



First Nations Parents Club

Bulletin

Welcome Back For Another Great School Year Parents Club Members!

Our bulletin has a brand new look and we want to show-off fantastic Parents Club members and their children on the cover. Send us photos, along with a photo permission form, to share on the cover of our bulletin! Download the photo permission form from the Parents Club website: fnsc.ca/parentsclub/index.html and mail it with your photo to the Parents Club office or send them by email to: info@fnesc.ca.

Wow! Can you believe that this is the seventh year of the First Nations Parents Club? It's amazing how much our Club has grown in that time. In fact, there are now 135 Parents Clubs in BC, with more than 2750 Parent Club members. That is excellent news, because parental involvement is such a key part of school success.

We certainly enjoyed a wonderful 2006/2007 school year. It was great to stay in touch through our regular publications and mail-outs, and it was especially exciting for us to hear from so many Clubs and be able to send out prizes to those Clubs.

This year, we will continue to share education-related ideas, healthy recipes, and your experiences through this newsletter. We will also be distributing more Parents Club materials to active Club members, including the latest edition of the Parents Club Calendar. How can you receive those and many more great items in your community? Just send in your up-to-date contact form along with a story, poem, or an update to share with other Club members, and then wait to see what arrives in the mail. We always love to hear about your Club activities and tips for other parents.

We have an exciting event planned for the new school year. We will be holding the 4th Annual Parents Conference in Vancouver. Look for your application to be the co-host Parents Club included with this newsletter.

We hope the next few months are fun and educational for you and your children. We look forward to hearing from you as the year progresses.



Contact Us!

First Nations Schools Association
Parents Club
#113 - 100 Park Royal South
West Vancouver, BC
V7T 1A2
Toll Free: 1-877-422-3672

Do You Have Questions About Special Education?



If you have questions about the special education services that are available for your children, remember that the First Nations Special Education Resource Line is a free service that connects parents to the information they need. Lisa Ellis, the Resource Line staff person, would be more than happy to help you with any questions you might have. What can Lisa offer?

- **Specific strategies and effective materials to help students with specific needs;**
- **Help with understanding student assessments;**
- **Up-to-date information about special needs such as FAS, learning disabilities, and behaviour challenges;**
- **Contact information for workshop presenters;**
- **Much more!**

First Nations Special Education Resource Line – Lisa Ellis, Coordinator

Toll-Free Phone: 1-877-547-1919 Email: lisae@fnesc.ca

Hours: Monday to Thursday, 12:30 to 4:30 p.m. (24 hour voice mail)

See also www.fnsc.ca/resource-line.htm for more information.

New Service – First Nations Speech and Language (SLP) Toll-Free Resource Line

This is a new and free service to help parents and school staff understand and meet the needs of children with speech and language difficulties. Call or email to get in touch with Deanne Zeidler, the speech-language pathologist resource line staff person.

Do you want to know more about...

- **Speech-Language Pathologists/Therapists**
 - Who are they and what do they do?
 - How can I become a speech-language pathologist?
- **Prevention and strategies**
 - Is there anything I can do to prevent speech and language difficulties?
 - What can I do to help my child/student develop communication skills?
- **Assessments**
 - How can I have my child/student assessed by a speech-language therapist?
 - How do I know if I should refer?

- **Understanding reports and recommendations provided by therapists**
 - What does the report mean?
 - How can I use this information?
 - How do I incorporate the recommendations from the report into the student's program at school?
- **Speech and Language resources and materials**
 - Is there a resource that will help me with my child/student?
- **Advocating for service and connecting to therapy services**
 - Is there an SLP in this area?
 - How can I access services?

As this is a brand new service, we expect it to develop and change in response to your needs.

We look forward to hearing from you! Wednesday 8:00 am – 4:30 pm; Thursday 3 – 4 pm. Email: deannez@fnesc.ca or Call 1-877-547-5926.



Getting Involved

Do you ever question the importance of your efforts to support your children in school? Well you shouldn't, because parental involvement in school and home learning is absolutely critical to student success. In fact, there is overwhelming evidence that shows when parents are involved, children do better in school and schools themselves improve.

