



# English Parents' Committee Association



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# President's message

## Helping our kids through the end of the year & summer

Dear parents,

There are only a few weeks left until the end of the school year, and we are currently in the home stretch.

The school community has once again been dealing with a challenging year, which has brought everyone, including the parents, together to work through the difficulties. Across the province, thousands of parents are actively involved in education by providing support and encouragement to their children's academic progress and working together with the school. They volunteer, organize fundraising events with the Parent Participation Organization (PPO), serve on Governing Boards (GBs) and Parents' Committees (PCs), they are Parent Commissioners, and they are PRESENT! When we call on them, they show up! When parents voice their opinions or make choices, they do so with the intention of advancing the success and well-being of our students.

We would like to take this opportunity to express our gratitude to all of these parent volunteers who not only impact our school network in a positive way, but also make a significant contribution to the academic success of all of our children. The fact that we are able to achieve such high success rates is due to the fact that all of the stakeholders are working together to ensure the success of our children.

In this newsletter – **which is [EPCA's 30th edition of our Newsletter!](#)** – we will present ways that parents can continue to stay involved – and help their children stay engaged – in the last stages of this school year and throughout the summer. We hope to help to demystify both summer school and school board elections, and provide tips to build confidence, help teens find jobs, and get the most out of the next few months.

We hope you find this information helpful. As always, we love to receive your feedback.

Warm regards,

Katherine Korakakis  
President, English Parents Committee Association



# Demystifying Summer School Programs: A Guide for All Learners – Quebec English Schools

Summer Schools are available to secondary school students who have failed a class or obtained unsatisfactory grades in their core subjects. These summer courses will review material that had been covered in the previous year to make sure the student understands and is ready for the next grade or is eligible for graduation. Students will write MEQ exams where applicable. Registration will be in JUNE – check with your school board (links below).

Summer school can be a valuable tool for all students, both neurotypical and neurodivergent, to explore new things, catch up on a subject, or dive deeper into a favourite topic! It offers a flexible and supportive environment outside the regular school year.



## Who is Summer School For?

- Students who need to remediate a failed course can use summer school to recover credits and avoid delays in their academic progress.
- Students who want to get ahead can take courses during the summer to lighten their workload during the regular school year. This can be particularly beneficial for students planning to take challenging courses or participate in extracurricular activities.
- Students who are curious about a subject not offered during the regular school year can use summer school to explore new areas of interest.

Summer classes usually feature multidisciplinary teams, low student-to-teacher ratios, and activities designed to cater to the unique needs of each child, therefore could be a good resource for students with special needs as well.

## Different Types of Summer School Programs in Quebec

- **Recovery Courses:** These courses focus on the core curriculum of a failed subject, allowing students to retake exams and assignments to earn credits.
- **Discovery Courses:** These courses delve deeper into existing subjects or introduce students to new ones, providing an opportunity to broaden their knowledge and skills.
- **Online Courses:** Some schools offer online summer school options, giving students more flexibility in terms of scheduling and location.

# Demystifying Summer School Programs:

cont.

## Summer Schools in Quebec – Different School Boards:

- Lester B Pearson School Board, English Montreal School Board, Sir-Wilfrid-Laurier School Board, and Western Quebec School Board offer summer school programs themselves – Information can be found at the following links:
  - <https://www.lbpsb.qc.ca/lbpsb-summer-program-2024/>
  - <https://www.emsb.qc.ca/emsb/schools/summerschool>
  - <https://www.swlauriersb.qc.ca/en/schools/summer-school/> (still not updated for 2024)
  - <https://westernquebec.ca/services/summer-school/>
- The Central Quebec School Board, Eastern Shores School Board, Eastern Townships School Board, Littoral School Board, New Frontiers School Board, and Riverside School Board are offering online summer classes in partnership with LEARN Quebec. Classes are interactive and facilitated by certified subject teachers. The model provides flexibility and the freedom to learn from anywhere. Information can be found at:
  - <https://students.learnquebec.ca/#virtual-summer-school>

## Extra Support for Everyone:

- **Neurotypical Learners:** Summer school can be a great way to stay engaged with learning and explore interests outside the regular school year. Many courses cater to a variety of learning styles.
- **Neurodivergent Learners:** Let your teacher or specialist know if you have any specific learning needs or preferences. Summer school can provide a more relaxed environment with smaller class sizes and dedicated support staff to help you succeed.

