



# English Parents' Committee Association



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*Katherine Korakakis is the President of the English Parents Committee Association (EPCA) and Head of Entrepreneurship at ProMontreal Entrepreneurs (PME), an early-stage VC fund. She has spent over a decade fostering entrepreneurial initiatives in Quebec, particularly through the Youth Entrepreneurship Challenge. Katherine also serves as Vice-President of PME MTL Centre-Ouest, participates on key investment committees, and has co-authored guidebooks on entrepreneurship education, contributing her expertise to various corporate boards.*

# President's message

## Rolling into Fall...

Dear parents,

As the school year begins and our children settle into their routines, things are starting to smooth out. We recognize that not every child adjusts easily to new beginnings, but rest assured, we are committed to supporting you. Our goal is to equip parents with the tools and resources you need to advocate for and support your child during this period of transition. If you know of any parents who are new to the education system and need help, feel free to refer them to us.

The EPCA team has been busy over the past few weeks, developing new tools, videos, workshops, and resources to better serve parents. We've also launched the latest edition of the "Ask a President" series, where parents ask questions, and we respond! If you have pressing concerns or topics that keep you up at night, we encourage you to reach out and ask.

Throughout September, schools are holding their Annual General Assemblies (AGAs). If you haven't yet seen it, EPCA offers valuable information in [EPCA's Guides for Parent Governance & Involvement](#). These assemblies are a great way for you to get involved and support your child's education. Don't hesitate to participate!

School board commissioner elections are also approaching on November 3. If you've considered running, there's still time to submit your nomination before the September 29 deadline. It's crucial that parents mobilize and make their voices heard. Encourage your friends and family to get on the voters' list and ensure they vote—your voice matters!

Looking ahead, keep an eye out for two key events: the C.A.R.E. Conference and the Roots & Branches Pearl Lebowitz workshop. Also, in mid-October, there will be a hybrid focus group session with ABEE (Advisory Board on English Education). Be sure to check the details later in this newsletter.

Finally, don't forget to like, follow, and share EPCA's content to stay updated on everything we're working on.

Katherine Korakakis  
President, English Parents' Committee Association



# EPCA Presents... CARE Conference



The graphic features a stylized logo on the left composed of colorful, overlapping shapes in green, yellow, purple, and red, resembling a flame or a flower. To the right of the logo, the word "CARE" is written in large green letters, and "CONFERENCE" is written in purple below it. Above the logo, there are two circular inset images showing groups of people in professional attire looking at documents and a tablet. The word "Program" is written in a purple cursive font above the top-left inset. Below the main text, there are two blue rounded rectangular boxes containing the dates and location: "September 25 & 26, 2024" and "Community + Action + Resolve = Education". At the bottom, two more blue rounded rectangular boxes contain the venue information: "Holiday Inn Centre-Ville" and "999, Saint-Urbain, Mtl."

Program

**CARE**  
**CONFERENCE**

September 25 & 26, 2024  
Community + Action + Resolve = Education

Holiday Inn Centre-Ville  
999, Saint-Urbain, Mtl.

CARE will take place at the Holiday Inn Centre-Ville, 999 rue Saint-Urbain, Montréal

To register:

Contact Suzanne Keough  
by calling  
514-849-5900, ext. 221  
or via email at  
[skeough@gesba.qc.ca](mailto:skeough@gesba.qc.ca)

The aim of the Conference is to strengthen the vital link between the education community and the wider official language minority community and society it serves, share knowledge, and develop innovative ways to make the public English education system more effective. We will be recording all sessions over the two-day conference and will be producing a complete report with recommendations to deposit with the Minister of Education.

The CARE Conference is being developed around five themes:

1. Sustainability
2. Programs/Expertise
3. Strengthening links between the education community and other communities within the English-speaking Community of Quebec
4. Best practices in working cooperatively with government and positively contribute to the development of legislation, regulations, policies and programs.
5. Government support to the English school system in Quebec.

# CARE Conference - You are Invited!

## Why Attend the CARE Conference: A Message from the President of EPCA

As President of the English Parents' Committee Association (EPCA), I am delighted to extend you an invitation to the upcoming CARE Conference. This event has significant implications for the future of our children's education and promises to be a watershed moment. Mark your calendars for September 25 and 26, 2024, because something special is taking place at the Holiday Inn Centre-Ville in Montreal. This conference is not your typical gathering; it is a strong call to action for our community.

## What makes the CARE Conference significant?

The CARE Conference was carefully planned in collaboration with key players in the Quebec education community, including the Quebec English School Boards Association, EPCA, the Quebec Provincial Association of Teachers, and other stakeholders. What is the goal? To strengthen the vital link between our English-speaking community and the broader educational environment in Quebec.

