

Easy ways for families to give back this fall

With the start of school and the end of lazy summer days, fall is a busy time for many families. It is easy to get caught up in the excitement of new clothes, crisp notebooks, and the hustle-bustle of after-school activities, but balance and continued attention to family values are always recommended. Despite the changing

pace of the September routine, for example, many families continue to find a way to give back to the community. Giving back doesn't have to be expensive or time consuming. Here are four realistic ways that families can work together to make a difference:

- Grab some rubber gloves and trash bags and head to your local park. Spend

an afternoon picking up garbage to make your community's green space nicer than when you found it.

- Volunteer your time at your local school, nursing home or community centre. These organizations are always looking for an extra set of hands and you'll meet interesting people at the same time. Alternatively, start small and

offer to babysit your neighbour's kids or visit an elderly member of the community.

- Donate your time to a local breakfast program. Club des petits déjeuners du Québec fund school breakfast programs across Canada and depend on help from local volunteers as well as partners, like Minute Maid. This fall, the juice brand is accepting donations for the organization at minutemaids.ca, and is also giving a portion of their sales of participating 100% juices during the back to school period, up to a maximum of \$150,000, to help provide breakfast to over 119,000 school kids.

- Make a donation to a local charity in your community. While charities always appreciate monetary contributions, many are also open to receiving gently used clothes and toys.

News Canada



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Take the chaos out of breakfast

According to Breakfast Clubs of Canada, studies show that kids who eat a healthy, balanced breakfast are more interested in school, are better able to concentrate, and have stronger social skills than those who don't. Here are some easy tips to get kids pumped about breakfast:

- Make breakfast a family affair: The easiest way to encourage kids to eat a healthy breakfast is for parents to do the same. Set time aside each morning to sit down and eat as a family. Kids are much more likely to imitate the behaviours they observe.

- Get the kids involved: Let the kids contribute to menu selection to make

them feel invested in breakfast. Big families can plan a weekly schedule that allows each child to participate on a given day. This approach also helps families plan ahead (and even prepare the night before), making breakfast more enjoyable in the morning.

- Think outside the plate: Breakfast smoothies are an easy way to pack a nutritious punch. Here's an easy one using ingredients that most families have in their kitchen: put 2 cups of 100% Minute Maid Orange Juice, ½ cup of strawberry yoghurt, 5-6 whole strawberries, a peeled banana and 5 ice cubes in a blender. Blend until smooth. Customize the consistency by adding more or less of any of

the ingredients or swap the strawberries for raspberries, depending on preference. It's that easy.

This fall, the choices parents make around the breakfast table have the potential to help other kids too. The Minute Maid brand will give a portion of sales of participating 100% juices during the back to school period, up to a maximum of \$150,000, to Breakfast Clubs of Canada, a national not-for-profit organization dedicated to providing services and funding to school breakfast programs. More information is available online at minutemaids.ca.

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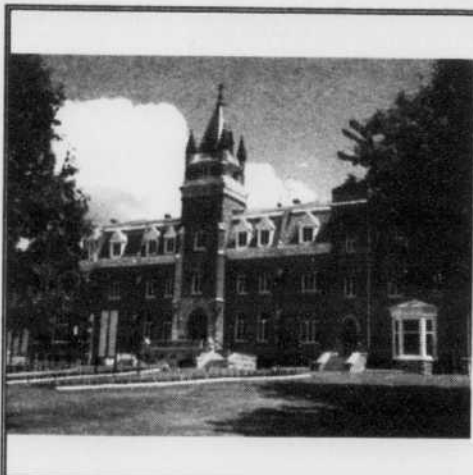
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From home to school, protect your student

By Glenn Cooper

When your child moves away from home for college or university, there are important changes and responsibilities to consider. Along with the emotional stress of this big change, you also need to consider what the move means for your finances and insurance policies.

Being informed about your insurance coverage is crucial for your child's protection and wellbeing. While many poli-

cies extend parents' coverage to kids in university, other policies encourage college students to purchase their own insurance.

