



First Nations Parents Club

Bulletin

Hello Parents Club members

Once again we are near the end of another school year. It's that busy time of year when you are probably involved in planning year end activities, organizing for grad ceremonies, sports days, class year end trips or even that special summer holiday. Get your children involved in the planning; ask them what they would like to do, where they would like to go and how they think they can help?

Organize fun things to be included in all activities when children are present.

Have something fun for the little kids at the grad ceremony, maybe in a separate room with older students to keep them busy and where they are not expected to be quiet the whole time. Have some arts and crafts on hand and some game boards for the little ones. Have the students plan the food that will be served and help to prepare and serve the food. Get older students to help seat the guests and make them feel welcome in the school. Help the children to feel proud of what they are doing and feel proud of their school.

When planning the school sports day include a couple of races for preschoolers and have a ribbon on hand for the little tots. Make sure there is water available for all to enjoy and maybe some fruit or even veggies. Remind the children to use sunscreen and wear a hat.

Let the students help with the planning of that year end trip. Have the students plan and organize one or two of the meals to be included on the trip. Organize a scavenger hunt for some fun; bring a couple of board games and a baseball and bat and a soccer ball.

Children are probably starting to get excited about the summer holidays coming up and all that time away from school. Ask them to make a plan for the summer break.

Encourage them to include reading in their plan; you can support their reading plan by offering prizes for the most books read over summer break.

Remember to encourage children to always wear the right clothing. With our ever changing weather it may be a good idea to wear layers. That way you can take off a jacket or sweater if it gets too hot. Also remind children to always wear sunscreen. That sun may not feel hot but it can still burn or damage the skin or eyes. Use the right footwear for what ever you may be planning. Wear sun glasses and hats and bring along a water bottle. AND most of all have a wonderful summer break and we'll see you in September.



Contact Us!

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Recipes Submitted for the Recipe Booklet for the 2008 Conference



A Few Comments from the Riverview Parents Club:

Tammy & Tina shared wonderful information about their experience at the 4th First Nations Parents Conference in Vancouver. The enthusiasm and the excitement they brought to the meeting was wonderful. Tammy shared with us what she learned in the ADHD workshop and highlighted some of the other workshops for us. Tina handed out many information pamphlets and booklets from the workshop. They also showed us the cook book that was made from the participants of the conference. Thank you for sending our Parents, they received so much out of this conference and are already excited about the next on!

Cheers from Quesnel,
Karen Green

Roasted Carrot Dip *Submitted by: Marilyn Adolph, Cayoosh Parents Club*

Serve with crackers, assorted breads, vegetables, etc. Enjoy.

10 carrots – peeled

5 stalks of celery

1 green, red, yellow or orange bell pepper

1 head of garlic – cut in half horizontally through the middle without peeling, or peel whole cloves

2-3 tbsp olive oil

1/2 cup light mayonnaise and a 1/4 c water

1/4 cup light sour cream

2 tbsp pickle vinegar (optional, it tastes fine without it)

Pinch of granulated sugar

Salt and pepper to taste

Slice carrots, celery and pepper lengthwise into 1/2-inch thick pieces. In large bowl, toss vegetables together with garlic and olive oil. Spread on baking sheet; roast in 425° oven for 20 minutes. Turn carrots and roast for 20 minutes longer or until tender.

Put baked vegetables in a food processor or blender, purée or chop along with garlic (without peel) until desired texture. (Some do not like it chopped too fine as it they say it looks like baby food.)

Add mayonnaise, water, sour cream, pickle vinegar, sugar, salt and pepper; pulse to blend. Transfer to a serving dish; let cool to room temperature.

Make ahead; cover and refrigerate for up to 24 hours.

If you do not have a food processor or blender, a pastry cutter or masher will work with tender baked vegetables as well.

Two Tone Cookies

*Submitted by: Jessica Suvee
Aboriginal Infant & Family Development Parents Club*

1/2 cup butter or margarine

1/2 cup brown sugar, packed

1/2 cup sugar

1 tsp vanilla

1 egg

3/4 cup sour cream

1 3/4 cup all-purpose flour

1/2 tsp baking soda

1/2 tsp salt

1/4 cup chopped pecans

1 oz. square unsweetened chocolate

Pecan halves for top of each cookie

In a mixing bowl cream together butter, brown sugar, sugar and vanilla. Add egg, beat until fluffy. Stir in sour cream. In another bowl stir together flour, baking soda and salt. Gradually mix flour mixture into creamed mixture. Stir in chopped nuts. Divide dough in half. Stir melted chocolate into half the mixture. Drop by rounded teaspoon 2-inches apart on ungreased cookie sheet. Using mixture half without chocolate, drop by rounded teaspoon next to chocolate mixture. Lightly press a pecan half in the centre of each cookie to hold together.

Bake at 350° for 12 to 15 minutes.

Makes about 2 dozen cookies.



The First Nations Parents Conference

The 4th First Nations Parents Conference took place in Vancouver at the Coast Plaza Hotel on February 28th & 29th, 2008. Over 60 parent clubs were represented and over 150 parents attended. Our co-host club “Anishnaabe Place Parents” did an awesome job with the planning and at the conference. A great big thank you to Ange, Fran, Myra and Sally for all your help, also to Connie who couldn't make it to the conference but put time into the planning with us.

The evaluation had some great results: The Coast Hotel was great, they did everything they could to accommodate the Parents Conference. 67% thought the facilities were excellent, 18% were very satisfied, and 15% were satisfied. The Conference Package was well received, 67% thought it was excellent, 26% were very satisfied, and 10% were satisfied.

