



## Parents Club Success Stories

We always love to receive stories about what your Club is doing and remember....every update we receive is rewarded with great Parents Club prizes which include backpacks, books, games, mugs and t-shirts. Write to us soon!

First Nations Parents Club  
#113 - 100 Park Royal South  
West Vancouver, BC V7T 1A2

Thank you for the experience that I had at the BCCPAC Fall Leadership Conference. Sitting there listening to what all of the speakers had to say made me realize how the same we are as parents across BC. Example: one person said, "Who always has a vanload of kids?" I do. Driving the boys to soccer, hockey, and basketball anytime they would need rides; which was most of the time. Talking about always attending school events, which I think is very important for self-esteem. A lot of the topics brought me back to home situations, and things that happen at our school. Thank you again, I had a wonderful time.

All My Relations,

Esther McLean

I would like to take this time to thank the First Nations Parents Club for all your help and incentives; it is very much appreciated by the club. As parents have heard of the incentives and calendars they are more anxious to come to our get together. Thanks to all the parents that are making an effort to come to the meetings and sharing your voice and ideas for up-coming events.

This parents group consists of parents from 3 First Nations Bands within our area. Some of the parents help the students with fund-raising ideas for teams to attend the annual Espirit competition. This year the competition is in Halifax, Nova Scotia.

The parents meetings are once a month and this gives the parents time to plan ahead for the meeting. We continue to encourage more parents to come out to our meetings, join us for coffee, snacks, and to share stories; there is a lot of laughter at the meetings. Thanks again to the First Nations Parents Club Organization for keeping us parents up-to-date on many things. The calendars are very much appreciated.

**Iris Jules**

*Chase FN Parents Focus Committee*

## Oh-So-Delicious Oatmeal

Here is a breakfast or snack in a small serving size that will warm you from your head to your toes.

1 cup water  
1/2 cup rolled oats  
dash of salt

1/4 c. applesauce  
pinch of cinnamon  
2 tsp. brown sugar

Serves: 1

Prep time: About ten minutes

[www.kidshealth.org/kid/recipes/index.html](http://www.kidshealth.org/kid/recipes/index.html)

- Pour the water, oats, and salt into a medium-size pot on the stovetop.
- Heat the mixture until it boils, then turn the heat to low.
- Using a wooden spoon, stir in the applesauce and cinnamon.
- Cook on low heat and continue to stir the mixture for 5 minutes.
- Pour the oatmeal into a bowl and sprinkle the brown sugar on top.
- Allow the oatmeal to cool for a minute before digging in.

## FIRST NATIONS PARENTS CLUB



## BULLETIN

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## Spring is Almost Here!

Spring is almost here Parents Club Members! It's been a long winter - once the fun of the holidays are over, and all the New Year's resolutions are made, it can sometimes seem as though spring is a long ways away. Why not take advantage of the remaining cold months or those early rainy spring days to spend some time with your kids indoors? This newsletter focuses on two aspects of school that you can bring into the home: reading and science.

Reading is something that we all try to do with our kids, but there is more to being a good reader than meets the eye. In this newsletter we offer some suggestions to actively involve your children in what they are reading, which will improve their reading comprehension - and reading opens doors to everything they will want to do for the rest of their lives.

Many students (and parents) fear science and math and immediately associate those topics with hard work and boring lessons. If you take some time to do some fun science at home, you can show your kids that they have nothing to fear, and that's the first step to doing well in science and math at school. It's never too early to gain an interest in math and science. Many post-secondary programs, including trades, require at least Math 11, and a degree in the sciences often requires several grade twelve level science courses. To do well in the last years of high school, students must learn the basics in elementary and junior level

courses and ensure they have the correct prerequisites to take the courses they need. Sparking an interest in science and math at a young age means your kids have the tools to keep all their options open for the future.

So Parents Club Members, remember, just a few more weeks of rain and snow - the summer sun is just around the corner!



### Contact Us!

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



## Science to do at Home

One of the best ways to interest your children in science is to show them that it can be fun. Simple science experiments you can do with items from around the home are great rainy day activities for you and your kids to do together. Use questions to make your kids think about what is happening, for example:

- “What do you think will happen next?”
- “What will change when we do this next step?”
- “What do you see/feel/smell/hear/taste?”
- “Why do you think this step is important?”

Try skipping steps in the experiment, or adding your

### All About Taste!

To do this experiment you need:

- Flavoured candies (like Life Savers)
- A partner you trust!

Close your eyes and plug your nose. After washing their hands, your partner puts a flavoured candy in your mouth. What do you taste? Try to describe it. If you wait for the candy to start to dissolve, is it easier to guess the flavour?

### What's Going On?

There are only four types of taste receptors on our tongues: sour, sweet, salt and bitter. Each of these receptors binds to the specific structure of a certain kind of molecule. When you first tasted the candy could you describe if it was sweet or sour? Later, as the candy dissolves, some of the scent molecules are released and travel up the back of your throat. When you find you can more easily guess the flavour of the candy, it's not because of the taste but because of the smell. About 80-90% of what we “taste” is actually caused by our sense of smell. Think about when you have a bad cold; do foods taste as good?

