



MAPC Newsletter

Spring 2009

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Manitoba Association of Parent Councils

2009 Annual General Meeting and Conference

The Changing Face of Parent Councils

Featuring Keynote Speaker

J. Kevin Cameron

Director of the Canadian Center for
Threat Assessment and
Trauma Response

Banquet and Annual General Meeting
Friday, May 01, 2009 4:00—9:30 pm
Breakfast and Conference
Saturday, May 02, 2009 7:30 am—4:00 pm

Victoria Inn and Conference Centre
1808 Wellington Avenue Winnipeg

*Hotel guests: please make your own
reservations by calling
(204) 786 4801 or
toll free 1 877 842 4667*

*Quote reservation # 276 625 MAPC
for special room rate of \$105
(space is limited, so reserve early)*

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Quote for the day...

If you don't like something, change it. If you can't change it, change your attitude.

- Maya Angelou

Dates to Remember

March is Colorectal Cancer Awareness Month, Kidney Month, Liver Disease Month, Nutrition Month, and Red Cross Month

March 08—International Women's Day
March 08—United Nations Day for Women's Rights and International Peace
March 08—Daylight Savings Time
March 09—Commonwealth Day
March 09—11—Purim
March 11—12—Rotary Career Symposium
March 11—17—Canadian Agricultural Safety Week
March 17—St. Patrick's Day

April is Music Month, Cancer Month, Autism Awareness Month, Parkinson's Disease Awareness Month

April 01—April Fool's Day
April 07—World Health Day
April 08-16—Passover
April 10—Good Friday
April 12—Easter Sunday
April 19-25—National Volunteer Week
April 19-26—National Organ Donor Awareness Week
April 22—Administrative Professionals' Day
April 22—Earth Day
April 28—National Day of Mourning for Persons Killed or Injured in the Workplace
April 28—National Day of Mourning
April 29—International Dance Day

May is Asthma, Multiple Sclerosis, Oesophageal Cancer, Hearing Awareness, Blood Pressure Month, Community Living, and Asian Heritage Month

May 3—World Press Freedom Day
May 3-9—Hospice Palliative Care Week
May 4—10—Emergency Preparedness Week
May 4-10—National Mental Health Week
May 8—World Red Cross Day
May 10—Mother's Day
May 12—Manitoba Day
May 12—Canada Health Day
May 12—International Nurses' Day
May 15—International Day of the Family

June is ALS Awareness Month, Deaf-Blind Awareness Month, Gay and Lesbian Rights, and Thyroid Awareness Month

June 04—International Day of Innocent Children Victims of Aggression
June 05—World Environment Day
June 08—World Oceans Day
June 20—World Refugee Day
June 21—Father's Day
June 21—National Aboriginal Day
June 22—26—National Aboriginal Week
June 26—International Day Against Drug Abuse and Illicit Trafficking
June 26—International Day in Support of Victims of Torture
June 30—School Year Ends

MAPC Board Meeting

RE: Moratorium on School Closures (Bill 28)

At a recent MAPC Board Meeting, the directors discussed the Moratorium on School Closures—Bill 28— based on recent media attention given to the subject in Manitoba.

Discussion points included the following:

- Rural busing ideally should not be more than one hour traveling but that may not be the reality for some of the rural areas where region or school division covers a great deal of mileage
- Extra funding needed – what are the costs to rural school divisions and where will the extra funds come from?
- Loaded buses are compensated per government policy. Empty bus run (for which the division pays) is a reality for rural settings
- Different issues between urban and rural communities
- Rural schools are a life line for community – closing schools affects whole community
- Need to involve the whole community to come up with appropriate solutions
- Parents have to be involved
- In Somerset, debate is ongoing regarding school closure and amalgamation. Switching programming between two high schools with French Immersion is a big issue
- Concerns with the use of buildings where the structures are in serious need of upgrades that may affect student safety
- Some buildings and communities may be able to support a "family room" within the unused space

If you have any further points you would like to add to this list, please contact the MAPC office by email mapc1@mts.net. Your points will be addressed at the next regular Board meeting.

Thank you for your continued support!

"Before I got married, I had six different theories about bringing up children; now I have six children and no theories."

- John Wilmot

School Planning – What's All the Fuss About?

So you've heard something (maybe) about "School Plans". What does it all mean?

