



Pathways Family Services Foster Care News

"Providing children and families with safety, stability and belonging"

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September 2022

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Pathways Office will be closed
Monday, September 5th for Labour Day and
Friday, September 30th for Orange Shirt Day.
Contact the on-call with any emergencies.



Meeting Updates

Welcome Back Meeting October 5th (in lieu of September 28th)

Times: 9:30 a.m. and 7:00 p.m.

This will be our first in-person meeting!



Important
Information

AGM & Policy Review October 26th

Times: 9:30 a.m. and 7:00 p.m.

Attendance by at least one caregiver at one session is mandatory.

Back to School Transition Tips:

Buy school supplies early: Try to get the supplies early and fill the backpacks a week or two before school starts. Older children can help do this. Make sure you use a checklist provided by the school.

Re-establish the bedtime and mealtime routines: Plan to do this (especially for breakfast) at least one week before school starts. Prepare your child for this change by talking about the benefits of school routines in terms of becoming over tired or overwhelmed by school work and activities. Include pre-bedtime reading and household chores if these were suspended during the summer.

Turn off screens: Encourage your child to play quiet games, do puzzles, flash cards, colour, or read as early morning activities instead of looking at screens. This will help ease your child into the learning process and school routine.

Designate and clear a place to do homework: Older children should have the option of studying in their room or quiet area of the house. Younger children usually need an area set aside in the family room or kitchen to facilitate adult monitoring, supervision & encouragement.

Select a spot to keep backpacks and lunch boxes: Designate a spot for your children to place their school belongings as well as a place to put important notices and information sent home for you to see. Explain that emptying their backpack each evening is part of their responsibility, even for younger children.



Deadline for submissions to the October Newsletter is Wednesday, September 14th. Email information to: marla.schole@pathwaysfamilyservices.com

Transition Plan Age Matrix - Part 1

Ages 0 to 10 - Belonging, Safety, Connections

Focus this time on providing child with sense of belonging and opportunity to experience successes. Seek connections with family, culture, and community that support and strengthen the child's sense of self and unique identity.

Age 9 - Registered Disability Savings Account

Check with Caseworker to determine if child is eligible.

Ages 10 to 12 - Life Skills Foundations

Plant the seeds of money management by splitting allowance between savings and spending money, setting short term goals for savings.



Ages 11 to 12 - Guardianship & Trusteeship

Initial discussions with Caseworker if appropriate.

Age 12 -

Open a Bank Account

With a savings component and debit card access. Split money 50/50 between the two. With limited debit access and secure savings, money management principles become rewarding and good money habits start to grow.

Disability Considerations

Youth who will need lifelong supports will benefit from gradual, subtle exposure to the idea of receiving and accepting assistance at an early age to help them become accustomed to the idea and avoid rejecting the idea if surprised by it later in their teens.

Life Skills

Think purposely about life skills; will youth need more time than others to master the various skills? Developing life skills can be introduced as demonstrating and gaining independence.

Future Support Circle

Think about the types of mentors and go-to people that may benefit the particular youth across life's domains; relationships, finances, education, job and career, religion, culture. This is a good age to start to make connections that can become beneficial to the youth later.

Community Connections

Find activities that develop connections and build confidence such as Scouts, Big Brothers Big Sisters Club, the Duke of Edinburgh Program, Cadets, faith based groups.

Age 13 to 14 -

Volunteering Opportunities

Volunteering provides an opportunity to develop skills, meet people, gain confidence and build connections. Experience gained can be used later when developing resumes and filling out job applications.

Discuss Assessments Needs

If you suspect the youth may need supports past 18, talk with the youth's Caseworker about obtaining the required assessments.

Source: Transitioning From Care: A Guide For Caregivers - 2nd Edition



September Vehicle Registration:

Your vehicle registration will expire August 31st if the last name the vehicle is registered under begins with **F, Po or T**

The Origin of Orange Shirt Day

Phyllis (Jack) Webstad's story in her own words



I went to the Mission for one school year in 1973/1974. I had just turned 6 years old. I lived with my grandmother on the Dog Creek reserve. We never had very much money, but somehow my granny managed to buy me a new outfit to go to the Mission school. I remember going to Robinson's store and picking out a shiny orange shirt. It had string laced up in front, and was so bright and exciting – just like I felt to be going to school!

When I got to the Mission, they stripped me, and took away my clothes, including the orange shirt! I never wore it again. I didn't understand why they wouldn't give it back to me, it was mine! The color orange has always reminded me of that and how my feelings didn't matter, how no one cared and how I felt like I was worth nothing. All of us little children were crying and no one cared.

I was 13 years old and in grade 8 when my son Jeremy was born. Because my grandmother and mother both attended residential school for 10 years each, I never knew what a parent was supposed to be like. With the help of my aunt, Agness Jack, I was able to raise my son and have him know me as his mother.

I went to a treatment centre for healing when I was 27 and have been on this healing journey since then. I finally get it, that the feeling of worthlessness and insignificance, ingrained in me from my first day at the mission, affected the way I lived my life for many years. Even now, when I know nothing could be further than the truth, I still sometimes feel that I don't matter. Even with all the work I've done! I am honored to be able to tell my story so that others may benefit and understand, and maybe other survivors will feel comfortable enough to share their stories.

Source: orangeshirtday.org/phyllis-story.html

Indigenous Languages Corner



Cree

rice

wâpayôminak
wah pay OHM nuk

beans

maskîmotîsak
muss key MOT suk

stew

yoskacowahsikan
yo ska cho WUH si gun



Saulteaux

little, small

angasin
un guh SIN

big

miča
mih CHAW

good

kiminotōtam
ki mi NEW toe tum






Pronunciations are approximate. To hear a language spoken and for access to more words, download a language app to a tablet or smart phone. Apps used here are "Maskwacis Cree" and "Saulteaux."

September 2022



Pathways Family Services

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			August 31st Payroll Cutoff At Noon	1 Back To School 	2	3
4 	5 Office Closed	6	7	8 Direct Deposit Date	9	10
11	12	13	14	15 Payroll Cutoff At Noon	16	17
18	19	20	21	22 Direct Deposit Date	23	24
25	26	27	28 NOTE: No Meeting This Date See pg 1	29 September 30th Payroll Cutoff At Noon 	30 Orange Shirt Day Office Closed 	

Child/Youth Health & Wellness Reports
due for September
Please send a separate email directly to:
marla.schole@pathwaysfamilyservices.com
and cc your FCSW