



Updates From Our Members

Dear First Nations Parents Club,
Thank you so much for the grant. It enables us to provide a couple of workshops that are of interest to our First Nations parents.

1. We had the Liaison for Aboriginal People of the North Island or Mount Waddington District as a guest speaker last Monday at our FN Parents Club meeting. She spoke and provided information on diet and nutrition, plus diabetes. This information was well received, sparked a lot of

discussion, and lead to shared ideas and questions. We had a catered dinner, "Health Meals", by one of our local chefs. Ham, crunchy sweet potato fries, baked sockeye salmon, brown rice with celery and walnuts, and cauliflower and broccoli. Dessert was an angel food cake with fresh strawberries and whipped cream. Awesome, thank you so much. There were about 23 people that attended, including a couple of Elders. There were also two toddlers and some youth. It was a very

enjoyable, informative evening. Lots of door prizes, thanks to your incentives!!

2. Next month we have a cedar bark demonstration planned. So stay tuned – we shall send a report on the next meeting.

We could not have done this event to this extent without your generous grant. Again thank you!

Gilakasla,
Maggie Sedgemore, BScN. MEd.
*Aboriginal Youth Counsellor,
Port Hardy Secondary School*



Dear First Nations Parents Club,
I would like to take this time to thank the students from Mount Baker Senior Secondary School and Gloria Williams, a Parents Club Member, for providing the Fry Bread and Bannock Friends Parents Club with two informative presentations.

Firstly, we heard from four students who traveled to Vancouver to visit the University of British Columbia. They were given tours of the university and information to assist them in

their career and educational planning search. Each student spoke about their experiences at the university and what their future goals were after graduation. From the presentations, I think the field trip was a great opportunity for these students.

Secondly, Gloria Williams, who attended the BCCPAC Fall Leadership Conference in Kelowna, BC, spoke about her experiences at the conference. She brought back useful

information to the Parents Club with many handouts and materials that are beneficial to the schools. I'd like to thank her for representing the Fry Bread and Bannock Friends Parents Club.

Our Parents Club meetings are held once a month and I appreciate the interesting topics that are presented.

Yours sincerely,
Colleen Brant
Parents Club Member

FIRST NATIONS PARENTS CLUB



BULLETIN

MAY 2007, ISSUE 4, VOL 9

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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



Have a Great Summer Parents Club Members! See you in September!

The activity-filled last months of school are here, the warm weather is slowly appearing, and soon school will be finished for another year. We hope you've had a great school year, full of learning and success and are now ready for a summer of rest and play with your children.



One activity to be sure to include in the last few days of school is the celebration of National Aboriginal Day on June 21st. Many schools have activities prepared to celebrate this important day; check with your child's classroom teacher. If nothing has been planned yet, why not help to make this a special day for your child and their school? Celebrations could include sharing many of the incredible activities that occur at your First Nations Parents Club meetings every month (that we get to hear about thanks to your great member updates), such as traditional arts, storytelling, and of course, fantastic food. National Aboriginal Day is

a chance to reinforce your child's pride in their rich Aboriginal culture.

In this newsletter we offer tips for parents of students in transition between schools, something that many students will be preparing for in June and throughout the summer. There are many ways that you as a parent can make this change easier on your child, but the most important tip we can give you is to ask your child questions, and patiently listen and respond to their answers. This newsletter also deals with other forms of anxiety your child may be experiencing, specifically how to differentiate between healthy levels of anxiety and when anxiety

issues become more serious, and how you can help teach your child to manage his or her anxiety.

Keep sending us your parenting tips and stories for our new First Nations Parents Club website and have a wonderful summer vacation. Talk to you in the fall!



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!



Helping Your Child Adapt to a New School

Is your child moving from elementary school to middle or secondary school next year? Or transferring to a new school? For a child, this is a big change, and probably comes with a lot of anticipation and a little fear. Factors like getting used to a new building, new teachers and courses, and maybe a new bus or route to school can be alarming. And of course, the fear of leaving behind old friends and wondering if they will make new ones.

As a parent, you can help to make this transition easier for your child. Here are tips for making this transition exciting rather than scary.

1. Gather as much information about the new school as you can, and share it with your child. Middle schools and secondary schools often offer more diverse courses, such as computer technology, art and music, or cooking classes. Help your child pick courses that interest them, so they are looking forward to their coming year. The school probably also has clubs and teams that your child can join, which is a great way to make new friends. Over the summer talk to your child about which activities they'd like to participate in and start thinking about how you can work out-of-school practices and meetings into their (and your) schedule.



