



EPCA

English Parents' Committee
Association of Quebec



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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

Parent engagement & participation are key!

Dear parents,

As we begin a new school year, we are also approaching an important moment for education in Quebec: the upcoming provincial election.

In our recent **special election edition**, EPCA shared the responses we received from political parties on issues affecting English public education. I encourage parents to read those responses, ask questions, and stay engaged as election day approaches. Decisions made at the provincial level have a very real impact on our schools, our communities, and, most importantly, our children.

But parent engagement cannot begin and end at election time.

One of the challenges I continue to see is that the important role parents play in education is not sufficiently recognized or understood. I would like to see that change and more clearly recognize the place and role of parents in our education system.

Parents bring an essential perspective. We know our children. We see what is working, what is not, and where families and schools need more support. When parents get involved, whether at the school level, on governing boards, through parent committees, or simply by asking questions and speaking up, they can make a difference.

One of my goals as President of EPCA this year is to help parents understand just how important that difference can be. I want parents across Quebec's English public school system to feel heard and represented, and, perhaps most importantly, to truly realize the impact they can have.

That starts with participation.





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President's message

Parent engagement & participation are key!

cont.

As the school year gets underway, I encourage parents to get involved. Attend a meeting. Ask questions. Learn about your governing board and parent committee. Share your experiences and concerns. You do not need to be an expert in education policy to have something valuable to contribute. Your experience as a parent matters.

There will undoubtedly be challenges ahead this year, particularly as education becomes part of the conversation during the provincial election. But there is also an opportunity to make sure the parent's voice is part of that conversation and remains part of it long after the election is over.

My goal for the year ahead is simple: more parents engaged, more parents heard, and more parents understanding the power of their collective voice.

I look forward to working alongside you to make that happen.

Katherine Korakakis

President, English Parents' Committee Association



About EPCA



**English Parents'
Committee Association**

WHO IS EPCA?

The English Parents' Committees Association is a coalition of parents' committees from English school boards in Quebec, representing 100,000 students of the English-speaking youth sector. EPCA is a non-profit association funded by the Ministry of Education. We advocate for public English education in Quebec and campaign on issues of concern to member parent committees. Whenever there is an education issue, we are the voice of parents. EPCA represents the parents of English-language school boards in Quebec and is a strong and trusted partner for parents throughout their child's educational journey from elementary through high school. There is strength in numbers and EPCA works to bring everyone together!

WHAT WE DO

EPCA offers support, training services, and workshops to parents involved in Education by answering questions they may have, directing them to relevant resources, and providing valid and verified information that is public and accessible to all.

EPCA also offers a personalized consulting service for which the identity of parents and their children as well as the exchanges they have with EPCA remain confidential, guaranteeing the trust that parents can have in their Association.

EPCA helps parents find the information needed to support children, help them be successful, support their well-being, or to get involved in the school's parent governance structure. Parents can learn about how to apply for English-language education eligibility, enrol in kindergarten, transition to high school and much more.



Road Safety Reminders

The beginning of the school year is a great time to review road safety with your children and the whole family.



1. **Stop, look, and listen.** Remember to stop at the curb, look both ways, and listen for any cars before crossing.
2. **Make sure drivers see you.** Don't assume that a car can see you because it is slowing down. It is best to make eye contact with the driver and wait for them to come to a full stop.
3. **Cross at the right place.** It's safest to build the habit of only crossing at cross walks or corners where drivers will be expecting you.
4. **Phones down, heads up.** Crossing the road should get your full attention. Put phones and other distractions aside until you have crossed safely.
5. **Watch for turning and reversing cars.** Sometimes cars can move unpredictably, especially in school zones, so be mindful of cars reversing, turning, or pulling out.
6. **Don't rush.** Give yourself lots of time to get to school so you can follow all these safety reminders.

Have a Road Safety Concern at Your School?

