



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

EPCA's response to Bills related to education in Quebec.

Dear parents,

I am heartened by the Quebec Superior Court's ruling against Bill 40, which ensures our English school boards remain intact and preserves our voice in education. However, as the school year nears its end, many of you are feeling the fatigue of navigating challenges. Parents contacting EPCA inform us that there is often a lack of resources to meet the needs of our children; whatever the reason for this, those calls are never easy. The recent slowdown in Quebec's education investments, despite education being a government priority, raises concerns that student services will face further strain.

In addition to Bill 40, there are other Bills that impact education in Quebec. Bill 94, which amends the Education Act to reinforce secularism, proposes extending the ban on religious symbols to all staff working with students and prohibiting face coverings for religious reasons. It also includes measures to improve student services and governance, including a code of ethics for governing board members.

A pressing concern is the impact of Bill 96's French-language requirements for CEGEP students, mandating three program courses in French or five French second-language courses. For students with special needs—such as autism or language disorders—these rules create insurmountable barriers. My son, and many others, risk being unable to attend CEGEP due to a lack of accommodations. Even though these children may only struggle with language processing, the French requirements become a hurdle that may impact the rest of their lives, including ending early their academic career. Developed without consulting families or educators, Bill 96 threatens to exclude vulnerable students from higher education. EPCA asks for clear exemptions for students with documented needs, inclusive policies that promote French proficiency without sacrificing equity, and adequate resources to bridge the gap between student needs and school capacity.

EPCA is actively engaged in consultations and will present a brief to ensure that our community's perspectives are heard.

All the best as we transition into the warmer weather and the ending of the school year.

Katherine Korakakis
President, English Parents' Committee Association



Supporting Kids with ADHD and Dyslexia: Understanding the Challenges and Finding Solutions

When it comes to neurodevelopmental conditions, ADHD (Attention-Deficit/Hyperactivity Disorder) and Dyslexia often appear together, creating unique challenges for children, especially in academic settings. Recognizing the signs early and providing the right support can make a world of difference for kids navigating these dual diagnoses. In this blog post, we'll explore the overlapping and distinct traits of ADHD and Dyslexia, and share resources to help parents, educators, and caregivers support these incredible kids.

The Intersection of ADHD and Dyslexia: What to Look For

ADHD and Dyslexia are distinct conditions, but they can share some overlapping challenges that make learning environments particularly tough. Our infographic below highlights the key traits of each condition and where they intersect:

- ADHD often involves trouble focusing, impulsivity, hyperactivity, trouble with organization, time blindness, and difficulty with social skills.
- Dyslexia is characterized by difficulty reading, trouble with writing, reversing letters and numbers, difficulty spelling, and language challenges.
- Where They Overlap: Both conditions can lead to frustration, anxiety, low self-esteem, and trouble with social skills, making school a source of stress for many kids.

These overlapping challenges can amplify the difficulties a child faces. For example, a child with ADHD might struggle to sit still and focus on a reading assignment, while their Dyslexia makes decoding the text itself a slow and frustrating process. This combination can lead to feelings of overwhelm, impacting their confidence and academic performance.

Why Early Recognition Matters

Spotting the signs of ADHD and Dyslexia early is crucial. When these conditions go undiagnosed or unsupported, children may fall behind in school, experience heightened anxiety, or develop a negative self-image. Early intervention, however, can provide kids with the tools they need to thrive. This might include tailored educational strategies, accommodations like extra time on tests, or therapies that address both their attention difficulties and reading challenges.



Supporting Kids with ADHD and Dyslexia

cont.

For instance, a child who struggles with both ADHD and Dyslexia might benefit from audiobooks to bypass reading difficulties while working on focus strategies to manage their ADHD symptoms. Recognizing these needs early allows parents and educators to create a supportive environment that plays to the child's strengths while addressing their challenges.

