



Parents Club Success Stories

Following our request for up-to-date contact details for Parents Clubs, some members took the opportunity to update us on their Club activities. 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 books, umbrellas, magnets and t-shirts. Write to us soon!

Thank you to FNEESC for continued funding to our Nuxalk Playtime program. The Nuxalk Band Administration allows our program free use of the hall every Friday morning from 10 am to 12 noon.

Parents bring their children from ages 0-6. The children learn to play together, listen to a story and enjoy a little snack. This gives the children a chance to socialize with their own peers and the parents can talk with each other about common experiences. We have visits from some elders who share their wisdom, when asked.

Our IDP worker is on hand to answer questions and point people to the right services in the community. She takes handouts, flyers and magazines with her for free distribution. We have used the First Nations Parents Club prizes as draws.

In April of this year, we hosted the Toddlers Olympics in conjunction with the Bella Coola Valley Fitfest. All the babies and toddlers of the valley were invited to attend a mini Fitfest at the hall. The children went through some physical activities, which tested their gross and fine motor skills for each age group, the parents picked up information of Infant Development and everyone had fun. The Nutritionist served a healthy snack and gave handouts also. A display demonstrating healthy snacks vs. high sugar & fat snacks, with the relative costs was front and center. Comments from parents – “You should do this more often” and “When is the next one?”, have the group thinking we will try to have an event this fall.

Annually, around Earth Day, the Nuxalk Playtime Parents group cleans up the field in front of the hall. We have a few dedicated parents and children, who help with this community clean up.

Thank you for your continued support. With it, we can help Nuxalk children and their parents broaden their experiences and knowledge.

Gail Moody

*Submitted on behalf of the Nuxalk Playtime Parents
September 21, 2006*

I just wanted to take this time to thank the First Nations Parents Club for everything. Mostly it was appreciated that we were able to thank the handful of parents we have in our community that volunteer time-after-time; it was wonderful that the FNPC sponsored the volunteer appreciation luncheon and dinner from the \$300 grant received. It was the first time, since I have come to the community (since 1999) that someone had recognized the volunteers so it was enjoyed by all, including me!

On another note I wanted to mention that I did not receive any of the surveys back from the calendars and I did not receive the actual surveys until after school had ended (by then everybody is ready to head to fish camp) so I wanted to apologize for not returning any. The parents/school appreciated the lovely calendars – the colour and presentation are very nice. Also, I want to thank the organization for all you do to keep parents updated with information and support. We really appreciate the service you offer to our group.

Lennette McLean
*Dease Lake PAC President/
Tabltan Band Parents Club*



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!

FIRST NATIONS PARENTS CLUB



BULLETIN
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Back into the Swing of Things...

As we are now well into fall, you and your children are no doubt, fully into the swing of the new school year. Sometimes it's hard after a long relaxing summer break for you and your family to make that adjustment back into the daily routine of school and homework again.

As the weather gets cooler however, it somehow seems a lot easier for kids to be bundled up inside doing indoor activities – like homework assignments! And speaking of indoor activities, in this edition of your Parents Club newsletter, we offer some helpful hints about computer use and your children. Computers are certainly a wonderful tool for learning but how long do you let them stay on the computer and how can you monitor what they will see while on-line?

As of now we have around 105 Parents Clubs registered for 2006/2007 with a membership of close to 2400 First Nations parents. If you haven't already sent us the up-to-date contact details for your First Nations Parents Club, we encourage you to do so, to ensure that your club is eligible to receive our newsletters, prizes and updates.

As you start to prepare for the craziness of the holiday season, we hope that you are able

to spend some relaxing time together as a family. We've included a wonderful recipe for 'Peppermint Chocolate Bark' which you and your kids can make together and wrap festively as gifts for friends and family. We wish you all the best for a wonderful holiday season and look forward to catching up again in the New Year.



Contact Us!

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REMEMBRANCE Day

November 11 is the day on which Canadians take the time to remember the men and women who have served, and continue to serve Canada during times of war, conflict and peace.

Why not take the time to sit down with your children and tell them some facts about this very important occasion?

- Remembrance Day, held every year on November 11th, commemorates Canadians who died in the First and Second World Wars, and the Korean War.
- The first Remembrance Day was conducted in 1919 throughout the Commonwealth and was originally called Armistice Day.
- The name was changed to Remembrance Day in 1931
- The poppy flower is the symbol of Remembrance Day. Replica poppies are sold by the Royal Canadian Legion to raise money for veterans.
- Over 3,000 Aboriginal people—including 72 women—enlisted in the Second World War.

