

A newspaper for School Councils in Newfoundland and

Labrador

September 2015

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**Message from the President**

Welcome back for another school year!

School councils are mandated organizations composed of parents, teachers, and

community members (and at the high school level – students) that facilitate parental

participation in our schools. Sections 25 and 26 of the Schools Act, 1997, provide the

legislative authority.

Your principal should provide each member of the council with Building

Learning Communities: A Handbook for School Councils 2nd Edition. A digital copy is available at the NLFSC Website. This document is an invaluable resource in

assisting school council members to

understand their roles and responsibilities.

A School Council’s effectiveness depends,

to a large extent, on how it develops and

utilizes the capabilities of its members.

A good School Council will have a mix of members reflecting the school community.

One of the most important functions of School Council is to advise on the quality of the teaching and learning in the school.

School Councils are also responsible for

advising the board on matters of concern

to the school and to the school community.

All newly elected school councils should sign a protocol agreement with the board.

School Councils promote transparency as council actions and decisions are

communicated to the school

community through their meeting

minutes.

Minutes should be posted to a bulletin board in the school and to the school’s

website with hard copies made

available upon request.

The executive of the NLFSC wishes that more councils and members become more effective in advocacy and political action, particularly this Fall, which is an election year. We believe it is important that council members understand

political leaders and political decisions shape our education system.

With over 67,000 students in over 300 French and English schools in this province, hundreds of thousands of us are impacted directly by the

education system and the policies implemented at the board and provincial level. We should not quietly sit on the sidelines but work together to make the candidates from all parties hear our

issues, make policies that reflect our desires, and hold them to account whoever is given a

mandate to govern.

On a provincial level, the NLFSC will be

forwarding a list of questions related to

educational issues to each party. We welcome input from all our members. The replies will be distributed to all members.

We hope to arrange a debate between the parties to discuss these issues in St. John’s in early

November. This debate will be stream cast to

allow participation and questions from members across Newfoundland and Labrador.

We also hope that individual school councils might invite their local candidates to a meeting to discuss educational issues.

On behalf of the executive and our Executive Director, I want to wish you a safe and

successful school year.

Please do not hesitate to contact us with

questions, advice or request support.

Let’s make Education the number one issue this Fall!

**Email: peterlwhittle@gmail.com**

**NLFSC Executive Members**



**Ms. Paulette Fifield, Vice-President**

Grand Falls- Windsor

Email: [pauletteg@nl.rogers.com](mailto:pauletteg@nl.rogers.com)

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**Mr. Terry Green, Vice-President**

Grand Falls-Windsor

Email: sunsetmemorial@nf.aibn.com

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**Ms. Margaret Moore**, **Secretary**

Grand Falls-Windsor

Email: margaretmooregfw@yahoo.com



**Ms. Ruby Hoskins, Past President**

Marystown

rubyhoskins63@yahoo.ca

NLFSC is also fortunate to have the expertise of **Treasurer Michele Peach** to manage and

oversee our finances. Without Michele’s

volunteer support and guidance the extent of what we have accomplished would not be

possible.

**Media Interviews**

Over the past few months President Whittle has been quite busy representing the goals of the NLFSC and advocating for our students.

Peter was interviewed by the media

on a number of education issues including

teacher cuts, school board elections, full day- kindergarten, parental involvement in education, back to school issues and mental health and

addictions among youth.

**Membership Renewal and Fees**

This year marks the 36th year the

Newfoundland and Labrador Federation of School Councils (NLFSC) has been representing local school councils, PTAs, and home and school associations.

There are many changes and challenges taking place in the school system and NLFSC is busy advocating on your behalf.

Your continued membership will help support our mission in striving for excellence in

Education, for all children in Newfoundland and Labrador, and to represent your school council as

part of the collective voice for school councils and for all parents/guardians.

(Membership application enclosed)

**Are you new to school council?**

Welcome and thank you for getting involved in your education community in this way. We hope you enjoy your term on school council.