How to Support Kids with ADHD and Dyslexia

Supporting a child with both ADHD and Dyslexia requires a multi-faceted approach. Here are some practical tips to get started:



1. **Create a Structured Environment:** Kids with ADHD thrive on routine. Pair this with Dyslexia-friendly tools like color-coded schedules or visual timers to help with time management and organization.
2. **Use Multisensory Learning:** For children with Dyslexia, multisensory techniques—like tracing letters in sand while saying the sounds—can improve reading and writing skills. These methods can also help keep a child with ADHD engaged.
3. **Break Tasks into Manageable Steps:** Large assignments can feel overwhelming. Break them into smaller, achievable tasks to reduce frustration and help the child stay focused.
4. **Leverage Technology:** Audiobooks, text-to-speech software, and apps designed for ADHD (like focus timers) can be game-changers for kids with these dual challenges.
5. **Foster a Growth Mindset:** Celebrate small victories to boost self-esteem. Remind kids that their challenges don't define their potential—they just mean they learn differently.
6. **Collaborate with Educators:** Work with teachers to ensure the child has accommodations, such as extra time on tests, a quiet space for focus, or access to assistive technology.

Building a Support Network

Parents and caregivers don't have to navigate this journey alone. Building a support network of educators, therapists, and other families can provide valuable insights and emotional support. Additionally, connecting with organizations that specialize in ADHD and Dyslexia can offer access to resources, workshops, and communities that understand these challenges.

Final Thoughts: Empowering Kids to Thrive

Children with ADHD and Dyslexia may face extra hurdles, but with the right support, they can achieve incredible things. By understanding their unique challenges—like the frustration and anxiety that often come with both conditions—and providing tailored strategies, we can help them build confidence and succeed in school and beyond. Let's advocate for early recognition, compassionate support, and a learning environment that celebrates neurodiversity.

Spring Cleaning: Getting Your Kid Re-organized for the Last Leg of the School Year

As the days get longer and the sun shines brighter, it's the perfect time to refresh not just your home—but your child's school habits, too. The change in season is a natural opportunity to reflect on what's working (and what's not) when it comes to routines, study spaces, and learning goals. Here's how to help your child finish the school year strong with a little springtime reset:

- 1. Audit Your Daily Routine** - Take a look at your family's morning and evening routines and consider what adjustments make sense for spring. Are earlier sunrises helping your child wake up more easily? Could outdoor time after school help with focus later? Even small changes—like packing lunches the night before or laying out clothes earlier—can reduce stress and improve everyone's mood.
- 2. Give Backpacks and Lunch Bags a Thorough Cleaning** - These everyday items see a lot of action but rarely get the attention they need. Take 15 minutes to clean out old papers, empty wrappers, and mystery crumbs. A quick wipe-down and restock (extra pencils, tissues, sanitizer) can make a world of difference.
- 3. Organize Study and Homework Spaces** - Spring is a great time to tidy up your child's learning space. Clear away clutter, sort through old notebooks, and replace dried-out markers or broken supplies. Consider adding a small plant or a fresh pop of color to brighten the space and inspire productivity.
- 4. Incorporate Springtime Learning Activities** - With warmer weather and longer days, there are plenty of ways to take learning outside. Try nature journaling, outdoor science experiments, or reading under a tree. These activities keep kids engaged and make real-world connections with what they're learning in school.
- 5. Check-in on Mental Health** - The school year can be demanding. Use the seasonal shift to check-in on your child's mental well-being. Are they feeling overwhelmed, tired, or anxious? Open a conversation and listen without judgment. You can also try mindfulness techniques or do activities they genuinely enjoy.
- 6. Map Out Remaining Assignments and Due Dates** - The final stretch of the school year often brings big projects and final exams. Sit down with your child to map out what's left and create a manageable plan. A visual calendar can help make deadlines more concrete and reduce last-minute panic. Stay tuned for EPCA's tips for parents in helping your child with exam preparation in our May newsletter.
- 7. Sign Up for Summer Learning** - It's never too early to start thinking about how your child will stay sharp over the summer. Whether it's a library reading challenge, an online course, or a fun camp with an educational twist, planning ensures your child keeps their brain active while having fun.

A Fresh Start for a Strong Finish

Spring cleaning isn't just for closets—it's for habits, too! By making a few intentional changes now, you can help your child feel more organized, energized, and confident heading into the final months of school.

Free Organization Apps for Kids: Turning Screens Into Smart Tools

Our kids' lives are steeped in digital content—school, socializing, and even hobbies now come with apps, links, and notifications. It's no surprise that, for them, the instinct is to reach for a phone or tablet to store information, where we might have scribbled it down in a notebook. As parents, we can support this shift by introducing free, effective organization apps that help kids manage their time, tasks, and learning—while staying grounded in healthy digital habits.