Research shows that family involvement in education results in the following for students:

- Higher grades and test scores
- Better attendance rates
- More homework completion
- More positive attitudes and behaviours
- Higher graduation rates
- A better chance of enrolment in post-secondary education

Parent volunteers offer a huge resource and support base for the school while showing their children the importance of participating in the community. By offering some of your time to the school, and by interacting with teachers, administrators and other parents on a regular basis, you can gain a first hand understanding of your child's daily activities and some insight into the trends and fads of school life that will help you communicate with your child.

The first step can be as easy as introducing yourself to your child's teacher(s) and volunteering your time, talents and energy. What are you waiting for?



First Nations Parents Club Contribution Awards

We appreciate every submission, update, photo, and story we receive, and love being able to share them with all our Parents Club members. The following schools made regular contributions throughout the 2006/2007 school year, and as well as receiving great prizes were sent a special certificate in thanks. We'd like to recognize the following Clubs:

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|--|-----------------------------------|
| ■ Correlieu First Nations Parents Club | ■ Neskonlith Parents Club |
| ■ Fort Babine Parents Club | ■ PHSS First Nations Parents Club |
| ■ Gila kyew Parents Club | ■ SES First Nations Parents Club |
| ■ Merrit First Nations Parents Club | ■ Young Parents Program |

Thanks! We look forward to receiving updates and stories from all our Parents Clubs in the coming school year. We recognize every submission with a great Parents Club prize.



Recipe: Raspberry-Apple Oatmeal Crumble

- 1/2 cup whole-wheat flour (125ml)
- 1/4 cup oatmeal (75ml)
- 1/4 cup butter, chopped (75ml)
- 1/2 cup light brown sugar (125ml)
- 1 cup fresh raspberries (frozen will work too) (250ml)
- 1 cup apples, peeled, cored and thinly sliced (250 ml)
- 1 tsp. ground cinnamon (5 ml)

Preheat oven to 350 degrees Fahrenheit. Mix flour and oatmeal in a bowl, then add butter slowly

mixing until mixture looks like breadcrumbs. Stir in 1/2 of the brown sugar. Mix apples and raspberries in a casserole dish. Mix in the cinnamon and remaining sugar. Spoon the oatmeal mixture over the fruit in the dish. Bake for 45 minutes until fruit is cooked and topping is golden brown. This dessert is excellent with yogurt!

Makes 6 servings.



Updates From Our Members



Need more information?

Is this the first time you've heard about the First Nations Parents Club? If you would like more information about the initiative, please contact our office at (604) 925-6087. The First Nations Parents Club is sponsored by the First Nations Schools Association to recognize the tremendous dedication of parents who support their children's learning. All Club materials and activities are available for free. To start a Club in your community, just contact us and request a Parents Club start-up package. We'd love to hear from you!

Correlieu Celebration Week

We are writing to tell you about our Celebration week here at Correlieu where we used the grant you so graciously provided us for this event.

With the monies you provided us we held an Elders luncheon which was catered and the students helped with prep for this luncheon as well. Students worked on gifts for the Elders which your monies provided us with supplies. We hired Aboriginal dancers who entertained the Elders for about an hour. We appreciate the opportunity to honour our Elders in this manner and would like to extend our appreciation again for the opportunity. We have a few dollars left and with that we plan to open a lending library for Aboriginal parents in our school. The money left will buy books and these will remain in the First Nations office at Correlieu. This is a start of another great opportunity for parents to come into the school to begin to feel comfortable in this setting. Enclosed are a few pictures of this event.

Thanks again, on behalf of our Correlieu Parent Club.

Carol Shaughnessy

Port Hardy Parents Club Meeting

Thank you so much for your support this year and previous years. It is so wonderful to have a connection with an agency that is interested in what we do and provides encouragement.

Our last First Nations Parents Club meeting was a success. I really wasn't planning on so many people, so it was a nice surprise to see so many people show up!!

I had made a lasagna dish plus Caesar salad and a halibut soup. They were a bit disappointed that there was not any grease (oolicahn oil) for the soup but we did have some seaweed.

This past year has been very successful, lots of parents, and we are looking forward to having new members in the next school year; there are lots of grade eights coming up to the high school.

Thank you for the incentive prizes, the games and book bags, we have been able to give them out to the families who have been regular to our meetings and who have young children. In addition, the coffee mugs have certainly been well received by people for helping out at our gatherings.

The new website is awesome!!!

Again, Thank you,

Gilakasla, Maggie Sedgemore, BScN. Med.

Aboriginal Youth Counsellor

Port Hardy Secondary School