



English Parents' Committee Association



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

President's message

Student Health & Safety, AI, and Coming to Year-End

Dear parents,

As we approach the end of another school year, many families across Quebec are entering a particularly demanding period. Exams, culminating projects, transitions, graduations, and planning for next year can create stress and pressure for students and parents alike. At EPCA, we want to remind families that well-being matters just as much as academic performance. Success is not defined by a single exam or report card, but by the growth, resilience, and support we provide our children throughout their educational journey.

This time of year also brings renewed conversations around student health and safety. Recently, concerns surrounding the growing consumption and accessibility of energy drinks among youth have continued to surface in schools and communities. In response, EPCA is supporting a new petition calling for stronger measures to better protect young people and increase awareness of the health risks associated with these products. We encourage parents to stay informed and engaged as this discussion evolves.

At the same time, the digital realities facing families continue to become increasingly complex. Questions around social media access, online safety, and the role of artificial intelligence are no longer future concerns, they are issues parents and schools are navigating right now. Conversations surrounding proposals to require AI age-verification tools to confirm users are at least 16 years old before accessing certain social media platforms reflect the growing urgency to better protect children online while balancing privacy, autonomy, and digital literacy.

These issues reinforce the importance of supporting parents with practical tools and information. We encourage families to revisit EPCA's recent cyber wellness webinar and resources, which explored online safety, healthy digital habits, and strategies for helping children navigate an increasingly connected world. As technology evolves rapidly, ongoing parent education and open dialogue remain essential.

Finally, we are excited to share that the 50th edition of the EPCA newsletter will be released in June, an important milestone that reflects the strength, engagement, and dedication of parent voices across Quebec's English education sector. We look forward to celebrating this achievement with you and continuing to advocate together for the well-being and success of all students.

As always, thank you for your continued involvement, collaboration, and commitment to public education.

Katherine Korakakis
President, English Parents' Committee Association

Exam Study Tips for Parents and Students

Studying for exams isn't quite the same as regular homework or studying during the school year. It requires a bit more structure and intention—but with the right approach, students can get through it without burning out. Here are a few simple ways you can support your child during exam time.

1. Sleep First

This is the #1 priority. If your child isn't sleeping enough, nothing else will stick. Late-night cramming won't help if they're too tired to think straight the next day. If they're feeling anxious or having trouble winding down, try things like calming playlists, meditation apps, or aromatherapy. And make screens-off-an-hour-before-bed a house rule that is strictly enforced during exam period. They can sneak their after-hours scrolling once they've crushed their exams!

2. Take Breaks to Boost Learning

Believe it or not, breaks help brains! When your child studies something new, their brain needs downtime to sort it out and store it properly. This is called “consolidation”. Think of learning like riding a bike—we're wobbly at first, but with practice (and rest in between), things start to click. That's why cramming doesn't work—real learning takes time and space.

3. Mix It Up

Tied in to the idea of consolidation, spending hours on the same subject is usually ineffective and can lead to burnout. Our brains get bored. Try switching subjects each day or breaking up longer study sessions with different topics. It keeps things fresh and helps with focus.

4. Let Them Teach You

One of the best ways to really understand something is to teach it. Ask your child to explain what they're learning or walk you through a problem. Showing genuine interest in what they're learning can also motivate them to engage more actively with the material.

5. Short and Focused Sessions

Encourage 30–45 minute study blocks, followed by a quick 5–10 minute break. Look up the Pomodoro Technique: for many people, it's much more effective than long, dragged-out sessions. Everyone's brain has a limit—work with it, not against it.

6. Use a Mix of Learning Tools

Textbooks and notes are great, but switching things up can help kids stay engaged. Look for YouTube videos, podcasts, or even educational games related to what they're learning. As a starting point, Alloprof has a ton of resources to offer. Keep in mind that the material doesn't need to be a perfect match—related topics still help reinforce subjects learned in class and keep things interesting.

Final Tip: Stay positive. Exams can be stressful, but a calm and supportive home environment makes all the difference. Even small encouragements from you can go a long way.