"Parents need to know whether their insurance extends to their children when they are buying a car or moving into an apartment or residence," says Wayne Ross, insurance expert at Aviva Canada. "You could find yourself facing a financially-stressful situation that could easily have been avoided."

For a stress-free transition, Ross offers

the following helpful tips:

• Scope out apartments—Living off-campus can help students develop a sense of independence and save some money. However, consider buying a tenant policy in your child's name so their personal property is protected.

• Keep track of their finances—University life goes hand-in-hand with expensive purchases like computers and other electronics. Stick to a budget, keep track of your purchase and verify what your insurance covers.

• Check your car insurance—Whether your child takes his or her car to university or intends to drive on visits home, call your insurance company to check what your policy includes.

Following these tips can help you breathe a little easier during this time of transition. More information is available from your insurance broker or online at avivacanada.com.

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Back to school survival guide for mature students

It's been awhile since you've had to sit in classrooms and listen to professors prattle on. And frankly, you wonder how you'll keep up with lecture notes when you have other obligations like family or a part-time job. Not to worry. Here are some tips to help mature students survive that first year back at school:

Be confident about who you are. Don't compare your appearance, possessions, or status with other students. As a mature student, you may have better time management skills and more life experience than your peers. You also know the value of a good education and will work hard to achieve it.

Get organized. Invest in a daily plan-

ner to keep track of deadlines and assignments. Create a home workspace that is comfortable and free of clutter.

Find a student mentor. Apply for a mentor through student services. Look for someone who is also a mature student and in a higher year than you. He or she can share first-year experiences, time management and study tips, and the scoop on professors to avoid.

Befriend your classmates. Having friends to confide in will make your classes more enjoyable. If you don't connect with anyone in your class, join interest groups and associations on campus. Being passionate about an activity binds people together.

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- // Singer Holly Cole **October 4th**
- // Singer Adam Cohen **November 6th**
- // Rock band Harvest Breed **November 24th**
- // Italian Baroque musicians Interpreti Veneziani **December 2nd**

Selection: centennialtheatre.ca
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tion is a brave one. Be proud of yourself and at the same time do consider helping a child in a developing country through an organization like Christian Children's Fund of Canada (www.ccf-canada.ca) get their education as well.

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Academy graduate gives his 10 best life lessons



PHOTO: CHRIS PAYNE

By Sandy Naiman

Paul Burrill's future looked grim in 2009. His grade nine marks were plummeting. He struggled in Burnaby, B.C.'s public school system. Needing redirection, his parents sent him to Robert Land Academy (RLA) near Welland, Ontario.

This June, Burrill at 17, was valedictorian at his 2012 graduation. Here's how his military-style education changed his life:

- Initially homesick, he made his classmates his family. "Now I consider every boy here a brother."

- He learned quickly to achieve short-term goals, realizing his capabilities were "more than I was allowing myself to

achieve."

- Burrill's extracurricular activities "weren't exactly ideal," but at RLA, rock climbing, boxing, wrestling and jumping out of a plane were activities "that made life really worthwhile."

- Teachers spent endless hours ensuring students fully comprehend course material, learning time management, productive study skills and university preparation. "They really care about our future."

- Burrill boosted his averages from 55 per cent to over 80 per cent. He's enrolled in the University of British Columbia's Bachelor of Science degree program, then will pursue wildlife studies.

- Academics are central at RLA, but the school "develops the

whole boy," teaching social deportment, how to always look presentable. "We iron our clothes."

- Students are prepared for the disciplines of the workforce. Wake-up time is 6 o'clock every morning.

- Respect for the students' superiors is crucial. They're mentored in leadership skills. "I feel confident I'll succeed in any situation in the future."

- Staff and classmates are there to talk to and willing to listen, all the time.

- "I've achieved more and learned more valuable lessons here than any other education system in Canada could teach me," Burrill says.