Source:

All About Taste  
[www.exploratorium.edu/snacks/your\\_sense\\_of\\_taste/index.html](http://www.exploratorium.edu/snacks/your_sense_of_taste/index.html)

Why is the Sky Blue....  
[www.physics.ubc.ca/outreach/phys420/p420\\_04/jehan/Phys%20420C%20JehanCasey.html](http://www.physics.ubc.ca/outreach/phys420/p420_04/jehan/Phys%20420C%20JehanCasey.html)

own, to test which parts really make a difference to the results. Keep your kids involved by having them do as much of the experiment themselves as they can and continually guessing what will happen next. They are more likely to remember what they've learned if they've solved a problem or tested the results themselves.

The Web is full of simple science-at-home experiments for kids. Most cater to specific age groups and are usually accompanied by simple explanations. Two of our favourites are listed below: try them out with your kids and remember to have fun!

### Why is the sky blue and the sunset red?

To do this experiment you need:

- A transparent plastic box
- A flashlight • Powdered milk • Water

Fill the container with water, and shine the light through the end. Add powdered milk a bit at a time until you can see the beam clearly in the 'foggy' water. Look at the light from the side – what colour is the light? Look from the end – is the light a different colour?

The light should appear blue from the side where it only has to pass a short distance through the water, and red or orange from the end, where it has to pass much further, through more water particles. If it's hard to see, add more powdered milk a bit at a time.

### What's going on?

The sun produces white light, which is made up of all colours. Each colour of light has a different wavelength – red is made up of long waves, blue of short waves. At midday, the sunlight only has to travel through a thin layer of atmosphere to reach the earth. The short blue waves are scattered by the particles in the atmosphere, leaving a cloud of blue haze (the sky!). At sunrise and sunset, when the sun is low in the sky, the light has to travel a long way through the atmosphere so it encounters many more particles. Only the longer wavelength red light makes it all the way through. Since only the red light makes it all the way to your eyes, the sunset looks red. You can think of it as the big, tough (long) red light making it all way through the water particles while the tiny (short) blue light gets pushed aside.



## Active Reading

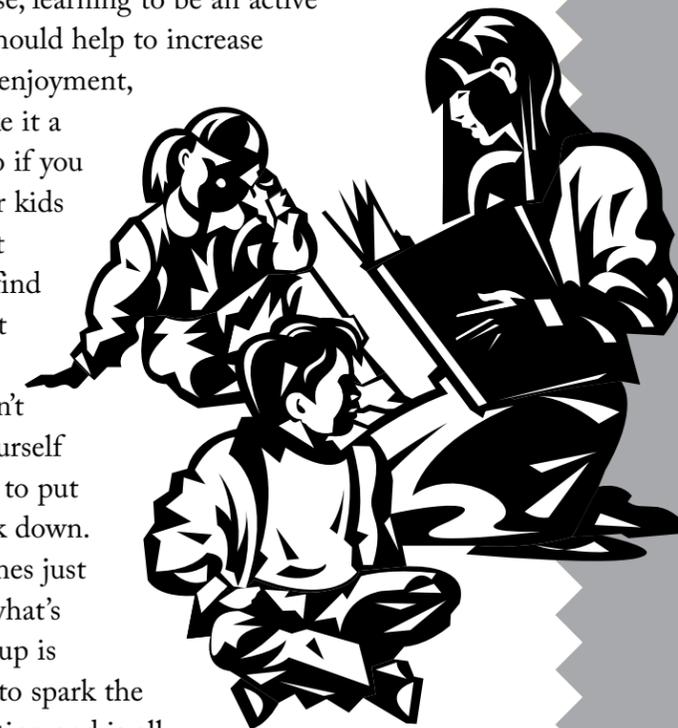
There is nothing better than curling up with a good book on a rainy day. Reading with your children is a wonderful way to pass a stormy afternoon but reading can often involve more than just reading. Good readers are active. Reading may seem like a stationary activity but reading comprehension requires active thought. Many of us read actively without realizing it – when we read we are continually making comparisons to our own familiar experiences, using previous knowledge to enhance the text, asking ourselves questions, and checking our understanding. One of the best ways to improve your child's reading comprehension – and as a result their love of reading – is to spend time practicing this important skill.

The easiest way to involve more activity with your child's reading is to ask questions. Try to vary the questions from simple fact recognition and identifying questions to asking your child to use their imagination or go beyond the text. For example, “What would you do if you were in that situation?” Or, “Why do you think the characters act differently than we do?” Prompt your child to ask you questions like this as well – if they can start thinking of these questions themselves, they are well on their way to reading actively for the rest of their lives.

Younger children, with shorter attention spans, enjoy taking the time to stop and actually do

activities, such as draw pictures or act out their favourite part of the story, but hands-on projects are great for older children as well. You can teach them to continually check on their own comprehension by asking them to write down what they don't understand or make a list of questions for themselves as they read. If they, or you, are having difficulty getting started, these always work: Who, What, Why, When, and How?

Of course, learning to be an active reader should help to increase reading enjoyment, not make it a chore, so if you and your kids just can't wait to find out what happens next, don't force yourself or them to put the book down. Sometimes just asking what's coming up is enough to spark the imagination and is all the activity reading requires.



Source: National Institute for Literacy, *Put Reading First*



### 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!