Getting Ready for Exams: Strategies for Special Needs Students

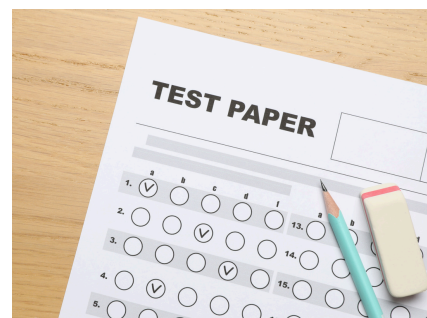
Exams and preparing for them can be stressful for everyone, but especially for special needs students. Additional preparation and support can make a big difference for them. Here are some tips to help them succeed:

- **Understand Individual Needs:** Every student with special needs is unique. Take the time to understand the specific challenges and strengths of your child.
- **Ask for a Supportive Environment:** Ensure the exam environment is conducive to your child's needs. This might include providing a quiet space, adjusting lighting or seating arrangements, or allowing for breaks as needed.
- **Use Assistive Technology if possible:** Leverage assistive technology tools to help students with special needs access exam materials more easily. This could include screen readers, speech-to-text software, or specialized keyboards.
- **Request Accommodations:** Request accommodations that level the playing field for students with special needs. This might include extra time, breaks, or alternate formats for exams (e.g., oral exams instead of written).

If your child has an Individualized Education Program (IEP) make sure these strategies are included and outlined in their IEP.

You can also use the below Preparation preparation and Study Technics:

- **Find the best Study Techniques:** Find study methods that work best for your child. This could include using flashcards, mind maps, practice tests, or summarizing key points in their own words.
- **Help them get Organized:** Develop a study schedule and create a dedicated study space that is free from distraction
- **Practice Test-Taking:** Help your child develop effective test-taking strategies through practice and guidance such as reading questions carefully, underlining keywords, eliminating wrong answers, and planning time effectively. Teach them techniques such as breaking down questions, managing time effectively, and staying calm under pressure. This helps students get comfortable with the format and time pressure of the real exam.
- **Offer Visual Supports:** Use visual aids such as diagrams, charts, or graphic organizers to help your child understand and organize information. Visual supports can be particularly helpful for students with learning disabilities or attention issues.
- **Chunk Information:** Break down exam content into smaller, more manageable chunks. This can make studying more approachable and reduce feelings of overwhelm for students with special needs.



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Getting Ready for Exams: Strategies for Special Needs Students

cont.



You can also provide Additional Support:

- **Encourage Self-Advocacy:** Teach your child how to advocate for their own needs. Encourage them to communicate with teachers or support staff about any accommodations or assistance they require during exams.
- **Provide Positive Reinforcement:** Offer praise and encouragement to boost your child's confidence and motivation. Recognize their efforts and progress, regardless of the outcome of the exam.
- **Support Emotional Well-being:** Recognize the emotional impact that exams can have on students with special needs. Offer emotional support and stress management techniques, such as deep breathing exercises or mindfulness techniques.
- **Focus on Progress:** Celebrate small victories and encourage your child throughout the preparation process.
- **A Good Night's Sleep:** Ensure your child gets a good night's sleep before the exam to be well-rested and focused.
- **Teacher Communication:** Maintain open communication with your child's teacher about any specific needs or concerns regarding the exam.

By understanding the exam format, implementing effective study strategies, and providing personalized support, you can help your special needs child feel more prepared and confident on exam day.

What is Test Anxiety and Signs to Look Out For

It's not unusual for kids to get a little nervous before a big test — sweaty palms, a racing heart, maybe even a sleepless night. But for some kids, that nervousness doesn't go away. It lingers, grows, and can even get in the way of learning and performance. That's when we're dealing with something more than just the average pre-test jitters — we're talking about test anxiety.

What Is Test Anxiety, Really?

Test anxiety is a form of performance anxiety that shows up before or during tests. It's that overwhelming sense of fear or dread that a child might feel at the mere mention of a quiz, pop test, or final exam. This anxiety isn't just mental — it can manifest physically and emotionally, affecting a child's mood, behaviour, and even their health.

And while any child can experience test anxiety, it's especially common among kids who learn and think differently. Kids with ADHD, dyslexia, or other learning challenges often carry the extra weight of past academic struggles. Each tough experience can chip away at their confidence, and when it's time for the next test, all those feelings come rushing back.

