



MAPC Newsletter

Winter 2008/2009

Phone: 956-1770 Toll Free: 1-877-290-4702 Website: www.mapc.mb.ca Email: mapc1@mts.net

President's Message

Volunteering is a challenge and a huge commitment at times. It can be one of the most satisfying and rewarding things to do, but it does come at a price.

We have recently experienced that challenge first hand at MAPC. Two of our executive members have needed to step down from their positions due to personal commitments. Paul Croft and Eva Cameron, our President and Secretary, are no longer in their respective positions on the MAPC Executive, but will remain as Board Directors for the remainder of the year. We know that they are both committed to MAPC and will continue to provide leadership, expertise, and input to the rest of the Board.

With this change, and as Vice-President, I have assumed the role and responsibilities of President. I would also like to take this opportunity to welcome our two new executive members - Alanna Rawluk was elected to the position of Vice-President and Khalid Mahmood will assume the role of Secretary. Both are veteran board members with incredible skills and experience with our organization. Linda Meads has remained as Treasurer and her expertise is well earned and appreciated.

I would also like to introduce Jill Miner, our new Administrative Assistant. Jill has brought new enthusiasm and passion to the position and has shown, in a relatively short period of time, that she will be an asset to our organization.

Although there has been great change experienced by the Board, we are committed to providing the strongest parental voice we can and will continue working towards the goals we have set for our organization.

I am looking forward to a productive remainder of the year for MAPC.

Judith Cameron
President, MAPC
(Evergreen School Division)

The MAPC Advocacy Project (MAPCAP)

Do you have the desire and skills to help parents learn to advocate for themselves as they navigate their way through Manitoba's education system?

The MAPC Advocacy Project is planning a training session in February 2009 to increase the number of volunteer parent advocates. It is an intensive two day session, introducing potential advocates to the many principles of parental advocacy and all that it entails.

To learn more about MAPCAP or to apply for the training session for the Advocacy Project, please contact Naomi Kruse at 945-6977 or 1-877-290-4702.

You can also visit our website at www.mapc.mb.ca

Please note that we thank all who apply, but only successful applicants will be invited to attend this training session.

Inside this issue:

Page 1

- President's Message
- Advocacy Project

Page 2

- Dates to Remember
- MAPC Discussion

Page 3

- Nutrition Corner
- Interesting Information for Your PAC

Page 4

- Upcoming Events
- Board of Directors

Quote for the day...

It is the right and duty of the wise ones to purify the strong by teaching them their duties and to strengthen the weak by teaching them their rights.

- Subrahmanya C. Bharati

Dates to Remember

January is Alzheimer Awareness Month

January 01—New Year Day
January 26—Chinese New Year
January 27—Family Literacy Day

February is Heart and Stroke Month, National Eating Disorder Month, and Black History Month

February 02—Groundhog Day
February 02—World Wetlands Day
February 09—13—Teacher Staff Appreciation Week (*can vary*)
February 14—Valentine's Day
February 15—National Flag of Canada Day
February 16—Louis Riel Day
February 19—Women's Institute Day

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—17—Canadian Agricultural Safety Week
March 17—St. Patrick's Day

April is 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, Esophageal 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

MAPC Board Meeting Discussion

RE: Full Day Kindergarten

At a recent MAPC Board meeting, the directors discussed the possibility of full day Kindergarten, based on some recent media attention given to the subject in Manitoba.

Discussion points included the following:

- Early intervention is most effective for giving students a good start
- Some students do not get the support they need at home to develop the basic skills
- Lunch programs and volunteer support would be impacted
- How would this affect school closures, as more space and staff would be required
- There is a need for early child development programs
- Some divisions have a Pre-Kindergarten program where children attend school for the same amount of time as Kindergarten students
- Supports for parents for Pre-Kindergarten are needed so students are ready to enter Kindergarten
- Parents may be able to move their children out of day care earlier, saving costs and freeing up day care spaces
- There is concern about long days and bus rides in rural areas
- Kids need to be kids and need time to play prior to being entered into a structured system
- There are many cost implications
- Some rural areas combine K—2 or K—3, others offer Kindergarten as a half time option. This could be a huge impact if they were to change to full days.
- If Kindergarten is an option, would parents opt out

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!

Senior Years' School Looking for PAC Pal

Currently, I am involved with the largest school in Manitoba and have the smallest attendance at our PAC meetings. I'm looking for effective Senior Years PAC to share information and agenda topics, meeting minutes, and support in getting more parents involved.

If you can help, please contact Sharon Machinski at smach-mapc@shaw.ca

Stay Well-Informed with the Help of Nutrition Nibbles!

Looking for practical, easy-to-read and reliable information on "hot" nutrition topics that concern your kids? Turn to Nutrition Nibbles for answers! These stand-alone articles are perfect for helping you make decisions about healthy eating and packing nutritious school lunches. Nutrition Nibbles are developed by the Winnipeg Regional Health Authority Community Nutritionists and the Registered Dietitians at Dairy Farmers of Manitoba. To find Nutrition Nibbles (new and archived) in both English and French, visit the "Teachers" section of the Dairy Farmers of Manitoba website: www.milk.mb.ca
They are ready to download in PDF format!

