



Parent Conference Fall 2018

A FREE day of workshops to help parents.

Topics include:

- The new Sexual Education program
- Cannabis & teens
- Helping your child through anxiety & stress
- Making literacy fun
- School options for special needs kids

Saturday, November 17, 2018

8:45 a.m. to 3:15 p.m. Free breakfast & lunch!

St. Laurent Adult Education Centre
2405 Place Lafortune O,
Saint-Laurent, QC H4M 1C2

Register now!

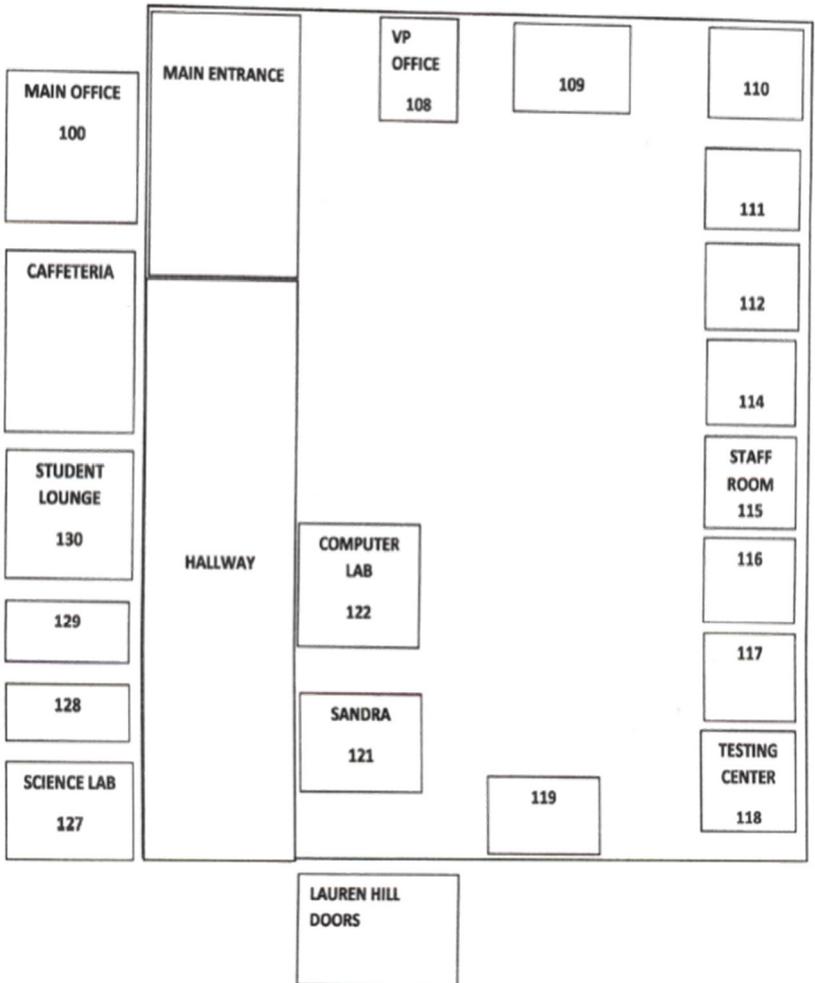
www.emsbparents.ca
parentconference@emsb.qc.ca

Agenda

Start	End	Item
08:45	09:25	Registration / Coffee and Muffins
09:30	09:40	Welcome and Housekeeping
09:45	11:05	Session A: Fixed Topics
11:15	12:35	Session B: Fixed Topics
12:40	13:50	Lunch and Networking.
13:55	15:15	Session C: Fixed Topics

Floor Plan

SCHOOL PLAN Academic Side – Place Lafortune



About the EMSB Parents Committee



The EMSB Parents Committee (formerly Central Parents Committee) is a government-mandated body that represents all EMSB parents by informing the EMSB of parents' needs, advising the EMSB, representing parents on EMSB committees & the Council of Commissioners, promoting parent participation and informing parents of relevant issues. The committee meets once a month. It began its Parent Conference in 2017, wanting to offer parents a free event at which they could educate themselves on a variety of topics relevant to parenting.

With the generous support of:



Commission scolaire English-Montréal
English Montreal School Board

About the EMSB's Involvement

The EMSB has supported the Parent Conference enormously, both financially and offering resources. The school board administration has been quite involved, offering support and advice. Many of the speakers are EMSB experts and consultants as well. This conference offers them the opportunity to share their wealth of knowledge with parents directly.

EPCA, the English Parent's Committee Association, is a provincial organization representing the Parents' Committees and Central Parents' Committees of Quebec's English school boards.



**English Parents'
Committee Association**



LEARN (Leading English Education and Resource Network) is a non-profit educational organization with a mandate to serve the English-speaking community of Quebec. Building on the merger of three organizations in July

2005, LEARN has developed a variety of resources and services.

