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

Opportunity to engage in Québec's educational landscape

Dear parents,

As we begin a new chapter in Québec's educational landscape, we have an opportunity to reflect not only on the challenges facing our schools today, but also on the kind of education system we want to build for the generations to come. With the appointment of Joël Arseneau as Québec's new Minister of Education and the government's commitment to holding province-wide consultations on the future of education, we have an important opportunity to make our voices heard. For EPCA, this moment represents both an opportunity and a responsibility.

The question before us is not simply what our education system should look like tomorrow, but what we are prepared to do today to ensure every child has the opportunity to succeed. As parents, we know that education is about much more than academic achievement. It is about belonging, well-being, opportunity, and ensuring that every child feels supported, valued, and equipped to reach their full potential.

For Québec's English-speaking families, these conversations carry additional significance. Our schools are more than places of learning. They are vital institutions that strengthen our communities, celebrate our identities, and help prepare young people to contribute confidently to a bilingual and diverse Québec.

As discussions about the future of education begin, we must ensure that the realities of our schools and the voices of our parents are meaningfully represented. This means asking important questions: How do we ensure that students with special needs receive the support they deserve? How do we address growing concerns about student mental health and well-being? How do we guarantee equitable access to resources and quality education despite increasing financial pressures? And, most importantly, how do we ensure that parents are recognized not simply as stakeholders, but as genuine partners in shaping educational decisions?

These are not questions that can wait.

While we plan for the education system of tomorrow, we cannot lose sight of the students who need our support today. The future of education should not simply be decided for our children and families. It should be shaped with us.

Warm regards,

Katherine Korakakis
President, English Parents' Committee Association

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Seeing the Whole Child: The Value of Parent-Teacher Communication

Whether your child is in kindergarten or Grade 11, parent-teacher interviews offer an important opportunity to better understand your child's experience at school. While report cards provide a snapshot of academic progress, there's much more to a child's school experience than grades alone.

Parents and teachers each bring a different perspective to a child's development. The child you see at home isn't necessarily the same child their teacher sees in the classroom. Children may interact differently with their peers, approach challenges in different ways, or demonstrate strengths and interests that aren't always visible in every environment.

This is why open communication between parents and teachers is so valuable. Parents can offer insight into their child's personality, interests and experiences outside of school, while teachers can share observations about classroom participation, social relationships, learning habits and areas where additional support may be helpful.

Looking at the bigger picture allows both parents and teachers to develop a more complete understanding of the child. By sharing perspectives and working collaboratively, we can help bridge the gap between home and school and create a more supportive environment for children to learn, grow and thrive.

Want to learn more about preparing for parent-teacher interviews? Visit EPCA's **Parent-Teacher Interviews resource** for helpful information and tools.



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How To Effectively Use Your Time In Parent-Teacher Interviews

Report cards are in and it's time to book your Parent-Teacher Interviews. Typically you will have the opportunity to sign up for an eight to ten minute meeting with each of your child's teachers. Based on your own schedule, and how many children you have, this may be logistically challenging. Be prepared when the booking period opens up. This could be early in the morning, so if you are tight schedule wise, be ready. Have a piece of paper or a note on your phone open to complete your available time slots as they fill up with appointments.

Prioritize the teachers from the classes that your child struggles with. Book these teachers first.
If your child is succeeding in a class, it may not be necessary to book and appointment and take up that teacher's time. Perhaps that teacher's valuable time could be better spent.

On the day of your meetings, be prepared. Have your schedule ready, your links available, and specific questions you may have for each teacher. While it is important to have questions for the teacher, it is more important to be ready to hear the answers. Do far more listening than talking. The teacher will give you insight into your child, and can offer you valuable ways to help in your child's education. The time will go fast, so keep the discussion on topic. The teacher is there to give you feedback into your child's classroom habits and performance. If you want, take notes while the teacher is talking. This can help you process all the information you will get in a short amount of time.

