



First Nations Parents Club

Bulletin

Welcome Back!

It is a pleasure to begin a new school season of the First Nations Parents Club and to deliver the September issue of the Club newsletter. The goal of the First Nations Parents Club is to support all parents because parents play such an important role in student success.

Are you a grandparent, aunt or uncle? If so, welcome to the Club! We use the term “parents” for convenience, but the Club is open to family members and caregivers of all types; it’s for everyone who makes a difference for First Nations students.

Over the course of the year, we hope that you will enjoy everything that the Club has to offer. Watch for the Club newsletter every two months and watch for news about the First Nations Parents Conference, happening in May of 2010.

Please send us your news, stories, photos and recipes! We would love to share them in the newsletter and we always send prizes in return. Remember, too, that there are photo permission forms on the Club’s website www.fnsa.ca/parentsclub/stories.html

The First Nations Parents Club is coordinated by the First Nations Education Steering Committee and the First Nations Schools Association, which share an office in West Vancouver, BC. FNEsc and the FNSA are committed to assisting First Nations parents as much as possible. You can call their office any time for more information about First Nations education issues, toll-free at 1-877-422-3672.

So enjoy the club, write to us, and let’s have a great year!



First Nations Schools Association
Parents Club

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“There are two lasting bequests we can give our children. One is roots. The other is wings.”

—Hodding Carter, Jr., American Journalist

Family Reading Corner:



Carry Me, Mama, by Monica Devine and Pauline Paquin, suitable for ages 3 – 8. This is one of the titles distributed to First Nations Parents Clubs.

Carry Me, Mama follows the progress little Katie makes as she grows up. Accustomed to riding on her mother’s back, Katie starts to see life from a different view as her mother stops carrying her everywhere they go. She relates distances through real-life comparisons - first being able to walk as far as you can throw a stone, then as far as a rabbit runs, as far as a bear runs, and finally as far as a raven flies. She feels an increasing sense of adventure as she discovers her independence.

This is a fitting bedtime story with beautiful illustrations of the North. The author, Monica Devine, lives in Alaska and based this book on the Inupiat women she has met, who often carry their children under their heavy parkas.

Fast ideas for tasty lunches

- ✓ **Vary the bread** - try whole grain breads, tortilla wraps, crackers, or bread sticks.
- ✓ **Include bite-size vegetables**, such as baby carrots, cherry tomatoes, red pepper slices with a dipping sauce.
- ✓ **Pack easy to eat fruit** like grapes, melon slices, and orange wedges.
- ✓ If choosing juice as a beverage, **look for 100% juice**.
- ✓ **Try favourites** like macaroni and cheese, chili or soup - heated up and put into a wide mouth thermos.
- ✓ **Try cheese and crackers**, leftover pizza, yogurt in a cup, or dried fruit
- ✓ **Pack a sandwich roll-up using a soft tortilla and any kind of filling you like**, such as sliced turkey, tuna salad, cream cheese or hummus.
- ✓ **Send a cereal mix**, such as toasted oats, corn and bran cereal squares, raisins and almonds.

Source www.dietitians.ca

If at First You Don’t Succeed...

It’s true...children learn to like new food by being exposed to it again and again. Some children need to see a new food 10-15 times before trying it! The Action Schools! BC Healthy Eating research showed that repeated exposures to vegetables and fruit increased children’s willingness to try new vegetables and fruit.

What else helps?

- Eating with a friend or family member who likes the food
- Allowing children to help prepare the food

Adapted with permission from Action Schools! BC www.actionschoolsbc.ca

Baked Apples

Here is an easy recipe that will create a delicious dessert in no time.

Here’s what you will need: Preparation:

- 6 apples
- ¾ cup dark brown sugar
- ¼ cup butter
- 1 tbs powdered cinnamon
- ½ tbs powdered nutmeg



Preheat your oven to 350°F. Cut out the core of the apple, being careful not to cut entirely through the bottom. In a small mixing bowl, blend together the butter, sugar and spices. Then spoon the sugar mixture into the hole of each apple. Place the apples in a shallow baking pan and bake for about 15 minutes or until the apples are soft. For extra flavor, add a few cranberries, chopped walnuts, pecans, or honey.

