



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

2024–2025: Equity. Voice. Inclusion.

Because Every Child Deserves to Thrive.

Dear parents,

As we end the 2024–2025 school year, one theme stands out clearly: the well-being of our children must be our collective priority—at home, in our schools, and across our communities. At EPCA, this belief has guided a year of bold advocacy, meaningful action, and deep listening.

Over the past year, we've raised our voices on issues that matter deeply to families across Quebec:

- The growing mental health crisis among youth and the urgent need for better access to in-school supports;
- The rights of students with special needs, especially those being denied access to post-secondary education due to French language requirements;
- The consequences of excessive screen time and the digital divide on student well-being and learning; and
- The pressing need for equitable school funding to ensure every child receives the support they deserve.

But advocacy is only the beginning. EPCA has also taken action. We've partnered in campaigns to prevent bullying and violence, promoted mental health literacy, and worked tirelessly to strengthen communication between schools and families. Throughout all of this, we've reinforced one central message: parents must have a voice in shaping the learning environments where their children grow.

This year, we've expanded our support to parents across the province—through new trainings, better communication tools, and accessible resources designed to empower and inform. Our goal is simple: to meet parents where they are and walk alongside them as partners in their child's success.

The strength of EPCA comes from you—from every parent who takes the time to get involved, to ask hard questions, to advocate for better, and to build stronger connections between home and school. Your engagement gives weight to our work and helps us advocate with purpose at the provincial level.

I'm incredibly proud of what we've accomplished together—and inspired by what's still to come. Thank you for your trust, your partnership, and your ongoing support.

With gratitude,

Katherine Korakakis
President, English Parents' Committee Association

Understanding Final Grades in Secondary IV & V: A Parent's Guide

As the school year ends, students in Secondary IV and V across Quebec receive their final grades, including results from ministerial exams. These results are critical for graduation and CEGEP admission. Here's what you need to know to support your child through this process.

How Will My Child Receive Their Results?

Students receive an official achievement record by mail from the Ministère de l'Éducation. Results are also available online via their Online Academic Record. A final mark of 60% or higher is required to pass a subject.

How Are Final Results Calculated?

For 2024–2025, the final result is based on:

- 50% moderated school mark
- 50% ministerial exam

If the exam mark is higher than the school mark, the exam mark is used as the final result.

What Is “Conversion” and “Moderation”?

Conversion: Applied when an exam is unusually difficult. Marks may be slightly increased for fairness.

Moderation: Compares school marks to ministerial exam results. Ensures consistency and fairness. No student fails due to moderation if they pass the exam.

What If My Child Fails a Subject?

Several options are available:

1. **Retake the Exam** – Contact your school to register.
2. Request a Review – Review school or ministerial exam marks.
3. Conditional Admission to CEGEP – If six credits or fewer are missing, students may begin CEGEP conditionally.

How Can Parents Help?

- Check results online.
- Talk to your child's school.
- Explore next steps together.
- Encourage a growth mindset and resilience.

Need Help?

Your school is the first point of contact for all actions. For broader support, EPCA Quebec is here to help.

Final thoughts: These final results are important—but they are not the end of the road. Whether your child passed with flying colours or needs a little extra support, there are clear steps to take.

Everything You Need to Know About Summer School

From Alloprof: <https://www.alloprof.qc.ca/en/students/vl/exams-and-tips/summer-school-t1135>

With summer quickly approaching, it's difficult to imagine that you might still have to go to school. Yet, for many students, attending summer school may not be a choice. That's why Alloprof is here to help you understand what summer school is all about.

Is summer school the right choice for you?

Failing a course isn't the only reason to sign up for summer school. Here are four of them:

- To improve a grade: Some students may take a summer class to get a higher grade than the one they got on their June report card. Perhaps a higher grade is needed as a prerequisite for another course, or the school has advised a student to review the course content of a particular class over the summer to prepare for the next school year.
- To take a bridge course: A bridge course is a prerequisite course that allows you to move to a higher level course. For example, in order to register for Secondary V Chemistry and/or Physics, you must take either Science and the Environment (SE) or Environmental Science and Technology (EST) in Secondary IV. Your school board may offer an EST bridge course over the summer to gain the necessary knowledge and credits to then take Chemistry and/or Physics in Secondary V. Bridge courses are also offered in math to move from Cultural, Social, and Technical (CST) math to the Science Option math (SN).

Be careful!

It's always important to contact your school board or school service centre for accurate information. Some school boards may offer bridge courses, while others may not. Additionally, you may need to have achieved a specific grade in a prerequisite course to be eligible for a bridge course.