As the meeting is ending, and if you feel that there is more that needs to be talked about with a specific teacher, do not hesitate to schedule a follow up conversation. This can be particularly relevant when your child has an IEP.



Remember the Parent-Teacher meetings move at a fast pace. Be prepared with a schedule, links and questions for each teacher. Ask questions but spend your time listening to what the teacher can tell you about your child. And don't hesitate to book a follow up appointment.

Remember, both you and the teacher want your child to succeed. This is an invaluable way to collaborate on that success.

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Individualized Education Program (IEPs)

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Your Voice Matters: A Parent's Role in the IEP Process

Parents are important members of the IEP team and have the right to participate in the development, implementation, review, and ongoing evaluation of their child's IEP. This includes providing input on their child's needs, identifying appropriate accommodations and supports, and participating in decisions about the goals and strategies outlined in the plan. Parents are active participants in the IEP process, not simply recipients of decisions made by the school.

Common IEP Terms

I.E.P - Individualized education plan Used for outlining a student's needs, goals, accommodations, support measures, and the strategies that will be used to help them succeed at school.	**Strengths** Your child's abilities, interests, and areas of success.	**Needs** The specific areas where your child requires additional support to access learning, participate in the classroom, or develop skills.
Goals The specific skills or areas of development your child is working toward. Goals should be clear and measurable so progress can be evaluated.	**Baseline** An indication of the student's current abilities or performance before an intervention begins. This provides a starting point against which progress can be measured.	**Progress Monitoring** How the school tracks and documents your child's progress toward their IEP goals and determines whether the strategies being used are effective.
Intervention An action or strategy put in place by school staff to address a student's identified needs.	**Review** A review of the IEP to discuss your child's progress, evaluate existing supports, and determine whether goals or strategies need to be adjusted .	**Specialized Services** Additional support provided by school professionals such as an orthopedagogue, speech-language pathologist, occupational therapist, psychologist, or special education technician.

Parents know their child in ways that educators cannot. Consider sharing:

- Your child's interests, strengths, and motivations
- Strategies that work well at home
- Concerns about learning, organization, attention, or behaviour
- Social or emotional challenges
- Medical or professional reports that may help the team better understand your child's needs
- Your hopes and priorities for your child's growth during the school year

Remember: You do not need educational expertise to contribute meaningfully. Your lived experience and observations are valuable pieces of the puzzle.

Questions Parents May Want to Ask:

- What strengths is my child demonstrating at school?
- What specific need is this goal addressing?
- How will progress be measured?
- How often will progress be reviewed?
- Who will be responsible for implementing each support?
- Which accommodations are being used regularly in the classroom?
- How can we support these goals at home?
- What should we do if the strategies are not working?

If something in your child's IEP is unclear, ask questions until you fully understand it. Parents should leave an IEP meeting knowing what supports will be provided, who will provide them, and how progress will be monitored.

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Individualized Education Program (IEPs) cont.

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Key Terms & Examples

Modifications	Accomodations	Support Measures
Changes to the expected learning outcomes or academic requirements for a student. Unlike accommodations, modifications change what a student is expected to learn or demonstrate.	Adjustments that allow your child to access learning and demonstrate their knowledge without changing the expected learning outcomes.	Strategies, tools, resources, and interventions provided to help your child overcome learning barriers. Examples include manipulatives for math, visual schedules, movement breaks, and access to specialized resources.
Examples: Modified reading or mathematics expectations, simplified learning objectives, alternative academic expecations, modified assignments, etc.	Examples: Extra time, quiet workspace, assistive technology, alternative ways to desmonstrate learning, visual supprts, etc.	Examples: Math manipulatives, movement breaks, sensory tools, organizational support, specialized instruction, etc.

What Should Be Included in Your Child's IEP?