Signs You Might Be Seeing Test Anxiety

Test anxiety doesn't always look the way you'd expect. It's not just about saying "I'm nervous." It can show up in surprising — and sometimes confusing — ways. Here are a few signs to look out for:

- Sudden mood swings, crankiness, or irritability
- Refusing to study or avoiding school altogether
- Frequent complaints of headaches or stomach aches, especially on test days
- Trouble sleeping before a test
- Repeating negative self-talk like "I'm going to fail" or "I'm not smart enough"
- Obsessing over test results before it even happens



Sometimes, these signs might seem like typical kid behaviour, but when they cluster around test times, they're worth paying attention to.

What is Test Anxiety and Signs to Look Out For

cont.

Why Learning Differences Can Make Test Anxiety Worse

Kids with learning differences often need to work harder to keep up — not because they're any less capable, but because their brains process information differently. Tests, especially those not designed with these differences in mind, can become major obstacles.

When a child with dyslexia faces a timed reading test, or a student with ADHD is asked to sit still and concentrate in a quiet room, it can feel impossible. That sense of failure or “not measuring up” can build over time, feeding into anxiety and making each new test feel more overwhelming than the last.

So, How Can We Help?

The good news is that there are ways to support kids through this. Remember small shifts can make a big difference.

Here are a few ideas to start:

- Talk openly about tests and normalize nervousness — it's okay to feel anxious.
- Create low-stakes practice opportunities at home or in the classroom to build confidence.
- Focus on progress, not perfection — praise effort, growth, and resilience.
- Teach coping skills, such as breathing techniques, visualization, or positive self-talk.
- Stay connected with teachers, counsellors, and specialists so everyone's on the same page.



Final Thoughts

Test anxiety doesn't mean your child is broken or incapable. In fact, many kids experiencing it are working harder than we even realize. With understanding, patience, and the right tools, we can help them feel safe, supported, and confident — not just on test days, but every day.

Remember: It's not just about teaching kids how to pass a test. It's about helping them believe in their ability to learn, grow, and succeed on their own terms.

Ministry Exams

As the school year draws to a close, our kids are faced with many new challenges. One of these challenges are ministry exams. Every year, the Ministère organizes three exam sessions for the uniform exams: one in May/June, one in July/August, and one in December/January. The Ministry exams are a test imposed by the Ministère de l'Éducation Ministère de l'Enseignement supérieur (MEES) at the provincial level to increase the monitoring of students at important points in their learning. Each exam assesses the learning required in the Québec Education Program and is based on the framework for the Evaluation of Learning and the Progression of Learning. These exams are very different from what they are used to at school.

Ending Grade 6, kids will write English Language Arts and Mathematics. For Secondary students, there are a variety of subjects that are tested at different grade levels.

The people designated to administer the tests are given specific instructions. For example, during an exam, no one is allowed to support the student in any way, such as by clarifying the task, providing details, explaining or translating words or expressions, or rephrasing instructions. If this guideline is not followed, the test may be invalidated by the Ministry. It is also important to understand which exams allow additional support materials and which do not.

Some resources for parents are:

- <https://www.learnquebec.ca/home>
- <https://www.alloprof.qc.ca/en/parents/articles/exam-preparation/parents-know-ministry-exams-k1257>
- <https://www.alloprof.qc.ca/en/students/vl/exams-and-tips/exam-dates-current-school-year-r0014>
- <https://parents.quebec/en/>

We also strongly encourage you to visit the Education Ministry [website](#) for further information.

Québec Ministry [examination schedule](#) for May and June 2026

Elementary Level - English Sector

Date	Exam	Grade
May 19 – June 5	English Language Arts (514-600)	Grade 6
June 9–11	Mathematics (522-610)	Grade 6

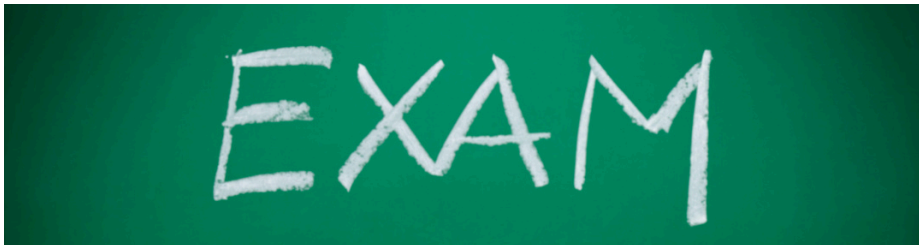


Ministry Exams

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Elementary Level – French Sector

