

ISSUE 2

# THE NEWCOMER MOM

Magazine

Information  
about community  
and school  
programs

How to dress  
your kids for  
winter



North York  
Community  
House



Welcome to “The Newcomer Mom Magazine!”

This magazine is for newcomer mothers who have children in daycare, kindergarten, elementary and middle school.

In this magazine, you will find tips about the Canadian community that will help you to feel more confident in your new life in Canada.

## Hello, Moms!

Welcome to the second issue of “The Newcomer Mom Magazine!”

In this issue, you will find out:

- How to be active as a parent in the school
- How to get information about community and school programs
- How to dress your child during the winter

Also, you will play a fun quiz to discover:

- How to contact the school in case of issues, for example absence, and how to say it.

We hope you will find this magazine useful!

If you need support, feel free to contact the settlement workers at your school!

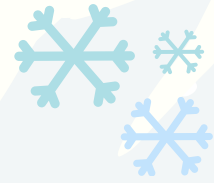
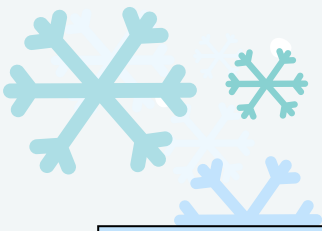


## How can parents participate in school life?

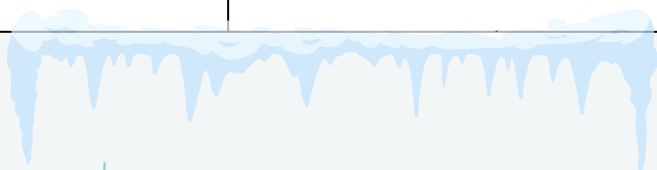
Being part of your child's school life is important.

What can you do to participate in the school life and engage with the community? And how?

What can you do?	How can you do it?
<p>1) Volunteering with the school</p>	<p>You can</p> <ul style="list-style-type: none"> <li>• Help with activities in the classroom</li> <li>• Organize fundraisers</li> <li>• Go on field trips together with the class (it is called "be a chaperone")</li> <li>• Participate in school clubs</li> <li>• Help with the snack/lunch program</li> </ul> <p>This will help you gain Canadian experience</p>
<p>2) Participating in school events</p>	<p>You can attend</p> <ul style="list-style-type: none"> <li>• Parent-teacher conferences</li> <li>• Open houses</li> <li>• Cultural celebrations</li> <li>• Sports days</li> </ul>



What can you do?	How can you do it?
3) Joining the parents' council	<p>You can</p> <ul style="list-style-type: none"><li>• Contribute to decisions made by the school</li><li>• Work together with other parents</li><li>• Get involved in the policies and initiatives by the school</li></ul>
4) Keeping in touch with teachers and support staff	<p>If you connect and keep in touch with teachers and support staff, you can be informed about</p> <ul style="list-style-type: none"><li>• Your child's progress</li><li>• Upcoming events</li><li>• Support and resources available</li></ul>
5) Talking with settlement workers	<p>If you get in touch with the settlement workers at your school, you can</p> <ul style="list-style-type: none"><li>• Find out more about the programs available</li><li>• Participate in English conversation circles</li><li>• Attend different information sessions</li></ul>



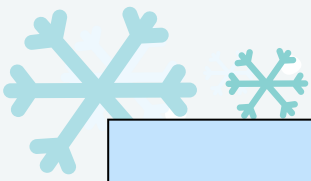


# How to get Information about Community and School Programs

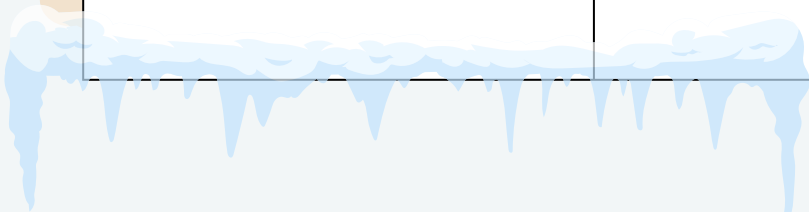
Do you want to know how you can get more information about the community programs?

Here are some tips on how to start!