If you are concerned about a road safety issue at your school, such as speeding or pedestrian safety, here are some steps that you can take:

1. **Document the concern.** Try and be specific about the issue; where is it happening and when does it occur? Having some notes or photos can help demonstrate that there is indeed an issue.
2. **Talk to the school.** Meet with your school administration and governing board to bring the issue to their attention so they can help document the issue, explore possible solutions, and advocate for changes with the appropriate authorities.
3. **Reach out to your school board commissioner.** Parents should contact their elected school board commissioner who can help bring attention to any concerns. School board commissioners can connect with the appropriate municipal representatives and help advocate for action.
4. **Contact the municipality or borough.** Most road safety measures around schools fall under the responsibility of the municipality or borough, not the school or school board. Contact your elected representative to report the concern and request action.
5. **Work together and follow up.** Road safety concerns are more effective when parents, the school, school board representatives, and municipal officials are all aware of the issue. If the concern is not being resolved, continue to follow up and ask what actions are being considered.

Supporting Your Child Through the IEP Process

An Individualized Education Program (IEP) is designed to address the unique needs of students with disabilities, social maladjustments, or learning difficulties. As a parent, you play a vital role in ensuring your child's success through the IEP process. By working closely with the school, you help create a supportive environment where your child can thrive academically and socially. The IEP is not just a document—it's a partnership between you and the school to chart your child's developmental journey.

When does the IEP process begin?

There is no single start date. An IEP can be developed when a student's needs are identified, and parents can raise concerns with the school at any time. The process involves identifying your child's strengths and needs, establishing priorities and objectives, and determining appropriate interventions, adaptations, accommodations, and other supports.

1. Be an Active Team Member

The IEP is developed by a team that includes the principal, teachers, and other professionals. Parents are essential members of this team. Your insights into your child's social, developmental, physical, and academic history are invaluable.

Attend IEP meetings and share observations about your child's strengths, challenges, interests, and what you see at home.

Ask: What are my child's strengths? What specific needs are you seeing at school?

2. Advocate for Your Child

You know your child best. Speak up about what works and what doesn't. Ask questions if you don't understand something in the IEP.

If you feel your child needs specific supports or interventions, communicate these needs clearly to the school team.

Ask: What strategies have already been tried, and what was the result? What are the priority areas for my child right now?



Supporting Your Child Through the IEP Process

cont.

3. Understand Adaptations vs. Modifications

- Adaptations allow your child to meet standard curriculum outcomes with supports like preferential seating or adapted materials.
- Modifications adjust the curriculum objectives to your child's level (e.g., learning to count to ten instead of mastering grade-level math).

Discuss which approach is best for your child and how you can reinforce strategies at home. Ask: What will these supports look like during a typical school day?

The IEP is a flexible, working document. Regularly review your child's progress with teachers and staff. Help set short- and long-term goals and participate in evaluating the effectiveness of interventions.

Ask: How will we know if my child is making progress? When will we review the IEP again?

5. Foster Communication

Keep open lines of communication with teachers, aides, and other professionals involved in your child's education.

If external agencies are involved, coordinate with them and the school to ensure everyone is working toward common goals. Agree on how you will communicate about what is working and who to contact if concerns arise.

6. Celebrate Success and Adjust as Needed

Success looks different for every child. Celebrate achievements, big and small.

If something isn't working, collaborate with the team to adjust strategies and goals. Remember that you know your child in a different context than the school does. Sharing your perspective helps the team develop a fuller picture of your child. When parents and schools work together, children benefit from more consistent, coordinated support.



High School Open Houses

High school open houses for English school boards will be taking place in September and October. It is very important that parents know about these open houses and that they attend open houses and visit the schools they are zoned for. While parents may have a preference of schools, it is wise to look at all the options for children.

Below are some considerations that parents may like to think about as they attend these open houses:

- Bring your kids! This is their future after all.
- Remember that now is the time to ask your questions:
 - What is the uniform policy?
 - How are schedules arranged?
 - How many classes per day?
 - What sports, extra curriculars, and options are offered?
 - Note that not all schools offer the same sports, extra curriculars and options.
- Be aware that not all schools have the same resource departments.
 - Make sure to see what school caters to your needs.
- Not all schools offer the same transportation options.
 - Make sure your needs can be met.
- Talk to the kids who are volunteering at the open house. Ask them specific questions that you want answered.

It is important to know what you are looking for in a high school, but at the same time be open to the possibilities offered to you at each open house.

Parents should consider going when their children are in Grade 5, in order to have a chance to think about the right high school and talk things over with their children. Going again when children are in Grade 6 is encouraged to ensure that nothing has changed and that you get any further questions answered.



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Building Strong School Routines & Study Habits Early On with Alloprof!