Summer schools also can help boost confidence by helping students understand a subject better and explore new interests by offering exciting courses that might not be available in regular classes, such as coding, music production, or creative writing. Students with all potentials can learn at their pace since the classes are often smaller and have extra time for individual support for a great summer experience.

## Ministry requirements for graduation:

Students must accumulate 54 credits, 20 of which must be at the Secondary V level. The compulsory credits are:

- Secondary 4/Grade 10 Mathematics (4 credits or 6 credits)
- Secondary 4/Grade 10 Science and Technology (4 credits) or Applied Science and Technology (6 credits)
- Secondary 4/Grade 10 History of Quebec and Canada (4 credits)
- Secondary 4/Grade 10 Arts Education (2 credits)
- Secondary 5/Grade 11 English (6 credits)
- Secondary 5/Grade 11 French (4 credits)
- Secondary 5/Grade 11 Ethics and Religious Culture or Physical Education and Health (2 credits)



# Parent Tips For Keeping Your Children Engaged this Summer

Like most parents, you are probably excited that the school year is coming to an end. But what then? How do you keep your child engaged in learning to keep their minds going even throughout the summer? EPCA is happy to share some ideas that you can do with your family this summer that are full of fun and continue the learning theme.

One great way to keep organized, which also takes away some of the overindulging in screen time and reduces the boredom, is to create a summer schedule. Be sure to include a mix of learning opportunities, fun activities, and downtime. Reading a book, magazine, or newspaper can be a nice way to spend your down time.

While many parents do not have the option to be off for the summer with their kids, there are other options to keep their children engaged as well. One such option is summer camp. Children under the age of 12 can attend summer camp, and there are a huge variety of camps. Everything from equestrian summer camp to art camp, science camp, band camp, and even camps for kids that like to code or play video games. And as they age out of camp, it might be worthwhile to encourage them to volunteer as a camp counsellor.



For older kids, they can perhaps give their room a makeover, organize safe events, help with the shopping to learn responsible financial spending, take a summer course, or even take an online college campus tour to help them get a head start on exploring campuses. That's if they are not already planning to get a job. See our section "How to Help your Teen Find a Job this Summer" for more ideas on that.

You can also start a summer reading challenge! Before the start of summer, you can draft a summer reading list. This list doesn't have to be set in stone. In fact, it is a good idea to leave it flexible because as you go through the summer, you may want to find other books of interest that you never thought of. You can even set milestone goals with outings for rewards for each number of books either your child reads or you as a family read together. For example, the person who reads the most books in a specific time frame gets to pick the place to eat. Or maybe they prefer to cook at home. Either way, it is their choice. A summer reading challenge is also a fantastic way to encourage your child to learn and grow.

# Parent Tips For Keeping Your Children Engaged this Summer

cont.

Another great activity is planning a camping trip. There is no better way to learn about nature than to spend the night in it. You don't even have to travel far to do that. A cost-effective and simple way to go camping is to set up a tent right in your backyard! You can create the scene there just as effectively as you would in the forest. Remember to bring your essentials like water, bug spray, and a flashlight. The mosquitoes here in Quebec are intense and if your skin is not protected you might spend the following days nursing insect bites. That's no fun at all.

And finally, if you do intend to travel and explore, EPCA has provided below links to a few activities that offer a blend of fun and educational experiences for the whole family to enjoy during the summer in Quebec:

- [Quebec City](#)
- [Montmorency Falls](#)
- [Quebec Aquarium](#)
- [Plains of Abraham](#)
- [The Montreal Science Centre](#)
- [Montreal Biodome](#)
- [Vieux Porte Montreal](#)
- [The Museum of Civilization Quebec City](#)
- [Parc Omega](#)



These are just a few to name. Not to be missed are tons of other budget friendly learning activities that you can do locally such as the Parc Des Iles de Boucherville, hiking through Mont St. Bruno, visiting the first Aboriginal Museums like the Musee des Abenakis, and interpretation sites like Centre d'interpretation du site archéologique Droulers-Tsiionhiakwatha, and more. Many of these can be found with discount pricing via [SÉPAQ](#). Be sure to sign up there as well.