- To retake a failed class: More often than not, you will have to go to summer school if you fail a class. However, policies can vary from school board to school board, from subject to subject, or based on grade level. On the other hand, if you fail a course that is required to earn your high school diploma (i.e., some courses in Secondary IV and V), then summer school may not be optional.
- To retake a ministry exam: Although failing the ministry exam does not necessarily mean failing the course, you might still want to improve your grade. In order to do that, you can enrol in a summer class and then retake the ministerial exam in late July or early August.



Everything You Need to Know About Summer School

cont.

Lester B Pearson School Board

<https://pchs.lbpsb.qc.ca/Documents2425/Summer-Program-2025.pdf>

<https://www.lbpsb.qc.ca/wp-content/uploads/2025/04/2025-Sec-3-Summer-School-Program-and-Registration-Information.pdf>

<https://www.lbpsb.qc.ca/wp-content/uploads/2025/04/2025-Sec-4-Summer-School-Program-and-Registration-Information.pdf>

<https://www.lbpsb.qc.ca/wp-content/uploads/2025/04/2025-Sec-5-Summer-School-Program-and-Registration-Information.pdf>

English Montreal School Board

<https://www.emsb.qc.ca/emsb/schools/summerschool>

Riverside School Board

<https://www.rsb.qc.ca/wp-content/uploads/2025/06/Summer-School-2025-Secondary-3-4-and-5.pdf>

Sir Wilfred Laurier School Board

<https://www.swlauriersb.qc.ca/en/schools/summer-school/>

New Frontiers School Board

<https://www.nfsb.qc.ca/>

Eastern Shores School Board

<https://www.essb.qc.ca/graduation-requirements-and-summer-school-options/>

Central Quebec School Board

<https://www.cqsb.qc.ca/en/information-to-parents/summer-school>

Western Quebec School Board

<https://westernquebec.ca/services/summer-school/>

Easter Townships School Board

<https://www.etsb.qc.ca/>



Routines for Summer Focused on Children with ADHD

During the summer, school-year routines are frequently abandoned. In some ways, this is good. Children (and parents) require a break from the demands of the school year. However, for children with ADHD, abandoning routines completely can present difficulties – making it more difficult to return to school in the fall.

Children with ADHD perform better with structure and routine in their daily lives. Routines help individuals stay on track and improve key executive function skills such as organization and planning. It's critical to maintain this even while your youngster is on vacation from school.

Below are five essential summer routines to practice this year.

1. Practice proper hygiene

Some children with ADHD find it difficult to maintain good hygiene. And the lazy days of summer (sleeping in and not having to get dressed for school) can make it difficult for children to keep up. Kids may forget to brush their teeth, shower, and apply deodorant.

Establishing consistent routines will help your child remember to practice proper personal hygiene. You might have a regimen in which you clean your teeth first thing in the morning, no matter what. If your youngster has trouble remembering, consider putting a reminder on your iPad or phone. Alternatively, write it down on a sticky note and place it where your youngster can see it.

2. Establish a bedtime routine

Healthy sleep habits are essential year-round. Your summer schedule may vary, with later bedtimes and wake-up times. But there should still be a routine, including a predictable bedtime. You'll also need a rule about when screen time should cease, as well as a bedtime routine — washing up, brushing teeth, and so on. Working with your child to develop a summer version of this practice may help to increase buy-in.

3. Plan time for exercising

Many kids with ADHD struggle with hyperactivity. Staying active throughout the day can help children expend energy. Include physical activities in your child's summer regimen. Perhaps you can do something together on a regular basis, such as going for a walk after dinner. Active play, such as tag or sports, can help your youngster sleep better.



Routines for Summer Focused on Children with ADHD

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4. Establish (some) screen time limits

More idle during summer break can easily lead to more screen usage. Avoid this by setting clear limitations on how much time your youngster can spend on technology. It's fine if it's more than you allowed during the school year. Just make sure the restrictions are sensible and that your youngster understands them.

Also, bear in mind that staring at screens might impair sleep, especially in the evening. Even if your child has a later bedtime during the summer, make sure there is a break between screen time and sleep.

5. Practice school skills

Children should continue to learn over the summer holiday. Without practice, children may encounter setbacks in reading, writing, math, and even organizational skills.

However, practicing skills does not have to feel like homework. Keep it entertaining and engaging. For example, you could ask your child to read a book and come up with an entertaining way to summarize each chapter. It might be a song, a written account, a performance, a poem, or a drawing.



