghetti Dinner: Governing Board, Teachers, Administration, Daycare Staff, and of course our incredible team from Home and School and all parent volunteers. Everyone worked together like a very well oiled machine, giggling like teens....Spaghetti Dinner was a huge success!!!

We have received numerous messages from staff and parents, commenting on how successful it was. Children from grades 4, 5, and 6 read books and stories to other children and parents in our "cozy corners" in the gym, and they did an amazing job. Parents of readers were just gleaming with pride. The younger children were asking when they would get a chance to do this.... Parents and kids alike filled the hallways and cafeteria eating, playing, reading, and dancing too!!

There were over 20 books given away including autographed editions from author Marie-Louise Gay. The event was a great success also in part due to our sponsors:

BABAR BOOKS, donated all the books drawn as well as the posters that decorated the gym, ROMA PIZZA prepared enough pasta and yummy meat sauce for 350 people!!! and IGA POIRIER St. Lazare donated most of our beverages, dinnerware, cookies, and much much more.... The school was rocking! Thank-You All & Have a Super Fall!

Ania Sopala

Birchwood Home and School President



## "Where is My School?"

Disappointed to not see your school on the Focus on the Locals pages?

Please talk to your Home and School executive and ask them to submit pictures, poems or stories about your recent activities.

We are always looking to share great content and ideas with our members.

Next deadline for submission is November 3, 2014. Email your submission to [news@qfhsa.org](mailto:news@qfhsa.org).



## Welcoming Day Festivities at Honoré Mercier School

On Monday, September 8th, our students celebrated the beginning of the school year with "Welcoming Day" festivities. The children enjoyed activities organized by Dynamix and were treated to corn on the cob and Freezies. It was an eventful day especially for three special children that had a visit from the "Tooth Fairy" that evening because some kids lost their teeth biting into the delicious corn on the cob!!! Special thanks to Honoré Mercier's administration and staff for organizing this event and to our Home and School volunteers for all their help.

Article by Stephania Vitetta  
 Photos by Lori Jordan  
 Honoré Mercier (Home & School)



**Daylight savings ends November 2, 2014.**  
 Remember to turn your clocks back....



## Baie-Comeau High School Welcome Back Corn Boil Lunch



On Friday, September 19<sup>th</sup>, the students of Baie-Comeau High School enjoyed the annual corn boil lunch. The students, along with their parents, families, and the staff of BCHS sunk their teeth into deliciously sweet corn on the cob as well as other tasty fare. The lunch was organized and served up by the BCHS Home and School Association. Many thanks go out to the volunteers from the BCHS Home and School and BCHS community for another exceptional event.



Get updates on our QFHSA Facebook page. Click on Like.



Follow us on Twitter



**Upcoming QFHSA Events:**

**Fall Conference**

Saturday, October 25, 2014

Time: 8:30 a.m. - 4:00 p.m.

Location: Pearson Electrotechnology Centre  
5000 René-Huguet, Lachine, Quebec, H8T 1M7

**School Board Elections**

Advance Polls - Sunday, October 26, 2014

12:00pm Noon - 8:00 p.m.

**Election Day - Sunday, November 2, 2014**

Time: 10:00 a.m. - 8:00 p.m.

Location: Throughout the Province

\* Please Consult your Voter Card

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).

*The confirmed Meet the Candidates Events dates and times have been removed from this printed publication, as they will have passed at the time of printing. For reference purposes, you can visit [QFHSA.org](http://QFHSA.org) for the digital version with the past event details.*

**QFHSA NEWS**

3285 Cavendish Blvd., Suite # 560  
Montreal, Qc H4B 2L9  
[www.qfhsa.org](http://www.qfhsa.org)



**Mission Statement**

The Quebec Federation of Home and School Associations Inc. is an independent, incorporated, not for profit, volunteer organization dedicated to enhancing the education and general well being of children and youth.

The Quebec Federation of Home and School Associations Inc. promotes the involvement of parents, students, educators and the community at large in the advancement of learning, and acts as a voice for parents.