We hope that these points give you some great ideas for things you can do to keep your kids engaged no matter what age they are.



# How to Help your Teen Find a Job this Summer

With summer quickly approaching, and teenagers in the home, you may be thinking it is time to start preparing your child for entering the work world. Whether it be to help them build better self-confidence, gain practical experience, improve their time management skills, or maybe just to earn a little side money to put towards a goal they have in mind, a job may be a good idea for your teen.

Here are some practical steps that you can take to help prepare your child for a summer job, internship, or volunteering position. Keep in mind every child is different and this is not a one size fits all approach.

## 1. Job Search and Resources

You want to give it an early start by encouraging your child to start looking for opportunities that interest them. This will give them plenty of time to search and apply for those positions that interest them. They can use these resources on their job search:

- **Online Job Portals:** Encourage your teen to explore job portals such as Indeed, Job Bank, and Youth Employment Services (YES). These websites frequently list summer job opportunities specifically for students and young people.
- **Local Job Boards:** Check community centers, libraries, and local businesses for job postings. Websites like Emploi Québec offer regional job listings.

## 2. Networking

- **Family and Friends:** Leverage personal networks. Inform family, friends, and neighbours that your teen is looking for a summer job. Often, personal recommendations can lead to job opportunities.
- **School Resources:** Schools often have bulletin boards or career centres with job postings. Encourage your teen to talk to their school's guidance counsellor for leads.

## 3. Preparing a Resume and Cover Letter

You can help them with preparing their resume and cover letter. There are loads of helpful resume builder templates available online to help your child get started. Don't be afraid to help, but also make sure to give them the space to give it a go themselves.

- **Resume Workshops:** Many community centres and libraries offer free workshops to help teens create resumes and cover letters. Websites like Youth.gc.ca provide templates and tips.
- **Professional Appearance:** Emphasize the importance of a neat and professional resume. If needed, help them format and proofread it.
- **Resume Help:** You can get help with employment and building resumes [here](#).



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# How to Help your Teen Find a Job this Summer

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## 4. Job Fairs and Hiring Events

Attending Job fairs and hiring events is another great way to get involved in proactive job search with your child.

- **Attend Job Fairs:** Many communities and organizations hold job fairs, especially geared towards summer employment. Check out events by organizations like YES Montreal.
- **Company Hiring Events:** Some larger companies, such as retail chains and amusement parks, host specific hiring events for summer positions.

## 5. Volunteering

Volunteering is a great way to gain experience. If paid positions are scarce, consider volunteering. This can provide valuable experience, networking opportunities, and potentially lead to paid positions in the future. Websites like [Volunteer Canada](#) list volunteer opportunities.

## 6. Government Programs

- **Student Employment Programs:** The Quebec government offers programs like the Student Employment Program (SEP), which connects students with employers for summer jobs. Link: <https://www.quebec.ca/en/employment/find-job-internship/student-jobs-internships/student-employment>
- **Canada Summer Jobs Program:** This federal initiative funds non-profits, public sector employers, and small businesses to create summer job opportunities for young people aged 15 to 30. Link: <https://www.jobbank.gc.ca/youth>

## 7. Local Businesses

- **Walk-In Applications:** Encourage your teen to visit local businesses like cafes, stores, and restaurants to inquire about summer positions. Having a stack of resumes ready for drop-off can be useful.
- **Follow-Up:** Teach them the importance of following up after submitting an application, either by email or a phone call, to show their interest and enthusiasm





# How to Help your Teen Find a Job this Summer

cont.

## 8. Soft Skills

Emphasize the importance of punctuality, professionalism, and communication skills, which are crucial for securing and retaining a job. You can help your child by giving them opportunities to develop some key skills which include everyday routine tasks that will help them to relate to the potential position. These include communication skills - let them handle the exchange at the pharmacy to familiarize themselves with what kind of brief conversations they can expect. For time management, let them plan the amount of time it will take to prepare dinner, set the table, and clean up afterwards in a way that would fit within the restaurant industry standards expectations. As for problem-solving skills, you can give them real life situations where you have to be at a certain place at a certain time but do not have a ride, what's the best way to get there? These self development skills are sure to help jumpstart their confidence that they can handle their entry into a summer job.

