



English Parents' Committee Association



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PARENT RESOURCES



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

Parent-Teacher Meetings & Engagement with Schools

Dear parents,

Parent-teacher meetings can sometimes feel overwhelming; with a bit of preparation, you can approach them with confidence. Here are four key tips to keep in mind:

1. Preparation is Key: Review your child's schoolwork ahead of time and jot down questions you'd like to ask.
2. Speak Up: If you've noticed your child struggling in any area, bring it up. Your perspective is invaluable.
3. Discuss Learning Differences: If you suspect any potential learning differences, consider talking with your child's teacher about an evaluation. Early intervention can have a significant impact.
4. View the Meeting as a Partnership: Remember, you and the teacher are working together to support your child's academic success.

To make these meetings as effective as possible, EPCA has developed a set of tools specifically designed to help parents engage in meaningful conversations with teachers, formulate thoughtful questions, and set clear goals. These resources, including checklists and meeting tips, are available in this newsletter to ensure you feel fully equipped to build a positive working relationship with your child's educators.

Recent events have highlighted the importance of maintaining open, two-way communication between home and school. This shared responsibility relies on parents actively participating in school activities, attending meetings, and openly sharing relevant information about their children. Building trust during positive times creates a strong foundation, making it much easier to navigate challenges when they arise. In unfortunate circumstances when challenges do arise, there are steps that parents can take – I refer you to two places to make sure you know about our complaints system: The [National Student Ombudsman website](#) and a recent [blog post by EPCA](#) on the subject. Finally, understanding the school's complaints procedure is essential. While schools are responsible for informing parents about this process, it's also important for us as parents to be familiar with it and to know whom to contact should any concerns arise.

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Warm regards,

Katherine Korakakis, President, English Parents' Committee Association

School Report Cards

Any time that student progress is judged – whether it be Report Cards, or even during regular class time when kids are doing regular work and taking tests and exams – can evoke a multitude of feelings in your child. While some children can find these events exciting and motivating, it can prove to be quite stressful for others. Whether report card time resonates well with your child or not, there are a number of strategies for your consideration to help you to support them and make of report card time a positive, constructive experience.

Remember:

- Academic performance is not a reflection of your parenting skills, or their value as a student.
- Focus on the effort they are putting in, study strategies they are using and their progress relative to last term.
- Take a step back to look at their work from a bigger perspective, including the broader results they have achieved.



Set the Stage for Conversations

- Pick a comfortable place to discuss where you can be relaxed and ensure no distractions.
- Try to ensure that the mood is positive or at least neutral.
- Instead of commenting on their grades, focus on their experience. How do they feel about their efforts and their commitment to schoolwork?
- Get them to talk about their strengths, the progress they have made, and their study strategies. Show an interest in the things that your child finds rewarding and have them expand their thoughts.
- Invite them to talk about their study strategies and how they relate to academic achievements.

Connecting the strategies they used, the efforts they made and their progress will help your child feel more confident.

School Report Cards

cont.

Reassure

If your child is not happy with their academic performance, they will need your reassurance.

- Encourage your child to explain their results themselves. Going one step further, ask them to identify things that they can do something about to improve their result such as the amount of effort they are putting in.
- Remind them that we can all improve by trying harder and learning good work strategies. No one is born good or bad at math or music.

Encouraging dialogue with your child and discovering how they see themselves gives them a chance to do their own self-assessment. They may even wish to identify actions for the next step.

This is an excellent opportunity for your child to develop autonomy and competence. The key is to be positive, constructive, and open. Express your support and remind them that you are there to help them. Tell them that you believe in them and their ability to make improvements on their own.

It is also a wonderful time to discuss your child's studies and school in general.

Find out what your child's desires, goals and feelings are about school. They should feel comfortable expressing their feeling and thoughts, expression which helps them to learn about themselves and think positively about their future.



Take it one step further

So the report card conversation is over, and further strategies have been identified. As a parent, what else can you do?

Prod to see how they do things. Help them set up their study times. Encourage them to set up a study time and review it each week. Did they follow the routine that they set up for themselves? Was it effective? Do any changes need to be made?

Another way to get involved and help your child is to discuss their work efforts and habits with their teacher. Praise your child for their hard work and accomplishments.

Report Card time can be viewed as an opportunity for your child to build their self-awareness. Rather than give them a reward, help to connect their strengths with progress and celebrate their successes through witnessing how much their efforts have improved their skills.

