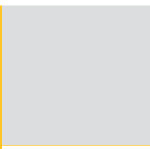


First Nations Parents Club



Bulletin



Winter Time Again!

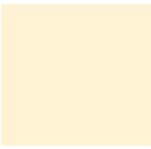
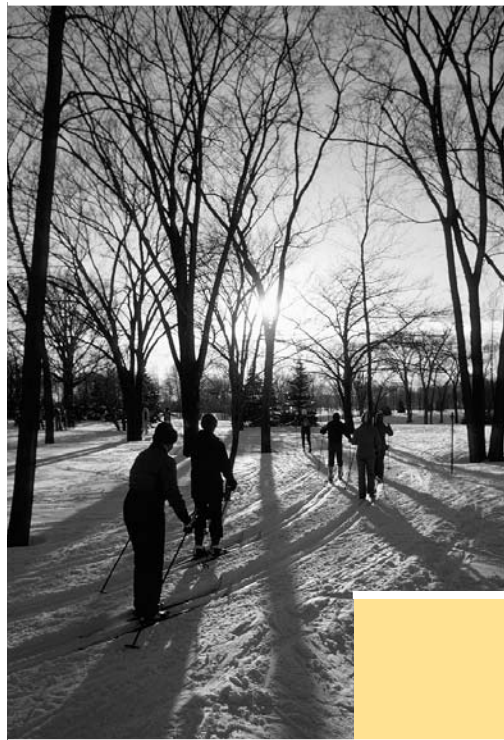


Our bulletin has a brand new look and we want to show-off fantastic Parents Club members and their children on the cover. Send us photos, along with a photo permission form, to share on the cover of our bulletin! Download the photo permission form from the Parents Club website: fnsc.ca/parentsclub/index.html and mail it with your photo to the Parents Club office or send them by email to: info@fnesc.ca.

Hello Parents

It's winter time again and we are all concerned about the safety and health of our children in the winter. Remember to keep warm clothing at hand for the kids when they go out to play - mitts, hats, jackets, sweaters and warm pants. Bundle up the babies. Why not go outside with your children and enjoy safe warm fun in the snow, making snowmen, snow forts and even snow angels.

It gets darker earlier so make sure your children know the safest route to and from school or take the time to walk with them if you can. Go over the rules of outdoor play when they are at school and at home. Encourage activities that will keep them busy indoors as well, such as board games, reading games, art activities, and craft projects.



Contact Us!

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



Outdoor Play



Parents Conference 2008!

We're having another exciting, fun and informative conference just for you! Plan on attending the 4th First Nations Parents Conference taking place in Vancouver at the Coast Plaza Hotel on February 28th and 29th, 2008. The Anishnaabe Place Parents Club from Pitt Meadows was chosen to be the co-host parents club. The theme for this year's conference is: One, Two, Three Come Learn with Me.

We will sponsor two parents from each club to attend. Watch for your registration package that will be faxed to each club at the beginning of December. The registration package will also be posted on the Parents Club website as soon as it's available.

Winter can be a wonderful time for play. Participating in winter sports will help keep the whole family healthy, but injuries can spoil the fun. Here's how to keep kids safe during winter play.

Clothing for outdoor play:

All winter activities require warm, dry clothing. To prevent frostbite, children should be dressed in warm clothes, including:

- A hat (warm, close-fitting, and covering ear lobes; not a 'fashion' hat or baseball cap),
- Mittens (gloves do not keep hands warm as effectively as mittens),
- Loose layers (an absorbent synthetic fabric next to skin, a warmer middle layer, and a water resistant/repellent outer layer),
- Socks A single pair of socks, either wool or a wool blend (with silk or polypropylene) is better than cotton which offers no insulation when wet. Avoid extra thick socks as they can cause cold feet by restricting blood flow and air circulation around the toes.
- Boots. Be sure boots are dry and not too tight.

Children should get out of wet clothes and shoes as quickly as possible as they are the biggest factors in frostbite.

Jackets should be zipped up. To avoid strangulation during play, use tube-shaped neck warmers instead of scarves. If scarves must be used, tuck them into jackets. Remove drawstrings on hoods and jackets because they are also a safety hazard; better yet, buy clothes without drawstrings.

