



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

Important issues to address for our students.

Dear parents,

As we step into February, I want to take a moment to update you on some pressing issues affecting our children's education and well-being.

National Survey on Family Well-Being

The well-being of families across Quebec is at the forefront of our advocacy efforts. A recent national survey is providing valuable insights into the challenges families face, including the effects of screen time and social media on young people. EPCA is committed to ensuring that these findings translate into actionable items that support our students and their families.

Addressing Screen Time and Social Media Impacts

EPCA recently presented a brief to the Select Committee on the Impacts of Screens and Social Media on Young People's Health and Development (CSESJ). Our presentation highlighted the urgent need for digital literacy education, better parental resources, and strategies to mitigate the negative effects of excessive screen use. You can find more information on our involvement and recommendations at the following links:

- [CSESJ Committee Information](#)
- [EPCA's Brief](#)
- [Presentation Transcript](#)
- [Video Recording](#)

\$200 Million Budget Cuts in Education

In December 2024, the Quebec government announced \$200 million in budget cuts to the education sector, effective until March 2025. These cuts raise serious concerns for students, teachers, and families alike. The potential consequences include:

- **School Boards:** Reductions in staff, meal programs, and extracurricular activities.
- **Infrastructure Delays:** Postponed school construction and renovation projects.

EPCA continues to advocate for the protection of essential educational services, and we encourage parents to voice their concerns to their elected representatives.



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President's message

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Changes to Student Evaluation Policies

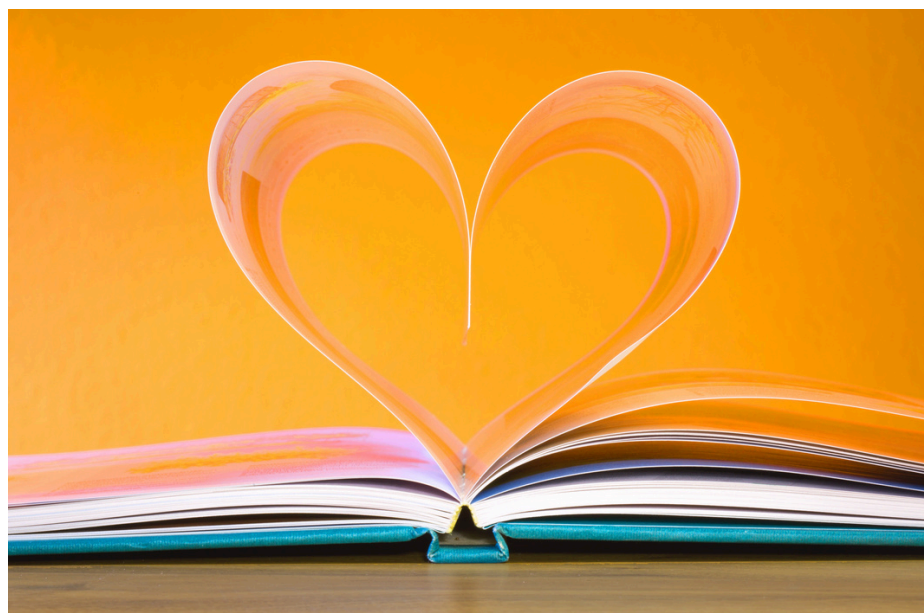
The Quebec Ministry of Education has announced that, as of August 2025, retroactive credits will no longer be available for secondary students. While this policy is already in place for certain secondary 4 courses, it will soon apply to all remaining courses at that level. Moving forward, students must successfully complete a course before advancing to the next grade level in that subject.

This change will have significant implications for students, particularly those with special learning needs. The removal of retroactive credits could hinder academic progress and increase the risk of students falling behind. EPCA is working to ensure that additional support measures are in place to assist affected students.

As always, we remain committed to advocating for policies that support the success and well-being of all students. Please stay engaged and reach out with your concerns—we value your input and involvement in shaping the future for your children in Quebec.

Best,

Katherine Korakakis
President, English Parents' Committee Association



How Parents can Talk to their Children about Report Cards

When your children bring home their report cards, they may be concerned about how you will react. And you might not always know what to say. The truth is that there is no one correct response. Nonetheless, it is critical to look beyond grades.

Here are five common report card scenarios and discussion points.

1. Grades improved, but not as much as you expected.

"I was anticipating better grades than this," you might say. Instead, say something like, "Nice! "How do you believe those grades improved?"

