



The Educator

A Newspaper for School Councils in Newfoundland and Labrador

June 2025



Message from the NLFSC President

As the end of the school year wraps up, NLFSC would like to take the opportunity to thank our school council members for the time and energy you have given to your school community. The end of the year allows us to reflect on everything we have shared and achieved. No doubt there have been times over the past 10 months when we have all been challenged, however the positive and inspiring moments always trump the negative as we work together to advocate on behalf of our students.

From the classroom to the playground, from sports days to school plays we have all grown, learned, and experienced the value of teamwork, the importance of resilience, and the power of kindness. Some of these principals were gained by sharing ideas and conversing in school council meetings or by volunteering in school and intermingling with students. Afterall, the children of this province are at the centre of everything we do.

To our teachers and school staff: your unwavering dedication, patience and passion for education have helped shape our students in ways they will carry throughout their lives. Throughout the year you have guided them with wisdom and kindness and encouraged them to do their best. Whether it was a lesson that sparked curiosity, words of encouragement, or

inciting learning, we are truly grateful. Your impact goes much further than the classroom. You have not only taught and helped them grow academically, but you have helped them become thoughtful, responsible, and compassionate individuals.

In conclusion, thank you to our members for letting us represent your voices this year. It has been a privilege to help bring your ideas and concerns to the Minister and government and we are proud of what we have been able to achieve together. Your contribution to your schools and education system truly makes a difference and we appreciate all to do to help our schools thrive.

Have a wonderful and safe summer. See you in September.

Don

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2025-26 School Holiday Calendar

- September 1 - Labour Day
- September 2 - Administration Day
- September 3 - School Reopens/Students
- September 30 - National Day for Truth and Reconciliation
- October 13 - Thanksgiving Day
- November 10/11 Remembrance Day/Fall Break
- December 19 - Last Day - Christmas
- January 5 - School Reopens
- February 23 - Mid Winter Break
- March 16 - St. Patrick's Day
- April 2 - Last Day - Easter
- April 13 - School Reopens
- May 18 - Victoria Day
- June 25 - Last Day - Summer
- June 26 - Administration Day





Our 2024-25 Graduates

Congratulations to all graduates across Newfoundland and Labrador from the executive and members of the Newfoundland and Labrador Federation of Schools Councils.

Education is the key to unlocking your potential. Continue to learn as a life learner, and you'll graduate life successfully.

We are so proud of you!

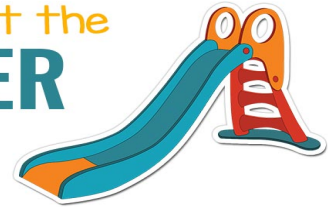
What is the Summer Slide?

The summer slide refers to the loss of academic skills and knowledge over the summer months.

According to the Kids and Family Reading Report by Scholastic nearly half of parents are unaware of this phenomenon, yet it has a significant impact on student success. Researchers from the Kids & Family Reading Report estimate that by middle school, summer

reading loss can accumulate to a two-year lag in reading achievement.

How to Beat the SUMMER SLIDE



Have your child read for at least **20 minutes** every day.

Spend time **cooking** together.



Explore different kinds of **reading material** like picture books, chapter books, and magazines.

Make use of your **local library**.



Listen to **audio books** on summer car trips.

Read aloud with your children daily.



Review skills with fun, hands-on review activities.

Engage in **meaningful conversation** and help build your child's vocabulary.



Enjoy a **new hobby!**

Learn more about these great ideas at <http://blog.AllAboutLearningPress.com/summer-slide>

ALL ABOUT *Learning Press*

Country's highest rate of child hunger felt in Newfoundland and Labrador classrooms

More than half of all single-parent families in N.L. were food insecure last year

Sarah Smellie: The Canadian Press
Posted: May 19, 2025

Summer is approaching and teachers in Newfoundland and Labrador are worried many of their students will spend their holiday months hungry without school lunch programs to offer a meal, says Trent Langdon.