Difference between IEP Meetings & Parent-Teacher Meetings

If your child has an IEP, it can be confusing to have both an IEP meeting and a parent-teacher meeting. It may feel like both cover the same ground. But the reasons for each meeting aren't the same. The people who come to the meeting are different. And the conversations focus on different aspects of your child's education. Here are the differences between IEP meetings and parent-teacher meeting.

	IEP Meeting	Parent-Teacher Meeting
The purpose	To review, revise, and update your child's IEP.	To discuss your child's academic and social progress in school.
How long	It depends on what's being discussed. A meeting can be 30 minutes, or it can last an hour or more.	Schools typically schedule 10 to 20 minutes for a parent-teacher meetings.
Which students	Students with IEPs, or students being evaluated for special education.	All students.
Who attends	<ul style="list-style-type: none"> Your child's general education teacher(s) A special education teacher or case manager Someone from student services Other service providers who work with your child A professional who can interpret evaluation results (if there are evaluations to discuss) Your child, depending on age and whether you want your child to attend. Together, this is the IEP team.	<p>You and your child's teacher will attend the parent-teacher meeting. A second teacher or administrator may also be there.</p> <p>Some schools are also moving toward student-led meetings. So your child might attend with you. Depending on what's being discussed, your child might attend all or part of the meeting.</p>
When they happen	Provincial law requires schools to hold annual IEP meetings. But you can request an IEP meeting at any time. The special education teacher or IEP case manager can also ask for one.	Typically, schools offer one parent-teacher meeting in the fall and another in the spring. In some schools, it's held at the same time as an IEP meeting for students with IEPs. However, you can ask for a meeting with the teacher at any time. It's important to do this if you have concerns about your child, or if you need to talk through any specific issues. Parent-teacher meetings occur until the end of high school.
What's discussed	<p>It depends on the purpose of the IEP meeting. For example, if your child isn't making progress toward IEP goals as expected, you'll talk about why. You'll also talk about what needs to be changed. If your child has recently been evaluated, the team will talk about the results and recommendations.</p> <p>At the annual IEP meeting, the team will talk about how much progress your child made over the last year. You'll also discuss how IEP goals, services, and supports should be adjusted for next year.</p>	<p>Many parent-teacher meetings follow a set agenda. The teacher provides basic information about test scores and shares work samples. Then, the teacher talks through observations about your child's academics and social life with peers.</p> <p>It can be helpful to use a parent-teacher worksheet to make sure you cover any questions you may have. You can even email your concerns ahead of time. This is important since time may be limited.</p>

Parent-Teacher Interviews

Preparing for Successful Parent-Teacher Interviews

Parent-teacher interviews can feel intense for many parents. With just 10 to 15 minutes to discuss a range of topics, it's important to make every moment count. The key to maximizing this time?

Preparation and clear communication

We are diving into effective strategies for a successful parent-teacher interviews that benefits everyone—most importantly, your child.

Step 1: Do Your Homework

Before the interviews, review your child's recent grades and look over their schoolwork. Look for signs that might indicate your child's learning approach, such as low-effort work, signs of frustration, or a tendency to avoid tasks. These observations will give you specific areas to discuss and will help you understand your child's learning behaviour better.



If the interviews will be remote, make sure your technology is ready. Check your device, update your software, and ensure you have a quiet space where you can focus without interruptions.

Step 2: Coordinate with Your Co-Parent

If you have a parenting partner, align on priorities beforehand, even if you parent from separate households. Discussing key points ahead of time allows you to present a united front, keeps the meeting focused, and avoids surprises during the conversation.

Step 3: Communicate with the Teacher in Advance

If possible, send a brief outline of topics you want to cover. This can help both you and the teacher stay on track within the limited time frame. Remember, teachers also have points they want to share, so focus your list on what's most important.

Preparing for Successful Parent-Teacher Interviews

cont.

It's also helpful to have an open conversation with your child beforehand. For older children, ask if there's anything they'd like you to mention. For younger children, explain that the interviews are to support their learning journey.

Step 4: Prepare Emotionally

It's natural to feel emotional during an interview. Some parents might feel tearful or frustrated, and that's okay. Mentally prepare yourself by imagining different scenarios. If emotions run high during the meeting, don't hesitate to take a moment to gather your thoughts. Remember, a calm response is more productive.