Date	Exam	Grade
June 1	Français, langue d'enseignement – Lecture – Texte littéraire	Grade 6
June 2	Français, langue d'enseignement – Lecture – Texte courant	Grade 6
June 3–4	Français, langue d'enseignement – Écriture	Grade 6
June 3	Français, langue d'enseignement – Lecture – Texte littéraire	Grade 4
June 4	Français, langue d'enseignement – Lecture – Texte courant	Grade 4
June 8–10	Français, langue d'enseignement – Écriture	Grade 4
June 9–11	Mathématique	Grade 6



Secondary Level – English Sector

Date	Exam	Grade
May 11–19	Français, langue seconde, Programme de base – Distribution of the Modalités d'évaluation	Secondary 5
May 11–June 5	Français, langue seconde, Programme enrichi – Distribution of the Modalités d'évaluation	Secondary 5
May 20	Français, langue seconde, Programme de base – Activité préparatoire et compréhension écrite	Secondary 5
May 21–June 9	Français, langue seconde, Programme de base – Activité préparatoire et interaction orale	Secondary 5
May 26	English Language Arts – Reading	Secondary 5
May 26	English Language Arts – Production Preparation	Secondary 5
May 27	English Language Arts – Production Writing	Secondary 5
June 8	Français, langue seconde, Programme enrichi – Activité préparatoire et compréhension écrite	Secondary 5

Ministry Exams

cont.

Secondary Level – English Sector continued

Date	Exam	Grade
June 9	Français, langue seconde, Programme enrichi – Production écrite	Secondary 5
June 9	Français, langue seconde, Programme de base – Production	Secondary 5
Jun 10	Mathematics – Technical and Scientific Option / Science Option	Secondary 4
Jun 12	History of Québec and Canada	Secondary 4
Jun 16	Science – Science and Technology / Applied Science and Technology	Secondary 4
Jun 18	Mathematics – Cultural, Social and Technical Option	Secondary 4

Secondary Level – French Sector

Date	Exam	Grade
As of May 1	Français, langue d'enseignement – Écriture – Activités préparatoires	Secondary 2
May 14–29	Français, langue d'enseignement – Écriture	Secondary 2
Apr 30	Français, langue d'enseignement – Distribution of the Dossier préparatoire	Secondary 5
May 7	Français, langue d'enseignement – Écriture	Secondary 5
May 14–June 11	Anglais, langue seconde, Programme de base – Tâche préparatoire et interaction orale	Secondary 5
May 21–28	Anglais, langue seconde, Programme enrichi – Distribution of the Cahier de préparation	Secondary 5
May 29–June 3	Anglais, langue seconde, Programme enrichi – Écoute du document audio et discussion	Secondary 5
June 4	Anglais, langue seconde, Programme enrichi – Production écrite	Secondary 5
Jun 10	Mathématique – Technico-sciences / Sciences naturelles	Secondary 4
Jun 11	Anglais, langue seconde, Programme de base – Production écrite	Secondary 5
Jun 12	Histoire du Québec et du Canada	Secondary 4
Jun 16	Science – Science et technologie / Applications technologiques et scientifiques	Secondary 4
Jun 2018	Mathématique – Culture, société et technique	Secondary 4

Substance Abuse and Our Children - What Should we Do?

There is no question that there are kids who are vaping, smoking, drinking, and using drugs. Our children will be exposed to these substances and the kids who are doing them... and there will be pressure on our children to do them as well. How can we know if our kids are doing them?

Kids who try substances will fall into one of three categories. They will be able to try it and walk away from it. Or they will try it and have a healthy relationship with it as teens and as adults. Or they will try it and fall into a self-destructive habit that they will struggle with throughout their lives.

It is fundamental that we make the time to play an active role in our children's lives. The role of the parent does not diminish as the child moves to high school - it actually becomes more important. Kids are faced with many decisions and choices that are, quite frankly, adult decisions and choices with adult consequences. They may have much more freedom, but they need us to be there to help them negotiate these complicated choices and decisions.

