



Letters from Our Member Clubs

To celebrate the end of another successful Parents Club year, we are thrilled to share a number of letters from our member clubs.

Congratulations to everyone who has worked so hard throughout the past 10 months.

Hello. We are the Qwam Qwum Stalicut Parents Club of the Snuneymuxw First Nation, located in Nanaimo. Our school has K4, K5 and Grade 1, and we have 35 students. We have about 11 families signed up for our Parent Club.

So far this year we have had some very interesting guests and activities. In November our local public school district provided an information session on a new early literacy program entitled "Ready, Set, Learn." Every student who attended received a free backpack filled with goodies and a storybook. We will be having a follow-up session in the spring.

We also had a hugely successful Christmas dinner and concert in December. Our K-1 students put on a wonderful play and both the K-1 and K-4 students sang festive songs. At other meetings we have started to work through and discuss the FNEC Parent Handbook.

We are currently starting to get ready for our June graduation. The next few meetings will be focused on those preparations.

We hope that everyone has a great spring.

Darius Fraser, Club Coordinator
Dawn McGuire-Reeves, Principal

I wanted to send a note and let you know what we have been up to here at Nicola-Canford School. At our last Arts & Crafts night we had an elder at the school teaching us about weaving. He showed us how we could use different materials to weave belts, medicine pouches, headbands, etc. ... We had a great time together. We probably had 50+ people show up and participate.

At our last First Nations parents meeting, we were making plans for what we are going to do for National Aboriginal Day.

Also we wanted to thank you for the support we receive from your organization. The calendars, bulletins, and incentives are greatly appreciated.

Until next time

Jamie Swakum-Antoine,
Club Coordinator

Hello. Thank you for the games and few more calendars. It was a nice surprise to receive them. They were used for the Mother's Day lunch. We had a lunch on May 6th and there was a very good turn out and it went well. We have some events coming up this month and next. This month we are taking the



families to a "little kids safety village" because now that it is summer, it is important for our children to learn about safety outside. We are also going to be having a review of house safety with a small portion on child first aid so that our parents are familiar with it.

Next month is a fun month; we are wrapping up the school year and we will be participating in National Aboriginal Day events at the Friendship Centre. On June 17 we are having our year end party for the parents and children of the preschool. I was thinking we would give all the parents a gift if possible. I was wanting to give them a hand bag. I was going to put children's school supplies and books inside it. We have 7 parents who attend every event and outing that we have and I would like to make this June 17th an extra special day for the children and parents.

Thanks for your time.

Charmaine Gagnon,
Ki-low-na Parent Club

FIRST NATIONS PARENTS CLUB



BULLETIN

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Contact Us!

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Hello Again Parents Club Members

Hurray for the arrival of the summer months. It really seems like the cold and snow are behind us now, which feels wonderful. It is hard to believe that the end of the school year is fast approaching, but it is. That means the First Nations Parents Club is getting ready for another summer break.

Once again, it has been a great year for the Club, with many new members becoming involved. As always, the First Nations Parents Club would like to acknowledge all of our members for your continued commitment to your children's education. Your support means so much to your kids, to their teachers, and to their schools. Your children really will be much more successful thanks to your help.

Of course this is a particularly important time of the year to recognize all of the Parents Club Dads and wish them a Happy Fathers Day. All you Dads have a very special role in your children's lives, and we want to congratulate you for showing your dedication to your kids.

Of course, National Aboriginal Day is another exciting June event. We hope that on June 21st you and your children will join in the celebrations that will be taking place across the country. National Aboriginal Day was created in order to recognize Aboriginal peoples and everything they have contributed to their own communities and to all of Canada, and it is a wonderful opportunity to remind your children why they should be proud of their First Nations culture and her-

itage. We hope you have great fun on June 21st, as well.

And as if Father's Day and National Aboriginal Day weren't enough reasons to look forward to June ... all kinds of graduation ceremonies and end of school celebrations will also be taking place in the weeks ahead. Recognizing and showing support for young people who have worked so hard to succeed in school is a great way to encourage all children to take their education seriously. It is also an important way to show children how much their education is valued by their communities.