Why: Higher grades indicate that your child is progressing. And even a small amount can require a significant amount of effort. Keeping this in mind allows you to discuss what is functioning effectively. It also opens the door to discussing what might help improve the rest of your child's grades.

2. Grades and behaviour "need to be improved."

"You're grounded until your conduct and grades improve," you could remark. Instead, try saying: "I need to take some time to think about this. We'll discuss it tomorrow."

Why: When the news isn't good, you could be tempted to resort to retribution. Nevertheless, punishment rarely motivates children to perform better the next time. Take some time to consider what "progress" would entail for your child. Be practical and discuss it with your child. Then devise a strategy to help make it happen.



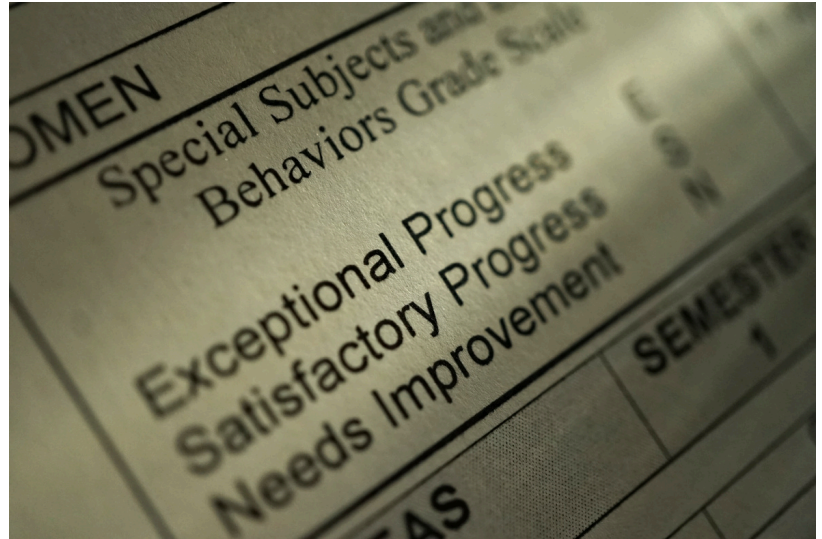
How Parents can Talk to their Children about Report Cards

cont.

3. Grades remained unchanged but conduct and effort improved.

"I'm delighted you're putting in more effort," you may say, "If only your grades were higher." However, try stating instead "It's nice to hear you're getting the hang of what you need to do to work hard and behave in class. Let's figure out how to improve our grades as well."

Why? Grades are frequently the first thing we notice when we glance at a child's report card. However, don't forget to read the instructor comments to learn about your child's other achievements. If your child is struggling in school, putting in additional effort is critical.



4. Some grades improved, while others declined.

"What happened with the rest of your classes?" you could ask. Instead, say, "Your math and science grades seem fantastic!" "How are the remainder of your classes going?"

Why: As children grow older, their learning expectations shift. It may be more difficult to meet them in other subjects. Discuss with your child the classes that had lower grades this time around. Inquire whether there is anything difficult about them and what might help. Discussions like those encourage children to advocate for what they require in order to improve.

5. Low grades in most classes, despite your child's hard work.

"You're failing everything?" you could remark. "But you're putting in so much effort!" Instead, say something like, "I'm genuinely astonished by these grades. I'm aware of how hard you're working. We're going to work it out."

Why: If children are trying hard but still struggling, they are likely to be depressed. Children in this position may be afraid that nothing they do will help. It can be a relief for children to hear that you know they're working hard. It lets them know you know they aren't "just being lazy." And demonstrating that you're committed to figuring out what's going on will enhance your confidence. It shows them you're all in this together.

Helpful Steps for When Your Child Is Falling Behind

It's that time of year again, the 2nd term has just come to an end and your child's report card is either on Mozaik now or soon will be. A report card is a great way to identify if your child is falling behind. Finding out your child is falling behind in school, however, can be worrisome for parents and even daunting. But seeing the subjects listed in a report card can give you a simple means to see the areas that need help.

Like anyone, your first initial reaction may be to immediately reach out to the teacher of the course, or courses, where your child is struggling to find out why. Before reaching out to the teacher, take a moment and consider your options and strategy. The more information that you have, the better equipped you will be for the conversation. It is also important that you consider the way you approach the subject with your child, and how it can have positive and negative effects on their relationship with school.

