



Letters from Our Members

Once again, we are very excited to include some letters from First Nations Parents Clubs throughout the province. It is always such a thrill to hear what you are doing! In this edition of the newsletter, we have also included a few letters that share some ideas for using the boxes of games we distributed to all Parents Clubs last month. We certainly hope you find them useful.

“Since establishing the Parents Club, parental involvement has increased and we expect this to continue. We are receiving remarkable support from our community members when our students have planned activities. One example is the Valentine’s Tea; the parents did the planning and the students carried out most of the work, and they made personal invitations to all their family and friends. The students baked the goodies, made sandwiches, and served their guests.

There were a number of elders present that told stories of when they were young and went to school. The stories were very attention grabbing to the students. There were a lot of encouraging words made to the students by the elders and this gave our young people the self-assurance they require to be successful.

We can safely say there was plenty of enjoyment had by all who attended the Valentine’s Tea. The students are still talking about the event and can’t wait until we plan the next one.

The Laxgalts’ap Parents Club also supports extra-curricular activities that involve community members, school staff, and the students. We believe this will help build stronger

and healthier relationships for all our people.

A special thank you to the dedicated parents out there for continuing to support our children’s best interests. The benefits are definitely visible.”

Laxgalts’ap Parents Club

Letters About Games, Games, Games

“Thank you so much for the gift of the games. We used to have games that we loaned to families while they are with us for a six week program. Over time, most of them became unusable. Due to lack of funding, we have not been able to replenish the supply. We have been without games to lend for about two years.

So you can imagine our joy to receive these games from you. As suggested in your letter, we loan them out to families particularly for their family home evenings. While they are here they have no television to interfere with family time. They get to see a family video twice a week.

Once again your gift is such a blessing to our program. I’m sure the families that come through here will appreciate them a great deal. There has always been a positive response

from our families about the materials you send us. Thank you for including our organization in your club.”

Jacque Brown, Kakawis Family Development Centre, Tofino

“Thank-you so much for your donation of board games for our newly formed Parent Club at Seabird Island Community School. We are very excited to inform our group of your generous donation. In the meantime, we have decided to create a sign-out sheet and start playing right away. We are hoping that the excitement from the children will motivate parents, relatives and friends to come out and support a Family Games Night like your letter suggested. Personally, this is my first involvement in a Parents Club

Organization, and teachers and volunteer parents who are also participating for the first time very well receive your support in the school. We need your support and guidance to continue our club and we thank you dearly for the interest you have in supporting such a rewarding program.

Thank-you again and you will be hearing from the Seabird Island Parent Club again soon.”

Carol Eitzenberger, on behalf of the Seabird Island Parent Club

FIRST NATIONS PARENTS CLUB



BULLETIN

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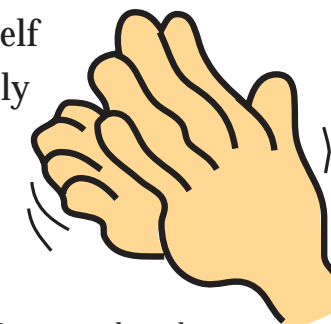
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Celebrate the End of Another Successful Year

June is here again, so now is the time to pat yourself on the back for a job well done! You’ve successfully made it through another school year, and for a couple of months you can take a break from homework, school lunches, and bus schedules!



The First Nations Parents Club would like to congratulate you for all of your efforts during the last ten months. We know that just getting everyone out of bed in time in the morning, making sure your kids leave the house with a healthy breakfast in their stomachs, and helping them get to school on time every day can be challenging, but the rewards definitely make your hard work worthwhile. We know that your support has been critical to your children’s school success.

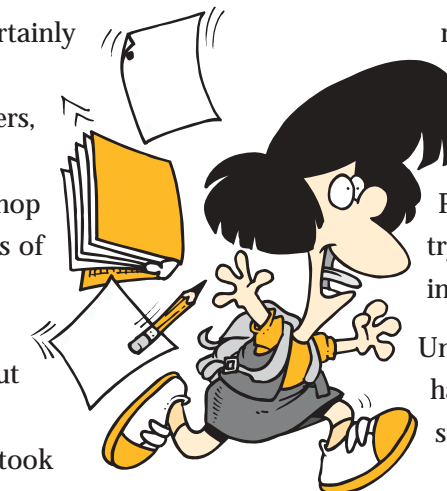
We also hope that the First Nations Parents Club has helped to inspire you throughout the past school year. We have certainly enjoyed bringing you the newsletters, Parents Club Calendar, workshop grants, and boxes of games for family fun. We are also very excited about the Parents Club Conference that took

place early in May. It was such a pleasure to come together with almost 200 enthusiastic parents from throughout the province to talk about ways to effectively support children. The commitment shown by the Parents Conference participants leaves no doubt about the positive difference First Nations parents are making in the lives of their children and in the growth of their communities!

Like many of you, the First Nations Parents Club is going to take a short break over the summer months, so you won’t hear from us again until September. But we will definitely be back again in the Fall

ready for another new school year, and we sure hope you will all be with us. In the meantime, please spread the word about the Parents Club in your community and try to get some new parents interested in your activities.

Until September, we wish you all a happy, safe, and family-fun-filled summer!





Enjoy a Healthy, Active Summer

The importance of leading a healthy, active lifestyle is not a new topic for this newsletter. Many previous articles have included ideas for being physically active and eating well every day. But we know that making a lasting commitment to exercise and healthy eating isn't always easy, especially given all of the other time pressures we face. That's why we thought another reminder couldn't hurt, especially with summer time coming – a great opportunity to get outside and enjoy some physical activity.