Although school boards and service centres across Quebec may use different IEP forms and templates, there are key elements that should be addressed in every student's plan. An IEP should provide a clear picture of your child's individual needs and outline how the school will support their learning and development. When reviewing your child's IEP, parents should be able to identify the following:

- Strenght and areas of need
- Specific learning goals and objectives
- Strategies and interventions
- Accomodations and support measures
- List of poeple responsible for implementing the IEP
- Timeline and frequency of provied suppoorts
- Progress monitoring and review

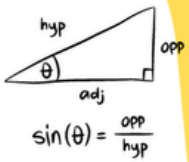
REMEMBER: An effective IEP is built on collaboration. When families, educators, professionals, and students work together, they create a stronger understanding of the student's strengths, challenges, and goals. Your voice matters, and your involvement helps ensure that your child's educational plan reflects who they are and what they need to succeed.

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Parent-Teacher Interviews

Subject-specific Guide – Math

PARENT-TEACHER MEETING CHECKLIST FOR MATH



Check off the questions you'd like to ask the teacher about how your child is doing in math.

In class Participating

How does my child measure success?

How does my kid respond when math concept in difficult to grasp?

How does my child prefer to work during math class? With or without an adult? Alone or with a buddy?

What does my kid do when faced with a challenge in math class? Does my child seek assistance?

In class Learning

What tactics help my child in math class? How can we apply these techniques at home?

Could you give me an example of a math concept that my youngster has mastered?

Can you give me an example of a math concept that my child has difficulty with?

Is homework handed in on time? Can I look at my child's in class math work?

Helping with Homework

What questions may I ask to clarify a math concept when my child is struggling at home?

What resources are there to help with math homework ?

How can I assist my child in becoming more independent when it's homework time ?

What home math tools should I have at my child 's disposal?

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Parent-Teacher Interviews

Subject-specific Guide – French

PARENT-TEACHER MEETING CHECKLIST FOR FRENCH



Check off the questions you'd like to ask the teacher about how your child is doing in French.

In class Participating

How does my child measure success?

How does my child respond when she doesn't understand what you are telling her?

How does my child prefer to work during French time? With or without an adult? Alone or with a buddy?

What does my child do when faced with a challenge during French time? Does my child seek assistance?

In class Learning

What tactics help my child with French? How can we apply these techniques at home?

Could you give me an example of what my child has mastered in French?

Can you give me an example of what my child has difficulty in French with?

Is homework handed in on time? Can I look at my child's in class French work?

Helping with Homework

What questions may I ask to clarify a French concept when my child is struggling at home?

What resources are there to help with French homework ?

How can I assist my child in becoming more independent when it's homework time ?

What home French tools should I have at my child 's disposal?

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Parent-Teacher Interviews

Subject-specific Guide – English



PARENT-TEACHER MEETING CHECKLIST FOR ENGLISH

Check off the questions you'd like to ask the teacher about how your child is doing in English.

In class Participating

What does my child's success look like to you?

Which skills does my child exhibit to communicate and learn?

How does my child prefer to work during English class? With or without an adult? Alone or with a buddy?

What does my kid do when faced with a challenge in class? Does my child seek assistance?

In class Learning

What techniques can help my child's progress in English class? How can we apply these techniques at home?

Could you give me an example of a required English competency where my child has shown strength ?

Can you give me an example of a English competency with which my child has difficulty?

Is homework handed in on time? Can I look at my child's in class English work?

Helping with Homework

What questions may I ask to clarify an English competency concept when my child is struggling at home?

What resources are there to help with English homework ?

How can I assist my child in becoming more independent when it's homework time ? What home English reading, writing and comprehension tools should I have at my child 's disposal?

What home English tools should I have at my child 's disposal?

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Report Card Season: Staying on Track, Bouncing Back, and Building on Progress

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



The first leg of the school year is in the books! By now, you've received your child's Term 1 report card, or will be receiving it shortly. This academic milestone is all about perspective. Whether your learner brought home glowing marks or encountered a few bumps along the road, this moment isn't a final verdict — it's a valuable compass guiding the rest of the year. It's your chance to turn grades into actionable momentum, celebrate real effort, and equip your child with the can-do confidence they need to thrive.