Here are some positive steps that can make a big difference in helping your child navigate and overcome this challenge:

1. Talk with your child

Ask your child how they feel about falling behind in school and if they have any concerns that they want to talk about. Your child may already know what is making them fall behind. Maybe the work is too advanced for the pace that they can work at, and they are too shy to ask for help. Try to give them the space to talk to you about it. Listen attentively, ask questions, and take notes on the discussion(s).

Having a discussion about falling behind gives room for your child to identify any weaknesses that they have and share it with you so that you can work with them and their educators to provide them with the support that they need to catch up... and maybe even get ahead!

2. Talk with the Teacher(s)

After having a conversation with your child and learning about the concerns and challenges that they have; the next logical best step is to contact the teacher. You can request a ZOOM meeting with the teacher, if they haven't sent you a request already, which will give you an opportunity to share with the teacher some of the challenges and concerns that you and your child have. In most cases, the teacher has already identified that your child is struggling. This gives you a chance to collaborate with the teacher to come up with a plan to help your child to catch up.



Helpful Steps for When Your Child Is Falling Behind

cont.

This may include different tools and resources like subject and grade specific tutoring at lunch or after school. Older students may be referred to private tutoring and/or professional tutoring, like AlloProf or LearnQuebec, that have been proven to be effective for other students facing similar challenges. Alloprof offers grade and subject specific tutoring, learning games, practice exams and homework help. And LearnQuebec offers one on one tutoring by term.

Additionally, the teacher may be able to provide you with helpful tips and tricks that can be done at home in combination with what could be done in class. You cannot go wrong by having open communication with your child's teacher. Remember, the common goal at the end of the day is your giving your child the best opportunity for academic success.

3. Promote a Positive Mindset

Foster a growth mindset by focusing on effort over outcomes. Encourage your child by reminding them that challenges are a normal part of learning, and that improvement comes with persistence. Celebrate small successes and let them know mistakes are part of the process, not something to fear. This helps reduce stress and anxiety, which can sometimes contribute to falling behind.

By creating a positive, supportive environment, you'll help your child feel more confident and motivated to improve their academic performance.

Resources:

- <https://learnquebec.ca/>
- <https://www.alloprof.qc.ca/en/students>
- <https://parents.quebec/en/>



Mid-Year Reset: 7 Ways Parents Can Help Kids Finish the School Year Strong

The holiday break is behind us, and the second half of the school year is in full swing. For many parents, this is a great time to reset, reflect, and help kids get back on track. Whether your child is thriving, struggling, or somewhere in between, a strong second-half start can make all the difference in their success and well-being. Here are seven practical ways parents can support their kids and help them finish the school year strong.

1. Reflect on the First Half of the Year Together

Before diving into new goals, take some time to talk with your child about the past few months. What went well? What was challenging? Were there any subjects, routines, or habits that worked or didn't work? Encourage open conversation and active listening—sometimes, a child's perspective may surprise you!

2. Set Simple, Achievable Goals

Help your child set realistic, specific goals for the rest of the school year. Instead of broad goals like “get better at math,” try something more structured: “Practice multiplication tables 10 minutes per day” or “Ask one question every week.” Small, measurable goals help kids stay motivated and feel a sense of accomplishment.

3. Refresh Homework and Study Routines

The second half of the school year is a great time to fine-tune homework habits. Does your child need a quieter workspace? More structure after school? Less screen time before bed? Simple adjustments, like using a planner or setting a timer for study breaks, can make a big difference in productivity and focus.

4. Strengthen Communication with Teachers

If your child faced challenges in the first half of the year, now is the time to check in with their teachers. Most schools have parent-teacher meetings in the second semester—take advantage of them! Ask about areas where your child can improve and discuss any support they might need. Keeping in touch with teachers ensures that small struggles don't become bigger problems.

5. Maintain a Healthy Balance

With homework, extracurriculars, and social activities, it's easy for kids to feel overwhelmed. Make sure they get enough rest, physical activity, and downtime. If your child is feeling stressed, consider cutting back on activities that aren't essential. A balanced schedule helps kids stay motivated and engaged.

6. Encourage Confidence and a Positive Mindset

As the school year progresses, some children start to doubt their abilities. Celebrate their progress—no matter how small—and remind them of their strengths. Encourage a growth mindset: instead of “I'm bad at this,” help them say, “I haven't mastered this yet.” Shifting perspective can boost their confidence and willingness to try.

7. Start Thinking About the Next School Year

It may feel early, but now is a great time to consider what's ahead. Are there subjects your child needs extra support in? Are they interested in new extracurriculars? Is high school or college on the horizon? Planning early helps ease transitions and set up a strong foundation for next year.