Be sure to locate a copy of the School Council Handbook, or download it at:

www.ed.gov.nl.ca/edu/publications/k12/Handbook2ndedition.pdf

If you have questions or concerns, please contact the NLFSC office at (709) 229-2094 or by

e-mailing us @ nlfsci@gmail.com

**What is School Council?**

A school council is a legally constituted body consisting of the principal, parents, teachers, community representatives and students (where applicable) from the local school community who, while representing the interests of all

students, work together for the purpose of

enhancing the quality of teaching and learning and improving the levels of student achievement in their school.

A school council is a means to facilitate

communication and cooperation among the

principal, parents, teachers, community

representatives, and students (in schools with high school grades). It is also a means to

communicate, through the proper channels, to the board matters of concern to the school

community.

The principal is responsible for the direct

management of the school and, therefore, has responsibility for the development and

implementation of school-based policies. School councils act in an advisory capacity whereby they advise on how to implement such policies.

Councils also advise on how to increase student achievement levels and are responsible for

advising the board on matters of concern to the school community.

This advisory role provides school councils and the school community the opportunity to

improve the teaching and learning environment of the school.

**Membership**

School councils are comprised of the principal and representation from parents, teachers, high school students (where applicable) and the community. Representatives are elected or

appointed in accordance with Section 25 of the *Schools Act, 1997* (see Appendix A).

School councils shall, as outlined in the *Schools Act, 1997* Section 25(2), consist of no fewer than 8 members and no more than 15 members. Members are elected/appointed such that:

1. no fewer than 2 and no more than 4 shall be teachers elected by teachers from among the teachers of the school
2. no fewer than 3 and no more than 6 shall be parents elected by parents from among parents of students in the school; and,
3. no fewer than 2 and no more than 4 shall be representatives of the community
4. appointed by the school council members elected under paragraphs (A) and (B).

The principal of a school shall be a member of the school council by virtue of his/her position.

In a school where senior high courses are taught, at least one student who is elected by students in those courses shall be a member of the school council.

For continuity purposes it is recommended that at least 2 high school students become members of the council, one of whom is a Level 1 or 2 student.

**Functioning Role of a School Council**

School councils provide a formal structure through which all partners can come together to discuss the education of the children with the primary goal of enhancing the quality of

teaching and learning, resulting in improved

student achievement.

As stipulated in the Schools Act, 1997 Section 26(2), the functions of a school council are to:

**represent the educational interests of the school;**

**advise on the quality of teaching and learning in the school;**

**facilitate parent and community involvement in teaching and learning in the school; and,**

**advise the board on matters of concern to the school and the community.**

School councils and council members represent the educational interests of all students

collectively.

Council members also represent the views of their respective groups in that parent

representatives speak for the parents of children in the school, teacher representatives speak for the teachers of the school, student

representatives speak for the students of the school, and community representatives speak for the community.

In order to effectively represent a group, council members should regularly seek feedback from their respective groups on the teaching and learning environment of the school and issues, which impact this environment.

**It is the responsibility of council**

**members to bring these issues forward on**

**behalf of their groups and to**

**communicate any decisions/actions back to the groups they represent.**

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Busy households, busy schedules, and busy lives….

With the hustle and bustle of back to school life, most families are busy getting back to their fall routines. It can take time to get a routine going and fit everything in on busy school mornings.

Ensuring your children go out the door with full bellies can be difficult and challenging for some families. Kids Eat Smart Foundation Newfoundland and Labrador understands the challenges and has great resources to help you get organized so you can provide healthy breakfast choices for your family.

Kids Eat Smart Foundation supports a morning breakfast or snack program in 90% of our Province’s schools. Some schools offer a sit down meal while others offer a grab and go option. Whatever kind of KES Club breakfast program your school has every child is welcome to participate; at no cost.

To help families get organized and prepare healthy meals at home Kids Eat Smart Foundation has quick, easy and nutritional recipes shared on our Blog, Facebook and Twitter.

