

ST. FRANCIS DE SALES CATHOLIC SCHOOL COUNCIL NEWS


St. Francis de Sales School
613.283.6101

Message from Council

Bullying is not just a school issue - it's everyone's issue. Bullying can occur anywhere children live, learn and play including at home, at school, in organized sport and in the playground. As the primary institution in our children's lives, St. Francis de Sales Catholic School takes their role in addressing bullying very seriously. On Friday, January 18, 2008, our school hosted Dr. Tina Daniels, Associate Professor, Psychology Department at Carleton University for a series of anti-bullying activities, presentations and workshops geared toward staff, students and parents. Dr. Daniels has been studying conflict and aggression for the last 20 years. Over that time, she has developed, implemented and evaluated conflict resolution programs, social skills training programs, peer mediation programs and anti-bullying programs both locally and internationally. Dr. Daniels not only helped to found the Ottawa Anti-bullying Coalition, a group of more than 50 community members committed to raising awareness of the negative impacts of bullying, but she is also part of the

Executive Team for the Promoting Relationships and Eliminating Violence Network (PREVNet).

With over 50 people in attendance in Hanley Hall, Dr. Daniels shared valuable insight and tips on recognizing aggressive behaviour and the effects of bullying. She talked about how to respond if your child is being bullied, how to respond if your child is bullying, and what we can do as parents to keep our children in healthy relationships. As Catholics, we are called upon to help others that are less fortunate or weaker than us. Dr. Daniels' presentation not only reaffirmed this calling but also provided us with valuable insight and tools for HOW we can help others caught in this situation.

If you were not able to attend that presentation, please visit www.prevnet.ca for more information on recognizing the signs of bullying and tips for supporting children in developing healthy and safe relationships.

Lorraine Fenn, Chair

Helping Children Succeed in Math

By Kristina Angel, Primary Grade Teacher

Did you just read the title to this article and cringe? Math is one of the most important subjects your children will learn in school. They will not only learn math skills and concepts, but they will also learn to solve problems and make decisions, explain and discuss their thinking, use technology, understand patterns and manage time and money - all vitally important skills for life and for succeeding in the competitive global job market.

The anxiety many people feel often comes from negative experiences with math in school, but as parents and educators we need to 'get over it'. Modelling a positive attitude about math is one of the first steps we can make to help our children succeed in their math learning.

Be positive about math by:

- Keeping negative experiences to yourself. Saying "I was never good at math" will not encourage your child to persevere through difficult tasks. Say things like "We can solve this if we work it out together. What are you thinking?"
- Point out ways that different family members use math at home and at work.
- Let your child know that *everyone* can learn mathematics.

- Encourage persistence when working on a difficult problem.

Make math a part of your child's day by:

- Including them in activities that involve math - shopping, cooking, counting out plates and utensils for dinner, measuring around the house (eg. area for flooring, paint)
- Playing games and puzzles with them that involve math. These might focus on time, logic, reasoning, sorting, classifying and estimating. Teachers' stores like *Scholars' Choice* and *Play and Learn* are open to the public and have a great selection of games. Many great games are also available online.

Encourage your child to give explanations when you are working together. "How did you figure it out?" "What did you do next?" "What strategies/tools did you use?" If your child makes a mistake, treat it as an opportunity for learning. Children develop new ideas by building on what they already know. They often remember a concept they learned through some trial and discovery better than something that they figured out quickly.

While we know now that basic facts are only a part of

learning math, they are still an important part. I remember memorizing math facts and not having a clue what I was doing. I knew that 5×5 was 25, but I didn't understand what that meant. If I forgot a fact, I had no strategy to figure it out. When helping your children practise basic facts (or any other academic skills) remember:

- Worksheets only help children practice things they already know - they don't *teach*. Students who don't already understand a concept won't learn it from doing a worksheet. Worksheets may even hurt these

Family Literacy

January 27 marked the tenth year of Family Literacy Day®. ABC CANADA Literacy Foundation created this national day with support from founding sponsor Honda Canada to promote the importance of families playing together as a means to help develop literacy and numeracy skills. "Family Literacy Day is one of many days when families can take the time to explore, share ideas and encourage each other's hobbies and interests," says Margaret Eaton, president of ABC CANADA. The following 10 'road-tested' tips are popular activities suggested by families who organize Family Literacy Day events:

1. *Create a family book club. Read and discuss the books together.*
2. *Set aside a "board game night". Maybe invite another family for a challenge.*
3. *Have your kids create the map for your next road trip then they can navigate by reading signs and billboards. Create a trip journal.*
4. *Read news articles and magazines and then discuss current affairs together.*
5. *Volunteer as a family to read at a senior's home or hospital.*
6. *Surf the Internet together to find great sites that support your hobbies.*
7. *Read a classic adventure together. If your children like Survivor, they will love Treasure Island.*
8. *Research and write your family's history. Use the Internet, family letters and documents as resources, and interview your relatives.*
9. *Sing favourite songs. Find out more about the songwriter or singer on the Internet. Make up your own songs.*
10. *Write your own adventure. Write a short story as a family with alternative endings written by each family member.*

For additional Family Literacy Day tips and activities visit www.abc-canada.org/fld. Source: CanadianParent.com

students by having them practice a concept incorrectly.

- Use real life examples for practicing facts (eg. Calculating how much allowance your child will have earned over a period of time, keeping a running total at the grocery store, figuring out how to share a treat fairly in a group of people)
- Look for games that help reinforce math concepts. Games are fun, encourage speedy recall, and give students a reason to learn. Many commercial board games are available, and most current math programs (grades K-8) have games to support each unit that require minimal resources (often dice or flashcards are all they need). If you are interested in games for the specific unit your child is working on, ask his/her classroom teacher.

The final, most important, strategy to help your child succeed in math is to talk to his/her classroom teacher. Classroom teachers can provide specific advice and can suggest the appropriate support for your child. This will not only help keep your child from falling behind, but it will also help them see that parents and teachers are a team working to help them succeed.

Please join us for the next school council meeting on Monday, February 25 @ 6:30 p.m. in the library

A Lenten Program of Fasting and Feasting

Fast from discontent
Feast on gratitude

Fast from anger
Feast on patience

Fast from bitterness
Feast on forgiveness

Fast from self-concern
Feast on compassion for others

Fast from discouragement
Feast on hope

Fast from laziness
Feast on commitment

Fast from suspicion
Feast on truth

Fast from guilt
Feast on the Mercy of God

Lent is just such a time for fasting and feasting.

Original source unknown –

*Provided by Fr. Robert Ryan,
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If you are interested in volunteering, would like to attend a meeting or if you would like to learn more about the St. Francis de Sales School Council, please contact the school at 613-283-6101 or approach any member of council:



Chair—Lorraine Fenn, **Treasurer**—Margaret West, **Secretary**—Shelley Nadeau, **Community Representative**—Bernice Chiniborch, **Parish Representative**—Debbie Shea, **Non-Teaching Representative**—Patricia Meagher, **Teaching Representative**—Anik Blanchard, **Principal**—Derek Haime, **Parent Representatives**—Tammy Demidoff, Dorothy Hudson, Tracey Nichols, Tracey Stringer, Janet Yanosik