## 9. Research

By having your child research the position they are interested in, including the organization and the specific job responsibilities, they will understand what is expected of them and what they can expect to gain from the experience.

## 10. Interview Prep

You want your child to feel confident in what they are applying for; therefore, maybe offer to do a few practice interview sessions. If you help them practice their interview skills, including doing mock interviews, reviewing common interview questions, and helping them prepare their responses, you can be sure that they will feel that much more confident in the real event, giving them a better chance and landing the job.

## 11. Legal Considerations

Ensure your teen is aware of any legal requirements, such as work permits for minors. In Quebec, teens under 16 typically need parental consent to work.

## Summary

Make sure to emphasize responsibility and accountability. Help your child understand that their actions and behavior will impact their reputation and the success of the organization. Encourage them to take ownership of their work and to always strive to do their best.

Above all things, remind your child that although getting a job or an internship means they have to be a bit more responsible, it doesn't mean they cannot have a lot of fun along the way. After all, if you're doing what you love you will never work a day in your life.

# School Board Elections

All adult citizens of Quebec and Canada are placed on a permanent voters' list for all national, provincial and municipal elections. Citizens also hold the right to vote in democratically-elected English school boards in Quebec. In 1998, following the restructuring of the province's education system from denominational to linguistic school boards, two separate voters' lists, one specifically for English school boards was created. At the time, the law stipulated that any parent would automatically be removed from the permanent English voters' list to be placed on the French list as soon as their youngest child graduated from high school. That change could only be reversed if the parent made a written request to Quebec's Chief Electoral Officer.

In 2006, The Quebec English School Boards Association (QESBA) successfully lobbied the Quebec government to have this problem addressed. Now, any parent having a child who graduated after June 2007 will remain on the English voters' list. However, if your youngest child graduated before June 2007, your name, has by default, been placed on the French voters' list.

Unfortunately, the change does not help citizens who are about to attain the right to vote. A child who graduates from the English system, once he turns 18 and thus acquires the right to vote, will automatically be placed on the French voters' list for school board elections.

## **How can I have my name (or my adult child's name) entered on the English voters' list?**

You can contact your local English school board for more information, or The Chief Electoral Officer of Quebec at: [info@electionsquebec.qc.ca](mailto:info@electionsquebec.qc.ca) or 418-528-0422 or 1 888 ÉLECTION (1 888 353-2846). Fax number is 418-643-7291 or 1-866-225-4095 (toll free/sans frais). The mailing address is:

Édifice René-Lévesque  
3460, rue de La Pérade  
Québec (Québec)  
G1X 3Y5

## **What is the procedure to be followed?**

Obtain a registration form from the Chief Electoral Officer ([www.dgeq.qc.ca](http://www.dgeq.qc.ca)) or your local school board.

**OR**

You can also register on the English list during the electoral period every four years when a Board of Revision is in place, assigned by the school board Returning Officer. For location, dates and times, please contact your local school board.



# School Board Elections

cont.

After careful analysis, the Quebec English School Boards Association has found that 15 to 20 per cent of former English school board voters are now on the French voters' list. That does not include further losses as graduating English students are automatically placed on the French voters' list. It is important to the future of our democratically elected English public school system that these losses be recovered.

**Please exercise your choice to be included on the English voters' list.** You can, at any time, be placed on the English voters' list outside the electoral period by calling your local school board or the Chief Electoral Officer of Quebec. Specific information by School Board as well as general Ministry information can be found in the links provided below.