So this month, try to really enjoy yourselves. You will soon be putting away lunch bags and homework books, and taking a break from the mad morning rush to get to school on time. But don't forget about learning completely. Inside this newsletter, we have included a few reminders of ways you can help your kids stay connected to learning over the summer months. We hope some of the ideas work for you.

The First Nations Parents Club wishes you all a fun-filled, safe summer. We look forward to being in touch again in the new school year.



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!



It May Be Summer, But Keep Those Books Handy

Every educator knows it, and so do most parents. Summer reading is essential for kids!

Research has shown that most young readers lose some of their reading skills during the summer months simply because they don't practice enough when they are out of school. But that does not have to happen. Families can let their kids relax and enjoy the summer months without taking a complete vacation from reading.

One of the most important ways to encourage summer reading is to portray it as a fun activity, *not* as an extension of homework into July and August.



Being a positive role model yourself is one of the best ways to show that reading is an enjoyable thing to do. If you seem excited about the opportunity to sit down with a good book, your kids will be more likely to think the same way. If you are concerned that you don't have strong reading skills, do not worry. Your enthusiasm is all that matters. Perhaps you could show your excitement by suggesting that you and your children read together, and remember ... it doesn't matter what you enjoy reading; magazines and catalogues are just as good as any other reading materials.

You can also make a trip to the library or the local bookstore a special summer family outing. If you act like those visits are special treats, your children will think of them the same way. You can also prepare for those trips by using the Internet to find some good book ideas. The Web is filled with lists offering tons of summer reading suggestions.

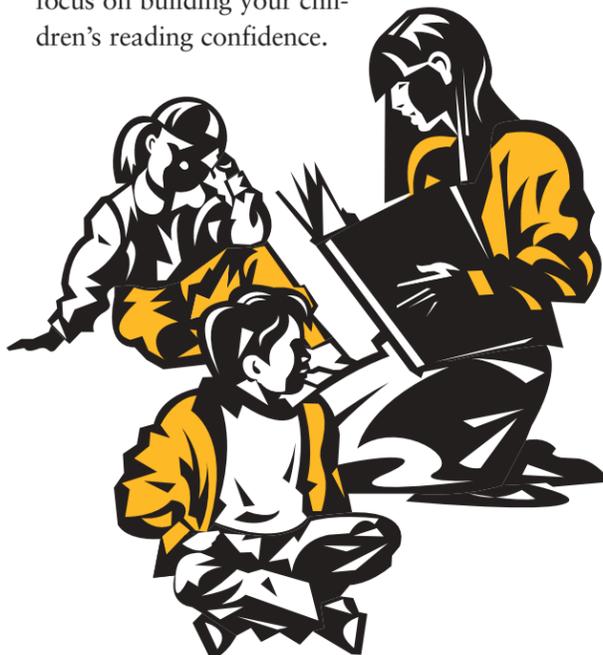
If your family has Internet access, your children could join in some book discussion groups that are available on-line. It is important to make sure that you monitor the sites your kids are visiting to make sure the sites look safe, and remind your children of some other basic Internet safety tips, like never ever sharing their full names or other personal information over the web.

On the other hand, your kids might prefer to organize a book club with some of their friends instead of using the Internet. That would be a great way for them to

spend time with other children while also enjoying some summer reading.

Also, please remember that there are many different ways you can enjoy some family reading time this summer, and using all kinds of reading techniques can make things more fun for everyone. Here are just a few ideas to keep in mind in the months ahead.