Alternatives to Summer School and Camp in Quebec

When summer break arrives, not every family turns to traditional day camps or formal summer school. In Quebec, a wide range of enriching, budget-friendly, and flexible alternatives can support children's growth while giving parents some structure and support. From online learning to library programs and summer volunteering, here are creative options organized by school cycle—from Kindergarten to Secondary V.

Kindergarten (Pre-K & K)

Young children thrive on play, structure, and storytelling—so summer alternatives should lean into these elements.

- **Library Storytime & Craft Hours:** Many Quebec municipal libraries offer free weekly story sessions and drop-in craft tables, often themed around reading challenges. Try the [BANQ](#) to learn more about the culture and heritage of Quebec!
- **Puzzle & Play Mail Subscriptions:** Try options like [KiwiCo](#), which deliver age-appropriate activities, crafts, and puzzles by mail.
- **Outschool:** Offers live virtual classes in music, movement, phonics, French immersion, and even show-and-tell circles.
- **Outdoor Meetups:** Some community centers or parent Facebook groups post informal playground meetups or themed scavenger hunts.

Cycle 1: Grades 1 and 2

At this age, students are developing early literacy and numeracy—but still love play.

- **Outschool** and **Alloprof:** Outschool features creative writing, beginner coding, animal science, and math games. Alloprof offers tools and worksheets in French for reinforcement.
- **Public Library Reading Clubs:** Summer reading clubs often include prizes, events, and guided reading suggestions.
- **Math & Logic Games by Mail:** Look for puzzle subscriptions or printable logic packets available online.
- **Parent-Led Weekly Projects:** Try weekly themes—like "Build a City," "Nature Week," or "Create a Restaurant"—with simple planning sheets and tasks.

Cycle 2: Grades 3 and 4

Kids in these grades are capable of more independence and sustained focus.

- **Je Bénévole:** Quebec's volunteer platform lists family-friendly and youth volunteering opportunities.
- **Online Language and Art Classes:** Try options like Outschool or beginner-friendly tools like [Duolingo ABC](#).
- **Summer "Jobs" at Home:** Create simple "work-share" roles (garden helper, librarian, recycling manager) with real responsibilities and a light reward system.
- **Coding & STEM:** Tools like [Khan Academy Kids](#) introduce coding through games and projects.

Alternatives to Summer School and Camp in Quebec

cont.

Cycle 3: Grades 5 and 6

Older primary students crave autonomy and mastery.

- **Virtual Book Clubs or Debate Circles:** Join or start a Zoom-based book club using parent networks or school contacts.
- **Mini-Internships or Shadowing:** If you know a local artist, shopkeeper, or farmer, ask if your child can shadow or help with light tasks once a week.
- **Mail-Based Art or STEM Kits:** More advanced kits from [Kiwico](#) (like Tinker Crate) can occupy them with real building challenges.
- **Independent Projects:** Encourage them to research and present on a passion topic using free tools like Canva or Google Slides.

Secondary Cycle I: Grades 7 and 8

Preteens and early teens need challenges, peer interaction, and self-directed exploration.

- **[Coursera for Teens](#), [Brilliant.org](#), and [Code.org](#):** Offer teen-level courses that include certificates and practical skills.
- **[Je Bénévole](#):** Search opportunities for ages 12+ from event support to community service.
- **Project-Based Learning:** Try a summer-long goal—like making a podcast, learning animation, or building a website.
- **Online Summer Camps:** Check McGill, Concordia, and Youth Fusion for free or low-cost virtual programming.

Secondary Cycle II: Grades 9 to 11

Teens in the final stretch of high school benefit from resume-building and skill-building experiences.

- **Freelance and Micro-Work:** Explore platforms like Fiverr (ages 16+) for small gigs in writing, design, or editing.
- **CEGEP Prep and Enrichment:** Some CEGEPs offer virtual bridge or intro courses to help students explore potential fields.
- **Library-Hosted Events and Teen Councils:** Some libraries host teen writing groups or offer leadership opportunities.
- **Volunteering for Social Causes:** Use Centraide, Eco-Quartier, or SPCA branches to find meaningful summer service roles.

Summer doesn't have to mean rigid schedules or expensive camps. Across Quebec, families can blend creativity, learning, and community engagement through affordable and flexible alternatives tailored to every age. Whether online or offline, academic or hands-on, the goal is simple: keep young minds active, curious, and connected.

Fun and Educational Summer Activities

Like most parents, you are probably excited that the school year has finally come to an end. But that doesn't mean that learning should end too. EPCA is happy to share some ideas for activities that you can do with your family this summer that are full of fun, but also continue the learning theme. And the best part is that they are local and contribute to learning more about the history of Quebec, which brings a wealth of value to the experience that you likely never imagined.