## An Unprecedented Opportunity to Influence What Lies Ahead

This conference aims to address urgent issues in our public English education system. This conference's topics are extremely important to any parent who is concerned about their child's education. These themes directly address educational quality, from sustainability and teacher retention to program enhancement and expertise.

Every session will give you valuable insights and practical solutions that you, as a parent, can share with your school community. These discussions are critical for shaping the recommendations we will make to the Minister of Education. It is critical that parents' voices are heard and considered at the highest levels.

## Importance of Your Participation

We greatly appreciate your participation. Attending the event will help you gain a better understanding of the topics being discussed while also providing a platform for you to share your own experiences and ideas. We value our community's insights and contributions because they will help shape our innovative strategies for the benefit of all of our children.

The conference will also highlight the critical role that our schools play in preserving and promoting our community's language, culture, and identity. Schools play an important role in our communities, serving as more than just places for education. They are the beating heart that keeps traditions alive and fosters social connections. Join a community of like-minded parents, educators, and policymakers who are committed to keeping our schools strong and vibrant.

Email Suzanne Keough to register: [skeough@gesba.qc.ca](mailto:skeough@gesba.qc.ca)

I am excited to meet you at the event!

Katherine Korakakis  
President, English Parents' Committee Association (EPCA)

# EPCA & OMETZ - Pearl Leibovitch Webinar

Ometz presents:  
Pearl Leibovitch Community Webinar

## ROOTS & BRANCHES

cultivating strong sibling bonds from childhood onwards

November 11, 2024 | 7:30 PM - 8:30 PM (on Zoom)



### Why You Can't Miss This:

**Cultivate Lifelong Bonds:** Discover transformative strategies to nurture strong, loving sibling relationships that endure through all stages of life.

**Real-World Solutions:** Get practical tips tailored to your family's needs that you can implement immediately for a more harmonious home.

**For more information and to secure your free spot now: [ometz.ca/roots](https://ometz.ca/roots)**

### There's More!

The Pearl Leibovitch Clinical Day for Professionals will be taking place on November 12th. Visit our website to learn more.

# Cheat Sheet - English CEGEP Open Houses in Quebec

Helping your child plan for their future is a challenge. At EPCA, we thrive to provide information to parents so they can help their children achieve academic educational success, as seamlessly as possible. And by providing this handy cheat sheet, you can be prepared for the upcoming CEGEP open houses across the province. Don't wait until the last minute to register! Getting a feel for the campus, the curriculum, the overall feeling of the school vibe will be essential parts of making sure you pick the best school for your child.

English Language CEGEP Open Houses			
Region	CEGEP	Date and Time	Contact
Capitale-Nationale	<a href="#"><u>Cégep Champlain – Saint-Lawrence</u></a>	Monday, November 4th 2024 -evening	<a href="mailto:welcometoslc@crcmail.net"><u>welcometoslc@crcmail.net</u></a>
Estrie	<a href="#"><u>Champlain College – Lennoxville</u></a>	Saturday, October 5, 2024, 10:00 a.m. to 2:00p.m.	<a href="#"><u>Registration for Open House - required</u></a>
Montréal	<a href="#"><u>Champlain College – Saint-Lambert</u></a>	Sunday November 3, 2024, 1:00p.m. to 4:00 p.m.	<a href="mailto:admissions@crcmail.net"><u>admissions@crcmail.net</u></a> registration not required
Montréal	<a href="#"><u>John Abbott College</u></a>	Saturday, October 19, 2024, 12:00p.m. to 4:00 p.m.	<a href="mailto:admissions@johnabbott.qc.ca"><u>admissions@johnabbott.qc.ca</u></a> registration not required
Montréal	<a href="#"><u>Dawson College</u></a>	Sunday, October 20: Science, Medical Studies and Engineering Sector. and Sunday, October 27: Social Science & Business Technologies and Creative & Applied Arts Sectors.	<a href="https://www.dawsoncollege.qc.ca/open-house"><u>https://www.dawsoncollege.qc.ca/open-house</u></a> Sign up to receive scheduled info sessions, the floor plan and important admissions information.
Montréal	<a href="#"><u>Vanier College</u></a>	Saturday, November 2, 2024, 12:00 p.m. to 4:00 p.m.	<a href="https://www.vaniercollege.qc.ca/open-house"><u>https://www.vaniercollege.qc.ca/open-house</u></a> Registration recommended. Follow link above for more details
Outaouais	<a href="#"><u>Héritage College</u></a>	January 2025 -Plus Heritage day for HS students only – November (date to come)	<a href="https://www.cegep-heritage.qc.ca/future-students/visit"><u>https://www.cegep-heritage.qc.ca/future-students/visit</u></a> Follow the page for updates and the official dates.