1. Notes Are the New Notebooks

Digital note-taking can empower kids to keep track of everything from homework assignments to creative ideas. These apps allow voice notes, drawings, tagging, and even collaborative sharing—perfect for today's learners:

- Google Keep – [Android](#) | [iOS](#)
- Microsoft OneNote – [Android](#) | [iOS](#)
- Notion – [Android](#) | [iOS](#)
- Zoho Notebook – [Android](#) | [iOS](#)
- Joplin – [Android](#) | [iOS](#)

2. The To-Do Dilemma: To Gamify or Not?

Task lists are key, but how they're framed matters. Gamified to-do apps use points, characters, and streaks to reward completion, tapping into dopamine-driven motivation. This can help younger or reluctant kids engage—but over-reliance on rewards might reduce internal motivation.



Pros:

- Boosts engagement with instant rewards
- Makes mundane tasks feel fun
- Encourages consistency through streaks

Cons:

- May create dependency on external validation
- Some apps have in-app purchases
- Risk of distraction from core tasks

Free Organization Apps for Kids

cont.

Gamified To-Do Apps:

- Habitica – [Android](#) | [iOS](#)
- Forest – [Android](#) | [iOS](#)
- EpicWin – Android: N/A | [iOS](#)
- Do It Now – [Android](#) | [iOS](#)

3. Organizing Across Platforms: Research and Learning Tools

For kids juggling school projects across devices, cross-platform organization is essential. These apps help track sources, structure academic work, and manage collaborative learning:

- Mendeley Reference Manager – [Android](#) | [iOS](#)
- Zotero (via ZotEZ2) – [Android](#) | [iOS](#)
- Trello – [Android](#) | [iOS](#)

Helping kids become digitally organized isn't about adding more screen time—it's about making the time they already spend online more purposeful. By guiding them toward tools that blend fun, function, and focus, we equip them with lifelong skills in managing information, time, and responsibility—skills they'll thank us for long after the last app is closed.



DIGITAL CITIZENSHIP GUIDE

PRACTICING SAFE, RESPONSIBLE, AND LEGAL USE OF TECHNOLOGY



safesitter.org | 317.596.5001



Helping Our Kids with the Final Push of the School Year

With spring finally in the air, it feels easy and natural to look towards the fast approaching end of the school year with anticipation. After all, the kids have completed all new classes, had another birthday, and have accomplished many milestones. While the end of the year is not far off, the reality is that the 3rd term is worth 60% of your child's final grade. This is not the time to take things easy, rather it is the time to make sure that the student in your household succeeds to the best of their ability.



With the help of the wonderful Alloprof, here are some great resources for parents and kids:

Create a schedule: Include exam dates, extracurricular activities, study breaks, special event, supper and bedtime too.

Planning What to Study: Use teacher's study guide and use Alloprof [review guides](#)

Take breaks: Long periods devoted to studying can be counter-productive, so make sure to take breaks. Use Alloprof's [Motivational Timer](#)

Learn and review with:

- [Concept sheets](#): simple explanations and examples of academic concepts.
- [Videos](#): explanations of the most difficult concepts using concrete examples.
- [Exercises](#): to check understanding of a concept.
- [Games](#): to learn while having fun!

Get ready for exams with: [Exam prep and study tips](#): Advice, tools and other resources to help students study for tests.

Memory Aids:

- Tools permitted during math exams: [Secondary I-II](#), [Secondary III](#), [Secondary IV](#) SN, [Secondary IV](#) TS, [Secondary IV](#) CST.
- [Printable tools](#): Alloprof's best printable tools to help you study!
- [Exam preparation](#): advice and tips for a stress-free exam time.
- [Ministry exams](#): everything you need to know about ministry exams.
- [Homework assistance](#): to lend you a helping hand at homework time.
- [Tips and tools for parents](#): downloadable checklists, games and tools.
- [Ask a Teacher](#)
- [An innovative Help Zone](#)
- <https://www.alloprof.qc.ca/en/parents>

Summer Camps for Every Interest

It's April and summer may still seem like a distant idea, but parents know it's just around the corner which means it's time for vacation planning and summer camp sign up. Most municipalities and regions have a variety of standard-issue summers camps that offer lots of fun activities for kids. We've rounded up a selection of special-interest camps for those looking for something a little bit different this summer.