The workshop selections were 48% excellent, 38% very satisfied, 13% satisfied and only 2% not satisfied.

The agenda format rated quite well. 44% thought it was excellent, 35% were very satisfied, 26% were satisfied and 3% were not satisfied.

Eric Wong, our Keynote speaker was great! A big 82% thought Eric was excellent, another 11% were very satisfied and 21% were satisfied.

The Mental Health Plenary was found to be 42% excellent, 27% very satisfied, 7% satisfied, 1% was not satisfied.

Following are a few of the comments:

- Really enjoyed the conference overall. I will recommend other parents in my community attend the next one.
- Great Conference
- Would definitely like to return for more
- It was a fun conference, workshops went well, the presenters were very informative and not dry at all, so it was fun!
- I think it was great meeting different people and learned good things to take home to help!
- Very Informative
- Great!! When will it happen again
- Awesome Conference!!
- Drug Trends should go out to all communities, have this person at all conferences
- Food was excellent, service was great, friendly & courteous

- I really enjoyed coming to these workshops. C7 – Dealing with Anger in Schools was very well done.
- This was my first conference, I had a great time, really enjoyed all the sessions I attended, wish I could have attended more, it was a hard decision choosing only 4. Thank you I had an excellent time!
- The scrapbooking was excellent

Following are some of the suggestions:

- I would like the workshops to be longer and have a chance to go to all workshops
- More education on how to build an IEP and empower parents in the process
- It would have been nice to have a board with info how parents could get involved at their schools.
- More hands on during workshops
- Important topics for parents to assist with parenting: eating disorders, healing workshops, how to motivate teens. It would also be really great to do hands-on workshops: scrapbooking, jump math, bullying, healing workshop, that way we can bring back information to implement in the community.
- Suicide Prevention
- Teen Self-esteem
- Have a workshop for Networking with other parents, communities, grants and services.
- I would like to see more hands-on workshops, drum making, basket making...
- Maybe some daycare facility
- How to deal with parent break-ups? (workshop)
- Healing with your children
- Eating disorders
- Why kids fail/fall through the cracks?
- Need more time, some too short, longer days?

Over all the conference was enjoyed by all and we're looking forward to the next Parents Conference in two years.





Updates From Our Members

Port Hardy Secondary School Parents Club:

We sent out invitations that we made out of black and red cardstock in the shape of button blankets, then with a bear, raven, frog or wolf design on it. Around 30 people attended, mostly elders, what an awesome group. Great food also, smoked fish, Oolichan Oil, baked fish, herring eggs, dried seaweed, fresh buns, fried halibut, halibut soup, clam chowder and baked bannock. What an inspiring evening. The younger people came and helped, there was a suggestion once we were all full for the Elders to share food gathering stories of when they were younger. This seemed to connect

the elders and the youth. Thank you for the items that you sent, we use them for door prizes. One young student let his younger brother pick an item, the young boy picked out the boggle game, he was so happy. Then his mother's name was drawn, she picked out the FN Parents Club apron, put it on right away and started to clean up. The young boy's name got drawn; he picked out the picture frame magnet for his mother. That was so moving for the rest of us. So thank you so much for the prizes. Our next meeting is on May 5th, so we will have a speaker in and do some cedar bark crafts.

Gilakasla, *Maggie Sedgemore*

Journeys of the Heart:

I am from the Journeys of The Heart Parents Club in Victoria. I was very lucky to attend the First Nations Parents Conference at the end of February. I really enjoyed myself. I am still trying to get myself motivated to learn Jump Math, but am excited about the possibilities of it!

I wanted to let you know that on class in particular stood out to me. It was the scrapbooking Workshop! I so enjoyed this class. It was such an amazing time for me. I am a crafty person, but not really into scrapbooking, but decided to challenge myself. I have made three of the star books so far and plan on making more.

Thank you so much for this workshop! It really has helped me. I was able to do a workshop for our last parents club meeting, and we had most parents show up this time. It was great draw to bring in more people. We are hoping to have a cultural exchange with some people from New Zealand in a month or so, and have suggested making the star book for our guests so they have pictures of our children in the JOH program. I have already sent one home with a sister in law to New Zealand as well as one to England. So it is already really reaching out to the world!

In Friendship, *Zandra Paul, Journeys of the Heart Parents Club*

Capilano Little One's Parents Club:

Capilano Little One's Parents Club has been in effect for two years. Three PAC members participated in the conference this past February. All of us left feeling tremendous amount of enthusiasm. Wanting to share and implement our new ideas within our committee that meets twice a month. I'd like to thank the co-host parents for making the conference a success. As well, thank you to Myra Nahanee, co-host, for introducing me to the Virtues Project and for a newfound friendship.

Since the conference, with a great amount of dedication from our president, Jessica Weedon, we've accomplished the following: a penny drive, incorporated crafts into our meetings, planning an Aboriginal Day Celebration, working on having guest speakers at our meetings, perhaps a concert

with a local group, (who's agreed to donate all proceeds to the children!), we were able to match our money raised earlier this year with many thanks from our Nation's councilors. The money raised will be used for paddle vest regalia, musical instruments, Aboriginal Day celebration and for the breakfast program.

All in all, we are so thankful to have been to this conference. We brought back to our PAC committee inspiration, motivation, ideas and newfound friends. We'd like to thank the conference and its' coordinators for really showing us how our limitations are endless, how much our voice is able to emanate in our community, and that a parents club is so much more than a dry meeting – It's whatever your community wants to put into it!

Chen kwen Mantumi, *Jacqueline West*

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!