# Student Routines & Using an Agenda

Another summer has come and gone, and we embark on a new school year. Where summer offered the opportunity for late nights and lazy days, school gives us the opportunity to move into our fall routines. Regular bedtimes, regular homework times, regular mealtimes, and regular relaxation times all add to a stable atmosphere in the home. Routines are important for children as they lend consistency to busy days and give us all signposts around which we can organize our many school, family, and extracurricular activities.

An important way to help your children manage the many demands placed on them is by using an agenda. Agendas are a fundamental tool for your child to be able to organize all their school and extracurricular obligations. Being able to see how due dates of assignments are staggered or when they conflict gives your child the opportunity to plan how they will tackle their work alongside their many other obligations. The weekly view and the monthly view complement each other to give the student the opportunity to plan for the work that is needed to be done alongside all the other engagements they have. With an agenda it is easy to visualize bottlenecks and to be proactive in completing work on time and without the unnecessary stress of last-minute cramming.

If your child does not already use an agenda, please consider how having all their responsibilities chronicled and organized by date can help them prioritize their tasks. A properly used agenda will relieve a lot of the stress caused by homework, assignments, and your child's other obligations. Getting your child an agenda and helping them use it is an easy way to help them manage their demanding schedules and reduce unnecessary stress due to a lack of planning and organization.

Using an agenda - in conjunction with regular routines in the home - will help your children deal with the many different challenges that will come their way this school year. You will be in a great position to offer your kids stability and predictability for a new school year.



# alloprof



## Tips and Tricks for Stress-Free Homework and Lesson Review

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



School has started, which means homework and lesson review has started! Does your child dread having to review lesson material after finishing their homework? Wish you could make this time at home more enjoyable? At Alloprof, we've got a few tips for you to try.

The key thing to remember is that homework and lesson review are two separate activities, though both are important to do well in school. Homework refers to written exercises that help students put what they've learned into practice. Lesson review is where students study new concepts and learn them by heart, an exercise that requires using their memory. Assigned reading falls into this category.

### What are the Benefits of Homework and Lesson Reviews?

For your child, it can help consolidate learning and develop a work method, and also fostering autonomy. For you, as a parent, it helps you see your child's efforts and progress at school, but also it can help pinpoint areas of difficulty. Your child is ultimately responsible for their own learning, but you still have a crucial role to play. Your encouragement and participation are important sources of motivation.

### A Few Fun Tips and Tricks!

The more fun your child has when reviewing lesson material, the more productive their review sessions will be. If they lack interest and motivation, they likely won't retain much information. That's why you should try to find an effective review method that's creative, stimulating, and tailored to your child.

For some, it can be to write vocabulary words on a whiteboard or window or trace them on a flour-covered surface or using fridge magnetic letters. For math, you can try to throw dice and add, subtract, multiply, or divide the numbers or use Alloprof's new interactive game Speedy Rabbit. On a computer or using the app, it's a super fun way to practise multiplication, division, addition, and subtraction to become a math pro! Your child can personalize their learning experience by choosing the tables they want to practise, the type of operation, and their grade level.



# alloprof



## Stress-Free Homework and Lesson Review

cont.

For the fidgety child who can't stay put, there are many strategies that can help make homework time a little easier. You could walk around the kitchen table while reciting verbs, take one step forward with every right answer until they reach the other side of the room or act out the story they're reading using only their hands. Handling an object (e.g., ball, paper clip) while reciting their times tables can also help concentrate.

For the more creative ones, you could write songs about lesson topics to remember everything, clap out rhythms when memorizing grammar rules, times tables, etc. or even perform dramatic readings of lesson material for friends and family. Everything is possible, the only limit is your imagination!

### How Much Time Should we Spend on Homework?

The right amount of time to spend on homework and lesson review depends on a child's needs and abilities, but it can also vary according to their personality, teacher, and environment. In elementary school, the appropriate amount is generally 10 to 30 minutes a day, one to four times a week. This will gradually increase throughout high school and university.

### Let's Get Started!

If you wish you had a visual tool to help them stay organized, Alloprof has just what you need. Print the poster [My Elementary School](#) or [My High School](#) Homework Routine. This customizable poster is designed to display your child's homework routine in a fun, easy-to-read format.

Want more ideas on solving homework time? [Take a look at Alloprof's topic](#) for other articles and printable tools!



# 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.

# 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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(514) 778-3722 - [epcaquebec.org](http://epcaquebec.org) - [president@epcaquebec.org](mailto:president@epcaquebec.org)

# 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.