To help your children further understand the importance of this day, why not use the words of Heather Robertson, from her book, *A Terrible Beauty, The Art of Canada at War*. Toronto, Lorimer, 1977.

"We must remember. If we do not, the sacrifice of those one hundred thousand Canadian lives will be meaningless. They died for us, for their homes and families and friends, for a collection of traditions they cherished and a future they believed in; they died for Canada. The meaning of their sacrifice rests with our collective national consciousness; our future is their monument"

Source: Veterans Affairs Canada website
www.vac-acc.gc.ca

Peppermint Chocolate Bark

You will need:

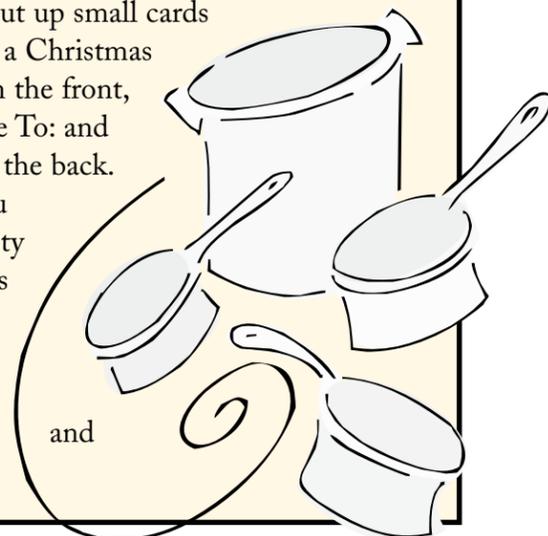
- 2 lbs of white chocolate
- 1-½ cups of crushed peppermint candy canes

What to do:

Melt the white chocolate on top of a double boiler. It takes about 10 minutes to melt thoroughly and will be very thick. Crush either peppermint candy canes or peppermint hard candy in a blender until it is powder. Meanwhile, line a cookie sheet with tin foil. Mix the crushed candy with the melted white chocolate. Spread on the lined cookie sheet. Let it dry and then chop into pieces.

How to decorate:

Once your Peppermint Chocolate Bark is in pieces, take large squares of dark green or red cellophane and place 5-10 pieces of bark in the middle. Draw up the corners of the cellophane into a small parcel (it should look like a wonton!). Then tie the top with coloured curling ribbon. Cut up small cards and draw a Christmas picture on the front, then write To: and From: on the back. Voila! You have a tasty Christmas treat to give as gifts to friends and family.



Recipe from www.cooks.com



Computers and Your Kids

While the computer is now an integral part of a Canadian child's educational experience, some parents are concerned that all of their child's activity could involve being on a computer – schoolwork, homework, chatting with friends, playing games, and surfing the Internet.

Many parents fear that their children will be left behind, technologically and socially, if they are not accessing computers to do all of these activities, but this fear is balanced by the very real concern that too much time on a computer will have a negative effect on their child's development. A child might forgo physical activity in favour of playing computer games. Without child-friendly filtering, images available on the Internet can be violent and inappropriate. A child's access to the seemingly limitless information available on the Internet must be balanced by his or her potential exposure to unsuitable content and inappropriate cyber-contacts. Additionally, poor computer positioning and repetitive game playing can lead to muscle strain, tendonitis and obesity.

There are a number of things that you, as a parent, can do, to keep your child's use of a computer safe and appropriate:

- 1) **Safety** – Ensure that your child knows how important it is not to give out private information on-line. The Canada Safety Council has some on-line safety rules for kids which you can view at www.safety-council.org/info/child/webrules.html.
- 2) **Supervise** – Make sure that your home personal computer is located in a "high traffic" area of your home.
- 3) **Filter** – Contact your Internet Service Provider and learn about ways in which you can filter the Internet access available in your home.



- 4) **Role-Model** – Be aware of the amount of time that **you** spend on the computer at home.
- 5) **Balance** – Set a maximum amount of daily or weekly hours on the home computer, and ensure your child has plenty of other activities to balance this time.
- 6) **Support** – while your child is on the computer, join them and use the time as an educational experience for both of you.
- 7) **Monitoring** – before your child plays a game on the computer make sure that you are familiar with its content and agree that it is appropriate for your child's age.

There is limited research on the value and benefit of computer use in a child's educational development but we know that as a tool for learning and discovery, computers and the Internet are here to stay. So while we acknowledge that computers and the World Wide Web are important and enduring tools for learning, as a parent, a few precautionary actions and a lot of supervision will ensure that your child gets the best from the technological learning environment.

Some information included in this article was found at www.aboutkidshealth.ca