

**P2**Attendance  
Counts!**P3**Managing  
Screentime**P4**Building  
Routines

JANUARY 2025

**FIRST NATIONS PARENTS CLUB**

# NEWSLETTER

## New Cell Phone Restrictions in Public Schools

As you may have heard on the news, BC is moving forward with three actions to mitigate online threats to children and young people.

- Restricting the use of cellphones in public schools
- Launching services to remove images from the internet and pursue predators
- Legislation to hold media companies accountable for harm they cause



### How could this affect you?

New public school policies will restrict the use of student cell phones and other personal digital devices in schools. These new rules do not apply to First Nation schools, but some First Nation schools may choose to implement their own policies for cell phone use.

### Why is this change being put in place?

When students are on their devices, it distracts from learning, playing, socializing, or enjoying the outdoors. Reducing the use of cell phones is meant to help students stay focused and engaged, improving their learning outcomes, supporting their mental health, and building social connections. School districts will begin implementing this policy this school year.

Contact your child's school to learn more about their cell phone policy.



## Welcome Back Parents!

We hope you are all enjoying a good start to the new school year. In this first Parents Club Newsletter of the year, we have focused on a few topics we hope you find useful, providing information about cellphone restrictions for public schools, managing screentime, attendance, and school involvement.

# Attendance

Everyone can play a role in making sure that all students have every opportunity for success by attending school as much as possible. Encouraging good attendance and teaching children to arrive at school on time each day builds habits that will benefit them throughout their lives.

The factors that contribute to student absences are complicated and interconnected. Cooperative approaches to addressing attendance work best. This means that family, school, and community partnerships are essential.

*Attendance Counts!*

## WHAT CAN YOU DO TO ENCOURAGE ATTENDANCE?

Ask for help if you need it.

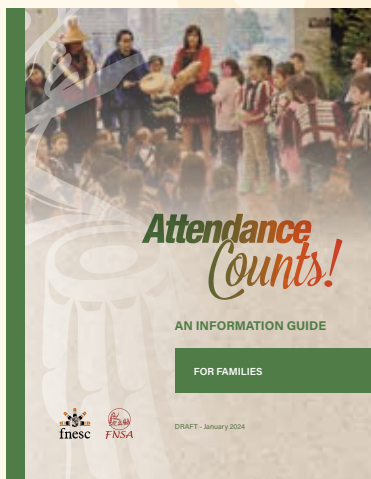
Join with other parents to make an attendance commitment.

Contribute to your school's efforts to address absenteeism.

Get involved!

## Do you want to know more about this critical issue?

The following documents might help.



### Attendance Counts!

#### An Information Guide for Families

This guide was written to share information with parents and caregivers about the very important topic of student attendance. Many First Nation parents shared their thoughts and ideas to help inform the guide.



### Parent Toolkit

This Toolkit includes a series of short papers that provide information about the importance of parental involvement in education, the structure of the school system, what to do if difficulties arise, and how to create healthy and supportive learning environments at home.

These resources can be found at [www.fnesec.ca/publication/](http://www.fnesec.ca/publication/) or you can request copies via [parentsclub@fnesec.ca](mailto:parentsclub@fnesec.ca)



## Tips for Managing Your Children's Screen Time

**LIMITS:** Talk with your children about limiting the use of digital devices at school and at home by creating screen-free zones (e.g., the dinner table and bedroom) and screen-free times (e.g., before bed, while doing homework and getting ready for school).

.....

**RULES:** Provide guidance to your children about dealing with online issues. Communicating the importance of following the new cell phone ban can also lessen confusion if it is enforced in your child's school.

.....

**CO-VIEWING:** Be engaged when screens are used and, whenever possible, watch together and talk about the content. Assist children with choosing age-appropriate content. By being present in your children's digital world, you can reduce the chance they'll be exposed to negative or unsafe content.

.....