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Teaching kids the ABCs of money

When your child begins to understand the basic value of coins and dollars and is able to count, add and subtract, your child is probably ready to explore the world of money, saving and banking.

Raymond Chun, a senior vice president at TD Canada Trust, offers simple tips on how to teach young kids the ABCs of money:

- Talk regularly and honestly about money: Keep your eyes open for teachable moments every day, like getting your kids involved in saving for your next family vacation or explaining why you bought the orange juice that was on sale. Focus on the reality of how much things cost and why you do, or don't, have the economic means to afford them.

- Link basic responsibilities to allowance: Allowances are a great way to introduce children to the concept of saving and spending money independently. But it should come with strings attached. Connect your kids' weekly pocket money to chores that



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are age appropriate, like making their bed and clearing the table. It's a great way to teach kids that money comes from hard work.

- Open a bank account with your children: Unlike a piggy bank, paying allowance directly into a bank account is a great way to separate saving from impulse spending decisions. Visit a bank together and get your kids involved in the process of opening an account. Help them set a savings goal for a new toy, and go online regularly together so they can see for themselves how their money is growing.

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Champlain

COLLEGE - LENNOXVILLE

Champlain College-Lennoxville will open their doors to a new school year on Monday, August 20. New and returning students from all corners of the province and a few from across Canada and beyond will move into the College's Residences on Sunday, prior to beginning classes on Monday morning.

Enrolment is over 1200 with most programs filled to capacity. Campus Director Paul Kaeser attributes the increase in numbers due to the outstanding efforts of the recruiting team over the past few years.

The Nursing program will see the initial cohort (Fall 2011) enter the third and final year of studies. Many of the students have been employed by local health establishments during the summer and are eager to complete the program to move on to the job force full time. Still others have shown an interest in pursuing university studies in the increasingly popular

DEC-BAC B.Sc. in Nursing program.

A public Anglophone Cégep offering pre-university and career programs, Champlain-Lennoxville also welcomes francophone students and has implemented programs to ensure success for those studying in their second language. Entrance-level English classes, as well as Peer tutors and an English Workshop are geared towards second language students, in addition to the various workshops such as Chemistry, Mathematics, Physics, History, etc. that are available to all students.

This year Champlain Lennoxville will be competing for the first time in the Ligue de hockey collégial féminin which will be comprised of ten teams. The team will be coached by former Cougar hockey team captain, Jean-Christophe Poulin, and he is anxious to get the season underway. The team will be arriving on campus this weekend, prior to classes.

Activities to welcome new and returning students

and to make them feel "at home away from home" have been slated for the first week, topped off on Saturday by the first Cougar football home game of the season (location to be determined). Many of these activities will be hosted by our "Cougar Ambassadors", a leadership group of more than 50 of our top returning students, selected to help make the Champlain Experience a memorable one. The Ambassadors are not only present during Orientation Week, but have also volunteered to be available throughout the year organizing events and helping out to ensure this will be another great year at Champlain-Lennoxville!



Residence Life Staff
 Front 1 to R; Isabel Racine & Elisabeth Morin
 Middle: Shannon Delarosebil, Samantha Young, Elizabeth Courchesne, Alyssa Perkins
 Back: Devon Stewart, Philippe Dion, Jake Rose