Arts & Music

| Camp Name | Description | Region |
|--|---|----------|
| <u>Centre Préville</u> | Offers bilingual arts programming including music, painting, and drama | Montréal |
| <u>Camp Chanson</u> | Choir-focused camp fostering vocal skills and musical expression | Gaspésie |
| <u>Camp Immersion Rock</u> | Rock band immersion camp teaching instruments, teamwork, and live shows | Montreal |

Tech & Robotics

| Camp Name | Description | Region |
|---------------------------------------|---|---------------|
| <u>Circuit Stream</u> | Learn coding, game design, and virtual reality in hands-on workshops | Province-wide |
| <u>Robotics Camp</u> | Engages youth in robotics through building, coding, and problem-solving | Montreal |

Equestrian

| Camp Name | Description | Region |
|--|---|------------|
| <u>Zükari</u> | Equestrian day camp offering horseback riding lessons and animal care activities | Montréal |
| <u>Le Ranch Massawippi</u> | Offers three riding lessons and two equine technique sessions per week, along with swimming and various outdoor activities. | Massawippi |

Summer Camps for Every Interest cont.

French Immersion

| Camp Name | Description | Region |
|---|---|------------|
| <u>Université de Montréal Summer School</u> | French immersion combining science, arts, and university life | Montreal |
| <u>MWS Camps</u> | English and French immersion with outdoor recreation and language classes | Lanaudière |

Nautical

| Camp Name | Description | Region |
|-------------------------------|---|-------------------------------|
| <u>Îstorlet Nautical Camp</u> | Water activities like sailing and kayaking in a scenic maritime setting | Gaspésie-Îles-de-la-Madeleine |

Overnight & Adventure

| Camp Name | Description | Region |
|---------------------------------------|---|------------|
| <u>Stanstead College Summer Camps</u> | Sleepaway camp offering sports, arts, and academics on a college campus | Estrie |
| <u>Aventuria</u> | Outdoor adventure park with obstacle courses, games, and nature trails | Lanaudière |

Architecture

| Camp Name | Description | Region |
|---|--|--------|
| <u>Camp Architecture – CLS Sainte-Croix</u> | Hands-on architecture camp where kids design and build creative structures | Québec |

Circus

| Camp Name | Description | Region |
|---|---|----------|
| <u>École nationale de cirque</u> | Two-week intensive program for teens offering training in acrobatics, aerials, juggling, and performance | Montréal |
| <u>Circus Arts Immersion Camp – Edu-inter</u> | A French immersion summer camp for teens and preteens, combining French language classes with circus arts training. | Québec |

If you're looking for more ideas, check out: <https://campsquebec.com/camps>, the official portal of the Association des camps du Québec (ACQ). Here you can find hundreds certified camps that meet standards of safety and quality and catering to a wide range of interests.

Inclusive Summer Learning Opportunities for Neurodiverse Children in Montreal

Summer can be a great time for kids to grow, explore, and connect, especially when programs are designed with different learning needs in mind. There are several inclusive options available for children with learning differences, ADHD, autism, or physical disabilities during summer. These programs help parents find support and give kids the chance to build skills, confidence, and friendships. You can find below some examples of programs available for our special children.

🎓 Learning Support Programs

- **Montreal Fluency Centre** – Small-group reading and writing programs in English for children with language-based learning challenges.
- **Strategic Learning Centre** – One-on-one tutoring in reading, writing, and math, available in English or French.
- **AQUA K.I.D.S. – MCLD** – Combines swimming, gym, and art for kids aged 6–16 with learning disabilities or ADHD.

🌳 Inclusive Day Camps

- **YMCA Companion Program** – Offers extra support at Y Day camps so all kids can participate.
- **Papillon Day Camp** – For children and young adults with physical or developmental disabilities. English services available.
- **Camp Massawippi** – Bilingual camp for youth with physical disabilities; includes day and overnight options.

🎨 STEM & Arts Camps

- **Mad Science Montreal** – Hands-on science fun in English for curious learners.
- **Concordia Youth Camps** – Science and engineering activities for ages 5–12 in a supportive setting.
- **Montreal Museum of Fine Arts Camp** – Bilingual arts camp open to kids with different learning needs.

Finding the right summer programs for our children give parents more than just childcare, they provide a space where our children can feel understood, build confidence, and learn new things while having fun.