**Lester B. Pearson School Board (514) 422-3000**  
<https://www.lbpsb.qc.ca/council-of-commissioners/school-board-elections-consultations/>

**English Montreal School Board (514) 483-7200**  
<https://www.emsb.qc.ca/emsb/about/governance/elections/voting-rights>

**New Frontiers School Board (450) 691-1440**  
<https://www.nfsb.qc.ca/elections/>

**Western Québec School Board (819) 684-2336**  
<https://westernquebec.ca/about/governance/#board-elections>

**Riverside School Board (450) 672-4010**  
<https://www.rsb.qc.ca/school-elections-2024/>

**Sir Wilfrid Laurier School Board (450) 621-5600**  
<https://www.swlauriersb.qc.ca/en/governance/elections/>

**Central Québec School Board (418) 688-8730**  
<https://www.cqsb.qc.ca/en/>

**Eastern Shores School Board (418) 752-2247**  
<https://www.essb.qc.ca/our-organization/governance/>

**Eastern Townships School Board (819) 868-3100**  
<http://www.etsb.qc.ca/>

<https://www.education.gouv.qc.ca/en/contenus-communs/parents-and-guardians/school-board-elections>

## SCHOOL BOARD ELECTIONS CONFERENCE

2024 is an election year. On Sunday, November 3rd, English-speaking Quebecers are heading to the polls to elect commissioners in each of our nine school boards. We need talented candidates to spark a lively and necessary debate. That is why QESBA is hosting an election readiness conference on the evening of **Tuesday, June 4th** at the offices of the English Montreal School Board at 6000 Fielding Avenue. Lunch will be available at 6:00 p.m. and the event will start at 7:00 p.m.

The program will address the following topics:

- The role and responsibilities of school boards and commissioners
- Getting on the voters list
- How to become a candidate
- The ABCs of running an election campaign

We will be providing more details on the program soon. In the interim we urge you to mark the date in your calendar and to reserve your spot by emailing Suzanne Keough at [skeough@quesba.qc.ca](mailto:skeough@quesba.qc.ca). Please note that if you are unable to attend in person, we will be live streaming the event.

# Preventing Students from Checking Out at the End of the School Year

## - A Grade School Perspective

9 strategies for preventing grade-school students from "checking out" at the end of the school year

By the end of the school year, it is not uncommon for students, especially those with learning and thinking difficulties, to "check out." Because kids frequently confront additional problems in school, they may be stressed and fatigued from the work they've already put in. And, with summer vacation (and a break from homework) approaching, they may become worried, irritated, or both with trying to complete everything that needs to be done before the end of the school year. You can assist children in staying on track with end-of-year homework and assessments. Try these suggestions to keep your students from "checking out."

### 1. Have a consistent nighttime routine.

At the end of the year, there are many events and activities. It might be difficult for children to unwind before bedtime and fall asleep on time. Plan a soothing activity after dinner to help your child unwind. You could, for example, schedule a "campfire" time before bed. Dim the lights, light a candle, and tell a story. You may also spend 20 minutes before bedtime working on a puzzle together. In this way, when it's time for bed, your youngster will be at ease.

### 2. Eat nutritious foods.

End-of-the-year parties and festivities often include a variety of unhealthy meals such as cupcakes and pizza. While it's fine to rejoice and enjoy yourself, try not to overindulge your youngster in junk food all the time. Regular and healthy meals will keep your child powered for those final assessments. Avoid skipping breakfast and stock up on nutritious snacks as well.

### 3. Take a walk outside.

Profit from rising temps. Encourage your child to go for a quick bike ride or walk before beginning homework. Children can even study or complete their homework outside. A change of environment can make learning more enjoyable – and make them more creative. For example, they can practice spelling words on the sidewalk with sidewalk chalk. You may also build up a jumping jacks game to reinforce math facts.

### 4. Make a countdown calendar.

While there are many exciting activities coming up, there are also school obligations. Make a calendar for your child to record end-of-year activities, homework, and tests. Combining celebrations and assignment due



# Preventing Checking Out - A Grade School Perspective

cont.



dates might help students stay focused on both and give them something to look forward to amongst the items that may cause them some anxiety.

## 5. Provide incentives.

Prevent homework blues by incorporating pleasant breaks and rewards into your child's everyday routine. Write a favourite reward next to a project or test that your youngster is dreading. Seeing the prize next to it helps motivate students to complete final assignments and other school obligations.