Try to have a short chat with your child when they come home after spending time with friends. Look them in the eyes; their gaze will tell you a lot. Their eyes may be unable to focus, be bloodshot, or their eyes may just be averted. And if they have been drinking, vaping, or smoking, you also will be able to smell it. Problematic behavior will usually show a number of warning signs, like changes in friends, behavior, dress, attitude, mood, and grades.

Be sure to get to know who your children are hanging out with and, if possible, their parents. In some cases, the behaviour and actions of the parents may be a good indicator of how the child will behave as well. You may also be able to get a sense of the attitude and perspective of the child in how they interact with their parents.



You may be able to detect substance use in your children through physical cues such as fatigue, repeated health complaints, red and glazed eyes, and a lasting cough. There are also emotional cues like personality changes, sudden mood changes, irritability, irresponsible behaviour, low self-esteem, poor judgment, depression, and a general lack of interest. In the family unit, you may see them starting arguments, breaking rules, or withdrawing. At school you may see decreased interest, negative attitude, a drop in grades, many absences, truancy, and discipline problems. And social problems will arise, like new friends who are less interested in standard home and school activities or who have problems with the law.

Substance Abuse and Our Children - Potential Signs

<p>Shifts in mood & personality</p> <ul style="list-style-type: none"> ➤ Sullen, <u>withdrawn</u> or depressed ➤ Less motivated ➤ Silent, uncommunicative ➤ Hostile, angry, uncooperative ➤ Deceitful or secretive ➤ Unable to <u>focus</u> ➤ A sudden <u>loss</u> of inhibitions ➤ Hyperactive or unusually <u>elated</u> ➤ Increased rebelliousness ➤ Mood changes, particularly issues with depression, irritability, and anger ➤ Issues with memory 	<p>Behavioral changes</p> <ul style="list-style-type: none"> ➤ Changed relationships with family members or <u>friends</u> ➤ Absenteeism or a loss of interest in school, <u>work</u> or other activities ➤ Drop in <u>grades</u> ➤ Avoids eye <u>contact</u> ➤ Locks doors ➤ Disappears for long periods of <u>time</u> ➤ Goes out often, frequently breaking <u>curfew</u> ➤ Secretive with the use of their phone ➤ Makes endless <u>excuses</u> ➤ Uses chewing gum or mints to cover up <u>breath</u> ➤ Often uses over-the-counter preparations to reduce eye reddening or nasal <u>irritation</u> ➤ Has cash flow <u>problems</u> ➤ Has become unusually clumsy: stumbling, lacking coordination, poor <u>balance</u> ➤ Has periods of sleeplessness or high energy, followed by long periods of "catch up" sleep
<p>Hygiene & appearance</p> <ul style="list-style-type: none"> ➤ Smell of smoke or other unusual smells on breath or on clothes ➤ Messier than usual appearance ➤ Poor hygiene ➤ Frequently red or flushed cheeks or face ➤ Burns or soot on fingers or <u>lips</u> ➤ Track marks on arms or legs (or long sleeves in warm weather to hide marks) 	<p>Physical health</p> <ul style="list-style-type: none"> ➤ Frequent sickness ➤ Unusually tired and/or lethargic ➤ Unable to speak intelligibly, slurred speech or rapid-fire <u>speech</u> ➤ Nosebleeds and/or runny nose, not caused by allergies or a <u>cold</u> ➤ Sores, spots around mouth ➤ Sudden or dramatic weight loss or gain ➤ Skin abrasions/bruises ➤ Frequent perspiration ➤ Seizures and/or vomiting
<p>Some signs that the person is using alcohol that is found in the home are:</p> <ul style="list-style-type: none"> ➤ Missing containers of alcohol, diluted spirits, or significant reductions in the volume of alcoholic beverages around the house ➤ Finding empty alcohol containers on the person or in their room. ➤ Physical signs, such as issues with motor coordination, slurred speech, giddiness, silly behaviors, etc. 	

Remember your children need your help finding their way to adulthood. They are faced with choices that may have severe consequences down the road. You might not need to micro-manage them as you did in elementary school, but they need direction, information, and help navigating the confusing and potentially dangerous road to adulthood. Talk to them regularly and before there is an urgent need.