These activities offer a blend of fun and educational experiences for the whole family to enjoy during the summer in Quebec.

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

These are just a few of the exciting things you may want to do. Not to be dismissed are other budget friendly learning activities that you can do locally such as the Parc Des Iles de Boucherville, hiking through Mont St. Bruno, visiting the first Aboriginal Museums like the Musee des Abenakis or interpretation sites, and more. You can also look at [Montreal Families](#) for ideas of great things to do. We hope that you get the chance to explore some of these places we have shared. Hope you have a fun, educational, and memorable summer!



Life After High School: Guiding Our Teens Forward

As the school year winds down, many high school students have made decisions about their next steps. But choosing a path is just the beginning. This phase, often called “emerging adulthood,” is a time of significant change and growth. It brings new levels of independence, shifting relationships, evolving routines, and, at times, uncertainty. As parents and caregivers, our support can make a big difference during this critical transition.

Paths After High School

There’s no single “right” way forward. In Québec, students have a variety of post-secondary options depending on their interests and goals:

- Secondary Education leading to a Diploma or Training Certificate for a Semiskilled Trade (TCST)
- Vocational Training (DEP)
- Attestation of Vocational Specialization (AVS)
- Special Skills Certificate (STC)
- Short-term or Technical College Programs
- CEGEP (Pre-university or technical programs)
- Workforce entry

Each of these choices is valid and valuable. Whether your teen has a clear plan or is making their best guess, encourage them to stay open to new possibilities and explore different options. Ask open-ended questions like: *“If you could do anything, what careers might interests you? Don’t limit yourself, just list anything that comes to mind!”* **Remind them it's okay to change their mind;** there’s no single path they have to follow.

Building Practical Life Skills

Academic or career paths aren’t the only thing changing. Teens moving into adulthood face a wave of new responsibilities and routines. Helping them build essential life skills can ease the transition.

- Time management: Creating routines and learning to prioritize tasks
- Budgeting: Understanding income, expenses, and savings
- Responsibility: Taking ownership of chores, appointments, or part-time jobs
- Living arrangements: Adjusting to life away from home or a changing family dynamic
- Social changes: Navigating evolving friendships as peers take different paths

While most young adults in Québec (ages 15–29) still live with their parents, they can still actively build independence and develop practical life skills. If your financial situation allows, consider charging your working teen a small amount for rent, then quietly set it aside in a savings account to give back to them when they’re ready to move out. It’s a great way to teach responsibility while helping them prepare for the future.

Life After High School: Guiding Our Teens Forward

cont.

Emotional Support & Communication

At this stage, teens are beginning to revisit and accept many of the values and advice from their parents, but they're also forming their own identities. They still see you as a role model, even if they don't always show it. Keep an open mind and an open heart. Your young adult is navigating some difficult challenges and will learn some hard lessons along the way. They may find comfort in knowing you also made mistakes during this awkward phase, and that the lessons you learned helped you later on in your life.

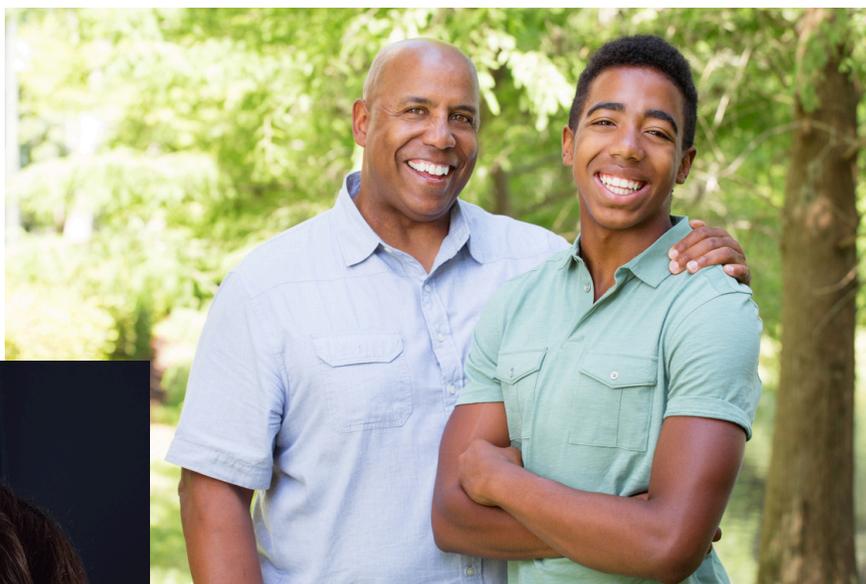
When Extra Help Is Needed

Sometimes, your teen may benefit from outside support:

- Career planning or job readiness? Connect with [Carrefours Jeunesse-Emploi \(CJE\)](#).
- Need someone to talk to? Encourage them to reach out to [Kids Help Phone](#)

Final Thoughts

As parents, we can't make all the decisions for our children, but we can walk beside them as they make their own. By staying involved, offering guidance, and encouraging resilience, we give them the tools to step confidently into this next chapter of life.