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.

Interesting Information for Your PAC

SAFE Workers of Tomorrow

When our children were little, we did everything that we could to make sure that they were safe – toddler-proofing the house, car seats, helmets for riding their bikes. Now that they are entering their first part time jobs, and excited about being able to earn their own money, it is important that we be involved in their safety at work as well.

As your Parent Council prepares for the 2008/2009 school year, we would like to offer our help in giving you information about workplace safety, some of the hazards that your child may face at work, and how to be involved with their workplace experience.

SAFE Workers of Tomorrow would like to provide an information session to your Parent Council to describe to you the information we share with your students. Sessions can be provided evenings and weekends.

Call Ellen Olfert at (204) 992-2988 or (204) 797-3485 or e-mail ellen@workersoftomorrow.com to set up a meeting.

The Mathieu Da Costa Challenge is a creative writing and artwork contest open to youth ages 9-18. **The submission deadline is February 20, 2009.** This year, the Mathieu Da Costa Awards Ceremony will be held in Winnipeg and we are hoping to see a lot of participation from Manitoba youth. Winners will receive a three-day, all-expense paid trip to Winnipeg, including transportation, meals and hotel stay; three days of fun-filled activities; and VIP tickets to the Mathieu Da Costa Awards Ceremony.

Please visit <http://www.cic.gc.ca/mathieudacosta/> for more information.

Water –Vital for Life

Hydration & You

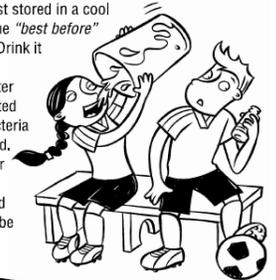
Water, the most essential nutrient in the body, is a basic need for all living things. It's part of every cell, tissue, and organ in our bodies; it makes up 60 percent of our body weight. If you're thirsty - drink water. Other fluids, like milk and 100% juice, or foods that contain a lot of water, like soup, can help meet your need for water too.

Is Our Drinking Water Safe?

Yes! Winnipeg's water supply is safe and of good quality. Over 80 rules are in place to make sure drinking water is safe in our city and across Canada.

Facts About Bottled Water

- The Canadian government regulates and enforces health and safety standards for bottled water sold in Canada.
- Unlike tap water, bottled water may not contain enough fluoride to protect against tooth decay.
- Washing and reusing water bottles many times may speed up the breakdown of the plastic. This could lead to potentially harmful chemicals dissolving in the water.
- Bottled water is best stored in a cool dry place. Check the "best before" date on the bottle. Drink it while it's fresh.
- Opened bottled water should be refrigerated in case harmful bacteria have been introduced.
- Avoid sharing water bottles. Germs that cause both mild and serious illness can be spread.



**nutrition
nibbles**

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

Upcoming Events

MAPC AGM and Conference 2009

The Changing Face of Parent Councils

May 01 and 02, 2009

Victoria Inn and Conference Centre, Winnipeg

Featuring Keynote Speaker J. Kevin Cameron

What can be done when one student threatens to kill another student, or another student starts drawing graphic pictures depicting violence towards others?

Why do some students get involved with violence, while others are able to withstand even "forced recruitment" by gangs?

Learn the answers to these and other questions as J. Kevin Cameron, Executive Director of the Canadian Center for Threat Assessment and Trauma Response, talks about the roles and responsibilities of parents and threat assessment policies and practices in Manitoba's education system at the MAPC AGM and Conference 2009.

MAPC AGM and Conference registration packages are coming soon!

For more information, please contact the MAPC office.

For more information about J. Kevin Cameron, please visit www.cctatr.com.

MAPC Board of Directors

Executive Directors

Judith Cameron, President
Alanna Rawluk, Vice-President
Linda Meads, Treasurer
Khalilid Mahmood, Secretary

Directors

Eva Cameron
Paul Croft
Serena Hurst
Sharon Machinski
Ethel Raine
Judy Seib
Martin Simmons
Doug Zintel

Staff

Naomi Kruse, Administrative Officer and
Advocacy Coordinator
Jill Miner, Administrative Assistant

Thank You!

Due to personal reasons, Paul Croft and Eva Cameron recently announced they were unable to fulfill their commitments as the respective President and Secretary of Manitoba Association of Parent Councils.

Both are continuing on the MAPC Board of Directors.

We wish Paul and Eva the best of luck and thank them for their continued support during this time of transition.

Welcome!

Manitoba Association of Parent Councils is pleased to welcome Jill Miner to our staff in her role as Administrative Assistant.

Jill brings with her a great deal of energy, experience, and passion to the organization and we look forward to working together as we continue supporting parents and their role in Manitoba's education system!

Have you sent in your membership registration?

It's not too late to register your membership with MAPC!

Don't forget, we are offering a one time discount of \$10 off your membership to say *Thank You* for your support!

Visit our website at www.mapc.mb.ca to download your form!