The province was tied with New Brunswick for the highest rate of children living in food-insecure households among the provinces in 2024, and Langdon, the president of the Newfoundland and Labrador Teachers' Association, says his members are witnessing this first hand.

"If you have a young person who is coming to school when they're hungry, it reduces morale, it reduces overall energy, it reduces the likelihood of them getting out of bed," Langdon said in an interview Friday. "It weighs very heavily."

Langdon said he's hearing of more teachers who are bringing extra sandwiches to slip to the

students that need them. Nearly 40 per cent of children under 18 in Newfoundland and Labrador and New Brunswick lived in food-insecure households in 2024, according to a report this month from Proof, a research group based at the University of Toronto. The figures come from Statistics

Canada data and they include all Canadian provinces, but not the territories.

More than a quarter of Canadians lived in food-insecure households in 2024, which is a record high, the report said. Newfoundland and Labrador had the third-highest rate of overall food insecurity among the provinces, behind Alberta and Saskatchewan.

More than half of all single-parent families in the province – 56.8 per cent – were food insecure last year, according to the Statistics Canada data used by Proof.

The group defines food insecurity as "the inadequate or insecure access to food due to financial constraints."

"It is a serious public health problem, a marker of pervasive material deprivation, and a matter of public policy," the Proof website says.

The group's report prompted anti-poverty non-profit Food First Newfoundland and

Labrador to call on the provincial government to re-examine its poverty-reduction strategies. "These statistics are not surprising, but they are also not inevitable," said Josh Smee, the group's chief executive, in a news release earlier this week. "People in this province are under tremendous pressure right now to afford the food they need, and there are many ways that pressure could be relieved."

Danielle Seward agrees that something needs to be done. The executive director of the Single Parent Association of Newfoundland and Labrador said many of the people using her organization's food bank are seeking help for the first time. Many are skilled professionals with good jobs whose rents and electricity bills have gone up, leaving them far less money to pay for groceries.

"I think a lot of folks would be shocked to see the vast diversity amongst our clients, and to see how many of them are in very successful working positions," Seward said in an interview. "The cost of everything has increased exponentially, whereas the incomes for these professional occupations haven't."

Increasing income support rates would help some of her clients, but not all of them, she added.

The provincial government needs to take food insecurity seriously and assemble a team to find solutions, Seward said. And they could start, she suggested, by looking at ways to reduce the cost of groceries, perhaps by offering money to offset the high cost of shipping to the island of Newfoundland, and to the more remote communities of Labrador.

Seward is also worried about the summer months, when parents don't have a breakfast or lunch program to rely on. It's one of the busiest times of year at the association's food bank. "For single-parent families, the summer is the most critical time of the year for food insecurity," she said.

This report by The Canadian Press was first published May 17, 2025.



No Child Should Be Hungry

Bicycle Helmets

Anyone riding a bicycle in Newfoundland and Labrador is required to wear an approved helmet. Bicycle helmets help to prevent serious head injuries when used correctly. A properly fitted helmet can decrease the risk of serious head or brain injury by up to 80 per cent.

Frequently Asked Questions

Why Should I Wear a Helmet?

Head injuries are the number one cause of serious injury and death to children and youth on bicycles. A properly fitted helmet helps protect your brain from absorbing the force from a crash or a fall. It significantly reduces the risk of serious head injury by up to 85 per cent.

How Can I Tell If My Helmet Is the Right Size?

Helmets come in a variety of sizes. There are special helmets for toddlers (under age five) that provide more protection at the back of the head. Some children may outgrow the toddler size helmet before age five and should use a bigger helmet. Helmets come with extra padding that can be added to the inside of the

helmet. You may need extra padding at the front or the back of the helmet so it fits correctly.

How Do I Make Sure it Fits Correctly?