Safe weather for outdoor play:

Children should play indoors if the temperature falls below -25C (-13F), regardless of the wind chill factor.

Children should play indoors, regardless of the temperature, if the following occurs:

- The wind chill factor is reported as -28 C (-15F) or greater (this is the temperature at which exposed skin freezes in a few minutes).
- Keep children away from the banks of ponds, lakes, streams and rivers during the spring thaw.
- Use sunscreen even on cloudy days.

(from the SAFEKIDS website: www.sickkids.ca/safekidscanada/)



Check out these helpful resources!

Speech and Language Resource Line

This is a new and free service to help parents and school staff understand and meet the needs of children with speech and language difficulties. Contact Deanne to get in touch with a speech-language pathologist by email: deannez@fnesc.ca or call toll-free 1-877-547-5926.

Special Needs Resource Line

A free service connecting teachers, administrators, parents, and service providers to the information they need to support First Nations students with special education needs. Contact Lisa on the toll-free line 1-877-547-1919 or email her at lisae@fnesc.ca with your questions or concerns.

Finding Your Path – Career Planning Guide

Look for the Parents' Section in this guide addressing how parents can support their children in planning education and career paths.

Parents Club Meeting Posters

Arts and Crafts Evening

Movie Night

Fun and Games Evening

Reading Fun Evening

Go to your Parents Club website at <http://fnsc.ca/parentsclub/resources.html> for more information on each of these resources.



Contests

Plan a contest within your own club and we'll provide great prizes for the contest winners. Here are some ideas for contests:

- Have your parents write a story on their favourite winter activity.
- Have a craft making contest.
- Funniest parenting story.
- Favourite Christmas memory.
- Best recipe.
- Most club meetings attended by a parent.

Let us know when you're having a contest and we'll send you a few Parent Club prizes such as travel mugs, book bags, aprons, backpacks, books, games, puzzles, picture frame magnets, t-shirts etc.

Tell us a little bit about the contest that you had and we'll send your Club a special gift. We'd love to post the contest winning entries to our website so remember to include a photo release form if you send us photos. You can find the photo release form at: www.fnsc.ca/parentsclub/stories.html

Recipe: Stew

- Diced meat (moose, beef, etc.)
- 1 cup frozen vegetables
- 2-3 potatoes
- 2 sliced carrots
- 1-2 celery stalks
- 1 pkg. gravy mix
- Flour (to thicken)
- 1 onion
- Hot water

Pre-boil meat in ½ pot of water until meat turns brown.

Cut up potatoes, carrots, celery and onion into cubes or slices. Add veggies (5 minutes apart).

Add gravy mix.

Sift flour into 2 or 3 cups of boiling water stirring continuously until smooth; add to the stew stirring constantly.



- submitted by Holly Billyboy, Tsilhqot'in National Government. Recipe submitted for the Parents Conference in 2004

Updates From Our Members



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!

Correlieu Parent Club

We had our first of the year Parent Gathering on Oct 3rd. We had 10 parents show for this meeting. Not our best turn-out but we are still managing to get out more parents than the other PAC group. At this meeting we discussed the upcoming Fall Conference and asked for participation from this group. At this time parents are still looking at this. We have planned some future meetings and talked about what would work for our parents. Lots of good ideas and so plan to work on them. I will sign off for now and will talk to you in a couple of weeks as I am away to the "Honor You Health Challenge" in Vancouver and then again the following week for other business. Thanks for your support.

Carol Shaughnessy
Correlieu Parent Club

Nisga'a Elementary Secondary School Parents Club

The First Nations Parents Club in New Aiyansh had their first parent workshop on Friday, September, 14. We had a great time together.

Christine Stewart came up from Vancouver to be our guest speaker and facilitate the day for us. There were 8 parents out for the day and a few others dropped by over the lunch as they were working. Our focus for the day was supporting our children's education. Christine gave us many practical suggestions to try at home before we meet again. Thanks for the prizes that you send our group. We used them as door prizes. Parents really liked the coffee mugs. This past week we hosted a games night which had 10 parents attend with their children. Everyone had a great time so we are planning another evening. Thanks again for all your support through the information that you send us and the prizes.

Doreen Adams
Nisga'a Elementary Secondary School Parents Club