What is the tip?	What can you do?
<p>1) NYCH and their settlement workers</p>	<p>Get in touch with NYCH to see what programs and resources are available to you.</p> <p>For example, if you talk with the settlement workers, they might have workshops and support groups to help parents, like you, to know more about community programs and how to register for them.</p>
<p>2) Parent Orientation Sessions and other information sessions</p>	<p>Go to these sessions where you can get info about</p> <ul style="list-style-type: none"> <li>• Available extra-curricular programs</li> <li>• Policies at the school</li> <li>• Resources at the school</li> </ul>



What is the tip?	What can you do?
3) Library	<p>You can go to one of the Toronto Public Libraries where you can join programs for parents and kids.</p> <p>Also, you can join English Conversation Circles or get Free Passes for Museums (MAP) .</p>
4) Other Parents	<p>You can connect with other parents to get more info and to share your experiences. For example, attending school meetings or participating in community events.</p>
5) Participating in the Parent Partnership Program	<p>You will work together with another parent who has a child that goes to the same class of your child.</p> <p>You can</p> <ul style="list-style-type: none"><li>• Ask questions about the school</li><li>• Know more about school events</li><li>• Volunteer together with the other parent</li><li>• Practice English</li></ul> <p>You will find more information below.</p>





Here is more info about:

## **The Parent Partnership Program**

### **What is it?**

The Parent Partnership program provides one-on-one support to new parents to the schools in Toronto.

### **What is the goal?**

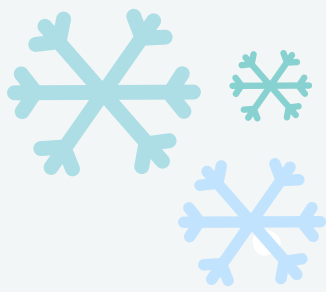
The goal is to match parents in the same class to ensure relevant support within the school community.

### **How does it work?**

Partners (the parents) meet in person initially, usually at a coffee shop, for about 30-45 minutes.

The commitment lasts for the entire school year.





### **How can they get in touch with each other?**

Partner N (the newcomer parent) can contact Partner E (the established parent), by phone with questions or queries, no more than once every two weeks.

They can also arrange to meet every 4 or 6 weeks.

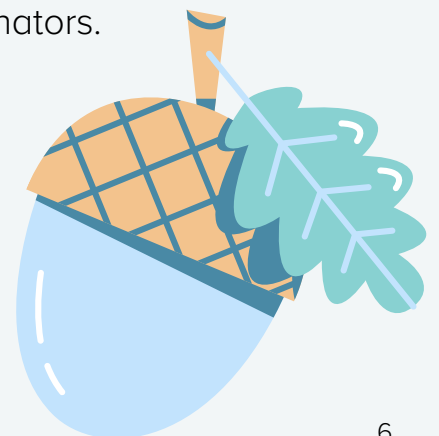
Partner E should respond promptly, even if it's just an acknowledgment. Communication can be via phone, email, or in-person, depending on preference.



If there's no contact for 4-6 weeks, Partner E should reach out.

Partner E can also share school event details with Partner N and suggests volunteering together.

Confidentiality is important, and partners can seek feedback from program coordinators.



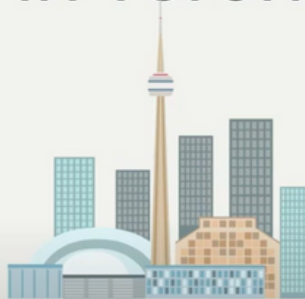


## It's getting colder, so how should you dress your child for the winter?

In this video, Nadine, a mother of three, talks about all the winter clothing she bought for her kids for their first winter in Canada.



### The adventures of a mother in Toronto



 [WATCH NOW](#)

 North York Community House



# Improving your English!



In the first issue, we learned what the people who work in the school are called and what they do.

This time, we're going to look at what you have to say (and how to say it)

if your child

- Is late
- has to leave earlier or
- is absent (for different reasons)



If your child is 15 minutes late, you won't need to call.

If your child has to leave 15 minutes late, you won't need to call. In this situation, you will need to sign the child out in a special book the secretary will show you.

If it is difficult to navigate among the options on Absence line, you can leave a voice message to the school phone number.

This is what you could say on the phone:



**Instructions: Put the words in the right order.**

#1

I would like / that Sara [last name] / Hello / today / grade [number] / will be absent / to report

#2

Absent / will be / because / she

- she is sick
- OR
- we have an appointment
- OR
- we have a family commitment
- OR
- [any other reason]

# ANSWERS

## GAME 1 & 2

- 1. Hello, I would like to report that Sara [last name], grade [number] will be absent today.**
- 2. She will be absent because [...]**



## Who are we?

North York Community House (NYCH) is a dynamic, multi-service neighbourhood centre that has been working with residents in under-resourced and low-income neighbourhoods of northwest Toronto for 30 years.

## What do we do?

We are committed to building strong, vibrant communities, and we do this by engaging residents, understanding their needs, and supporting them in achieving their goals.

As a result of our work:

- newcomers are able to develop the skills, knowledge, and connections to settle, gain employment and build successful lives in their new home;
- children and youth are supported in becoming active, healthy citizens - gaining the skills, knowledge, and self-esteem they require to meet their long-term goals; and
- local residents are provided with training and opportunities that enable them to become leaders in improving their own lives and their neighbourhoods.

## How can we help you?

Learn more about our programs and services on our [website](#).