- The helmet should cover the top of the forehead and should rest about two following organizations and will have a fingers' width above the eyebrows.
- The side straps should fit snugly around your ears in a "V" shape. The buckles on the side strap should fit right under the ear.
- Buckle the chin strap. Tighten it until you can fit only one finger between the strap and your chin.
- Check for proper helmet fit every time you wear your helmet. Teach your child to check the helmet fit every time.

How Do I Know If My Helmet Is Legal?

Your helmet must be approved by one of the certification sticker place on the inside of the helmet:

- Canadian Standards Association (CSA)
- Snell Memorial Foundation
- American Society for Testing and Materials

- U.S. Consumer Product Safety Commission or
- American National Standards Institute

When Should I Replace My Helmet?

- Bike helmets should be replaced after five years, or a crash where the cyclist has hit their head. After five years, the plastics of the helmet dry out and may become brittle. Older helmets may also not meet current safety standards.
- Bike helmets are designed to protect your head against only one crash. After a crash in which the cyclist has hit their head, the foam inside the helmet is compressed. The helmet should be replaced, even if it does not look damaged.

Is It Safe to Use A Second-Hand Helmet?

No, it is not a good idea to buy a helmet second-hand. You may not know if the helmet has been in a crash, and you may not know how old the helmet is.

My Helmet Is Missing Parts. Can I Still Use It?

No, you should never use a helmet that has missing parts. Make sure that all of the straps, adjusters and fasteners on your helmet are

secure and in working order. If the sliders or buckles on the side straps are loose, the helmet will not fit correctly and should not be worn.

Can You Wear a Baseball Cap Under a Helmet?

No. Anything that could change the way your helmet fits should not be worn. Baseball hats, hair clips and headphones should never be worn under a helmet. Ponytails should be worn low on the neck when wearing a helmet.

What Happen If I Am Caught Not Wearing A Helmet?

If you are caught not wearing a helmet by an enforcement officer, it is a ticketable offense and you may be fined up to a maximum of \$180.

What Happens If My Child Is Caught Not Wearing A Helmet?

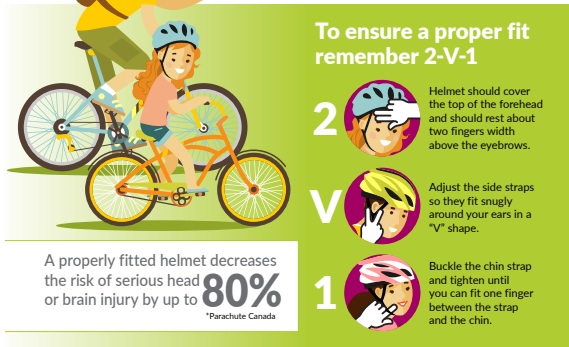
If a child that is 16 years of age or under is caught not wearing a helmet by an enforcement officer, the parent of that child will be required to pay the fine.

What Are the Fines for Not Wearing A Helmet?

The fines for not wearing a bicycle helmet will range from \$25 to \$180.

Bicycle helmets are mandatory for all cyclists in the province.

(Children, youth and adults)



Your helmet must be approved by one of the following:

- Canadian Standards Association (CSA)
- Snell Memorial Foundation
- American Society for Testing and Materials
- U.S. Consumer Product Safety Commission
- American National Standards Institute
- British Standards Institute
- European Committee for Standardization



For more information visit gov.nl.ca/bikehelmet

New Bursary Program to Help Recruit Royal Newfoundland Constabulary Officers

On June 6, 2025 The Honourable Dr. John Haggie, Minister of Justice and Public Safety and Attorney General, in collaboration with the Royal Newfoundland Constabulary (RNC), announced a \$15,000 bursary program for new RNC recruits to obtain a Police Science (Cadet) Certificate at the Atlantic Police Academy in Prince Edward Island.

Effective immediately, a \$15,000 bursary will be granted to each successful RNC recruit, based on a three-year return to service agreement.

