

Board-wide Action

50 Ideas for Families to Flourish ...

About the program ...

A [flyer](#) was written and sent to all homes in the school system to encourage families to focus on character development as part of their ongoing Catholic faith development in their communities.

The flyer has a list of ideas and activities that promote cooperation, partnership and engagement in the wider community. There is also a focus on understanding and developing empathy and the child as a learner at home and in the community, as well as at school.

Impact on student learning and school culture ...

- The suggestions in the flyer list a variety of ways of learning and remind parents of both the impact that quality family time has on children and the important role they have in the learning of their children.
- The ideas also reinforce the important home-school partnership and its positive effect on school culture and student learning.
- Many parents noted their appreciation for the flyer and their plans to post it on the family fridge or bulletin board.
- Teachers have also been enthusiastic about the flyer suggestions and reinforce them in class newsletters and homework assignments.



A Sampling of the 50 Ideas ...

- Laugh together. A sense of humour is important.
- Turn off the TV and go for a walk.
- Pray together. Play together.
- Eat together - make meal times sacred.
- Spend time together volunteering as a family.
- Support your children by attending their activities.
- Plan your holiday together.
- Respect your bodies; exercise together.
- Allow for quiet time in your day.
- Say "I love you!" and sometimes use words.
- Forgive each other.
- Balance work and play.
- Be honest.
- Value the uniqueness of each family member.
- Watch and learn from each other.
- Have a family game night.
- Be patient.
- Set goals together.
- Be excited about your child's interests.
- Go visit an elderly person together.
- Meet your children's friends and parents.
- As a family, make a change during Lent.
- Ask for help when you need it.
- Try to stand in the other's shoes.
- Accept that you do not have to be perfect. Admit you made a mistake and apologize.
- Spend one-on-one time together.
- Listen to your child without giving advice or opinions.
- Slow down and enjoy the moment.



Ottawa
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