2. Visit the school. Most schools have an organized orientation day for new students when they can tour the school and get a feel for what it's like. You can also visit the school with your child over the summer, to play in the schoolyard, shoot hoops, or even peek through the windows. The more familiar the school is to your child, the less scary it will seem.
3. Prepare for the first day. Ensure your child has all the supplies they need, an adequate lunch, and have chosen an outfit to wear. Knowing that they haven't forgotten anything, or won't be missing things the other kids have, is one less worry for your child on their first day.
4. Talk to your child! Ask them how they feel about starting at a new school. Maybe there are specific things that worry them that you can address over the summer. And after they begin in September, ask them how it's going. Remind them that if things don't go perfectly the first day, not to worry, every day will get a little bit easier.

If you are worried your child is not adjusting to their new surroundings, talk to their teachers or the school counsellor. Addressing the problem early is always better than waiting. And keep reminding your child that by next year, they'll be the cool older kid! Source: www.kidshealth.org

First Nations Parents Club Website A New Website Just for Parents Club Members! <http://fnsa.ca/parentsclub/index.html>

At the First Nations Parents Club Conference in May 2006, we asked participants if they would use a website specifically dedicated to them. The resounding answer was – YES! If you haven't already visited the brand new First Nations Parents Club website, why not take a look? The website features interesting resources and links, online newsletters, contests, Club membership

information, and photos, parenting stories and letters submitted by our members.

We always want to hear updates from Parents Club members and now we have one more place where we can share them with you. Clubs that send us letters and submissions receive great Parents Club prizes that you can distribute at meetings or use as incentives for your members.



Anxiety and Your Children

Experiencing small amounts of anxiety is normal, in both children and adults. It is a natural instinct that triggers responses and prepares our body to react to danger. It can help to increase performance in stressful situations such as exams or presentations, and gives us the required energy to react in emergencies.

Anxiety becomes a concern when it is interfering with daily life; when our body reacts in the absence of any real need.

Anxiety is the most common mental health concern for both children and adults. In children and teens, the disorder can frequently go unnoticed because anxious children are often quiet and compliant, or may be incorrectly labeled as difficult, stubborn, or too sensitive rather than being given the help they need. Untreated anxiety can lead to problems later in life, such as depression, or an overall decreased quality of life. Treated or properly managed anxiety however, can be overcome.

Possible indicators your child is experiencing anxiety could include:

- Clinging, crying, and/or tantrums when you separate
- Excessive shyness, avoiding social situations
- Constant worry
- Avoiding situations or places because of fears

- Complaints of frequent stomachaches or headaches
- Experiencing sudden and frequent panic attacks

As a parent, you are essential to teaching your child to manage anxiety. Make sure you take the time to listen to your child's fears and remind your child that everyone experiences anxiety; it is important your child knows that they are not alone. Teach your child to recognize signs of anxiety, and talk about what to do when they recognize they are feeling anxious. Praise your child for their efforts. If you feel yourself becoming frustrated or impatient, try to remember that you are asking your child to act against a natural sense of danger – whether their fear is warranted or not, facing it is not easy.

If you think your child may be suffering from severe anxiety, or you have questions, speak to their teacher or your doctor for places to go for help. The *AnxietyBC* website this newsletter article was adapted from contains a complete home tool kit for parents helping their children through various instances and degrees of anxiety. It also contains background information about anxiety disorders, at-home programs to address anxiety, and tips for parents with children dealing with anxiety issues. Visit the website directly:

<http://www.anxietybc.com/parent/> or follow the *Resources and Links*



tab on the First Nations Parents Club website and look under *Special Education*.

For further support, you can also contact Lisa Ellis at the First Nations Special Education Resource Line, Monday to Thursday, 12:30 to 4:30 during the school year. The Resource Line is a free service for educators and parents of First Nations students in BC with special education needs. Toll-free: 1-877-547-1919 or email: lisae@fnesc.ca.

Perfect Peachy Freeze

- 1/2 cup milk
- 1 cup sliced peaches (fresh or canned)
- 1 teaspoon sugar

Pour the milk into an ice cube tray and freeze until solid. Pop the "milk cubes" out of the tray and put them into the blender. Then put the peaches and sugar into the blender. Put the lid on the blender and blend on high speed until everything is mixed together and very smooth. Pour your Perfect Peachy Freeze into serving dishes and serve right away.

Serves: 3

Source: www.kidshealth.org/recipes

Tips: If you make extra milk cubes and keep them in your freezer, you can make this treat quickly whenever you feel like it. (Or maybe your children can make it themselves!) Try other fruits for variety.