



English Parents' Committee Association



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PARENT RESOURCES



Katherine Korakakis is the President of the English Parents Committee Association (EPCA). In addition to this vital role in the Quebec educational sector, Katherine has spent most of her life working alongside start-ups in various verticals. For 10 years, she was responsible for the development of entrepreneurial initiatives and projects under the Youth Entrepreneurship Challenge, a Youth Secretariat program of the government of Quebec. Katherine is Head of Entrepreneurship at ProMontreal Entrepreneurs (PME), an early stage VC fund that has been around for 22 yrs, and is currently the vice-president of PME MTL Centre-Ouest and on the investment committees of PME MTL Centre and PME MTL Centre-Ouest. Katherine has also authored and co-authored guidebooks on entrepreneurship education and has served on the Boards of numerous corporations.

President's message

Preparation Guide for Parent-teacher Meetings.

Dear parents,

Parent-teacher meetings can be overwhelming, but there are ways to prepare and tackle these meetings with confidence. This newsletter is dedicated to helping you achieve that.

Here are four things to remember:

1. Preparation is key. Look through your child's schoolwork and have questions ready.
2. Speak up. If you notice your child is struggling with something, don't hesitate to bring it up. Your insights are important.
3. Discuss potential learning differences. If you suspect any, talk with your child's teacher about an evaluation. Early intervention can make a big difference.
4. Treat the parent-teacher meeting as a partnership. You and the teacher are teaming up to work on your child's academic success.

EPCA eagerly awaits the presentation of the Minister of Education's plan to combat school violence. Combating violence in schools is a top priority; however, the plan as presented at the end of October lacks details and action measures. We anticipate receiving additional information about the plan, including templates for anti-bullying and anti-violence policies, as well as additional measures to prevent and combat sexual violence – in both languages – as soon as possible.

Finally, we hope that an agreement between school staff and the government will be reached soon. Everyone is concerned about the disruption of educational services caused by the strikes, and we also remain concerned about the lack of staff in schools since the beginning of the year.

As usual, EPCA will pause its newsletter publication in favour of a holiday message in the month of December so I will wish you a warm couple of months until the newsletter returns in January.

Take care!



School Report Cards

Any time that student progress is judged – whether it be Report Cards, or even during regular class time when kids are doing regular work and taking tests and exams – can evoke a multitude of feelings in your child. While some children can find these events exciting and motivating, it can prove to be quite stressful for others. Whether report card time resonates well with your child or not, there are a number of strategies for your consideration to help you to support them and make of report card time a positive, constructive experience.

Remember:

- Academic performance is not a reflection of your parenting skills, or their value as a student.
- Focus on the effort they are putting in, study strategies they are using and their progress relative to last term.
- Take a step back to look at their work from a bigger perspective, including the broader results they have achieved.



Set the Stage for Conversations

- Pick a comfortable place to discuss where you can be relaxed and ensure no distractions.
- Try to ensure that the mood is positive or at least neutral.
- Instead of commenting on their grades, focus on their experience. How do they feel about their efforts and their commitment to schoolwork?
- Get them to talk about their strengths, the progress they have made, and their study strategies. Show an interest in the things that your child finds rewarding and have them expand their thoughts.
- Invite them to talk about their study strategies and how they relate to academic achievements.

Connecting the strategies they used, the efforts they made and their progress will help your child feel more confident.

School Report Cards

cont.

Reassure

If your child is not happy with their academic performance, they will need your reassurance.

- Encourage your child to explain their results themselves. Going one step further, ask them to identify things that they can do something about to improve their result such as the amount of effort they are putting in.
- Remind them that we can all improve by trying harder and learning good work strategies. No one is born good or bad at math or music.

Encouraging dialogue with your child and discovering how they see themselves gives them a chance to do their own self-assessment. They may even wish to identify actions for the next step.

This is an excellent opportunity for your child to develop autonomy and competence. The key is to be positive, constructive, and open. Express your support and remind them that you are there to help them. Tell them that you believe in them and their ability to make improvements on their own.

It is also a wonderful time to discuss your child's studies and school in general.

Find out what your child's desires, goals and feelings are about school. They should feel comfortable expressing their feeling and thoughts, expression which helps them to learn about themselves and think positively about their future.



