



# Parkdale CLC Newsletter

## Winter 2017



The Parkdale CLC (Community Learning Center) aims to support students and their families by providing services for the English-speaking community of Ville Saint Laurent. Together with local and national organizations, we would like to share some upcoming opportunities with you.

### **CANCELLED \* Movie Night & Winter Bazar \* CANCELLED**

In an effort to reduce contamination and the spreading of the stomach flu, we are cancelling movie night this week. It will be postponed to February.

### **Parent Workshops & Spaghetti Night**

*presented by McGill Homework Zone and Nicolas Abesdris, MA*

#### **TUESDAY FEB 14 – 5:30 to 8:00 PM**

Attachment: the cornerstone of parenting: Understanding and strengthening the foundations of your relationship with children, and why this matters.

#### **THURSDAY MARCH 23 – 5:30 to 8:00 PM**

Discipline without coercion - part 1: How to remain firm and warm without punishments.

#### **THURSDAY APR 20 – 5:30 to 8:00 PM**

Discipline without coercion - part 2: How to use rewards and praises and how not to use them.

**Registration is required** to attend the dinner and the workshop. Childcare is available if you sign up in advance. Please return the reply form by January 30<sup>th</sup> (also available on the website).

We also need some volunteers to help with the preparation of the pasta and sauce – send an email or call and leave a message for Katherine (information at the bottom of page 2).



### **Better Breakfast, Better Learning**

*presented by school nurse Andrea*



Our school nurse will present some information about the effects of breakfast on your child's learning and on their development. You will also receive an information package you can take home full of wonderful ideas and quick tips for fast and easy morning meals. A registration form will be sent out mid-February (and will also be available online). Workshop date: **February 27, 2017**

### **March Break Camp en français!**

*presented by Parkdale and CARI Saint-Laurent*

Once again we will be hosting a March break camp where students 6 to 12 years old can practice their French language skills while having fun and making new friends. Activities, games and outings are planned between 8AM and 1 PM. The cost to send one child to camp is \$25, with discounts for children in the same family. The CLC can sponsor 10 families for camp. To sign up, or for more details, please contact Katherine Dimas, CLC coordinator (information below).

**Registrations will open on February 13<sup>th</sup>.**

## Hip Hop Classes After School!

*presented by Dawson College CRLT Program*

We are happy to announce a new after-school program for children 8 to 12 years old who want to learn Hip Hop dance. Classes are every Wednesday from 3:35 to 5:30. **Registration is required** and space is limited. Please return the reply form **by January 20<sup>th</sup>** (also available on the website).



## The Parkdale Garden: Urban Gardening for a Healthier Future

*presented by Marylène Perron and Katherine Dimas*

The Parkdale garden has been getting a lot of press lately! You can read all about it in the latest edition of the Leaders and Learners magazine, or online (pages 26-27): [bit.ly/LLparkdale](http://bit.ly/LLparkdale)  
Fun Fact: In 2016, we had 39 garden activities and reached over 825 people from our school and the community! Congratulations to all who have participated and volunteered with this project!

## Winter Together: A Family-Friendly Guide to Enjoy Winter

*presented by Maison des Familles de Saint-Laurent*

Did you miss our workshop on how to make the most of the winter season? We have the links to the wonderful, informative presentation for parents, and a handy guide you can download on the parent resources page on the school website. Yes, it is possible to enjoy winter!



## Hooked on School Days

*presented by the Ministère de l'Éducation and Réseau Réussite Montreal*

From February 13 to 17, you are invited to send a note of encouragement to your child, or to the students of Parkdale. We will be displaying all your lovely words of encouragement on the school bulletin board. We are all looking forward to receiving your notes!



## Contact Information

Katherine is the Community Development Coordinator for Parkdale School. She helps bring activities and opportunities for Parkdale families and the English speaking community of Saint-Laurent.

If you have any questions about the community, or you would like some resources or suggestions for family activities in Saint-Laurent, you can check the school website where we regularly post events and activities for the entire family.

To reach the CLC, you can send a memo to the office, leave a message, or send an email to the attention of Katherine Dimas, CLC: [kdimas@emsb.qc.ca](mailto:kdimas@emsb.qc.ca)