Here are a couple of recipes you might like to try:

**[](http://www.workhardeatharder.com/wp-content/uploads/2014/12/image5.jpg)Omelette Muffins**

* 6 whole eggs
* 6 egg whites
* Low sodium ham, chopped (optional)
* 1 green bell pepper, diced
* 1 Onion, chopped (optional depending on students)
* 4 oz mushrooms, chopped
* 1 Tbs minced garlic
* 1/2 cup reduced fat cheddar cheese
* salt and pepper to taste

*Directions:* Preheat oven to 350 degrees. Chop bell pepper, green onions, ham, and mushrooms. Whisk eggs and egg whites, and add salt and pepper to taste. Addveggies, ham, and garlic to the egg mixture. Pour a little over 1/4 cup of mixture into a 12-cup muffin tin. Bake at 350 degrees for 20-22 minutes. Let cool and serve.

Recipe retrieved from:

<http://www.workhardeatharder.com/western-omelet-muffins/>

Frozen Yogurt Trail Mix Bars

**[](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRxqFQoTCJno1IaHqccCFUNrPgodxhwAGQ&url=http://www.trusper.com/tips/Healthy-Frozen-Yogurt-Trail-Mix-Bars/16943361&ei=ix_OVdn2GcPW-QHGuYDIAQ&bvm=bv.99804247,d.cWw&psig=AFQjCNEJv1BZnxmD97W6L0IY1g3AQ5TYuQ&ust=1439658241407984)**

* 32oz vanilla low-fat Greek yogurt
* 1.5 cups of chopped fruit
* 1 cup of granola
* ½ to ¾ cups of sliced almonds (if no

allergies)

* ½ cup to 1 cup of chocolate chips (optional for special treat)

*Directions*: Mix all ingredients in a large bowl. Line a 9x9 casserole dish with tinfoil. Spread the mixture inside the dish. Freeze until frozen and firm. Remove the frozen yogurt bars from the dish by pulling the tinfoil out. Slice into bars and store in freezer.

Recipe retrieved from: <http://www.mrshappyhomemaker.com/frozen-yogurt-trail-mix-bars/>

For more great tips and healthy recipes check out our Blog on our website at: www.kidseatsmart.ca and follow us on

Facebook and Twitter @KidsEatSmartNL

If you have a healthy recipe your family enjoys share it with us by using #ieatsmartNL.

For more information regarding your Kids Eat Smart Club or to start a KES Club in your school please call our office at 722-1996, toll free

1-877-722-1996 or email [info@kidseatsmart.ca](mailto:info@kidseatsmart.ca)



**Win a trip to Jasper National Park!**

Hello!

A new school year brings the 5th edition of *Canada’s Coolest School Trip* contest. This year, the grand prize is a 5-day, all-expenses paid school trip to **Jasper National Park in Alberta**! Is that a gasp of excitement we hear?



To enter, grade 8/secondary 2 classes can

register for the contest at [www.myparkspass.ca](http://donate.cwf-fcf.org/site/R?i=l7tx9wQksPWfJi-GLj2S-g). Next, classes must pick a Parks Canada place that they think is extraordinary and create a

one-minute video that demonstrates why that place is significant to Canadians.

Classes must submit their video by February 22, 2016 for a chance to win one of 9 prizes! For trip details, and complete contest rules and

regulations, visit [www.myparkspass.ca](http://donate.cwf-fcf.org/site/R?i=lwZYcUgwJk8Th6ZQrA3s0Q).



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| |  | | --- | |  |   Need some inspiration to enter? Imagine yourself in **Jasper National Park** and [watch this](http://donate.cwf-fcf.org/site/R?i=OBp3xQZUIQ35Qc7znmEVUg)! You can also check out some highlights of last year’s winning trip of a lifetime to the historic sites of Quebec City and La Maurice National Park [here](http://donate.cwf-fcf.org/site/R?i=7Qmaopz0rxXtjrgNl20XNQ).  Do you know a grade 8/secondary 2 teacher or student? Don’t forget to pass this message along so they can win this trip of a lifetime! |

[MyParksPass.ca](http://donate.cwf-fcf.org/site/R?i=SkEDprkbDb5fJzgbnHCgVg) [Facebook.com/myparkspass](http://donate.cwf-fcf.org/site/R?i=DHRD-c4vzMtMHUCx4I0_Jg)  [Twitter.com/myparkspass](http://donate.cwf-fcf.org/site/R?i=9wS3kYWUwy2BquR_HaeFKA)

Many thanks to the Newfoundland

and Labrador Teachers

Association for printing this

newsletter!