Take it one step further

So the report card conversation is over, and further strategies have been identified. As a parent, what else can you do?

Prod to see how they do things. Help them set up their study times. Encourage them to set up a study time and review it each week. Did they follow the routine that they set up for themselves? Was it effective? Do any changes need to be made?

Another way to get involved and help your child is to discuss their work efforts and habits with their teacher. Praise your child for their hard work and accomplishments.

Report Card time can be viewed as an opportunity for your child to build their self-awareness. Rather than give them a reward, help to connect their strengths with progress and celebrate their successes through witnessing how much their efforts have improved their skills.

alloprof



A Helping Hand at Report Card Time

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



The first report card of the school year is a pivotal moment in your child's academic journey. It offers insights into their academic progress, their achievements, and areas for further growth and development. It also opens the door for meaningful conversations with both your child and their teachers. What worked well? What can be changed? What new strategies can we try? At the same time, however, the first report card can also be a source of stress at home. To assist parents during this important milestone, Alloprof has a collection of resources full of tips and tricks for understanding report cards and how to respond appropriately as a parent. Have a look at our [report card themed section](#) where you'll find advice on how to overcome academic challenges, the credits needed to graduate, the purpose of individualized education plans, how to foster positive interventions, and so much more!

Remember, hand-in-hand with the arrival of the first report card comes the invaluable opportunity for parent-teacher meetings. Cultivating a strong and [collaborative partnership with teachers](#) is a pivotal factor in ensuring your child's success in school. Whether you're a seasoned participant or it's your first experience, having a well-prepared list of questions for these meetings is always beneficial. Utilizing [tools like Alloprof's resource](#) can prove instrumental in keeping track of essential questions and answers. Don't forget: These meetings also serve as a forum for discussing your child's overall development and well-being, so asking about your child's social emotional development is also important.



The synergy between parents and teachers, beginning with these meetings, is key to creating a supportive environment that will allow your child continued success in school and beyond.

Parent Teacher Meetings

Tips for Successful Meetings with your Child's Teacher

Before the Meeting

If you do some work ahead of time, the meeting with your child's teacher will go better and be more useful.

Talk to your child

To get ready for the meeting: Talk to your child about it. Ask your child what subjects he or she is best at and what subjects he or she doesn't like as much. Ask your child if there is anything in particular he or she would like you to talk to the teacher about. Make sure your child knows that you and the teacher are getting together to help him so he won't worry about the meeting.

Make a list of your notes

Make a list of things you want to talk to the teacher about and things you think the teacher should know, including your worries about the school, your child's home life, any big changes in your family, habits, hobbies, part-time jobs, religious holidays, or anything that is bothering your child. Make sure to ask your partner or other adults who help you care for your child what they think.

Prepare a list of questions

Having a good conversation with your child's teacher will be easier if you come up with a list of questions ahead of time. Set the questions in order of importance in case you run out of time at the meeting.

During the Meeting

Be on time

Start the meeting off right by showing up on time. Keep in mind that other parents may also have meetings that day and if you're late, you may miss yours altogether. You should also plan to end the meeting at the scheduled time so that other parents can start theirs on time.

Be yourself

Unwind and just be yourself. Remember that both you and your child's teacher want the best for your child and you are in this together.

Stay calm

Keep your cool during the meeting. The best way to work with your child's teacher is to talk to them in a respectful way. If people get angry or upset during the meeting, it will be hard to communicate effectively.



Tips for Successful Meetings with your Child's Teacher

cont.

Ask for help if you don't understand something

Pay close attention to what the teacher has to say. Don't be afraid to ask for more information if you don't understand something the teacher says, like an educational term or an explanation of a school rule.

Start the meeting by asking the most important questions first

Ask the most important questions first because you may run out of time, especially if other parents are waiting to talk to the teacher after you. You can always meet with the teacher again to talk about anything you didn't get to during the meeting.

Discuss differences of opinion with respect

If you don't agree with the teacher, explain why you don't in a polite way. If you don't tell the teacher that you don't agree, the teacher might think you do and move on to the next topic. If you and the teacher talk about your differences, you might both find a better way to help your child.

