



First Nations Parents Club

Bulletin

Where did the summer go?

For many families, fall is a busy and exciting time that may mean changes to the daily routine. Maybe your children are beginning a new grade or starting at a new school. Maybe they are also starting new activities like sports or music lessons. Times of transition can certainly have their ups and downs!



One of the best things you can do to cope with all of the changes that fall brings is to remember to take care of yourself. As parents, it is easy to get caught up in all of the things that need to be done and the many responsibilities involved with taking care of a family, but in the end, each one of us is a role model for our kids in how we cope with busy times. Do what you want your kids to do – eat well, sleep well, relax, and get outdoors to enjoy the fresh air whenever you can. Your example and attitude can really set the mood for the whole family.

In this issue of the newsletter, we've pulled together some articles and tips that will hopefully lend you some support. We will share some back-to school ideas for healthy snacks, fun family activities, and suggestions for how to get your Parents Club off to a good start this year.

Thank you for being part of the Parents Club! This is a club that celebrates your important job as parents and the key role you play in your children's education. Across BC, there are more than 2700 Parents Club members, and your clubs act as hubs for many kinds of activities that involve learning, sharing and growing together.

Welcome back!

Our Parent Clubs are Proud and Strong...

- ✓ Because the Club welcomes all parents, and includes grandparents, guardians and other family members who make a difference in children's lives.
- ✓ Because parents are their children's first teachers – research shows that they play a key role in children's learning achievement!
- ✓ Because parents have a responsibility and a right to be informed and involved in education decisions that affect their children, and help their kids plan for the future.
- ✓ Because parents can support and inspire each other!

"Education is not filling a pail but the lighting of a fire."

— William Butler Yeats, Irish Poet

Please send us your stories and photos for the newsletter and the Club website. We always appreciate hearing news from the local clubs and we would love to have more funny or inspiring stories about parenthood to share. Send your submissions to info@fnesc.ca or by fax to 604-925-6097. Photo permission forms are online at fnsc.ca/parentsclub/index.html



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Fall 2010



Favourite Family Activity Contest

Perhaps your family enjoys going out for a walk, baking, reading, or taking part in cultural activities together. Send us a photo of your family's favourite fun activity to enter our first Parents Club contest of the year! Your entry should include:

1. A photo – hardcopy or digital (if it is digital, high resolution is best)
2. A short description of the activity
3. A photo permission form – find it online at <http://www.fnsa.ca/parentsclub/stories.html>

All entries will receive a prize, and the winners will be showcased on the Parents Club website and in the newsletter.

Contest entries must be received by November 30, 2010.



Tips for Reading With Children at Home – Pause, Prompt, and Praise

If your children make mistakes or get muddled while reading with you at home ...

... *pause* ...

Let your children try to solve the problem alone. If they still cannot read the word, then ...

... *prompt* ...

by saying: “Try that again,” or “Read to the end of the sentence. What word makes sense?”

If your children lose the meaning while stopping, stop and say ... “Listen to what you said. Does that sound right? Did that make sense?”

After two unsuccessful tries, give your children the correct word. And remember ...

... always *praise* your children as much as possible ...

These tips and many more are found in the *First Nations Parents Club: A Handbook for Parents Kavanagh, B. (2009)*. This is one of the resources that we give to Clubs that are starting up, so your local Club Coordinator may have a copy. You can also find it on the Parents Club website www.fnsa.ca/parentsclub/ on the Resources page.

20 Lunch Bag Boosters

Keeping those little ones fuelled with healthy foods every day can be a challenge to any parent's creativity. Here are some “grab and go” snacks that you can add to your child's lunch or offer after-school. You could bring this list with you the next time you go shopping as a reminder!

1. Dried cranberries and apricots
2. Celery sticks filled with cream cheese
3. Hummus and pita triangles
4. Cucumber slices
5. Dried banana chips or apple chips
6. Dill pickles
7. Edamame (soybeans in the pod)
8. Grapes
9. Low calorie graham crackers (still cookies, but better than most!)
10. Trail mix
11. Baby carrots and yoghurt dip
12. Strawberries
13. A cup of apple sauce
14. Popcorn with a dash of parmesan cheese
15. Mandarin orange
16. Sliced red and green pepper sticks
17. Blueberries
18. Rice cakes
19. Banana
20. Hard boiled egg





"We want education to give our children the knowledge to understand and be proud of themselves and the knowledge to understand the world around them."

— Indian Control of Indian Education (1972)

Game time

Each weekday, Canadian children and youth are averaging 5-6 hours of screen time, and this climbs to 6-7.5 hours per day on the weekends, according to the Public Health Agency of Canada. How can we get our children and our whole families away from the screen and more active?