- Does every school have to have a plan?
- Who makes the plan?
- What's in the plan?
- Is the plan a secret?
- Can I be part of the plan?
- What about my kids – are they part of the plan?
- Who's plan is it anyways? The Department's plan? The Superintendent's Plan? The Trustees' Plan? The Teachers' Plan? The Parents' Plan? The Students' Plan?

It should be all of the above. We all should and NEED to be a part of the plan.

Every school in Manitoba is required to make a school plan, every year. Ideally, parents should be involved in this process.

Ask yourself these questions:

Have you seen your current school plan?

Have you, or your Parent Advisory Council, ever been asked what you'd like to see in a school plan?

Is your School Plan ever referred to during your Advisory Council meetings?

Does your school have a School Planning Day?

When is it?

Who gets invited?

How can YOU or other parents get involved?

Are parents' ideas, suggestions, and concerns listened to and considered when 'the school' develops the 'School Plan'?

A plan for anything – your child's first day at school, your next vacation, home renovations, organizing your child's sports tournament – can help the process be so much more effective. How do we know where we're going, where we want to go, and what we need to do to get there, if there is no plan?

So, as with everything in life, if you don't want something (like your child's education!) to happen just by chance, but rather, with a real plan and purpose, then **SOMEBODY**, needs to develop a plan to help make it happen. Make sure you're a **SOMEBODY**!

GET INVOLVED IN YOUR SCHOOL PLAN!

*Alanna Rawluk
Vice-President*

This is a story about four people:
Everybody, Somebody, Anybody, and No-
body.
There was an important job to be done
and Everybody was asked to do it.
Everybody was sure Somebody would do it.
Anybody could have done it,
but Nobody did it.
Somebody got angry about that
because it was Everybody's job.
Everybody thought Anybody could do it,
but Nobody realized
that Everybody wouldn't do it.
It ended up that Everybody blamed Some-
body
when actually, Nobody asked Anybody.



Family Meals

Family Identity – Family meals nurture security and feelings of belonging.

Are you listening? – Tell me about your day? Taking time to listen to detail a tale children they are valued and builds self-esteem.

More nutritious – Meals prepared at home tend to include less salt, fat and sugar.

Improve behavior – Eating together at least five times a week is linked with lower rates of smoking, drinking and illegal drug use in pre-teens and teens.

Lift those grades – Kids who eat dinner with their family at least four times a week get better grades.

Yes to new foods – It can take it to 10 exposures to a new food before a child tries it. Offer new foods with meals. Be patient- don't force or bribe.

Social Manners – Family meals are a great time for children to learn manners and social skills.

Electronics Off – Turn off the TV and telephones. Nothing is more important than family time!

Average conversations – Talk, listen, laugh and tell your stories. No one enjoys them more than your family.

Lower food costs – Meals purchased away from home usually cost more.

Self-sufficiency – Build skills for life by including children in meal planning and preparation.

nutrition nibbles

Brought to you by:
The Community Nutritionists at
the Winnipeg Regional Health
Authority and the Registered
Dietitians at Dairy Farmers of
Manitoba.

Parents, students and working individuals are hungry for lunch ideas

Dietitians of Canada invites you to visit its' Healthy Lunches to Go section at http://dietitians.ca/public/content/resource_centre/feature_groups_to_pics.asp#eatwell and discover tips and recipes to make your job of packing healthy and delicious lunches a little easier.

On this site, you will find: Tips to prepare lunches when you're short on time such as keeping supplies handy and keeping your pantry stocked so food is there when you need it, how to add variety to your lunches and follow Eating Well with Canada's Food Guide, how to read nutrition labels, what to do if you have a food allergy and what foods are most commonly associated with allergies, how to keep food safe, and much more!

For trusted information on nutrition and healthy eating and to register to receive DC's regular nutrition updates, visit Dietitians of Canada award-winning website at www.dietitians.ca.

"The most remarkable thing about my mother, is that for thirty years she served the family nothing but leftovers. The original meal has never been found."

- Calvin Trillin

Thank You!

It is with best wishes and many thanks that we say goodbye to Board Directors Eva Cameron and Serena Hurst, who are unable to continue their commitment to Manitoba Association of Parent Councils, due to personal reasons.

MAPC Board of Directors

Executive Board

Judith Cameron—President
Alanna Rawluk—Vice-President
Linda Meads—Treasurer
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