Make a plan of what to do

Ask your child's teacher for specific ideas on how you can help your child at home with homework, reading, organization, routines, behavioral issues, etc. Make sure you understand what the teacher is telling you and, if you don't, ask for more information. The action plan will be made up of this list of ideas. Set up a way to keep track of your child's progress and the best way to communicate with his or her teacher, such as through phone calls, emails, notes, or meetings. At the end of the meeting, go over the action plan with the teacher to make sure you both have the same goals.

Thank the teacher for giving you a chance to talk

Thank the teacher for giving your child their time and support, as well as for anything she has done to help your child.

After the meeting has ended

Speak with your child about the meeting.

Focus on the good things and be honest about the problems that were brought up. If you and the teacher made a plan, tell your child what it is. Make sure your child knows that this plan was made by you and the teacher to help him and be sure to set expectations with your child about fulfilling the action plan.

Start implementing the plan of action

Start working on the plan. Check your child's behaviour and schoolwork often to make sure that it's working. Ask your child how he feels about school and his work.

Communicate with the teacher

Keep in touch with your child's teachers. This will help you and the child's teachers work better together, which is an important part of the child's school success. When a child sees that his or her parents and teachers are working together, the child will know that his or her education is a top priority at school and at home.

Parent Teacher Meetings

A Quick Guide

PREPARE FOR PARENT-TEACHER INTERVIEWS

- Read your child's progress report
- Write down all your questions and concerns

AT THE MEETING

- Listen to the teacher review your child's progress reports
- Ask your questions
- Share your concerns
- Be respectful, but also be firm if you don't feel heard
- Ask for a follow-up meeting if your allotted time runs out and you still have more questions

AFTER THE MEETING

- Talk to your child
- Focus on the positive things that were shared by the teacher
- Create SMART (Specific, Measurable, Attainable, Realistic, and Time Oriented) goals with your child to support their learning (especially if they are experiencing any difficulties in a specific subject)
- Hire a qualified tutor for your child if they are struggling- now is the time to act to ensure that your child develops essential skills that are needed to succeed in school



Parent Teacher Meetings

Questions to ask at Parent-Teacher Meetings

Knowing you have to attend parent-teacher meetings may make you apprehensive, intimidated, or upset. You may be unsure of what to anticipate or what is expected of you. Making a list of questions ahead of time can allow you to have a constructive conversation with your child's teachers. The list of questions should be made in order of importance in case you run out of time at the meeting.

Here are some examples of questions that will help you learn more about how your child is doing in school:

- What should my child be able to do this year?
- How will we he or she be evaluated on this?
- What subjects does my child do best and worst in?
- What do these strengths and weaknesses look like?
- How are my child's skills compared to his peers?
- Does my child seem to be having fun at school?
- Have you noticed anything out of the ordinary?
- Does my child turn in their homework on time?
- How good is my child at taking tests?
- Does my child seem to have any test-related anxiety?
- Does my child take part in class activities and discussions?
- What kinds of tests and evaluations will my child have to take this year?
- Has my child missed any classes besides the ones for which they were excused?
- Do you think my child is living up to what he or she could be?
- What can I do at home to help my kid do better in school?



If your child gets special services like gifted programs, special education, English classes, speech or occupational therapy, or help for a learning disability, you can ask how often these services happen and how your child is doing with them.

If you don't understand something, ask someone to explain it to you.

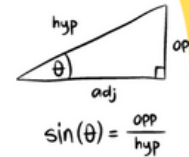
Pay close attention to what the teacher has to say. Don't be afraid to ask for more information if you don't understand something the teacher says, like an educational term or an explanation of a school rule. It's important for you to understand what your child's teacher is telling you.

Again, start the meeting by asking the most important questions because you may run out of time, especially if other parents are waiting to talk to the teacher after you. You can always meet with the teacher again to talk about anything you didn't get the chance to ask during this meeting.

Parent Teacher Meetings

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 is 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?

Parent Teacher Meetings

Subject-specific Guide – French

PARENT-TEACHER MEETING CHECKLIST FOR FRENCH

*Bonne
Journée*

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?

Parent Teacher Meetings

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?

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](#)

5253, Blvd. Decarie, Suite 309, Montreal, Quebec, H3W 3C3
(514) 778-3722 - epcaquebec.org - president@epcaquebec.org

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.