**By:Partners for Mental Health**

We have just a few weeks left until

Canadians head to the polls this fall.

**Here’s your chance to really speak out in**

**support of youth mental health and suicide**

**prevention.**

During pre-election time, political candidates are going door-to-door and meeting people in their homes, at community centres and at rallies to understand what issues matter to their

constituents.

**Your voice WILL make a**

**difference.**

Tell your local candidate why this issue matters and find out where they stand on youth mental health and suicide prevention. Use our tools, as part of the [**Right By You campaign**](http://partnersformh.us4.list-manage.com/track/click?u=cafb73aed8b0bf31f73a08363&id=aed21ad2f9&e=ba6f7d508a), to support your efforts:

• [**3 key questions**](http://partnersformh.us4.list-manage.com/track/click?u=cafb73aed8b0bf31f73a08363&id=ec91b7878e&e=ba6f7d508a)

• [**Key takeaway sheet**](http://partnersformh.us4.list-manage2.com/track/click?u=cafb73aed8b0bf31f73a08363&id=510c8c0789&e=ba6f7d508a)

**We need to keep the pressure on.**

Although there has been some

progress made – with the

Government of Canada mentioning suicide

prevention in the 2015 budget along with the

extension of the Mental Health Commission of Canada’s mandate – we now need to ensure that tangible actions and dedicated funding for

initiatives like the National Suicide Prevention

Fund proposed by Partners for

Mental Health will happen.

We have had more than 10,000 people take

action already but with just 50 days to go, we are counting on you to help drive the importance of this issue home.

*By: Partners for Mental Health*

**National Forum: Healthy School**

**Communities**

On November 16-17, 2015 Physical and Health Education Canada (PHE Canada) will host a [Healthy School Communities National Forum](http://www.phecanada.ca/events/healthy-schools-forum) in

Ottawa/Gatineau.

Keynotes, plenaries, and breakout sessions from experts and on-the-ground champions from the

education, health, active living and research

sectors will profile healthy school approaches, success stories and evidence for

fostering healthy school communities.

This National event is a must attend for

individuals or organizations working with schools or school jurisdictions to improve health

outcomes.

PHE Canada is reaching out to organizations that share their passion for healthy child and youth

development to make the public and stakeholders aware of this opportunity and to request their support in disseminating information on our

behalf.

The benefits of attendance will be evident as

delegates will return equipped with new tools, networks, evidence and motivation to support the implementation of comprehensive school health approaches and make positive change.

The Forum website <http://www.phecanada.ca/Forum>contains detailed information on our Keynotes, Panel Plenaries and



Coined as ‘one of most prestigious awards for youth in the world,’ The Duke of Edinburgh’s International Award enjoys high public

recognition and acclaim.

It was designed to help bridge the gaps found in traditional education where the primary focus was on academics and intellectual abilities.

The program was built on the concept that every young person should be given the opportunity to excel to the best of their ability and be

recognized for their efforts. Its creator, who

happened to be an educator, recognized that not all learning happens in the classroom!

How truly amazing that a concept designed in 1956 captures so much of what education is about today!

The result - a character building program that is customizable and inclusive. Young people, with the help of adult mentors, build a program of

activities based on personal interest and ability. Any young person, 14-25, regardless of ability or circumstance can do it!

**What is it?** Simply stated, it’s a do- it-yourself growing up kit. Youth achieve Bronze, Silver and Gold Awards by taking part in 4 areas of personal development namely;

Community Service, Skill Development,

Physical Recreation and Adventurous Journeys.

**Value & Benefits**

The Duke of Edinburgh’s International Award has a value which is recognized both nationally and internationally by educators, post-secondary institutions, scholarship committees and

employers.

It helps build safe, caring and inclusive school environments because it fosters: Self-reliance and self-discipline; Perseverance and

determination; Initiative and creativity,

Community involvement and social

responsibility; Value orientation and

value-oriented decision making and

Understanding and awareness.

Students can earn 4 high school credits for

completion of the Silver and Gold Levels

[2 of which are gym credits]

It’s a great way for students to acquire the

community service component of Career

Development 2201.