## 6. Exam preparation.

End-of-year exams start in grade 4 and they also occur in grade 6. These assessments can be intimidating, especially for children who have learning and thinking disabilities. Consult with your child's teacher to learn everything you can about the tests. If your child has an IEP, inquire about the test accommodations. Learn about the test styles, study guides, and how the teacher is assisting students in their preparation. This can assist you in replicating that study prep at home. Also, determine whether your child requires extra assistance at the conclusion of the school year.

## 7. Participate in school activities.

The conclusion of the school year is more than just exhausting for your child. All of the extracurricular activities and homework assistance can wear you down as well. Yet, when parents partake in their children's activities, it can encourage their children to participate as well. You could, for example, volunteer to chaperone a field trip. If that isn't possible, offer to assist with something less time-consuming, such as being on the phone chain to assist with end-of-year planning.

## 8. Increase the size of the cheering section.

When the school year comes to a close, being your child's biggest fan becomes even more vital. It can enhance self-esteem and keep children focused. Keep your compliments specific and honest. Also, praise your child for taking little steps toward finishing tasks. An accomplishments box is an excellent way for children to picture "wins."

## 9. Make time to discuss things together.

Encourage your youngster to tell you about what's going on at school. Ask precise questions that necessitate more than a yes or no response. This can help children remain enthusiastic about their work and other school activities. It also reminds them that you are available to assist them in overcoming obstacles. Make an effort to chat every day and avoid multitasking while chatting. Find strategies to respond with empathy when children are experiencing difficulties.

# Preventing Students from Checking Out at the End of the School Year

## - A High School Perspective

9 strategies for preventing tweens and teens from "checking out" at the conclusion of the school year

During the final weeks of school, it is normal for students to begin to lose interest in their studies. They're ready for summer vacation and have little desire to study! Because of the extra effort required to finish their schoolwork, tweens and teens with learning and thinking differences can burn out and become anxious even faster. Yet, final exams and tasks must be completed. Therefore it is critical to assist them in remaining engaged. Try these suggestions to keep kids engaged as the school year comes to a conclusion.

### 1. Maintain a regular sleep routine.

In the final weeks of school, students frequently stay up late studying for final examinations and completing projects. Yet, lack of sleep can increase stress in children and make them too weary or grumpy to concentrate. To avoid this, make sure they don't put off doing their tasks until the last minute. Help them prioritize what they need to do first so they can go to bed on time.

### 2. Go outside and get some fresh air.

Encourage your children to spend time outside. They will feel more energized as a result of the fresh air. A quiet reading or studying area outside can help to break up a normal homework routine. You can even go for a short bike ride together before doing your homework.

### 3. Make a calendar of requirements.

Assist children in making a calendar of their final assignments. Working backwards from deadlines and seeing the job broken down into manageable bits might enhance their confidence. It can also make the workload appear less intimidating. Then, in one colour, list all of the due dates for all assignments and assessments. Divide the work into smaller steps with timeframes using a different colour.

### 4. Establish attainable objectives.

Once you've planned out the final tasks and assessments, assist your child in establishing clear goals. Be certain that the objectives are attainable. Some students may read for an additional 15 minutes per day to complete a lengthy reading assignment. Perhaps they can make their own study guide for a test in order to prepare for a particularly challenging exam. Make sure to acknowledge their efforts as they strive toward their objectives.



# Preventing Checking Out - A High School Perspective

cont.

## 5. Provide incentives.

Some students require assistance in remaining motivated as they work toward their goals in the last weeks of school. Include prizes into the study schedule and encourage them to take enjoyable breaks. As a reward for finishing the first step of a writing project, schedule a special meal or activity. Plan a movie night as a reward for finishing a difficult project. You can also plan a special celebration at home with friends or a fun outing for the last day of school.

## 6. Focus on the accomplishments.

When children have experienced a rough school year, their self-esteem may have suffered. They may focus on their difficulties and feel like giving up. They may even decide to skip the rest of their tasks and assessments. As the school year comes to a conclusion, it's even more crucial to be your child's cheerleader. Remind children of their own strengths and successes. Additional encouragement can increase confidence and help children stay on track as summer approaches.

