

Welcome Back!



I would like to welcome everyone back to school and wish you all a successful 2019-2020 school year.

A special welcome to the new Pre-Primary and Primary students and parents of new students embarking on their education in the public school system in Nova Scotia. I would encourage new parents to get involved early with your child's school, introduce yourself to the Principal, your child's teachers, the school administration and school bus drivers. If there comes a time when you need to address something you will already have a connection with them.

Diane Power
President

September 2019

Significant Dates

September 12 – Stand Up Against Bullying (pink shirt day)

September 30 – Every Child Matters (orange shirt day)

October 19 – NSFHSA Parent Conference and AGM

Reasons to become an involved parent

Parent involvement is beneficial for students, parents, schools and communities. When schools and families work together to support learning, children tend to succeed not just in school, but throughout life. Parent involvement leads to feelings of ownership, resulting in increased support of schools. The more parents participate in schooling, in a sustained way, at every level; in advocacy; decision-making; as volunteers; fundraisers – the better for student achievement.

A school-wide approach to parent involvement and partnership building is likely to have the greatest impact on student learning.

Benefits for students:

- Higher grades and test scores
- Improved achievement
- Better attendance
- More positive attitudes and behaviours
- Higher graduation rates
- Greater enrollment in post-secondary education

Benefits for parents:

- More confidence in the school
- Teachers have higher opinions of parents and higher expectations of their children
- Greater confidence in themselves as parents and in their ability to help their children learn at home
- Greater likelihood that the parents will enroll in continuing education to advance their own schooling

Benefits for schools and communities:

- Improved teacher morale
- More support from families
- Higher student achievement
- Better reputations in the community

Key themes of parent involvement:

- Parents and schools share common goals
- All families must be included (invited)

Essential elements of parent involvement:

- A partnership approach
- Administrative support
- Two-way communication
- Networking

We are pleased to announce that Ann Douglas will be delivering a keynote speech, Happy Parents, Happy Kids at our upcoming Parent Conference on October 19, 2019 at the Future Inn Hotel in Halifax as well as providing a workshop, Parenting Through the Storm.



Happy Parents, Happy Kids: Parenting doesn't happen in a bubble. As parents, we can't help but be affected by what's happening in the wider world. Is it any wonder then that so many of us are feeling anxious, guilty, and overwhelmed? In this thought-provoking presentation, Ann Douglas highlights the broader cultural forces that have made everything about parenting feel incredibly high stakes. Then she pivots to solutions, explaining how parents have the unique opportunity to serve as agents of change in their families and their communities. Her takeaway message is clear, powerful, and potentially life changing you can tame the anxiety, embrace the joy, and thrive alongside your kids while building a better world.

Parenting Through the Storm: "Having a child who is struggling doesn't make you a bad parent, just as being a child who is struggling doesn't make your child a bad kid". That's a powerful and reassuring message to hear if you happen to be the parent of a child who is struggling with anxiety, depression, ADHD, an autism spectrum disorder, or a related challenge. In this encouraging and story-rich workshop, Ann Douglas shares some of her own hard-won wisdom about thriving as a family while weathering one of life's many storms. The workshop is based on interviews with more than 50 parents who have walked this walk and who are eager to share their best advice with other parents. Expect a workshop that is kind, encouraging and real and that leaves you feeling anything but alone.

Everyone attending the Parent Conference on October 19 will receive a copy of Ann Douglas' book. "Happy Parents, Happy Kids". Ann Douglas will also have copies of "Parenting through the storm" available for purchase on the day.

Registration for the parent conference will start at 9.00 am and there will be an opportunity to speak to vendors at the tradeshow and network with other parents and volunteers. There will also be other guest speakers talking on other subject matters, self-esteem for girls and sexual assault. There will be opportunity to ask questions and obtain other resources on any of the topics covered at the conference. The day will end at 4.00 pm. We look forward to meeting you.