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



The school year is officially underway, and settling into fresh routines can bring both excitement and evening scrambles. As a parent, helping your child build habits that turn daily tasks into steady progress is a great way to support their learning journey. Check out [Alloprof's](#) tips for a [stress-free back-to-school experience](#) to start the year with confidence!

Building a Routine

Consistency is key to a smooth after-school experience. Learn how to [get organized for back-to-school](#) by setting up a structured daily schedule. Discover [the benefits of a homework routine](#) that gives your child predictable expectations and keep your home organized with printable visual aids [for both elementary students and high school students](#).

Good Study Habits

Understanding [the benefits of homework](#) helps kids see the purpose behind their effort. To keep evenings peaceful, balance your child's schedule in a way that [prevents conflict](#). You can also try these [smart study strategies](#) and set up [motivating goals](#) that celebrate small wins. Finally, learn how to best [structure and supervise homework](#) to build your child's independence over time.



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Back to School with Alloprof!

cont.

Alloprof Tools to Use

Equipping your child with the right learning tools transforms homework from a daily chore into an engaging, self-directed experience. Alloprof offers free, bilingual resources designed to match every learning style, whether your child is in elementary or high school:

- Motivational Timer: Perfect for building focus, this tool breaks study time into manageable chunks with integrated earned break rewards to prevent study fatigue and keep kids motivated.
- Concept Sheets: These clear, easy-to-read guides break down complex subject material into straightforward explanations, providing an instant refresher whenever your child hits a roadblock.
- Videos: Visual learners can benefit from short, highly entertaining video lessons that bring difficult classroom theories and concepts to life.
- Exercises: Interactive practice problems and exam simulations allow students to test their knowledge, reinforce key skills, and turn active practice into exam-day confidence.
- Ask a Teacher: Connects students with real teachers for free homework or study assistance. Our teachers are available Monday to Thursday, 9:00 a.m. to 8:00 p.m. and Sunday 2:00 p.m. to 5:00 p.m.

Learn More!

Building healthy habits takes time, but small wins add up quickly. To learn more, join us for our free parent webinar, Sorted for Success, on September 30th at 6:00 p.m. You'll discover practical strategies to navigate your role in your child's education, establish stress-free homework routines, and make evening study sessions more productive. Together, we can make this school year a journey of confidence and growth!



alloprof parents

Webinar

Sorted for Success:
A Parent's Guide to Thriving
this School Year with Alloprof!

September 30th at 6pm

Parent Resources

UPCOMING WORKSHOPS



EPCA
English Parents' Committee
Association of Quebec



Save the Date!

EPCA and LEARN are pleased to present a series of free online workshops for parents across Quebec during the 2026-2027 school year.

Led by expert presenters and community partners, these engaging sessions will explore topics that matter to parents and families, offering practical information, helpful resources, and opportunities to learn from specialists in the field.

The workshop series will take place on Tuesdays from 7:00 p.m. to 8:00 p.m. Stay tuned for full session descriptions and registration details.

Upcoming Sessions

- **October 6 & November 3, 2026** - Two-part series with the Centre of Excellence for ASD
- **October 13 & October 20, 2026** - Two-part series with the Centre of Excellence for Mental Health
- **February 16, 2027** - Special session with NFSB Adult and Vocational Education Training Centres

Mark your calendars and join us for these informative sessions designed to support parents and families. Follow us for additional details on topics, presenters, and registration in the coming weeks.

Together, EPCA and LEARN remain committed to providing parents with practical resources, expert guidance, and opportunities to connect with families and communities across Quebec.

Parent Resources



COMMISSAIRE AU BIEN-ÊTRE
ET AUX DROITS DES ENFANTS

Témoin ou victime d'une injustice?

Experienced or Witnessed an Injustice?

ON PEUT AIDER
WE CAN HELP

- **Écoute**
Listening
- **Accompagnement**
Guidance
- **Droits des enfants**
Children's Rights



SCANNE-MOI!
SCAN ME!



Pour les 0-18 ans*
For ages 0 to 18*

* Les jeunes de 18 à 25 ans qui se sentent vulnérables
peuvent nous contacter.

* Young people aged 18 to 25 who feel vulnerable can contact us.

TEXTO
OU APPEL
TEXT or CALL

450-222-2303

1-888-944-4455

accueil@enfants.quebec

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.