The Atlantic Police Academy provides a 32-week cadet training program designed to prepare and qualify candidates to become a police officer with the Royal Newfoundland Constabulary. The Royal Newfoundland Constabulary is currently recruiting for the 2026 RNC Cadet Training Program.



Applications are open for the Newfoundland and Labrador Education Foundation Scholarships for graduating students from level III who intend to continue their education. There will be up to 40 scholarships of \$1,200 available. Deadline is June 30, 2023. Applications can be obtained by emailing: foundationscholarship@nlesd.ca



In today's digital age, screens are everywhere—tablets, phones, TVs, and computers are a constant presence in our children's lives. While technology offers incredible learning opportunities and entertainment, too much screen time can impact their mental, emotional, and physical well-being.

By setting healthy limits, parents can help their children develop better habits, improve focus, and enjoy more meaningful, offline experiences.

Is Screen Time Impacting Your Child's Development?

Children and screens go hand in hand in today's digital landscape, sparking constant concern among psychologists, pediatricians, and child development professionals. Research indicates that excessive screen time can significantly harm both children and adults, but it's not all bad—some carefully managed screen time can

be engaging, educational, and beneficial when used appropriately.

The Canadian Paediatric Society advises parents to establish specific limits on screen time to minimize negative effects on children's health and development.

Screen time Guidelines by Age

- **For children under two years old, screen time is not recommended.**
- **For children two to five years old, limit screen time to less than one hour a day.**
- **For children older than five, limit screen time to less than two hours a day.**

The 24-Hour Guidelines for school-aged children also recommend that recreational screen time be restricted to a maximum of two hours per day.

Setting limits to screen time helps build healthy habits for the future. It is important to create rules and to share these rules with other adults in your child's life. For your child's safety when using tablets, computers or phones, look for apps that provide parental controls which can help block sites and enforce time limits.

Set a good example by modeling healthy screen time habits. Cell phones and other devices take your attention away from your child which can be dangerous. Your child is more likely to act-out in order to get your attention when you are distracted. Engaging your child using play and books is better for your child's brain and social development than screens.

Creating Healthy Habits

Keeping devices in a common area can help you control when and how your child uses screen time. It is important for you to know how your child is using technology. Screens and television programs that are not meant for children can have a negative effect on their development. Watch and talk to your child while they are using screens. Choose content that is right for your child's age. Turn off screens one hour before bed to help your child fall asleep easier. Turn off screens during mealtimes and other times when they are not necessary.



Emancipation Day

August 1, 2025

On March 24, 2021, the House of Commons voted unanimously to officially designate August 1 Emancipation Day. It marks the actual day in 1834 that the *Slavery Abolition Act* of 1833 came into effect across the British Empire. Canadians are not always aware that Black and Indigenous Peoples were once enslaved on the land that is now Canada. Those who fought enslavement were pivotal in shaping our society to be as diverse as it is today.

Therefore, each August 1, Canadians are invited to reflect, educate and engage in the ongoing fight against both anti-Black and anti-Indigenous racism and discrimination.

*One benefit of summer was that each day we
had more light to read by
-----Jeanette Walls*



Canadian Multiculturalism Day is observed by Canadians on June 27 each year. This national holiday is a celebration of Canada's unique tapestry of the backgrounds of its citizens. Through its many cultures, nationalities, and religions, Canada is one of the leading countries for pushing multicultural acceptance on a government level. For example, while most Canadian citizens are of French or British descent, close to 40% are of a different national origin.

Canadian Multiculturalism Day has its origins as early as 1971 when Canada declared multiculturalism as a national policy. In 1988, the Canadian government passed the Canadian Multiculturalism Act, which sought to maintain the nation as a multicultural society. In 1991, the Canadian Broadcasting Act was implemented to ensure all Canadians receive representation on national television. Finally, in 2002 the Canadian government established

Multiculturalism Day to celebrate the diversity of this great country.



Newfoundland and Labrador
Federation of School Councils

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