



CONNECTIONS

Connecting to Your World

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Keeping Busy

It is getting cold outside so it is kind of nice to stay in and work towards our goals. It is a very rewarding way to spend your winter.

Learning to read, do math or complete your grade 12 diploma may seem a little overwhelming at times, but while it does take some work and commitment, it can be done! Here is what you need to do:

- Drop in at 232 Howey St. in Red Lake or 14 Spruce St. in Ear Falls and tell us what you would like to do or have help with.

That's it. We do the rest. We help you with registration, tracking down your transcript and help to get you pointed in the right direction. You have to do the work, but we are always here to help you with that too.

So what is stopping you? Come on it and spend the winter with us. You will be doing something valuable for yourself.

We provide individualized computer training to meet your needs. Please drop by to arrange a time.

News from Ear Falls

The students at the Ear Falls Adult Learning Centre have been busy this Fall! We enjoy a relaxed atmosphere where everyone works at their own pace. Currently our focus is getting to know one another, and setting goals. The students enjoy the occasional art lesson as a break from all of the book work. Great job everyone! Look for a couple of samples of their art on the back page.

ESL

ESL (English as a Second Language) class is held every **Monday evening from 6:00 to 7:30 p.m.**

Call 727-3207 for more information.

Home is the Key to Homework

Studies show that children's achievements in school improve with the increased parent involvement in their education. So get involved in your kids' homework – you might learn something too. Here are 10 tips on how to make homework a part of your family's daily routine:

1. Have a specific time each day for homework, early in the evening is best.
2. Have a regular place for homework, a quiet place but one with an adult nearby.
3. Limit distractions. Turn off cell phones, TV and other electronics during homework hour – for the whole family.
4. Parents should be nearby to help, encourage and answer questions, but don't do the homework for them.
5. Start with the hardest subject first, since it will probably take the most time and effort.
6. Kids can become overwhelmed with big assignments or projects. Parents can help them break the project down into smaller steps.
7. When kids resist doing homework, parents can help motivate them by using positive language ("When you finish your homework, you'll be able to...") instead of negative language ("If you don't finish your homework, you won't be able to...")
8. If homework is a constant struggle, talk to the teacher.
9. Show kids how the skills they are learning relate to real life. For example, if a child is learning math, collect receipts from the supermarket and calculate the weekly or monthly cost of your groceries.
10. Don't limit family learning to homework hour. Make it a part of daily life.

Recipe Corner

Fettuccine with Sausage & Kale

1 pound fettuccine

1 pound spicy Italian sausage,
removed from casing

½ cup heavy cream

½ cup water

1 large bunch kale, trimmed
and coarsely chopped

½ cup grated parmesan

In large pot of boiling, salted water, cook pasta until al dente; drain. In large skillet, cook sausage over medium low until browned, about 7 minutes. Add ½ cup water and cream; simmer until reduced by half, about 7 minutes. Add kale; toss until wilted. Remove from heat, toss with pasta. Sprinkle with parmesan.

Hint: great using spinach in place of kale as well.

Justice

As stated in last month's newsletter, here are more facts and figures concerning the essential skills in the area of Justice;

- Upon arrival in correctional institutions, approximately 65% of offenders test at a completion level lower than Grade 8 and 82% lower than Grade 10. According to the Correctional Service of Canada (CSC), the average education level of newly admitted offenders serving two years or more, is Grade 7. These realities can contribute to a person's chances of incarceration in the first place. (Literacy in Ontario)
- Research by CSC in the early 1990's and in 1997-98 showed that offenders who completed Adult Basic Education (ABE) – Grade 10 had a 21.3% reduction in readmissions. (Literacy in Ontario)
- Studies show that prisoners who participate in prison-based education (literacy training and adult basic education) are less likely to re-offend. Every dollar allocated to vocational and basic education programs for offenders yields a 200-300% return on investment. (Literacy in Ontario)
- Literacy is crucial to ensuring equal access to justice. Accused persons, witnesses and victims with low literacy skills may not have equal access to justice. The text and process surrounding the legal system from arrest to sentencing can be complex and alienating to anyone and especially to those who have low literacy skills. (Literacy in Ontario)

Watch next month for facts and figures on the impact of literacy on Newcomers.

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Sponsors for 2013/2014

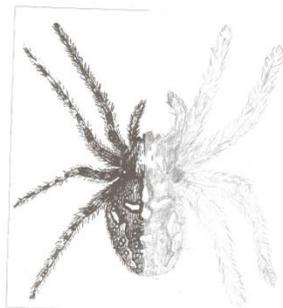
"It is not how much you give or do, but how much you put into giving or doing." ...and we are very grateful for those people in our lives.

Here is a list of this year's Corporate Sponsors.

- Balmer Motor Hotel
- Dr. Matthew Walkiewicz
- Forever Green Gift Boutique
- Gillons' Insurance Brokers Ltd.
- Harmony Centre
- Lakeview Restaurant
- Red Lake Career and Employment Services
- Red Lake District Lions Club

If you are interested in becoming a corporate sponsor for the 2013/14 year, we have an information package available to anyone interested. Please contact our office for more information.

Sample of Art Work from
Ear Falls



Writing Corner

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row.
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the dead, Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe;
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow



In Flanders fields.
...John McCrae