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Wrapping Up the School Year with Alloprof!

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



As the 2024–2025 school year comes to a close, let's take a moment to celebrate the perseverance, growth, and hard work of all the students, families, and educators across Quebec. Whether your child made academic progress, overcame a challenge, or discovered a new learning tool—every step forward counts!



alloprof



Wrapping Up the School Year with Alloprof!

cont.

Share Your Story!

This year, Alloprof is creating a series featuring real stories from students and families across Quebec. We're looking for heartfelt testimonials that show how Alloprof made a difference—whether through improved grades, renewed motivation, or a boost in confidence.

- Do you know a student who has a story to tell?
- Or perhaps you'd like to share a quick written anecdote about how Alloprof helped at home?

We'd especially love to feature someone from the English-speaking community, so feel free to pass this opportunity along! Send your story to communications@alloprof.qc.ca. Your experience could inspire other families and help more students discover the support they need.

Summer School? We're Here for That, Too.

If your child is attending summer school or preparing to rewrite exams, Alloprof can help them stay on track with their learning goals—even during the summer months.

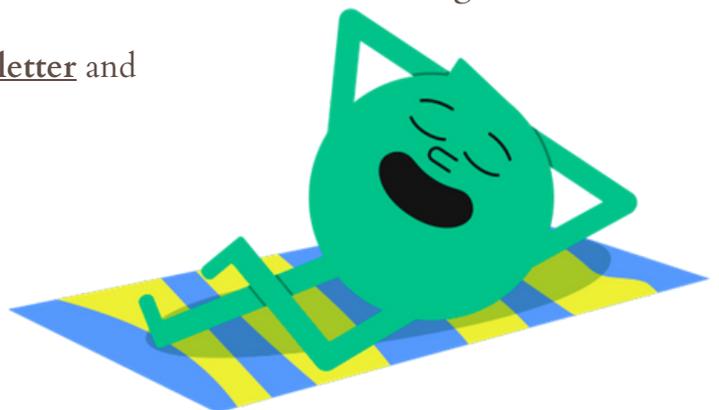
- We've put together a [Summer School Survival Guide](#) [1] [2] [3] to help families prepare, with strategies, tools, and tips to support success. (Stay tuned for the link!)
- Our [Ask a Teacher](#) service will be open from July 7 to August 4!

Bonus: Every student who asks a question during our summer hours will be entered for a chance to win a \$250 gift card for a summer activity of your choice!

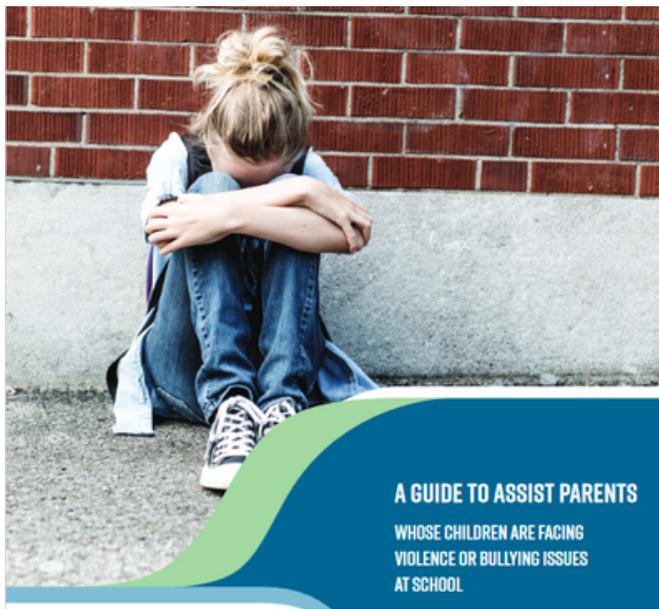
Thank you for being part of the Alloprof community this year. We're proud to support your family's learning journey, and we'll be here again in the fall with even more resources, tools, and encouragement.

Want to keep getting updates? [Subscribe to our newsletter](#) and stay connected all year long.

Have a wonderful and restful summer!



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.