



Updates From Our Members

Here is an update from the Tsawout First Nations Parents Club.

Our club is meeting on Mondays from 5 – 7 pm. The parents meet in one room and the children are in a room connected to us. We have a regular childminder who comes each week who cares for about 10 children. We also always have at least one volunteer to help mind the children. We are thrilled with the set up.

We start our meetings with a nutritious meal.

We have been learning traditional beading from one of our community members. She is also helping me to run the group, and a she is a wonderful person for all of us. We are making earrings, End of the Road.

We have also been taking self-defense lessons. Tonight will be the second lesson of three. This has brought a good number of community members out.

Want Help Sponsoring an Anti-Smoking Contest?

If so, the First Nations Parents Club would love to help out. That's why you can find promotional posters on the FNSA Web site at www.fnsa.ca. Just print the posters and fill in the details about your specific event.

You'll also find Anti-Smoking Contest registration forms on the Web site. Just fill in the form, submit it to the Parents Club office,

In September we made blackberry jam. We picked the berries from the community in August and froze them. We then made three different types of jam – freezer, sugar free, and traditional. We also made blackberry syrup. Parents were able to take some jam and syrup home for their families. This was also our first introduction to canning. A local association donated some jars to our club, to help out with costs.

Our club has been asked to can 70 fish for the afterschool program that runs here. We have had 2 parent volunteers who are willing to give of their time, learn a new skill, and share with their community.

All in all our club is going strong. The parents are committed and excited to be here.

Thank you for your support.

Ang Hamilton

and we will send your Club prizes for the contest winners. We will also send you small gifts to give all contest entrants. **We only need one form from each interested Parents Club!**

If you hold an Anti-Smoking Contest, please let us know how it goes.

Chicken Nuggets with Pineapple-Orange Dipping Sauce

1 egg
2 tablespoons milk
3 1/2 cups cornflakes, crushed
1 pound boneless, skinless chicken breasts, cut into nugget-size pieces

Dipping Sauce:

1 can (8-ounce) sliced or crushed pineapple in juice
1 tablespoon cornstarch
1/4 cup pineapple or orange juice
1/4 cup barbecue sauce

Prepare dipping sauce: In a blender, puree undrained pineapple until it's a thick puree. Pour pineapple into a saucepan and stir in cornstarch. Blend in the juice and barbecue sauce. Bring to a boil, then reduce heat and simmer, stirring until sauce thickens, about 3 minutes. Remove from heat and set aside.

Prepare chicken nuggets: Preheat oven to 400 F. Whisk the egg and milk together in a small mixing bowl. Place cornflakes in a plastic bag. Dip chicken pieces in egg mixture, then shake with cornflakes to coat. Put coated chicken on a baking sheet. Bake for 15 minutes. Serve with warm pineapple-orange dipping sauce.

(4 servings, borrowed from www.dole5aday.com)

Have You Got Your New Calendar Yet?

Have you received a copy of the brand new First Nations Parents Club Calendar? If not, please contact the Parents Club office – but call soon; the supply is limited. And if you have any suggestions for next year's calendar, your input is always welcome.

FIRST NATIONS PARENTS CLUB



BULLETIN

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Contact Us!

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Happy New Year Parents Club Members

We hope you had a very restful and enjoyable holiday season. To start this New Year off right, we thought it might be helpful to share some information about two safety issues that people don't always think about.

When many of us think about keeping our kids safe, we think about car seats, bike helmets, and teaching them to avoid strangers. Of course being aware of those issues is absolutely critical. But safety isn't just something to think about when your kids are running around on the playground or riding their bikes near traffic.

In fact, something within many homes and in most schools poses a serious risk to children if it is not used properly. That something is the Internet. While the Internet can be a very positive part of your children's learning, it also presents some very real dangers. That's why we have presented a few suggestions for making your family's Internet use more risk free.

This month, we are also suggesting that



your Parents Club focus some attention on another very real threat to kids – smoking. Smoking may not seem like an immediate risk to young children's well-being, but the long-term impact of smoking and second-hand smoke can be devastating to their health and it is never too early to start talking about the dangers of non-traditional tobacco use. In fact, a survey by Health Canada found that 24% of girls and 23% of boys between the ages of 15 and 19 years are current smokers (The Canadian Association for Adolescent Health)!

We hope that you find the information we've provided useful. We also hope to hear from your Club soon. In the meantime, have a wonderful, hug filled Valentine's day with your children.

Quick Tip

Allow time for some after-school fun. Students need to take a break from academics, and a healthy balance between work and free time will help kids perform better. Learning to create a good balance will also help your children develop valuable time-management skills.

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!



Internet Safety

The Internet can be a wonderful learning tool. It contains an almost unimaginable amount of information that can help your children with their studies and with their personal interests. The Internet also connects people from all over the world, which can provide wonderful learning opportunities. However, it also raises a number of security concerns that parents should consider.