Step 5: Collaborate on Solutions

Use this time to ask the teacher how you can support their efforts at home and inquire about the best methods of communication for follow-up questions. A short, concise email is often the best way to get a quick reply, as teachers are more likely to respond to a brief note than a lengthy message.

If you learn about challenges, give the teacher time to think about strategies rather than pressing for an immediate solution. Showing empathy for the teacher's workload can help build a stronger, more collaborative relationship.

Step 6: Special Considerations for Neurodivergent Children

For parents of neurodivergent children, an interview is an excellent opportunity to share insights about your child's learning needs. Consider creating a brief document outlining ways the teacher can best support your child, like whether they respond well to written instructions or need a structured workspace. Small adjustments can make a big difference.

Let the teacher know you understand that not all strategies will work in a classroom setting. Acknowledging this can foster a constructive conversation about realistic approaches that will benefit your child.



After the interviews

After the meeting, give yourself time to process what was discussed. Rather than reacting immediately, take a moment to calm down if necessary. This will allow for a more thoughtful follow-up, whether that means talking with your child or sending a concise email to the teacher.

By following these steps, you can make the most of your next parent-teacher interviews and contribute positively to your child's educational experience.

Parent-Teacher Interviews

Questions to ask at Parent-Teacher Meetings

Knowing you have to attend parent-teacher meetings may make you apprehensive, intimidated, or upset. You may be unsure of what to anticipate or what is expected of you. Making a list of questions ahead of time can allow you to have a constructive conversation with your child's teachers. The list of questions should be made in order of importance in case you run out of time at the meeting.

Here are some examples of questions that will help you learn more about how your child is doing in school:

- What should my child be able to do this year?
- How will we he or she be evaluated on this?
- What subjects does my child do best and worst in?
- What do these strengths and weaknesses look like?
- How are my child's skills compared to his peers?
- Does my child seem to be having fun at school?
- Have you noticed anything out of the ordinary?
- Does my child turn in their homework on time?
- How good is my child at taking tests?
- Does my child seem to have any test-related anxiety?
- Does my child take part in class activities and discussions?
- What kinds of tests and evaluations will my child have to take this year?
- Has my child missed any classes besides the ones for which they were excused?
- Do you think my child is living up to what he or she could be?
- What can I do at home to help my kid do better in school?



If your child gets special services like gifted programs, special education, English classes, speech or occupational therapy, or help for a learning disability, you can ask how often these services happen and how your child is doing with them.

If you don't understand something, ask someone to explain it to you.

Pay close attention to what the teacher has to say. Don't be afraid to ask for more information if you don't understand something the teacher says, like an educational term or an explanation of a school rule. It's important for you to understand what your child's teacher is telling you.

Again, start the meeting by asking the most important questions because you may run out of time, especially if other parents are waiting to talk to the teacher after you. You can always meet with the teacher again to talk about anything you didn't get the chance to ask during this meeting.

Parent-Teacher Meetings

Subject-specific Guide – English

PARENT-TEACHER MEETING CHECKLIST FOR ENGLISH



Check off the questions you'd like to ask the teacher about how your child is doing in English.

In class Participating

What does my child's success look like to you?

Which skills does my child exhibit to communicate and learn?

How does my child prefer to work during English class? With or without an adult? Alone or with a buddy?

What does my kid do when faced with a challenge in class? Does my child seek assistance?

In class Learning

What techniques can help my child's progress in English class? How can we apply these techniques at home?

Could you give me an example of a required English competency where my child has shown strength ?

Can you give me an example of a English competency with which my child has difficulty?

Is homework handed in on time? Can I look at my child's in class English work?

Helping with Homework

What questions may I ask to clarify an English competency concept when my child is struggling at home?

What resources are there to help with English homework ?

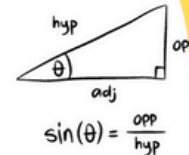
How can I assist my child in becoming more independent when it's homework time ?
What home English reading, writing and comprehension tools should I have at my child's disposal?

What home English tools should I have at my child's disposal?

Parent-Teacher Meetings

Subject-specific Guide – Math

PARENT-TEACHER MEETING CHECKLIST FOR MATH



Check off the questions you'd like to ask the teacher about how your child is doing in math.

In class Participating

How does my child measure success?

How does my kid respond when math concept is difficult to grasp?

How does my child prefer to work during math class? With or without an adult? Alone or with a buddy?