**SAFETY:** Speak with your children about the risks of online threats with social media platforms. Discuss acceptable and unacceptable online activities. Know your children's login information, passwords and email addresses for devices and social media accounts, to help ensure their safety.

.....

**PARENTAL CONTROLS:** Learn more about parental controls and privacy settings, including how to use them to monitor cell phone and tablet use.

.....

## Resources to Help Parent Clubs Share More Information

### Cell Phone Restrictions In Schools

[Province of British Columbia \(gov.bc.ca\)](http://gov.bc.ca)

### Family Online Rules

[TipSheet\\_FamilyOnlineRules.pdf](#)  
([mediasmarts.ca](http://mediasmarts.ca))

### New Device Guidelines

[family-for-new-tech-devices\\_0.pdf](#)  
([mediasmarts.ca](http://mediasmarts.ca))

### Co-viewing Tips

[tipsheet\\_co-viewing\\_with\\_kids.pdf](#)  
([mediasmarts.ca](http://mediasmarts.ca))

### Internet Safety Tips for Ages 14-17

[TipSheet\\_Internet\\_Safety\\_Tips\\_14-17](#)  
([mediasmarts.ca](http://mediasmarts.ca))

### Communication Safely Online (for Parents)

[tipsheet\\_communicating\\_safely\\_online\\_parents\\_trusted\\_adults.pdf](#) ([mediasmarts.ca](http://mediasmarts.ca))

### Communication Safely Online (for Youth)

[tipsheet\\_communicating\\_safely\\_online\\_youth.pdf](#) ([mediasmarts.ca](http://mediasmarts.ca))

### Parental Controls for Devices Tips

[tipsheet\\_parental\\_controls\\_0.pdf](#)  
([mediasmarts.ca](http://mediasmarts.ca))

### Social Media and Body Image

[tipsheet\\_media\\_effects\\_on\\_body\\_image.pdf](#) ([mediasmarts.ca](http://mediasmarts.ca))



# Building Routines

Routines can be invaluable in helping students succeed in school.

A regular bedtime and morning routine can help your children make it to school on time and ready for the day ahead.

Helping your children get to bed at a reasonable hour also improves their ability to concentrate, absorb new knowledge, and manage their behaviour.

Creating a positive educational environment at home is essential. Provide regular study times and a quiet area for doing homework so your children don't avoid school because their assignments are not complete.

Routines can help families prepare for the following day. Each evening, you can try to plan and prepare for breakfast, have your children choose their clothes and shoes, and pack their backpacks with completed homework, snacks, and water so everything is ready for the next morning.

## BEFORE SCHOOL

	TO DO	DONE
	WAKE UP	<input type="checkbox"/>
	BATHROOM	 <input type="checkbox"/>
	BREAKFAST	<input type="checkbox"/>
	BRUSH TEETH	 <input type="checkbox"/>
	MAKE THE BED	<input type="checkbox"/>
	GET DRESSED	 <input type="checkbox"/>
	LUNCHBOX, WATER	<input type="checkbox"/>
	PACK/CHECK BACKPACK	 <input type="checkbox"/>
	COMB HAIR	<input type="checkbox"/>
	SHOES, OUTERWEAR	 <input type="checkbox"/>
	LET'S GO!	<input type="checkbox"/>

HAVE A GREAT DAY!

The First Nations Parents Club was established to recognize and support the important role that parents play in their children's education.

Parents Clubs can be structured according to local needs. Most Clubs are informal; they often involve regular opportunities for members to share their support and ideas. Some Clubs hold meetings focused on particular themes, inviting guest speakers to provide information on topics of interest.

For more details on how to start a Parents Club for your community:

#113 - 100 Park Royal South  
West Vancouver, BC V7T 1A2  
Toll Free: 1-877-422-3672  
[parentsclub@fnesc.ca](mailto:parentsclub@fnesc.ca)

FIRST NATIONS



PARENTS CLUB