



Letters from Our Members

Seabird Island Parent Club is pleased to report to you our success since forming our new Parent Club for Seabird Island Community School.

We are holding weekly in-house bingo to raise money for a new playground and gym equipment. To date we have raised a total of \$495. We anticipate raising over \$2000 for new equipment by the end of the school year. Our current playground has proved to be inadequate for the number of students enrolled in the school and we need to expand our current equipment.

In order to gather interest and parent volunteers we have been holding parent club meetings every three weeks. Newsletters are sent out on a regular basis and we organize a potluck supper. Our meetings have generated lots of great ideas from parents as to their concerns with education and recreational activities.

Again, thank you for your support in providing experiences and opportunities to our children and families. We love our community and any outside support is always appreciated.

Carol Litzenberger, on behalf of the Seabird Island Parent Club

Our newly formed parent club has had a slow but steady start. We have parents/grandparents who volunteer at the school with our one-to-one reading program, and with various activities scheduled at the school.

So far we have held an Introduction to Parenting Wisely workshop, which I thought was well attended. The parents found some value in the information presented and would like to see more workshops for parents. I was able to use some of the board games that were donated by FNEC/FNSA as door prizes.

Although the school year is almost over, I am hoping to have a few more gatherings. The First Nations Parents Club is a wonderful idea and I would like to say thank you for the opportunity and the support.

Jamie Swakum-Antoine

Club Coordinator, Nicola-Canford Parents Club

Competition

Keeping our kids safe in the summer

Safety in the summertime for children is really important as they spend a lot of time outdoors playing and having fun. Write us a brief story (150 words or more) on how you keep your kids safe when they are swimming, hiking, playing sports or doing any number of summertime activities. Be in to win one of an exciting assortment of Parents Club prizes including fleece vests (just in time for fall!).

Please fax entries to Parents Club Contest at 604-925-6097 or mail to Unit 113-100 Park Royal South, West Vancouver, BC, V7T 1A2.

Teriyaki Salmon

4 salmon steaks
1/2 cup brown sugar
1/4 cup soy sauce
1/4 cup water
2 tbsp lemon juice
lemon slices

Heat the brown sugar, soy sauce, water, and lemon juice in a pan that will hold the salmon steaks snugly. Boil, uncovered, stirring occasionally until the sugar is melted. Add the salmon steaks, reduce heat, and cover. Simmer for 5 – 6 minutes per side. Serve drizzled with sauce and lemon slices.

FIRST NATIONS PARENTS CLUB



BULLETIN

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Contact Us!

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



We're Back... and Ready For Another Year of Family Fun!!

It is hard to believe that another summer has passed already, and now we need to get back into the swing of the school year. Yes ... that means alarm clocks, school lunches, bus schedules, and homework help! Ideally, it will also mean lots of family fun in your home.

For all of you who have been members of the Parents Club for some time now, welcome back! If you're new to our initiative, we are thrilled to have you with us!

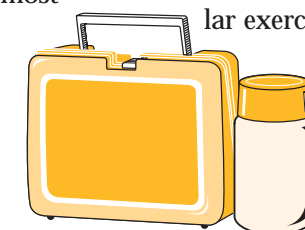
The First Nations Parents Club was formed to recognize the critical role parents play as your children's first and most consistent teachers. Study after study has shown that the support children receive from their parents is one of the most important components of their success in school and later in life. That's a huge responsibility, but it also means that you have a chance to positively influence your children's lives, which is an exciting opportunity.

In this year's newsletters, we will continue to share some tips on a range of subjects, including nutrition, exercise, safety, school involvement, and home learning. We know that all families are different, and not all of the suggestions we share will work perfectly in your home. We encourage you to



consider the information we provide and use the parts that are right for you and your children. Also, we know that pressures on families today are greater than ever. Please

don't be overwhelmed by the ideas we promote. We encourage you to simply do what you can, try your best to include regular exercise, healthful food, and positive family activities into your routine, and feel good about your efforts!

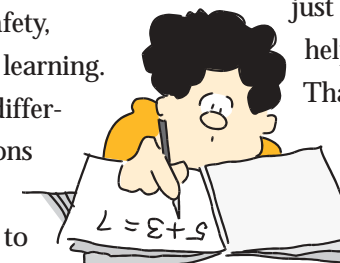


In the months ahead, we will also be sharing materials such as

Parents Club Calendars, other informational pamphlets, and special gifts that we hope you will enjoy. We love hearing from Parents Club members, so please feel free to contact us at any time. We'll do our best to respond to your suggestions, so

just let us know what we can do to help you in your important work.

That way we can all work together to ensure that your children achieve as much success as possible.