What does my kid do when faced with a challenge in math class? Does my child seek assistance?

In class Learning

What tactics help my child in math class? How can we apply these techniques at home?

Could you give me an example of a math concept that my youngster has mastered?

Can you give me an example of a math concept that my child has difficulty with?

Is homework handed in on time? Can I look at my child's in class math work?

Helping with Homework

What questions may I ask to clarify a math concept when my child is struggling at home?

What resources are there to help with math homework?

How can I assist my child in becoming more independent when it's homework time?

What home math tools should I have at my child's disposal?

Parent-Teacher Meetings

Subject-specific Guide – French

PARENT-TEACHER MEETING CHECKLIST FOR FRENCH

*Bonne
Journée*

Check off the questions you'd like to ask the teacher about how your child is doing in French.

In class Participating

How does my child measure success?

How does my child respond when she doesn't understand what you are telling her?

How does my child prefer to work during French time? With or without an adult? Alone or with a buddy?

What does my child do when faced with a challenge during French time? Does my child seek assistance?

In class Learning

What tactics help my child with French? How can we apply these techniques at home?

Could you give me an example of what my child has mastered in French?

Can you give me an example of what my child has difficulty in French with?

Is homework handed in on time? Can I look at my child's in class French work?

Helping with Homework

What questions may I ask to clarify a French concept when my child is struggling at home?

What resources are there to help with French homework ?

How can I assist my child in becoming more independent when it's homework time ?

What home French tools should I have at my child 's disposal?

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Alloprof Helps You Navigate Report Cards & Parent- Teacher Interviews

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



With report card season around the corner, many parents experience a blend of anticipation and concern. But don't worry! [Alloprof](#) has all the tools you need to confidently navigate report cards and parent-teacher interviews, ensuring you're ready to support your child on their educational journey.

Decoding Report Cards: Making Sense of School Feedback

Report cards can sometimes be puzzling with their mix of grades and comments. It's not just the numbers that count; they reflect your child's overall development and learning journey. [Alloprof Parents](#) offers a comprehensive set of resources to help you decode these documents. Our guides explain how to interpret grades, understand teacher comments, understand the high school credit system, and identify key areas of strength and improvement.



Talking to Your Child About Their Report Card

When discussing your child's report card, make it a two-way conversation. Start by asking your child what they think of their results and what accomplishments they're proud of. A grade that seems concerning at first might actually be a significant improvement.

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Navigate Report Cards & Parent-Teacher Interviews

cont.

When discussing your child's report card with them, consider these tips:

- Be open and attentive: Focus on the positives and acknowledge their efforts.
- Be supportive: Listen to their thoughts on their results.
- Avoid the comparison trap: Remember, every child's journey is unique!

If your child's results are not as positive as hoped, it's important to address them constructively. Use Alloprof's resources to set actionable goals and develop an action plan. By understanding your child's performance better, you can support their educational progress and [set realistic learning goals](#).

Parent-Teacher Interviews: Your Success Game Plan

What if we told you that you could head into a parent-teacher interview fully prepared to collaborate on your child's success? With Alloprof's expert tips, you'll walk in confidently, ready to make the most of the conversation! These meetings are invaluable opportunities to discuss your child's progress, address concerns, and strengthen the [partnership between home and school](#). We'll guide through how to ask meaningful questions, such as: What are my child's strengths and weaknesses? How can we support learning at home? and What skills should we focus on in the coming months? Our insights will help you foster an open dialogue and build a collaborative relationship with your child's teacher, maximizing the benefits of these meetings.

Alloprof: Your Partner in Report Card Success

Alloprof is more than a valuable resource for parents—Alloprof also empowers students with dynamic and engaging resources designed for independent learning. With concept sheets, videos, interactive exercises, and educational games, students can deepen their understanding and reinforce skills while having fun. When it comes to boosting grades, Alloprof is your child's number one online ally!

From School to Holiday Magic: Keep Engaging with our Advent Calendar

The holiday season can be a great time to learn, and is the perfect opportunity to foster curiosity and creativity! As you transition from report cards and parent-teacher interviews to the holiday season, Alloprof's special Advent calendar can keep the learning momentum going. With a variety of fun and educational activities, including festive crafts and new baking projects, your child will explore holiday traditions, unleash their creativity, and refine their skills, making learning a joyful experience throughout the season.

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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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.