

Home & School News, October 2023

Semi-Meeting

The **PEI Home and School Federation's Semi-Annual Meeting** will be held on **Monday, October 23, 2023, 6:00-8:00 PM** at **Central Queens Elementary School**, 19821 2 Rte, Hunter River, PE C0A 1N0. Light refreshments provided.

"HELP MY CHILD" Panel Discussion topics/speakers will include:

1. **What is Home & School? David Schult**, Former international school teacher and administrator having worked overseas for over 24 years, in seven countries before returning to Canada in 2021, will provide background and context to what Home and School is and does.
2. **COMPASS Student Health Survey! Cody Davenport**, PEI COMPASS Research Project Lead, PEI Chief Public Health Office, will present student health survey results about their health and health behaviours including sedentary behaviours, physical activity, mental health, healthy eating, substance use, bullying, academic outcomes, and sleep.
3. **Screens in schools: simple ways to maximize the benefits and minimize the harms! Dr. Travis Saunders**, PhD, CSEP CEP, Professional Kinesiologist (he/him), UPEI Associate Professor, Dept. Applied Human Sciences. Screens are an increasingly regular part of the school day bringing both opportunities and challenges for student learning and health. Dr. Saunders will give an overview of research on the ways that schools can maximize the benefits and minimize the harms of screen use in schools.

REGISTER by Oct. 18/23 using the **Online Registration Form** linked here: <https://docs.google.com/forms/d/1jqKPoXSDO1MH9GulZ9Hp3xqXJbtNXtr1dENvPmPmqEM/edit>

 **What's on your Home and School agenda?** Home and School = TEAMWORK
Meet with the principal/other school staff in Sept./Oct. to set goals for the 2023-2024 school year.

- Add discussion about collaborative ways to support the school to your agenda
- Add activities and educational topics (e.g., COMPASS Student Health Survey)
- Add Federation monthly news (e.g., Semi-Annual, Oct. 23; Training Wksps, Nov. 6&7)
- Add gov announcements applicable to student learning and supports
- Add fundraising initiatives discussion and determine the purpose

REMEMBER: Everything we (parents and teachers) do is for students' benefit!

Training Workshops for Volunteers

Vicki Bryanton and Stephen Gould will lead Home and School Training Workshops as follows:

Nov. 6 - Miscouche Consolidated School, 6:30 – 8:00 PM

Nov. 7 - West Royalty Elementary School, 6:30 – 8:00 PM


All school volunteers are welcome! No cost.

Register by emailing peihsf@gov.pe.ca or call 902-620-3186 by Nov. 1st.

Parent Leadership Grants

Funds are available for up to \$500 per Home and School Association to organize **parent educational, leadership** initiatives in your school community. For more information, go to: <https://peihsf.ca/grants/>

Questions? Contact the Federation office at: 902-620-3186 / 1-800-916-0664 / peihsf@gov.pe.ca

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