School Bus Safety

If your children take the school bus, pretty soon they may be bringing home school bus rules. If that happens, you can do your part by reinforcing those rules at home and helping your children to understand that the rules must be followed for everyone's safety. Encouraging your children to obey the rules may also get you a big thank you from the school bus driver!

What can you do to help? Discuss the school bus rules with your children, perhaps while driving the bus route with your children so they know exactly what to expect.

And what can you do if your children miss the school bus? Try to show your children that there are consequences to their mistakes.

If they miss the bus, let your children walk to school if it is possible and safe for

them to do so. Tell them that they will have to face any penalty the school has in place for lateness.

If you have to let your children stay home if they miss the bus, don't let it be fun. Make rules such as no TV, no videogames, and no friends home after school.

If you have to drive your children to school, have your children pay you back for your effort. For younger children, note the time it takes you to drive them to school and have them do chores to make up for that time. For older children, you might deduct some money from their allowance to pay for your gas.



What's most important is that your children understand that there are negative consequences for missing the bus. That way, it's much less likely to happen again!



What are your children doing at home?

Most people think of school as the place where learning takes place, but most of a child's education actually takes place in the home. Children spend only a few hours a day, five days a week at school. The rest of the time they're playing, talking, eating, and dreaming outside of the school, in their homes and communities.

You can make the most of your children's time in their non-school learning environment by finding space for your children to engage in active exploration and healthy fun.

- For example, it would be great if you could identify an open space in the backyard or near your house for physical games, creative movement, and vigorous exercise with friends and family members.

- Your children also need a quiet place for privacy and

for silent activities, such as reading, thinking, colouring, or writing.

- If possible, you can also identify an area in the house for your children to practice their special talents. For example, if your child loves art, you could try to create an art area with some artistic materials close at hand. If your child loves to build, is there room anywhere for a small workshop? Budding scientists might enjoy a small corner of the kitchen or a small "lab" area outside where they can try some wacky experiments. Just make sure you know what they are doing there and make certain they are using safe materials appropriate for their age and maturity level.

By encouraging a broad range of activities, you'll be making your home the best possible place for learning!



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!



Parent-Teacher Conferences can be scary but they can also be very helpful

This year, you are likely going to be invited to attend at least one parent-teacher conference at the school. If so, it is important that you take advantage of that opportunity to find out more about how your child is doing in school and what you can do to reinforce what they are learning at home. Parent-teacher conferences are also a great way to get to know your children's teachers. That way, you can work together as partners to help your children succeed.

But attending parent-teacher conferences can be a bit intimidating, especially if it's your first one or your first with a new teacher. Feeling that way is perfectly natural. Everyone gets nervous when talking about a subject as important as their kids! If it helps, remember that the teacher is probably as nervous about the meeting as you are.

Here are a few other simple tips to help make parent-teacher conferences useful.

Before you go, talk about the upcoming conference with your children. Is there anything specific that they want you to discuss with the teacher?

Prepare a list of your ideas and concerns before you go to the conference. Time may be limited, so it is good to think through your questions ahead of time. Also, it is easy to forget things we want to discuss when we are in stressful situations.

Some of the basic topics you might want to raise include your child's achievement, behavior, relationships with classmates and friends, and self-

esteem. You may also want to ask about classroom and school rules and any discipline procedures so that you understand what is happening throughout the school year.

Tell the teachers about any unusual situations that may exist at home, such as divorce or a death in the family. Teachers can help your children more if they understand those kinds of issues.

Don't get defensive if a teacher wants to discuss a concern or a challenge. Remember that it is everyone's job to talk honestly about what kind of help your children might need. Approach potential problems with questions like "what can we do to make things easier?" and "how can we all work together for the benefit of my child?" Expect the teacher to take the same approach. Remember that **no** child is perfect so there is no need for anyone to feel bad if an issue arises. Instead, focus

on how to move ahead and explore how you can best help your child by working together with school staff.



Quick Tip

Almost everyone knows this feeling ... you have so much to do that you find small things piling up all over the house. As time flies by and you have thousands of things to do, the piles start becoming larger and larger. Given our busy lives, things can soon become overwhelming and it is hard to know where to begin to sort through the chaos.

One thing you might try is a "Ten-Thing Rule." Instead of looking at a huge pile of laundry and thinking "there's no way I have the time for that," tell yourself that you will fold ten things every time you walk by the pile. If your kids' toys are all over the house, agree that you will all pick up ten of them at a time. If the counter is covered in dishes, try washing ten items now, ten items later. Everything is easier when it is broken down into smaller steps.

Kids also respond well to this quick tip for getting through their chores and their homework.

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