With your guidance, encouragement, and a few small adjustments, your child can regain motivation, build confidence, and finish the year on a high note.

Unlocking Potential: The Benefits of Extracurricular Activities for Students

Extracurricular activities play a vital role in a child's development, offering opportunities that foster personal growth, social skills, and academic enrichment. Many schools offer extracurricular activities to their students because participation in these activities has been linked to a wide range of benefits, including:

- **Improved Academic Performance:** Studies show that students involved in structured activities tend to perform better academically due to improved time management and motivation.
- **Enhanced Social Skills:** Activities encourage teamwork, leadership, and communication skills, which are essential for future success.
- **Increased Confidence and Self-Esteem:** Trying new experiences and mastering skills outside the classroom can boost a child's confidence.
- **Better Mental Health:** Engaging in fulfilling activities can help reduce stress and anxiety, providing a sense of belonging and purpose.
- **Career Exploration:** Extracurriculars expose students to different fields, helping them discover new interests and potential career paths.

Unique and Unusual Extracurricular Activities

If your child has particular interests outside the usual arts or sports programs on offer, there are many unique extracurricular opportunities available in Québec. Whether your child is interested in robotics, entrepreneurship, the natural environment, or outer space, there is an activity to suit every passion and personality, for example:

- **Robotics and Coding Clubs:** These activities introduce students to STEM (science, technology, engineering, and mathematics) concepts. Check out [Obotz](#), with three locations in Quebec, or [Robotique FIRST Québec](#).
- **Entrepreneurship Programs:** [JA Québec](#) offers many school and extra-curricular programs, including the [Entreprise Étudiant](#) program, where students are guided by business consultants throughout all stages of creating and running their fictional business.
- **Model United Nations (MUN):** Participants learn about diplomacy, international relations, and public speaking while engaging in simulations of global debates. Register your budding diplomat for the 33rd iteration of the [Secondary Schools United Nations Symposium \(SSUNS\)](#), taking place November 13-16, 2025.
- **Astronomy and Space Clubs:** Got a little stargazer? Look for local astronomy clubs or groups that host events. Your local chapter of [Royal Astronomy Society of Canada](#) is a good place to start.
- **Outdoor Adventure Groups:** Programs focusing on environmental awareness and [outdoor adventure groups](#) help children develop resilience and practical life skills. Look for Discovery events at a [SÉPAQ](#) park, [forest schools](#), or even [birdwatching groups](#).
- **Culinary and Nutrition Clubs:** [Learning to cook](#) and understand healthy eating habits is a valuable life skill that can also be a [fun extracurricular experience](#).

Tax Credit for Children's Activities

Quebec provides a refundable tax credit to help parents offset the cost of their children's extracurricular activities. To claim this credit, complete the appropriate sections on your Quebec income tax return and retain all relevant receipts and documentation. For detailed information, visit the [Revenu Québec website](#).

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Staying Motivated: Helping Your Child Persevere Through the School Year

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



The school year is in full swing, and while January marks a fresh start, giving students a boost of energy, February can sometimes feel like an uphill climb. With mid-year assessments, projects, and course selection on the horizon, staying motivated can be a challenge.

But here's the good news: **Perseverance can be honed with practice, just like an athletic skill.** With the right strategies and support, students can develop the resilience they need to stay on track and reach their goals. Alloprof is here to help!

Set Goals That Keep Them Moving Forward

When students have clear, achievable goals, they're more likely to stay motivated—even when school feels tough. One way to strengthen perseverance is by setting clear goals. When students have a roadmap, it's easier to push through obstacles and stay focused on progress. Take some time to talk with your child about what they'd like to accomplish this term.

- Are they aiming to improve in a subject?
- Do they want to manage their time better?
- Are they preparing for a big exam or planning their next academic steps?



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Helping Your Child Persevere Through the School Year cont.

A simple goal-setting exercise can help them see the bigger picture and feel a sense of purpose. Check out our [guide on academic perseverance](#) for practical ways to encourage your child to keep going! If your child is working towards an exam, our [review guides](#) provide structured study help for various subjects.

Structure Study Time for Success

Sometimes, a lack of motivation comes from feeling overwhelmed by everything there is to do. A study plan can help by breaking tasks into manageable steps, making learning feel more achievable. Encouraging your child to use a [planner](#) to track assignments and deadlines can provide structure, while breaking big projects into smaller steps helps prevent last-minute stress. And if they ever get stuck, remind them that asking for help is a strength—whether it's reaching out to a teacher, talking to a friend, or using Alloprof's [Ask a Question](#) service, support is always an option!