GRADUATION AND AWARDS CEREMONY

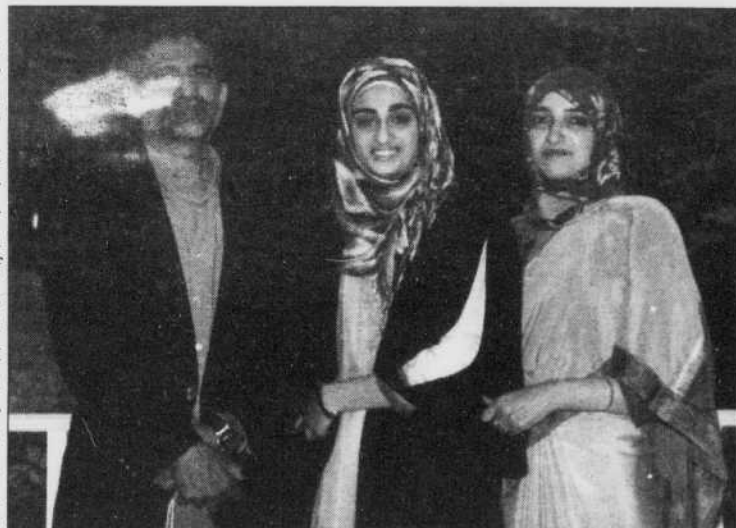
Champlain Lennoxville presented several prestigious awards to students from throughout the Townships and beyond as well as certificates to more than 150 members of the class of 2012 at the Graduation and Awards Ceremony in June.

The two top awards, the Governor General's Medal and Board of Governors' Award for highest academic achievement, were presented to Madhiha Taseen. A native of Lennoxville, Ms. Taseen graduated from Alexander Galt Regional High School and completed her college diploma in Social Science and will pursue her studies in Business at Bishop's University this fall. She was also Vice-President Academic for the Champlain Students' Association.

The Royal Bank Award was presented to valedictorian Patrick Wang, the graduating student with the second highest average, by Lennoxville branch bank manager Louise Mathieu. Mr. Wang, who attended Alexander Galt, received his diploma in Health Science from the College and had served as the President of the Champlain Students' Association during his final year of studies. He was also awarded the Richard Beger Memorial Award in recognition of both academic excellence and outstanding involvement in extra-curricular activities.

The Champlain Student Association Merit Award is peer-selected and annually awarded to a student who has contributed significantly to the development of student life through extra-curricular activities. This year's win-

ner was James Lamarre, who served as Vice-President Internal of the Students' Association and has been heavily involved in a number of organizations and activities since beginning studies at the College.



"We are very proud of all of our graduates and their accomplishments both within and outside of the classroom," explained Paul Kaeser, Director of Champlain-Lennoxville. "The graduation and awards ceremony is an opportunity to formally recognize and congratulate our students on their successes."

Additionally, the following major awards were presented to these graduating students:

- Anne Thaler Memorial Award to Livia Simard, Séminaire Salesian, Christian Jaouich, Séminaire de Sherbrooke and Rebecca MacMillan, Alexander Galt Regional High School
- Annie Turcotte Memorial Award to Jessica Logan, Richmond Regional High School
- Ken Madokoro Memorial Award to Emma Canning, Alexander Galt Regional High School
- Canadian Federation of University Women's Prize to Alexia Lévesque-Coulombe, École

- Sécondeaire Mitchell Montcalm
- Canadian Club - Joan Thomson Bursary to Jessica Logan, Richmond Regional High School
- Theresa Allore Award to Kristy Bockus, Massey Vanier Regional High School

- Lieutenant Governor of Quebec Youth Award: Benjamin Martin, Polyvalente La Ruche
- Graduating students receiving the Program Achievement Award for the highest academic average in Champlain's pre-university programs were as follows:

- Health Science to Patrick Wang
- Pure and Applied Science to Mathias Michaud
- Computer Science and Mathematics to Samuel Longchamps
- Social Science to Madhiha Taseen
- Creative Arts to Allesia Rocha
- Languages to Mélissa Hamel-Baz
- Fine Arts to Emma Canning
- Liberal Arts to Livia Simard

Program Achievement awards for the highest academic average were received by the following graduates of Champlain's technical programs:

- Special Care Counselling to Anne-Marie Tear
- Computer Information Systems to Alex Cline
- Accounting and Management Technology to Bruce Dallaire

The annual Teacher-of-the-Year award, selected by the student population of the College, was awarded to history professor Jim Slocombe.

Congratulations to all of our graduates and we wish you the best of luck in your future endeavors.

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- Meet faculty and staff
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