In fact, studies have shown that more than half of Canadian children are not active enough for optimal growth and development. As well, 25% of children are considered obese, and that number is on the rise. The main reasons for those problems are limited physical activity for many children and youth, combined with poor eating habits. Many kids eat too much convenience, junk or fast foods, which are high in fat and calories.

What can families do to reverse this trend?

Most importantly, get active as a family. Maintaining regular physical activity and healthy eating is easier if everyone's in it together. Also, focusing on just one child can make him feel like he's being punished, so make healthy habits a family affair.

If your children are not very active, increase the time they spend on physical activities and sports to least 30 minutes a day. Your kids should spend at least 10 minutes on an activity that makes their heart beat faster, makes them breathe harder, and makes their body feel warm.



Make active living part of the daily routine. That's easier and more realistic

than relying only on scheduled, organized activities.

Encourage your kids to keep moving by walking or biking to their friends' house, helping with active household chores, skipping and playing outside.



Also, don't forget to limit the time they spend watching TV, playing video games, and surfing the Internet.

Limit the amount of high-fat, high-calorie foods you bring into your home. If you do bring home foods like chips or cookies, buy smaller packages. If your children eat at fast food restaurants, help them resist the

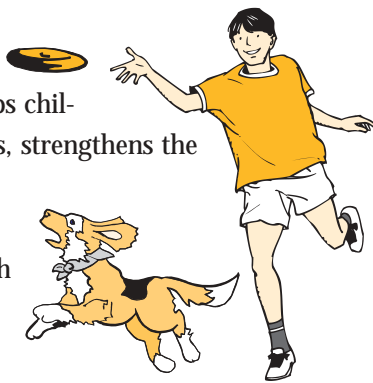
temptation to "supersize" their meals. Stick with regular portions, and don't go out to eat as often.

Provide your children with healthy snacks, like fruit and raw vegetables, and encourage them to drink water instead of only juice and soft drinks.

Help your child or teen accept their body. Instead of dieting, try exercise. Dieting leads to an unhealthy "yo-yo" cycle of weight gain and weight loss. If your child is overweight, talk to your doctor about ways to plan for realistic weight-loss goals.

Most important ... be a role model! Your children will learn most about a healthy active lifestyle from you.

Remember, being active builds strong bones and strengthens muscles, helps children stay flexible, promotes healthy weight, leads to good posture and balance, helps children meet new friends, strengthens the heart, helps children relax, and promotes overall healthy growth and development.



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!



Children and Insects

Aaaaaah, summer. Warm weather, sunny days, holidays, and "ouch" – insect bites. Insect bites are annoying. Also, although diseases related to insect bites are quite rare in Canada, avoiding insect bites is worthwhile for health reasons.



Here are a few tips we hope will help you and your kids stay bite-free in the months ahead.

- Wear lightweight, long pants and long-sleeved shirts outdoors – especially when going into the woods. Reducing exposed skin areas is the safest and easiest way to keep those stingers away.
- Try to avoid places where mosquitoes and other insects breed and live, like standing water.
- Stay inside when mosquitoes are most active – at dawn, dusk, and early in the evening.
- If necessary, use insect repellent ... but do so carefully. Like any chemical, insect repellents should be used safely. Here's how.

- When using insect repellent on children, always apply it for them.
- Always read the entire label before use.
- Apply the product lightly. Don't use more than you need.
- Do not apply on irritated or sun-burned skin.
- Apply repellents only on top of clothing or on skin that is showing. Don't use it under clothes.
- Do not get it in eyes. If insect repellent gets in the eyes, rinse with water right away.
- When spraying insect repellents,

be careful not to breathe them in.

Try to spray products outside and always make sure you are well away from food.

- Don't spray children's hands. That way, they'll be less likely to get it into their eyes or mouth.

- When you don't need the protection anymore, wash with soap and water.

- If you think your child is having a reaction to the product, wash the skin and get medical help right away. Take the container with you so the doctor knows what you used.

- Some insect repellents contain a chemical called DEET, which keeps flies and mosquitoes away. Not all products have the same amount of DEET. You can check the label to see how much is in

each kind, which is usually expressed as a percentage, such as 10% DEET. Insect repellents that are used on children should have a small concentration of DEET.

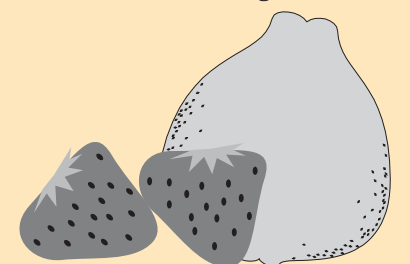
- Do **not** use insect repellents with DEET on infants or very young children, and be very careful using any other repellents on small children. Nursing mothers may also consider alternatives to repellents, such as using protective clothing and avoiding exposure to insects.

The ideas included above, as well as much more specific information about insects, insect repellents, and small children is located on the web site of the Canadian Paediatric Society, at www.caringforkids.cps.ca/keepingkidssafe/repellents.htm. Please try to learn more about this topic.

Strawberry Mango Salsa

For a refreshing snack this summer, try some *Strawberry Mango Salsa* on some tortilla chips. That's a delicious, fun fruit serving.

12 ounces strawberries, chopped
1 large mango, chopped
1/2 cup sliced green onions
2 tbsp lime juice
1 tbsp chopped cilantro
1/2 tsp red pepper flakes
1/4 tsp cumin



Toss together all of the ingredients in a bowl. Serve immediately or store in the refrigerator. This can also be served with fish or chicken for a simple meal idea.