## 7. Pay attention to what they don't say.

The end-of-the-year burden can paralyze adolescents and teens. Children may be more reserved and silent than normal. They may avoid seeking advice or assistance. These could be indications that they require your assistance more than ever. Inquire about school, deadlines, and their buddies. Maintain contact with teachers and inquire about what they are observing. Don't take their silence as a sign that everything is going well.



## 8. Keep new activities to a minimum.

It is crucial to strike a healthy balance between academics and extracurricular activities. Yet, with so much extra coursework near the end of the year, it may not be the best time to add a new extracurricular activity as it may jeopardize homework and study time. Instead, focus on what is currently happening and save new items for the upcoming summer break.

## 9. Establish the tone.

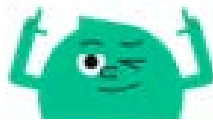
The conclusion of the school year can be exhausting for parents as well. You are likely also looking forward to the calmer pace of summer days. Yet, when parents remain engaged and assist their children in staying on top of end-of-year tasks, it can drive children to do the same. Remember that you are in this with your children and by modelling positivity, you will help your child get through the last stretch in an effective and supportive manner.

# alloprof



## Tips for Building Confidence in Your Children

**Mission:** Alloprof helps students in Quebec to transform academic challenges into successes, thanks to its free, professional, and stimulating services.



As parents, we want our children to believe that they can conquer anything. However, their self-assurance will fluctuate, impacting their abilities across tasks and contexts. Because confidence and motivation are key factors leading to academic success, we want to provide opportunities to empower our children. This article will offer you some helpful tips.

### Think Beyond Academics

Often, nurturing self-confidence begins by embracing new experiences and stepping beyond familiar boundaries. Whether it's joining a soccer team, enrolling in an art class for the first time, or learning to swim, there are many ways kids can be given opportunities to build a sense of achievement and belief in themselves.



Encouraging your child to engage with the community can further foster their confidence outside of academic settings and away from the pressures of tests and exams. Through volunteering, they can discover a sense of purpose and connection within a supportive group, leading to an increase in self-esteem. Additional benefits include linking classroom learning with real-world applications, exploring potential career paths or landing their first job, and developing autonomy and responsibility, all of which contribute to enhancing their self-assurance.

### Revamp the Way You Praise

Acknowledging children for their positive behaviour, accomplishments in tests, progress in specific subjects, or attempting new experiences is crucial. While offering praise is essential, it is beneficial to be specific and explicit in your approval. Rather than a generic "Good job, kid!", opt for meaningful praise such as "I'm so proud of you for completing this assignment on time!" or "Impressive improvement on your math test!" These concrete acknowledgments help celebrate progress, effort, and achievements, regardless of their size.



# alloprof



## Tips for Building Confidence in Your Children

cont.

Another way to boost confidence in children is to teach them the importance of positive self-talk. Help them to recognize and challenge negative thoughts and replace them with more empowering affirmations. Encouraging a growth mindset where your child views challenges as opportunities for growth and learning rather than as failures. This is really important when it comes to academic progress and success. Parents have a role to play to guide their children when they receive a poor grade. By discussing the reasons behind the grade, such as lack of studying or not seeking help from the teacher, children can learn from their mistakes and make improvements for future assessments.

### Focus on Open Communication

To Creating a secure and encouraging setting is essential for nurturing your child's confidence and self-esteem. Build an environment where they feel comfortable to ask for help, where errors are seen as learning opportunities rather than reprimands, and where they can openly discuss their concerns. Encourage open communication by asking questions and practicing active listening, and offer avenues for them to voice their opinions and share their emotions.