Try to start with at least 30 minutes a day of physical activity and then each month, try to increase that time slightly, while at the same time gradually cutting back on the amount of time spent in front of the computer and television. Tips on how to do this can be found in an excellent guidebook called Canada's Physical Activity Guide for Children and Youth, Family Guide (find it at www.phac-aspc.gc.ca/hp-ps/hl-mvs/pag-gap/cy-ej/index-eng.php).

To get those little ones up and running, one of the resources we parents have are the games we used to play in school, like tag and hide and seek. Teach your children these tried and true games, and any others you can recall – and take the time to join in! The beauty of these games is that they don't require any equipment or set-up time, they work for a wide range of ages, and best of all, they involve lots of physical activity and fun. They can fit in well as part of your family's daily routine.

For a little extra inspiration, here is one more fun game for all ages. You don't need equipment but you will need a big open space for running, whether that is a backyard, park, schoolyard, or a large room.

"What time is it, Mr. Wolf?"

One player is chosen to be Mr. Wolf.

Mr. Wolf stands far away from the other players, facing away so that he can't see them (standing against a wall or fence is ideal).

The other players stand at the start line at the other end of the yard, field or room. They call out together, "What time is it, Mr. Wolf?"

Mr. Wolf usually calls out a time of day ("Three o'clock!"). The other players then take that many steps (three steps) forward toward Mr. Wolf, calling out their steps as they go ("1.... 2.... 3...."). They can take steps of any size. Then they stop and call out the question again ("What time is it, Mister Wolf?").

When Mr. Wolf feels that the time is right, he calls out "Supper time!". He then turns around and chases after the players. If Mr. Wolf tags a player, that player becomes the new Mr. Wolf. Anyone who makes it back to the start line without getting tagged is safe.

This game will get everyone running and laughing. Happy playing!



On the Path to Higher Education and Careers



Charlene Smoke was the Career Planning Project Facilitator who was featured in the January 2010 issue of the Parents Club newsletter. She

presented a workshop called "Finding Your Path" to 18 First Nations Parents Clubs, First Nations schools and communities across BC, covering a range of topics from the importance of careful course selection, financial planning, accessing funding/scholarships and bursaries and transitions to post-secondary.

"One important message to take away from the workshop was the importance of knowing yourself and believing that anyone can achieve their goals with the right guidance and support. It is also important for parents to know that if they don't feel prepared to guide their youth's decisions they can support them by asking someone else for help."

Here are some more tips that I shared with parents at the workshops:

- focus on natural skills and abilities, because those will likely lead to the right career choices;
- encourage students to use career planning programs like Career Cruising, which is available to all First Nations schools, or free programs such as the one found at www.jobfutures.ca; and
- encourage summer work experience or volunteer opportunities.

Miigwech,

Charlene Smoke



Participation Stars!

The following Parents Clubs received prizes for excellence in participation and news-sharing over the past year! Thank you for your amazing work, and congratulations.

Correliou Aboriginal Parent Club

Eagle's Nest AHS PEAC

Kermode Friendship Society First Nations Parents Club

PHSS First Nations Parents Club

Young Parents Program

Club Checklist

Your club can be a star too! Here is how to get the most out of the Club this year...

- ★ Remind your Club Coordinator to submit your club contact form by October 22, 2010 and your club will be entered in a draw for one of five prizes. Parent Club calendars are ordered only for clubs that send in up-to-date contact forms, so don't miss out!
- ★ Could your club use some inspiration? You are welcome to call Holly Smith at the Special Education Toll-Free Resource Line for ideas for activities and guest speakers (Toll-free: 1-877-547-1919), and you can also call Barb O'Neill at Club headquarters at 1-877-422-3672.
- ★ Please send us club news and photos! In return your club will receive prizes and we have some great gifts to give away – everything from board games to fleece vests and playing cards to stainless steel water bottles...
- ★ Each club that keeps in touch (more than four times per year) will also receive a certificate in June with a few more prizes.



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 toll-free at 1-877-422-3672. 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!

Have a great school year with your children and thanks for the great participation!



Introducing...

Who is it that keeps track of all of the club memberships, sends out friendly emails reminding you to get in your club forms, and lets you know about grants and sends out your club prizes? It is Barb O'Neill! Barb is the long-time Club Coordinator and whether you are a new club member wondering how to get started, or a long-time member with questions, Barb is a great resource person.

Barb O'Neill
First Nations Parents Club Coordinator