- Reading to your children is not cheating. Children learn first by listening to someone read to them, and it is a wonderful way for parents and children of all ages to spend time together. It will strengthen your relationship, and help your children continue to practice their listening skills.
- Reading together can be fun. Try reading a line yourself, and then letting your child read the next line. Or you can read a sentence and have your child read the same sentence after you. Imitation and repetition is a great way to learn. If your child can't read a word in a sentence just guess what word might make sense, and don't spend too long on a word before helping your child figure it out. Don't make reading frustrating. It is supposed to be fun.
- Let your kids read aloud to you. Don't worry about making sure every word is exactly correct; small errors won't ruin the story. Just be encouraging and focus on building your children's reading confidence.



Planning a Family Activity Day With Your Kids Can Be Fun and Educational

For a summer learning activity that is also tons of fun, try planning a family activity day. Here's how.

1 First decide how much money you will spend on the day. The size of the budget is **not** important at all. In fact, there are many, many things you can do together that cost very little money, and a smaller budget may even make the planning more challenging for your kids!

2 Together with your children, think up a bunch of different things you might do on your family activity day. You might even try researching some events or places that are located nearby. Then decide which of the activities to include in your day. To help your children learn the most from this planning activity, here are a few things to talk about when deciding what your family activity day will involve.

- Will everyone in the family enjoy this activity? Why?
- Will you need to make any arrangements ahead of time? Will you need to purchase tickets or make reservations? Who will do that?
- What costs will be involved? Help your children make a list of all the

expenses, and talk about whether there is enough money in the budget for everything you will need. This is a great way for your children to learn about money and practice their math skills.

- Do you need to pack a lunch? If so, what will you need and when will you prepare the food? If you will eat out, how much will that cost? Is that included in the budget?

- Do you need to bring any supplies or materials, such as picnic supplies, games, extra clothes, or maps? If so, have your children make a list of what to bring.

- What is the schedule for the day? How far away is your destination? Will you be driving, walking, or riding bikes? How long will it take to get there? When do you have to leave? Is there enough time to do everything you have planned? Scheduling is a very important skill.

3 Don't forget to bring a camera and take lots of pictures. Then your children can use the pictures, lists, and tickets to create a scrapbook to remember your special day.



Pan Steamed Fish Dinner

2 tsp oil	2 onions, chopped
2 celery stalks, sliced	1 tsp dried basil
1 cup corn kernels	2 large sweet potatoes, peeled and sliced
4 fish fillets	1/2 cup water or stock
1/2 tsp pepper	2 tomatoes, chopped
2 tbsp chopped fresh parsley	

In a large skillet, heat oil and cook the onion, celery, and basil until softened. Transfer to a bowl and mix with the corn.

Then arrange the sweet potato slices in the bottom of the pan. Place fish on top. Pour in the liquid and spoon the corn mixture over the fish. Sprinkle with tomato.

Bring to a boil, then reduce heat and simmer for about 12 minutes, or until the potatoes are tender. Sprinkle with parsley.

FNSA Conference

The Saanich Adult Education Centre's Parents Club recently attended the FNSA conference in Vancouver. Two instructors with 4 parents attended. The conference experience was amazing. We enjoyed the workshops and time spent together. Please find below some write-ups from the parents. Thank you also for the prizes you send us. Everyone appreciates them.

Ang Hamilton, Club Coordinator

I found the conference very informative. This was my first year in the Parent's Club, also my very first conference to attend. I find the Parents Club very helpful for me; I am a single parent of five children (3 grown boys, 2 girls). I have been back in school for approximately four years and each year I get over phobias.

The conference seemed to be short and the workshops weren't very crowded, which I enjoyed very much. Hopefully I will be able to make it next year.

In spirit and friendship always,
Emma Underwood

The best part of the conference is when all the girls in our group went shopping. No seriously the FASD workshop run by the three youth. It was really interesting to see all those youth talking about the effects they got from their mother's drinking. I can't wait until next year when we go to the First Nations Parents Club Conference. Got to spend some quiet time to myself; I am a mother of three beautiful children ages five, four, and almost 20 months. I enjoy doing trips like this one to get to meet new people, and learn different techniques for how to handle children in a gentle way. That's what I enjoyed most about the conference.

All my relations,
Ida Sam