Many Internet sites contain information that is not appropriate for young children, and not all of the information available on the Internet is reliable – even if it is stated as a fact. The Internet also has been used to lure children into extremely dangerous relationships and situations.

The following suggestions have been adapted from the Internet site www.webawareness.org. We hope they help you make your family's Internet use safer.

- Find out how the Internet works. If an Internet course is available in your community, sign up. Talk with your kids about where they go on-line so you know what they are seeing.
- Don't leave young children alone to explore the Internet; always be there with them, guiding them to sites or areas you consider appropriate.
- Teach your children never to give out personal information without your permission, including their name, age, e-mail address, street address, phone number, or picture. This rule applies to all Internet environments: chat rooms, Web sites, ICQ, newsgroups, and e-mail.
- If you have a computer with Internet access, keep it in a public part of your house, such as the family room or even the kitchen. Do not put it in a child's bedroom. Keep an eye on what your kids are doing.
- Talk to your Internet Service Provider or computer store staff about any tools or software you can use to control Internet access.

- With your kids, create a family online agreement. The following recommendations from the Canada Safety Council may be a good basis for your family's Internet agreement.

Sample Family Internet Agreement

- I will never give out any personal information on-line without my parents' permission, including my name, phone number, address, e-mail, location of my school, my parents' work address/ telephone numbers, my parents' credit card numbers, and my picture. This goes for anywhere on the Internet, including e-mail, chat rooms, newsgroups - even Web sites that promise me free stuff or prizes, or on Web pages that I make myself.
- When using the Internet, I will always use a pretend name or nickname that doesn't reveal whether I'm a boy or a girl.
- If a password is needed, I will never reveal it to anyone (except my parents) - not even my best friend.
- I will not respond to any message that makes me uncomfortable. If anything seems strange, I will show an adult right away.
- I will arrange to meet a friend I have made on the Internet ONLY if one of my parents has been informed and will be present.
- I will not send an insulting or rude message to anyone online.
- I will not disable any filtering software my parents have put on the computer.
- I will not open e-mail, files, links, pictures or games from people that I don't know or trust. I will always ask an adult first.
- I will not take words, pictures or sounds from someone else's Web site without their permission.
- I will not believe everything I read on the Internet. I will always check the source of the information and confirm it with my teacher, parent or librarian.



World No Tobacco Day Is Coming

World No Tobacco Day is sponsored by the World Health Organization each year on May 31. The day was first established in 1988 as a way to call attention to the serious impact of smoking on health. According to the World No Tobacco Day website (www.wntd.com), approximately 1.1 billion people around the world smoke. Of those 1.1 billion smokers, around 3.5 million die every year as a result of tobacco-related illnesses. This equals 10,000 deaths per day! It is also predicted that tobacco will be the leading cause of death and disability by the year 2020.

An alarming number of smokers are actually children. Among all students in BC, the majority of students who have tried smoking did so between the ages of 11 and 14 years. Many children actually



begin experimenting with cigarettes before the age of 9 (The Canadian Association for Adolescent Health)!

Parents can play an important role in keeping their children smoke-free. Talking to your children about this important issue is critical. Here are a few other suggestions shared on the World No Tobacco Day Web Site.

- Don't assume that your children will learn to be smoke-free at school. Schools educate kids about the health risks of smoking, but many children decide to smoke for emotional reasons.
- Let your kids know how you feel about smoking. Kids need to know your rules.
- Kids do listen ... even when it seems like they aren't paying any attention to what you are saying. Anti-smoking messages from parents are important, and

What Can Your Parents Club Do For World No Tobacco Day?

Individual parents and families are critical to spreading the anti-smoking message, but your Parents Club can also take collective action to celebrate World No Tobacco Day. Here are just a few ideas.

- Share your ideas for promoting a smoke-free life, and help each other if some Club members are trying to quit.
- Recognize World No Tobacco Day by holding a smoke-free

event for young people, featuring food, music, fun, and anti-smoking messages.

- Take your kids on a Tobacco Field Trip. Go to the store and talk about the price of things in cigarettes. For example, find a cool skateboard and talk about how your kids could buy that, or they could buy "___" packages of cigarettes.
- Sponsor an Anti-Smoking

research has shown that they do make a difference.

- Try all kinds of appeals. Don't just focus on the negative health consequences of smoking. Let your kids know how hurt and disappointed you will be if they smoke.
- Be a good role model. If you smoke, explain that you know it's a bad habit that you would like to quit. Explain how addictive it is and let your kids know you don't want them to face the same problem.
- Have your whole family talk about staying smoke-free – grandparents, aunts and uncles ... everyone can help spread the message.
- Don't give up. Kids can say no to cigarettes, and even if they've started smoking they can quit.

essay/drawing/poster contest for kids. This contest can be for kids of your Club members, for all kids in your local school, or for all kids in your community – whatever makes sense for your Club. Have prizes for different age categories and promote the event as much as possible.