Explore Engaging Study Strategies

Beyond organizing their time, how students approach studying can also make a big difference in their motivation. Making learning engaging can help students stay motivated, especially when school starts to feel repetitive. Encouraging your child to try different study methods can make studying more dynamic. [Mind maps](#) help them visualize connections between concepts, while teaching a topic to a family member reinforces understanding. [Visual aids](#) can also make abstract ideas more relatable.

Adding variety to study sessions can boost focus and retention. Interactive tools like Alloprof's [Crash Courses](#), [educational games](#), and [interactive exercises](#) provide engaging ways to reinforce learning. By exploring different strategies, your child can find what works best for them, making studying more effective and enjoyable.

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Helping Your Child Persevere Through the School Year cont.

Foster a Growth Mindset

A big part of perseverance is how students view challenges. If they believe that mistakes mean failure, they're more likely to feel discouraged. But if they see challenges as part of the learning process, they'll be more motivated to keep trying!

If your child says, "I'm just bad at math," encourage them to reframe their thinking: "I'm still learning, and I'll improve with practice." If they feel stuck, remind them that rather than saying to themselves, "I can't do this," they can try, "This is tricky, but I can figure it out step by step." To support your child's growth mindset, check out this resource: [Train your brain to see school challenges differently!](#)

Course Selection: Choosing a Path with Confidence

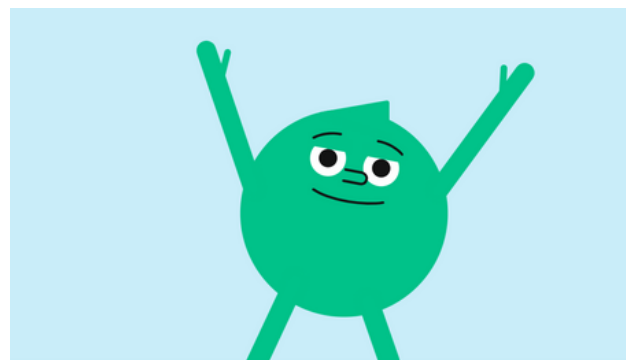
Perseverance isn't just about daily challenges—it's also about looking ahead. For many students, that means making important academic choices that shape their future. For students in Secondary III, IV, or V, this time of year is about more than just schoolwork—it's about choosing courses that align with their goals.

Whether your child is considering electives, prerequisites, or career paths, it's normal to feel unsure. You can support them by exploring our [course selection guide](#) together. If your child is considering CEGEP, our CEGEP preparation guide can help them understand the process, explore different programs, and make informed choices.

Together, We've Got This!

The second half of the school year can feel long, but with goals, structure, and the right mindset, your child can keep going strong! Alloprof is here to support your family with expert advice, learning tools, and interactive resources that will help your child stay on track and succeed.

Want more helpful tips? Subscribe to our [parent newsletter](#) today!



Parent Resources

EPCA WORKSHOPS - March-May 2025

Parents and Alloprof: Uniting to Support Your Child's Learning Journey

March 10, 2025

<https://us02web.zoom.us/j/88277130623?pwd=8Wotst7muP5b6hYypE2u2LqRGcYWtm.1>

Transition to High School

March 17, 2025

[EPCA & Ometz Presents: Transition to High School Parenting Workshop | Jlive](#)

Bullying

March 31, 2025

[EPCA & Ometz Presents: Bullying Parenting Workshop | Jlive](#)

Body Image and Self-Esteem

April 2, 2025

[EPCA & Ometz Presents: Body and Self-Esteem Parenting Workshop | Jlive](#)

Digital Literacy

April 28, 2025

[EPCA & Ometz Presents: Digital Literacy Parenting Workshop | Jlive](#)

Alcohol, Vaping, and Drug Awareness

April 30, 2025

[EPCA & Ometz Presents: Alcohol, Vaping, and Drug Awareness Parenting Workshop | Jlive](#)

Managing Challenging Behaviors

May 5, 2025

[EPCA & Ometz Presents: Managing Challenging Behaviors Parenting Workshop | Jlive](#)

Consent and Boundaries

May 21, 2025

[EPCA & Ometz Presents: Consent and Boundaries Parenting Workshop | Jlive](#)

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.