Resources:

<https://www.drugfreekidscanada.org/>

<https://www.canada.ca/en/health-canada/services/substance-use/talking-about-drugs/talking-with-teenagers-about-drugs.html>

<https://alcohol.org/teens/>

alloprof



Supporting End-of-Year Success: Motivation, Time Management and Stress

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



As spring arrives in Quebec, the countdown to summer is on in our schools! This season often brings excitement and pressure as the collective focus shifts towards year-end evaluations.

As a parent, you are your child's most important supporter. Although you can't completely eliminate their stress, you can establish a solid routine that paves the way to achieving their end-of-year goals. By providing the right tools, you can help your child transform their approach to schoolwork, fostering patience, pride in their accomplishments, and a strong sense of "can-do" confidence.

Keeping the Motivational Spark Alive

Maintaining momentum is often the biggest challenge as the weather warms up. If your child is struggling to find the "why" behind their work, help boost their motivation by focusing on small wins rather than just final grades. For those who feel discouraged or don't like school, connecting their efforts to their self-confidence can make a world of difference. You can also make review sessions more engaging by incorporating interactive tools:

- Speedy Rabbit: Perfect for practicing math operations in a fun format.
- Motivational Timer: Helps stay focused with segmented work sessions and earned breaks.

Mastering Time Management

Creating a solid plan can often transform paralyzing anxiety into confident action. Help your child be better organized by breaking large exam topics into smaller, digestible steps. Utilizing good time management tools can prevent last-minute scrambles and provide a strong sense of confidence when approaching complex tasks. Additionally, savvy use of technology can transform study sessions into effective learning bursts.

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Supporting End-of-Year Success

cont.

Navigating Year-End Stress

Exam season energy often brings additional pressure. It's essential to recognize your child's feelings before frustration takes over. If you notice signs of homework anxiety, try to reframe the situation by reminding them that mistakes are learning opportunities. Create a calm environment and use specific stress-relieving tips. Small actions, like making time for physical activity, laughing and reading, can significantly reduce stress and improve your child's relationship with school.



Hitting the Books

To ensure your child feels fully prepared this exam season, explore Alloprof's subject-specific exam review guides. For high schoolers needing an efficient, thorough refresher on a broader topic, our Crash Courses offer a great way to review key materials before the big day. If your child is preparing specifically for Quebec's Ministry Exams, Alloprof provides targeted simulations and specialized review guides to familiarize students with the exact format and question types they will encounter.

Elementary Ministry Exams: English Language Arts Grade 6 & Mathematics Grade 6

High School Ministry Exams

Secondary IV	Secondary V
History	English Language Arts
Mathematics CST , TS or SN	French Core or Enriched
Science SI or ATS	

Parent Resources

UPCOMING WORKSHOPS

The *English Parents' Committee Association* presents a virtual workshop, in collaboration with *Agence Ometz*

Talking About Substance Abuse with Your Teen

Wednesday May 27th, 2026
at 7:00pm



TO REGISTER
SCAN QR CODE



English Parents'
Committee Association



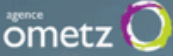

agence
ometz

Parent Resources

HOLD THE DATE
Pearl Leibovitch Parent Evening: May 25th, 2026

**The Luxury of Denial:
It's time we talk about addiction**

Join author and psychiatric nurse Linda Mestel



This year's **Pearl Leibovitch Parent Evening** will feature an informative, personal and honest conversation with **Linda Mestel**, a psychiatric nurse, a local author and a former clinical supervisor at Ometz.

Linda will share the compelling story behind her book, "*The Luxury of Denial: A Moving Memoir. A Mother's Journey of Challenge and Hope Through Her Son's Addiction*". She will also discuss what recovery looks like for parents whose children are struggling with addiction, highlighting why it's so important not to face the journey alone.

Hold the date!

May 25, 2026 | 7:00 PM – 8:30 PM

Features an exclusive book signing and meet-and-greet, a perfect chance to meet Linda up close!



The graphic shows a stack of three books titled "THE LUXURY OF DENIAL" by Linda Jayne Mestel. The top book is standing upright, showing its cover which has a sunset background. The two books below it are lying flat. The background is a dark, textured blue-grey.

The location will be disclosed closer to the date.

More details to follow.

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.