**Looking to promote an enhanced focus on positive behaviour supports and character education?**

**Look no further. Make your school a Duke school!**

**For more information contact:**

Trudy Carlisle, Executive Director

The Duke of Edinburgh's International Award Canada, Newfoundland and Labrador

**709-753-0423 | tcarlisle@dukeofed.org**

**Facts:**

The Duke of Edinburgh's International Award - Canada is the world's leading youth achievement award, bringing together practical experiences and life skills to create committed global citizens and equipping young people for life.

To date: over 500,000 young people from

Canada and over 8 million youth in over 140 countries have been motivated to undertake a variety of voluntary and challenging activities.

Our ambition is that every young Canadian aged 14 to 24 should have the opportunity to

participate in the Award.

**September 9, NLFSC Press Release**

*Funding For Education A Top Priority For*

*Provincial School Councils*

The Newfoundland and Labrador Federation of School Councils (NLFSC) welcomes students, teachers, school support staff and parents to the 2015-16 school year.

“The beginning of a new school year is always a time filled with promise and possibility, and with fresh opportunities to learn, and grow, and

inspire,” says Peter Whittle, President of NLFSC.

“Members of the NLFSC Executive are very proud of our students and their past educational accomplishments and look forward to

celebrating their new successes in 2015-16.

We are also extremely fortunate to have

professional and caring teachers, administrators and school staff in our education system that go above and beyond their roles to nurture and help our youth reach their full potential as students, individuals and citizens.”

With a provincial election set for November 30, President Whittle is calling on people across the province to stand up for schools by raising awareness on educational issues with the leaders and candidates of each political party.

“We are at an important crossroads for public education and the teaching profession in

Newfoundland and Labrador,” he said.

“We are currently facing serious challenges in meeting the needs of students in schools all over this province. The cuts to teacher units and

education, stemming from the past 3 Provincial Budgets were aggressive and are having a

negative impact on students and their learning.

I urge the public to examine each political

party’s position related to education and to vote for candidates who give priority to education and public programs that support the wellbeing of our children and youth.”

**Membership Renewal**

**It’s that time of year again….time to renew your annual membership in NLFSC.**

**Why should your school be a part of NLFSC?**

**Our commitment to education is the driving force behind everything that we do.**

Your continued membership will help support our mission to advocate for excellence in

education for all students in Newfoundland and Labrador.

Your membership allows NLFSC to continue to represent the concerns of School Councils.

The NL Federation of School Councils is the provincial umbrella group for School Councils, provides school councils and parent groups with a voice on education issues and encourages

positive parental involvement at all levels of

education.

The NLFSC also offers information, support and guidance to parents and school councils to help them better understand the policies and procedures of their local schools, school districts and the Department of Education.



**Public Consultations on the State of the K-12 Public Education System**

As teachers and students begin another school year in the provincial k-12 public education

system, key stakeholders are preparing to ask Newfoundlanders and Labradorians their views on the state of public education in this province.

Beginning on Monday, October 8 the

Newfoundland Labrador Teachers Association, the Memorial University Faculty of Education and the Newfoundland and Labrador Federation of School Councils will begin cross province public consultations providing all interested

parties with the opportunity to express opinions, concerns and/or general satisfaction with the public education system. The Panel will

commence its consultations in Happy Valley/ Goose Bay on October 5 and conclude in St. John’s on Tuesday October 27.

The Objectives of the Association are:

**(A) To promote the cause of education in the province by,**

**i.  affording to education authorities, teachers and the public in general the benefits of the collective experiences and advice of teachers on practical education matters,**

**ii. circulating information regarding**

**educational methods and movements in the province and elsewhere,**

**iii. stimulating through the media of**

**communication an interest in education among the people generally, and**

**iv. organizing and supporting groups for**

**improving the knowledge an**d skills of

teachers.

It is the goal of the Panel to give all interested parties, such as parents, special interest groups, teachers and the public in general an opportunity to voice their opinions, concerns or general

satisfaction with the education system.

The Panel will provide a report with

recommendations to government.

