

MARCH 2010

Provincial Home and School Update

1. **“HOME AND SCHOOL AND YOU” March 2010 Column** - “Remember your first junior high school exam? Tests and exams can be stressful. How a child copes with stress can have a direct impact on academic success.....” This column is written by Bill Whelan, President, PEI Home and School Federation for The Guardian and published on the 1st Wed. of the month. CLICK HERE for full column... www.edu.pe.ca/peihsf/featured.html

2. **PRESIDENT’S ANNUAL REPORTS** are due in the provincial office by next **Monday, March 8th/10** . All reports will be included in the Annual Books of Reports. Review last year’s Book of Reports on About Us page of our website: www.edu.pe.ca/peihsf/about.html

3. **2010 RESOLUTIONS** - The 2010 resolutions were mailed to Presidents & Co-Chairs. Next steps for Local Associations are as follows:

- A. Discuss all resolutions at your next Home and School meeting.
- B. Vote on each resolution and record in minutes.
- C. Appoint your AGM delegates and inform them of final voting decisions so they will come to the AGM, prepared to vote as directed by your Association.

Click here “How to write and present resolution: www.edu.pe.ca/peihsf/write_resolution.html

4. **REGISTER FOR AGM - Your Association could win one night's accommodation at the Rodd Charlottetown Hotel.** Registration info for the PEIHSF’s 57th AGM was mailed to Presidents and Co-Chairs. The meeting will be held on **Saturday, April 17/10** at the Rodd Charlottetown Hotel, Kent Street, Charlottetown.

NEW!! REGISTER BY Thursday April 1/10 and your Association’s name will go into a draw to win one night’s stay on the 16th of April at the Rodd Charlottetown.

Click on our Home Page to register: www.edu.pe.ca/peihsf

5. **SHAPES SCHOOL HEALTH GRANT** - This new grant package was mailed to School Principals the end of January. Home and Schools may wish to coordinate SHAPES grants with our project Parent Engagement Opportunity Fund. Visit the SHAPES-PEI website or contact the Project Coordinator, Madelon Cheverie mcheverie@upe.ca

6. OTHER PARENT RESOURCES & INFORMATION

- **Improving Your Child’s Performance on Tests** - Teachers, parents and schools have a common goal and shared responsibility to have children perform well on tests. Here are some suggestions on what parents can do to help their children perform well on tests. www.cse.ucla.edu/products/parents/cresst_HelpYourChildonTests_010804.doc

- **“Celebrate Island Food” Recipe Challenge**, PEI Healthy Eating Alliance - All PEI schools may submit original, tasty & healthy recipes made with mostly local food ingredients. The grand prize will be for the class or group to cook their award recipe with PEI’s Food Ambassador, Chef Michael Smith! Other prizes available. Recipe Challenge info and entry forms available on the PEIHEA website, www.healthyeatingpei.ca
- **March Is Nutrition Month 2010** - Dietitians to focus on celebrate food-.from field to table! Visit: www.dietitians.ca/ Go to “Eat Well Live Well” and then “Nutrition Month.”
- **Biking for Breakfast - Contest** - Submit your own favorite activities or places to visit, for a chance to win either a \$1000 Mountain Equipment Co-op shopping spree or a \$1500 Subaru gift card! Vote for BFB activities, and enter to win great prizes of your own, visit www.subaru.ca/getoutmore Contest runs until March 14, 2010. Call Ken 888-3878
- **Atlantic Technology Centre Cap Site is offering Free Computer Info Sessions** for members of the public Feb 7 to Mar 31/10. Call 569-7603 or email : atccap@gov.pe.ca
- **Reading Rockets - Helpful Parent Resources:**
 - Checklist “De-Stress” www.greatschools.net/cgi-bin/showarticle/ca/151
 - Help Your Child Do Better in School www.pinkmonkey.com/parentscentral/pgdobet.asp
- **Enrichment Strategies in Education: The Nova Scotia Model** - Dr. Meredith Greene will present a free public presentation, Howard Johnson Dutch Inn, Cornwall, Mar. 6/10, 9:00-12:00 on NS Dept Education’s Challenge for Excellence strategies for schoolwide enrichment.
- **The ABCs of Mental Health Development of Mental Health Resources for Parents**
The Hincks-Dellcrest Centre, a children's mental health centre in Toronto, is developing an internet-based resource on children's and adolescents' mental health. Parents input welcomed. Click here for survey www.surveymonkey.com/s/mentalhealthresourceparents

For further information, on the above, please contact the Federation office
620-3186 or 1-800-916-0664 peihsf@edu.pe.ca