Adapted from fall-recipes.suite101.com/article.cfm/baked_apples_for_fall



*“You can learn many things from children.
How much patience you have, for instance.”*
— Franklin P. Jones, American Businessman, 1887-1929

Setup for Success!

One way to help your young student stay organized this year is to help them set up a study space. If your child is a natural organizer, maybe just the suggestion will be enough to get them started, and if they aren't, here are a few tips you might like to work on together.

First have them think about their personal learning style. Do they like to work in a “social” location like the kitchen table, or do they need somewhere with peace and quiet? Do they need to be at a computer or do they prefer to spread out on a large table? No matter what location they choose, make sure there is plenty of free space in their chosen location, and then declutter!

Next, look at how to make that study area as comfortable and useful as possible. A clock can also help students keep a good study routine. A wall calendar is another excellent addition to any study space and it is useful for reminders about due dates, tests, class trips and holidays (you could even offer them the Parents Club calendar to use). What's more, if your child is working at a kitchen table or at a shared computer desk, they might like to have a box or plastic tub for the storage of study supplies at the end of each day.

Set up that study space ergonomically to protect those young backs and eyes! A good chair for studying will let the children's feet rest flat on the floor or on a stool, and children's legs should make a comfortable 90 degree angle with the ground. If your child is using a computer, the monitor should be arms-length away and placed so that he or she can look straight ahead, rather than up or down. Make sure that the lighting is up to the task too.

Lastly, no matter what your child's age, the key to making a space they'll use is a sense of ownership. Let them decorate it themselves and add their own special touches. Maybe they could have a corkboard for posting their favourite photos, and dollar stores are a great source of inexpensive desk supplies like notepads, highlighters and duotangs.

With this, your youngsters will have a study space that inspires success!



Raising a World-Ready Teenager

When will someone create that magic recipe for raising a teenager?

In the meantime, maybe a good goal is to help them gain as wide a range of experiences and skills as possible. Here are two suggestions you might like to help them work toward this year...

Volunteer experience – there is nothing like volunteering for building a young person's self-esteem. Encourage them to volunteer at a community event, at a local business, or to assist an Elder in your community. Also encourage them to ask for a letter of reference for a job well done. Those letters can be very helpful later on when they apply for scholarships and bursaries and to support a resume in those early years.

Teaching experience – whether it is helping a younger student learn to read or coaching a local basketball team, there are always opportunities to share skills with others. Teaching is a powerful way to build our own skills and to gain a sense of pride.

Returning to a New Teacher This Fall?

If your child has a new teacher this year, it's a great idea to stop by to say hello and introduce yourself! It's a chance to express your hopes for your child this school year and to open the door for discussions later on. Just as importantly, it reminds your child that you think school is important!

Quick Fact

Young people who feel that their parents expect them to go on to college or university are much more likely to do so than those who feel that their parents don't expect them to go on (67% compared to 34%).

Source: Statistics Canada

JUST FOR FUN!

The child comes home from his first day at school. Mother asks, “What did you learn today?”

The child replies, “Not enough. I have to go back tomorrow.”



Thank you Parents Clubs!

On behalf of the First Nations Schools Association and the First Nations Parents Club, I would like to thank the following clubs for their outstanding participation in 2008/2009:

The Young Parents Program

Pal7usem-7iz'islalil'tema

Klemtu United Parents Club

Eliza Archie Memorial School Parents Club

Correliou First Nations Parents Club

Cedar Road Parents Club

Those clubs were sent Certificates of Appreciation and prizes to thank them for the updates they shared with us and to recognize their outstanding efforts.

Sincerely,

Barb O'Neill,

First Nations Parents Club Coordinator

Parents Report

I just wanted to drop you a short note to say thank you for supporting our parents group. We have started our summer program and it is quite a success with families in the Mission area, Aboriginal and non-Aboriginal.

Thank you,

Viki Liebrecht, Mission Central First Nations Parents Club

Photos from Wazdidadilh Aboriginal Infant and Family Development Program Parents Workshops



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!