Before jumping to conclusions, take time to understand your child's report card. Under the Quebec Education Program, evaluations reflect subject-specific competencies and group averages rather than isolated marks. When discussing the results, emotional tone sets the stage for growth. The key to effectively reacting to the results in front of your child is to stay calm, listen attentively, and highlight effort and positive gains before dissecting lower grades.



As a parent, once the results are reviewed, turn takeaways into constructive action:

- **Acknowledge the Journey**: Meaningful praise goes beyond grades; reward your child for their academic achievements by celebrating dedication, consistency, and resilience.
- **Team Up with the School**: Use this preparation guide to stress-free parent-teacher meetings to plan targeted, open questions for your upcoming parent-teacher meeting following the Term 1 report card.
- **Foster Open Dialogue**: Nurturing strong collaboration with your child's school team guarantees aligned support between classroom desks and homework routines at home.

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alloprof



Report Card Season

cont.



Whether you are maintaining momentum or recovering from setbacks, mindset and having the right tools make all the difference. If your child encountered hurdles on this first report card, explore strategies for bouncing back from academic failure and turn those missteps into real learning opportunities. To help them study effectively, Alloprof offers practical, classroom-aligned resources where students can practice and review what they've learned:

- **Interactive Practice**: Reinforce daily lessons and test understanding with targeted exercises designed for both elementary and high school levels.
- **Effective Revision Strategies**: Take the guesswork out of study routines and exam season with practical exam prep and study tips.
- **Direct Homework Help**: Whenever your child gets stuck on a concept or problem, they can get free, quality support from an Alloprof teacher by chat, phone, or text.

Remember, there's more to success than perfection; it's about effort, steady progress, and building habits that last a lifetime. With Term 1 wrapped up, give your family space to recharge and connect. No matter the hurdles ahead, Alloprof is always in your corner to support your family's academic journey.

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Parent Resources
UPCOMING WORKSHOPS

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learn

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

- **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
UPCOMING WORKSHOPS

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The ABC's of Parent Governance

Being involved in your child's education is important. Understanding how to make a meaningful difference is empowering!

Whether you're new to parent governance or looking to strengthen your knowledge, this interactive workshop will give you the tools and confidence to become a more effective voice in your school community.

- Understand your role and responsibilities in parent governance.
- Build stronger relationships with school staff and fellow parents.
- Learn practical strategies to advocate for all students.
- Discover how informed, engaged parents can help shape better schools.
- Because when parents are informed, engaged, and empowered, our entire school community benefits.

https://us02web.zoom.us/meeting/register/YoqfMEqlSq2Id6WsM-W-fQ

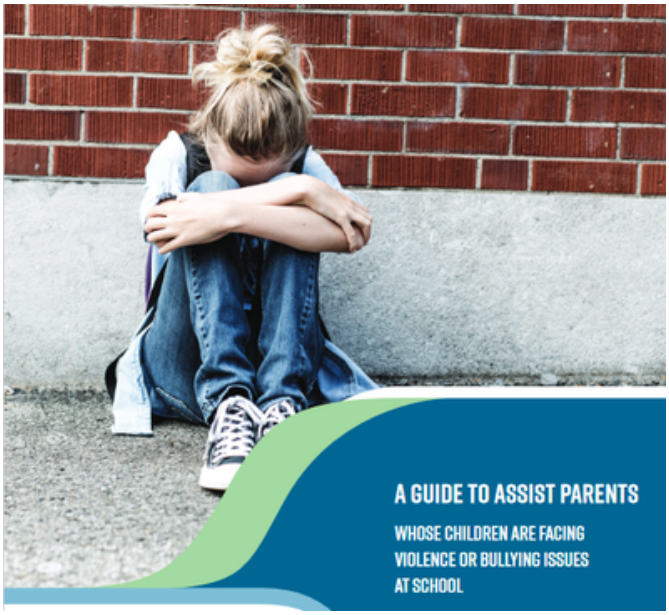
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Parent Resources



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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.

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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.