Child care generously provided by:

Bricks 4 Kidz® offers exciting, hands-on programs where kids ages 3-13+ can learn, build and play with LEGO® Bricks. Whether you're looking for an after-school program or a pre-school class, a

summer camp or a kidz' night out, a birthday party or an in-school workshop, we're sure to have a program your child will love!

(www.bricks4kidz.com/canada-quebec-montreal)



Room 117



Fun and easy yoga for kids
Little people. Big benefits.

DISCOVER HOW YOGA CAN HELP YOUR CHILD TO REACH THEIR
POTENTIAL.

(www.alineyoga.ca)

Room 130



happyimagination was founded in 2009 by art educator and personal trainer, Vila Woo (MA in Art Education). Vila started happyimagination to provide customers a service that is personalized and convenient. Children engage in well organized art and fitness activities, while parents receive some personal time. (happyimagination.weebly.com)

Room 128



&



Providing services to educate and build social interactions through games.

(allboarddotgames.wordpress.com)

(www.gamersunivers.ca)

Room 128

Workshops

Session A:

Workshop	Room
Assistive Technology to Support Reading and Writing (for parents of students in elementary cycle 2, 3 and high school)	116
Empowering parents with an understanding of anxiety and stress to nurture resilient children	119
How to Make Literacy Fun at Home for Pre-K to Grade 2	121
Presentation on the MEES Sexuality Education Program	129
Parental rights issues	111
Transitions - Building Your Future with AEVS (Adult And Vocational Education Centres)	114
I want to Help - LEARN's Online Tutoring - Homework Help and Study Support, in the Comfort of Your Own Home	112
What's on your Plate?	109

Session B:

Workshop	Room
Cultivating Love Between You and Your Child	116
Fine Motor Skills: Developing Little Hands for Classroom Activities	121
School Entry Preparation for Special Needs Students at the EMSB	109
Empowering parents with an understanding of anxiety and stress to nurture resilient children	119
Understanding Sexual Violence & Its Implications for Our Kids	111
Presentation on the MEES Sexuality Education Program	129
Field Trips to the Future: How Standing on the Shoulders of Quebec's Giants will Strengthen our Students	114
How to Motivate Teens: Advice for Those At-Risk and for Those Already Excelling	112

Session C:

Workshop	Room
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What is Spirituality? How a spiritual approach can improve life at school and at home	112
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Helping your Child Deal with Bullying: Encouraging them to #CutTheBull	119
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Workshop Descriptions:

Assistive Technology to Support Reading and Writing (for parents of students in elementary cycle 2, 3 and high school)

(Session A – **Room 116**)

Andrea Prupas, Olivia Colalillo – Assistive Technology Consultants

This session will discuss digital tools that are available both in school and at home that can support your child (both elementary and high school-aged) with reading and writing. Tools such as these are referred to as assistive technologies (AT) and are designed to increase accessibility and break down barriers for students with learning disabilities. The AT tools that will be presented in this session are WordQ and Read&Write for Google Chrome which can be made available both in school and at home. These tools in particular include features such as text-to-speech and word prediction which have been shown to improve students'

reading comprehension, word recognition, attention and even motivation.

Empowering parents with an understanding of anxiety and stress to nurture resilient children

(Session A & B – **Room 119**)

Despina Vassiliou, Janet Perlis - Psychologists

As parents and caregivers, we tend to view the world of children as happy and carefree. After all, kids don't have jobs to keep or bills to pay, so what could they possibly have to worry about? The answer often is: Plenty! Even very young children have worries and feel stress to some degree. This dynamic workshop, back by popular demand, is designed especially for parents of elementary school students. Participants will:

- Gain a better understanding of stress and anxiety, and what are the differences between the two;
- Gain an appreciation for the significance and consequences of stress and anxiety for child development and daily functioning;
- Be able to recognize some of the signs of stress and anxiety in children with respect to school, and;
- Learn simple techniques that can be used to help children cope and become more resilient.

How to Make Literacy Fun at Home for Pre-K to Grade 2

(Session A – **Room 121**)

*Viki Thanos, Raluca Oanea
Speech-Language Pathologists*

This workshop will focus on a brief background about early reading skills and fun activities to promote these skills. Activities will focus on 1) Preliteracy skills (rhyming, breaking up words into sounds, putting sounds together) and 2) literacy skills that are learned in Grade 1 and 2 (letter-sound correspondence, beginner reading skills, and the importance of sight words).

Presentation on the MEES Sexuality Education Program
(Session A & B – **Room 129**)

Session animated by Jamie Quinn - Educational Consultant and assisted by Anna Villalta - Assistant Director, ETS

Sexuality Education is now mandatory in all schools across the province. At the EMSB, we believe it's important to keep our parents mindful of what goes on in our schools. In this session, parents will have the opportunity to learn about the program and what their children will be taught, ask questions, and understand the importance of Sexuality Education at home and at school.

I want to Help - LEARN's Online Tutoring - Homework Help and Study Support, in the Comfort of Your Own Home
(Session A – **Room 112**)

Carolina Toteda - Program Integration, Marketing and Communications

Homework can be a challenge in the evenings, and students find it hard too!

