



English Parents' Committee Association



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Katherine Korakakis is the President of the English Parents Committee Association (EPCA). In addition to this vital role in the Quebec educational sector, Katherine has spent most of her life working alongside start-ups in various verticals. For 10 years, she was responsible for the development of entrepreneurial initiatives and projects under the Youth Entrepreneurship Challenge, a Youth Secretariat program of the government of Quebec. Katherine is Head of Entrepreneurship at ProMontreal Entrepreneurs (PME), an early stage VC fund that has been around for 20 yrs, and is currently the vice-president of PME MTL Centre-Ouest and on the investment committees of PME MTL Centre and PME MTL Centre-Ouest. Katherine has also authored and co-authored guidebooks on entrepreneurship education and has served on the Boards of numerous corporations.

President's message

Transition to Summer



Dear Parents,

It has been another long year getting through COVID and fighting for the rights of parents and English speaking students and I am really proud of what we have been able to accomplish together again this year. Students have again showed incredible resiliency in the face of a third year in the middle of change and uncertainty and parents have pulled together within their communities to support the educational needs of our children! Way to go!!

Over the past year, EPCA has:

- Created memory aids and tips and tricks for all levels of school to encourage student success;
- Presented webinars for parents on a wide variety of subjects in partnership with the FCPQ;
- Developed tips on advocating for students at schools;
- Worked with the OMETZ Foundation and The Betty and Bernard S. Shapiro Family Lecture Series to present Dr. Eli Lebowitz; and
- Described in detail Individual Education Plans (IEPs), Progress Reports, and Report Cards to help parents.

We have also had to contend with serious bullying issues and provided resources for conflict resolution and combating youth violence; you will find in this issue reminders on Digital Citizenship and resources for your and your children. We also continue to fight for English educational rights when it comes to Bill 96 and the impacts this law will have on our children – especially our most vulnerable students – for many years to come.

But for now, I would like to wish you a summer filled with joy and laughter and rest. I look forward to seeing you all in the fall!

How Parents Can Partner with the School to Ensure their Child's Educational Success

For some parents, involvement entails dropping off or picking up their child from school or inquiring as to whether or not their homework has been completed. This does not imply that these things are bad or harmful. But we also urge for a shared responsibility: Parents and school personnel working together to assist and improve children's learning, development, and health.

In the context of children's education, parental engagement is a wide phrase that encompasses a variety of activities within and outside of school. So, what is the function of parents in education?

Depending on their schedules, parents can assist their children by engaging in school events or responsibilities, advocating for the school, and strengthening their children's academic progress.



Examples of home involvement include

- Helping with homework
- Demonstrating desirable behavior
- Offering continuous encouragement
- Monitoring completion of homework
- Creating a study space and time
- Learning together
- Reading to and with your children

Parents can increase their involvement in their child's school by

- Interacting with teachers
- Participating in school activities
- Being present at parent-teacher conferences
- Contributing to the administration of a school governing board
- Joining a parent group
- Continuing to communicate

How Parents Can Partner with the School to Ensure their Child's Educational Success

cont.



Parental participation is not limited to a signature on a report card or field trip form. When instructors and parents understand their joint responsibility for a child's education, true partnership is fostered.

This collaboration is enhanced not just when parents attend school meetings and activities and assist in classrooms, but also when they prioritize their child's educational aspirations at home. This may involve examining the student's work, knowing what is expected of their child, and assisting their child's classroom learning at home.

Educators may contribute to this partnership by being receptive to parental feedback and collaboration throughout the school year, and by viewing parents as vital advisers for the development of their child. Communication in both directions is vital for establishing good home-school ties.

Clearly, parental participation in a child's education is beneficial; however, not all schools provide an atmosphere that fosters high-quality, high-impact parent involvement. Sometimes it is the responsibility of both parents and community members to establish this atmosphere. While most public schools proactively encourage parental involvement, parents must occasionally take the initiative. Parent involvement in education can take many forms. Sometimes it takes place with teachers in the classroom and sometimes it takes place out of school and in the home.

How Parents Can Partner with the School to Ensure their Child's Educational Success

cont.

Consider the following parent engagement strategies that teachers and administrators can implement to turn participation into parent partnerships:

- Give parents your contact information and get to know them early in the school year. Thus, people will feel comfortable contacting you when they have questions.
- Provide parents with chances to connect with the school. Volunteer shifts, classroom activities, and parent-teacher committees are all excellent options for participation.
- Share your classroom objectives or expectations with parents and request that they do the same.
- Connect with parents as frequently as feasible in person or virtually. Use emails, messages, or applications to inform parents about impending class events.
- Address frequent obstacles to parental involvement, such as schedule issues and intimidating atmosphere.

Parental involvement in education is key to successful outcomes

While teachers play a huge role in the social and academic development of children, studies have overwhelmingly shown just how powerful parental involvement in education is — at school, but especially at home. Parents want what's best for their children.

And by getting more involved in their education, parents can directly impact their child's success in school and beyond. Our parent workshops that took place at the province wide training session looked at the place parents have in the school system and how to make easier to participate in governance and school life in general. We looked at resource to help increase bilingualism in children as well as concrete action we can take to move to a more accepting and inclusive school environment by moving away from color blindness.