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Tips and Tools for a Smooth Exam Season

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



Spring is in the air—and that means exam season isn't far behind. Whether your child is breezing through the year or feeling the pressure, most families start to feel the crunch as final evaluations approach. Between juggling schedules, reviewing notes, and trying to keep stress levels in check, it's a lot. The good news? Alloprof is here to help—with free tools and resources designed to support students and parents through this busy time.



Set the Stage with a Solid Plan

A little structure can go a long way. Having a clear, manageable plan in place helps reduce stress and makes studying feel more doable—for everyone.

- **Use a calendar.** Mark down exam dates, appointments, sports practices—anything that might affect your child's time. Then, schedule short study blocks around those. Alloprof's Motivational Timer is a great way for students to stay on track while taking breaks at healthy intervals. We even have printable exam schedules designed just for this time of year!
- **Know what to review.** Teachers often provide outlines, but many kids still wonder, “Where do I start?” Alloprof's high school math and science review guides help fill in the gaps and give students a clearer picture of what to study.
- **Create memory aids.** If your child is allowed to bring a “cheat sheet” into a math exam, it can be a game-changer. Still, many students freeze up and think, “I don't even know what to put on it!” That's where our math memory aids come in—neatly organized by high school grade level and packed with essential formulas and info.

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Tips and Tools for a Smooth Exam Season

cont.

- **Check out our Exam Prep and Study Tips section for students.** It brings everything together in one convenient place: printable tools, review guides, memory aid templates, Crash Course info, and practical study strategies. Whether your child likes to plan ahead or needs a little help getting started, the [Exam Prep and Study Tips section](#) can help them study with more structure, clarity, and confidence.

Review, Practise, and Feel Prepared

Cramming the night before rarely works. Regular review, repeated practice, and access to clear explanations are what really make the difference.

- **Read up on it!** Our [concept sheets](#) are akin to class notes or textbook pages, when their own notes just don't cut it. They explain not just what your child needs to know, but how to apply it—perfect for brushing up on tricky topics.
- **Watch educational videos.** Whether your child learns best by watching or just needs to hear something explained in a new way, our [videos](#) are engaging and easy to follow.
- **Tackle practice questions.** Repetition is key to mastery. Our [interactive exercises](#) let students practise at their own pace and get immediate feedback.
- **Try a Crash Course.** Closer to exam time, students can watch Alloprof's [Crash Courses](#). These are designed to review larger core concepts, answer common questions, and boost last-minute study efforts.

Preparing for Ministry Exams?

If your child is writing ministry exams, Alloprof has created [exam simulations for ministry courses](#) to help them get used to the format and the types of questions they might see. These are a great way to reduce test anxiety and identify any areas that need more review.

Curious about what the exam experience is like? [Here's what parents need to know about ministry exams.](#)

Support for Parents

Let's be honest—exam season can be just as overwhelming for parents. Whether you're helping with study schedules or just trying to keep the peace at home, we've got your back. Visit the [Alloprof Parents exam prep section](#) for practical tips on managing routines, encouraging healthy habits, and supporting your child emotionally.

And don't forget, your child [can ask questions anytime](#) in the Help Zone, or chat directly with a teacher during opening hours. You've got questions too? Don't forget our [Talk to a Professional](#) resource!

Parent Resources

EPCA WORKSHOPS - April-May 2025



**THE STATE OF QUEBEC FAMILIES:
SURVEY FINDINGS**

Five Years After COVID-19 School Closures: How Are Quebec Families Doing? In a time of rapid societal change, understanding the well-being of Quebec families is more important than ever.

Presented by Dr. Mélissa Gagnéux

 **22 April, 2025**
7:00 pm

**REGISTER
ZOOM**

 **English Parents'
Committee Association**

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

EPCA presents Exploring AECs

Join us for an insightful workshop on Exploring AEC's featuring Darryl Climan, Academic Manager.

Attestations d'études collégiales (AECs) are short-term, credited continuing education programs designed to help adults develop targeted, job-ready skills. Whether you're looking to re-enter the workforce, change careers, or upgrade your expertise, AECs offer practical training to support your goals.

In this workshop, Darryl Climan, Academic Manager, as EPCA's special guest speaker, will guide us through the essentials of how these flexible programs can open new doors for adult learners and serve as a powerful steppingstone on the path to success.

Date: May 15, 2025

Time: 7:00 PM

Join Zoom Meeting [HERE](#)

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.