For more information on dates, times, locations and other matters, the general public is

encouraged to visit [www.nlta.nl.ca](http://www.nlta.nl.ca/)

**Panel Date and location**

October 8 – Happy Valley-Goose Bay

October 9 – Labrador City-Nain

October 13 – Corner Brook

October 14 – St. Anthony

October 19 – Carbonear

October 20 – Clarenville

October 21 – Harbour Breton

October 22 – Grand Falls-Windsor

October 26 – Mount Pearl

October 27 – St. John’s

November 2 – Port aux Basques

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**Update on Mental Health Services for Youth**

Steve Kent, Minister of Health and Community Services hopes to table secure treatment

legislation for young people whenever the House of Assembly next opens.

The Minister of Health says the department is exploring options for providing care in a safe environment. It would apply to young people with complex mental health and addictions

issues who are at high risk to cause harm to themselves or others.

Minister Kent says government is trying to find a balance between the needs of young people, and the legal rights one has to refuse care. He says the legislation is complex and it needs to be done right.

Minister Kent says the Newfoundland and

Labrador legislation will go beyond that in other Canadian jurisdictions. Unlike in Alberta and Nova Scotia, Kent says the local legislation will apply to any young person who meets the

eligible criteria, not just those in the custody of Child Youth and Family Services.

He says it's not as simple as adopting legislation from another jurisdiction.

**2015-16 School Calendar**

September 8-Administration Day

September 9- School Reopens/students

October 12 – Thanksgiving

November 11 - Remembrance Day

December 22 - Last Day Prior to Christmas

January 4 – School Reopens

March 24 – Last Day of School Prior to Easter

April 4 – School reopens

May 23 – Victoria Day

June 23 – Last Day for Students

June 24 – Administration Day

**Student Appeals**

The Newfoundland and Labrador English School Board recognizes that students and

parents/guardians may sometimes disagree with decisions of the Board.

Many student concerns can best be resolved through informal means at the school level, or by involving district staff. However, students and parents or caregivers have the right to formally appeal in writing to the Board a decision which significantly impacts them, in accordance with Section 22 of the Schools Act, 1997.

Before beginning an appeal at the District level, parents/guardians and/or students are strongly encouraged to try to resolve the issue at the school level.

The determination of whether a decision or a failure to make a decision significantly impacts upon a student's education, health or safety shall be made on a case-by-case basis.

The following has been prepared to provide

parents and students with an overview of the

appeal process.

* [Student Appeals Policy](https://www.nlesd.ca/about/doc/policies/GOV101StudentAppeals.pdf)
* [Student Appeals FAQs](https://www.nlesd.ca/about/doc/policies/GOV101StudentAppealsFAQ.pdf)
* [Student Appeals Steps](https://www.nlesd.ca/about/doc/policies/GOV101StudentAppealsflowchart.pdf)

[Student Appeals Form](https://www.nlesd.ca/about/doc/policies/GOV101StudentAppealsForm.pdf)

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**Happy Thanksgiving**

*“As we express our gratitude, we must*

*never forget that the highest appreciation*

*is not to utter words, but to live by them”*

* John Fitzgerald Kennedy

**Canada’s Outstanding Principals**

Do you have an outstanding Principal at your

school?

If so show your appreciation to your principal for

all their hard work by nominating them for

Canada’s Outstanding Principal Award.

This award recognizes the unique and crucial

contribution of Principals in publicly funded

schools.

But hurry! The nomination deadline is Nov. 2, 2015

Visit www.thelearningpartnership.ca for more

information

**International Walk to School Month**

October is International Walk to School Month.

It gives children, parents, school teachers and

community leaders an opportunity to be part of a

global event as they celebrate the many benefits

of walking. Walkers from around the world walk

to school together for various reasons — all

hoping to create communities that are safe places

to walk.

To learn more about this event and to register

and receive stickers or promotional posters

please visit http://www.iwalktoschool.org/

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***The Cuffer*** is a benefit of membership in the Newfoundland and Labrador Federation of School Councils.

Annual membership dues are based on school enrolment. Individual subscriptions are available at $15 per year.

The views expressed or implied in this

publication are not necessarily official positions of the Federation.

The mention of any program, organization,

resource, product, person, place, or school does not constitute an endorsement by NLFSC.

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