Digital Citizenship

DIGITAL CITIZENSHIP GUIDE

PRACTICING SAFE, RESPONSIBLE, AND LEGAL USE OF TECHNOLOGY



DIGITAL COMMERCE

Be respectful and always have permission before you hit "buy."



DIGITAL DOWNTIME

Remember to digitally disconnect and spend time with others.



DIGITAL ETIQUETTE

Apply real world behavioral standards to the digital world.



DIGITAL HEALTH

Know when to stay connected and when to turn off devices.



DIGITAL INTEGRITY

Examine the source of online information to determine credibility.



DIGITAL LITERACY

Avoid suspicious emails, websites, and online advertisements.



DIGITAL PRIVACY

Review privacy settings. Know what to share and with whom.



DIGITAL RESPONSIBILITY

Report problems, abusive behavior, and inappropriate images or content.



DIGITAL SECURITY

Make passwords easy to remember, but hard to guess.



SOURCE: <https://safesitter.org/digital-citizenship/>



Parent Resources



Bullying Resources:

- [Info-Social 811](#)
- Your [CLSC](#)
- [Ligne Aide Abus Aînés](#) or 1-888-489-2287
- [Tel-jeunes](#) or 1-800-263-2266 - Helpline for young people 5-20
- [Sport'Aide](#) or 1-833-211-2433
- [Interligne](#) or 1-888-505-1010
- [Cybertip.ca](#) - Canada's tipline to report the online sexual exploitation of children.
- [NeedHelpNow.ca](#) - Canadian Centre for Child Protection



Cyber-Bullying Resources:

- [CyberTip.ca](#)
- [NeedHelpNow.ca](#)
- [Cyberbullying](#) (SPVM)
- [Tel-Jeunes](#)
- [The Sûreté du Québec-Cybercriminalité](#) (French only)

Other Resources:

[ReadyforHighSchool](#) is a website for grade 6 and secondary 1 students and their parents that let them explore the new realities of being a high school student through games and advice.

[LigneParents](#) (1-800-361-5085 in French only) provides personalized support for parents of children aged 0 to 20 years. Trained staff are available to answer your questions and help you resolve crisis situations, free of charge, available 24/7.

[Kids Help Phone](#) (1-800-668-6868) is a Telephone, Internet, and text-message service to answer the questions and concerns of 5-20-year-olds, free of charge, available 24/7.

IT'S SUMMER!

What can we do to help students over the summer? From a teacher's perspective.

The top thing that I suggest for helping to prepare students for the start of the new school year is reading... reading... reading! We know that there is a bit of a lag or loss over the summer with respect to learning. This is fine, particularly if it is a result of an increase in family time. But I do suggest that the students keep up with English and French reading for 15-20 three or more times a week. Consistency is key! I also recommend that this reading time be comprised of reading aloud to parents (in addition to any quiet reading time alone for the children).

I also recommend that parents take cues from assessments or feedback provided by teachers for areas on which to focus for other activities throughout the summer, time permitting. For instance, parents can use academic books or other resources to provide continued support for areas of concern or improvement. Parents can also ask teachers before the start of the summer break for specific focus areas or reach out to other parents or school staff for new ideas and suggestions for other material.

BUT!!! Only a portion of the summertime should be spent on school-type activities! Kids also need a break in the summer to rest their brain, get ready for a new school year, and just be kids.



BUT... KIDS NEED TO BE KIDS!!

Our children are in school for 10 months so the summer months should be a break from school. Continue daily reading, but if possible refrain from bombarding them with tutoring, summer school, academic camps, etc. Having time off, **a real vacation**, is important every year but especially this year with everything that our children have been through. Focus on family time and outdoor activities like picnics, bike rides, hikes, playing sports... whatever your family likes to do together!

EPCA MISSION STATEMENT

The English Parents' Committee Association (EPCA) is a coalition of parents' committees of Quebec's English-language public school boards, representing more than 100,00 students in the youth sector.

EPCA advocates for a strong and sustainable English-language public education system to ensure the best possible educational outcomes for our children, while respecting the culture and language of anglophone Quebecers.

To do so, EPCA seeks to engage and motivate parents across Quebec to contribute to strong, representative and effective parent governance, to foster positive relationships with stakeholders across the educational spectrum, and to provide guidance and support to all member organizations.

What would you like to see in
our upcoming editions?

[TELL US HERE](#)

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EPCA STRATEGIC PILLARS

INFORM

Using all communications tools at our disposal, offer up-to-date information on public education initiatives, parent governance interests, best practices and issues management to ensure a healthy, well-engaged anglophone parent community.

CONSULT

Ensure strong, high-quality and consistent feedback mechanisms with members and partners across the English-language public school network through both electronic and in-person methods.

SUPPORT

Provide training and professional development at all levels of parent governance, optimize the sharing of best practices and provide multiple support services for parent committees, governing boards and parent delegates in need.

ADVOCATE

Push for appropriate policy change and improvement through enhanced partnerships with like-minded organizations, Government working groups/tasks forces, and related organizations, through well-considered political positions on behalf of English- Language parents committees across Quebec, taking into account regional difference and the urban/rural divide.