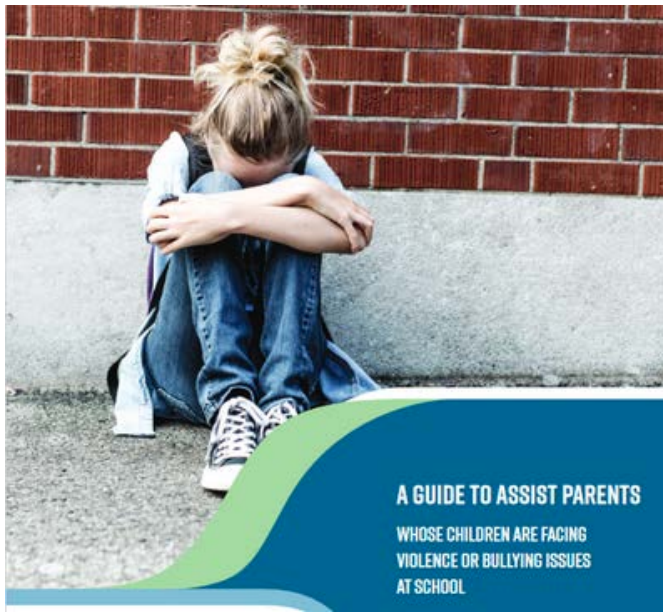
Lead by example too. Show them when you are feeling confident in your abilities, and share about the times when you felt challenged. Describe how you bounced back after these set-backs. By modeling confidence and self-assurance in your own life, you can inspire and empower your child to do the same at home and at school.

Alloprof has two book lists, one for elementary children and one for high schoolers, that focus on self-awareness, developing a positive attitude, and building confidence.

### Confidence in School

At some point during their school journey, all children will struggle with a lack of confidence, which can present itself in various ways. A child may feel a lack of competence, verbalizing thoughts like "I'm not smart" or "I can't do anything right." Some children may be fearful of making mistakes and therefore avoid taking risks or give up easily. Additionally, there are those who compare themselves to others and perceive themselves as less capable. In such situations, it is essential for parents to offer supportive but constructive feedback, remind their child of past achievements, and consider reaching out to the teacher for support.

# Parent Resources



The Quebec Federation of Parents' Committees, with support from various partners - including EPCA's President Katherine Korakakis, has put together a guide to assist parents whose children are facing violence or bullying issues at school - click [here](#).

## Tutoring



## Homework Help



## ENGLISH ELIGIBILITY CERTIFICATES

Explainer: What Quebec parents and students need to know about English eligibility certificates: At this [LINK](#) are details on how to apply for a certificate and who is eligible to attend English schools in Quebec.



UNITED FOR SCHOOL:  
**MY VOICE,  
 OUR IMPACT!**

If you are a teacher, a school non-teaching or administrative staff member, a parent, or a member of community-based organizations, **WE WANT TO HEAR FROM YOU!**

The challenges that schools face are well known. However, no public consultation has ever brought together all the stakeholders in education and explored all of the facets of these challenges. Until now! Here's a unique opportunity for you to share your views and ideas on the subject. Your input will contribute to support the academic success of students and the well-being of the entire school community!

The more people participate, the more the issues deemed a priority and the more the strategies proposed to address these issues will reflect the realities across all the regions of Quebec and the many stakeholders.



## Your Role

### ON A SECURE ONLINE PLATFORM:

**Identify** the most pressing challenges faced by education stakeholders and propose solutions to address these issues. (15 min.)

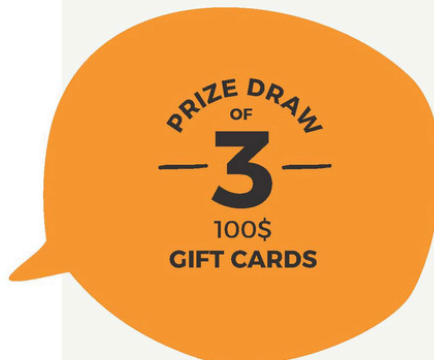
AND/OR 

**Classify** the most popular strategies into groups and identify those with the highest potential for impact (15 min.)



## Expected outcomes

1. An exhaustive list of pressing issues and desired solutions across the province.
2. An inventory of initiatives already being applied to address these challenges.
3. An overview of the leading issues in each region and across stakeholders.



## How to participate to this research project

Go directly to the online consultation platform.



Visit our website for more information and to download material to promote the project at your school, institution, or association.

This project, led by Isabelle Ouellet-Morin and Sylvana Côté, has been approved by the Comité d'éthique de la recherche - Société et culture (CERSC) of the Université de Montréal (no. 2023-4945).



Observatoire pour l'éducation et la santé des enfants

# 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.