LEARN offers evening online tutoring and homework help at no charge. Our tutors are experienced, qualified Quebec teachers who work one-on-one with students through our engaging and interactive secure online platform. We provide students in the elementary and secondary sector support in Math, French, Sciences, Social Sciences, English Language Arts and more. LEARN is a non-profit educational organization with a mandate to serve the English-speaking community of Quebec. LEARN provides a wide range of elementary and secondary level online resources and services available to educators, students, and parents. These services and resources include elementary and secondary level teaching tools and content; professional learning; community, school and parental support; as well as a full range of online services through the LEARN Virtual Campus.

Transitions - Building your future with AEVS (Adult And Vocational Education Centres)

(Session A – **Room 114**)

Miriam Furfaro - Transitions Advisor

Discover the wealth of opportunities there are via vocational education for your children. There are numerous career paths accessible through the EMSB's vocational centres - often rather lucrative ones - that offer many students the path to success they always wanted. This workshop will explore the different options and services the EMSB's vocational education department (AEVS) can offer.

Parental rights issues

(Session A – **Room 111**)

Me Lucie Roy, L.L.B - Director of the Legal Services Department

Children spend most of their day at school. As such, parents and educators need to collaborate on a daily basis. This workshop will answer some of the most frequently asked questions regarding the exercise of parental authority and the right to access information in a school context.

School Entry Preparation for Special Needs Students at the EMSB

(Session B – **Room 109**)

Tania Piperni and Vanessa Too - ASD Consultants

This workshop will discuss what special needs programs, classes and resources are available at the EMSB and will explain how to navigate them. We will also talk about what to expect in these programs, including for kindergarten.

What's on your Plate?

(Session A – **Room 109**)

*Katherine Baker - Physical Education and Health Consultant and
Giuliana Di Quinzio - Dietician*

The right portion of information that's light, easy to digest and healthful! Let us help you find the right ingredients in developing healthy lifestyle habits through good nutrition and regular physical activity.

With the onset of social media, we are constantly bombarded with nutrition information and claims that are not always proven with scientific research. This workshop aims to provide science-based nutrition facts, as well as educational tools and strategies to empower your health and well-being in order to become (even greater) positive role models for your children.

Join us in understanding the balance in achieving health and wellness!

How to Motivate Teens: Advice for Those At-Risk and for Those Already Excelling

(Session B – **Room 112**)

*Dr. Perry Adler - Clinical Psychologist, Associate Director -
Teenage Health Unit*

This workshop will explore the reasons for de-motivation in teens and how to help them fulfill their potential while leading balanced lives. An added bonus: Advice applicable to parents as well!

Fine Motor Skills: Developing Little Hands for Classroom Activities

(Session B – **Room 121**)

Emma Brown, Erica Di Marino - Occupational Therapists

This workshop will look at the role of occupational therapists (OT) at the elementary level and provide information on the developmental milestones of fine motor skills (e.g. pencil grasp, handwriting, drawing, cutting, etc.). We will discuss the common fine motor challenges that elementary students can face which may impact participation in daily classroom activities. We will also include tips and activity ideas to promote the development of these skills that can be done at home. We will suggest how to make printing and other fine motor activities more fun and engaging when working on this at home.

Cultivating Love Between You and Your Child

(Session B & C – **Room 116**)

Elizabeth Pellicone - Spiritual & Community Animator

This workshop will present concrete strategies on how to bring parents closer to their children (young children and adolescents). We'll look at what authoritative parenting looks like and bring in some natural and logical discipline examples. We'll also present some creative communication techniques, as well as get a group discussion going on how parents talk with their children. The goal is to develop and grow their relationship. We will also explain how parents can encourage "shame resilience" in their children (and themselves). Shame resilience being the ability to bounce back from negative self-talk or the false perception that you are "not good enough" in this moment. Getting to the heart of the matter (the spirit of the parent and child relationship) is the objective.

Understanding Sexual Violence & Its Implications for Our Kids

(Session B – **Room 111**)

Daphna Leibovici - Healthy & Safe Schools Consultant

Is sexual harassment a problem in our schools? How do we understand sexual violence? How can we discuss this sensitive topic with our kids? What can we do to better protect them? With heightened public awareness on the topic of sexual violence and the introduction of Sexuality Education in our schools, adults may need to reflect on these concerns. Join us for a facilitated discussion on these issues and more...

Field Trips to the Future: How Standing on the Shoulders of Quebec's Giants will Strengthen our Students

(Session B & C – **Room 114**)

Gregory Frank, Founder - E2adventures

Hidden behind the \$300B closed doors of Quebec's largest corporations rest the legacies of our leading visionaries, innovators, entrepreneurs and scientists. Imagine a world where our educators and their students benefit from this exposure, when no other part of North America does? Imagine how as a result they will develop passions for skills like coding, AI, robotics, circuitry, entrepreneurship— banking even— at an earlier age than nearly all their peers? Can you imagine a program that engages our youth with the Quebec curriculum, lowers our drop-out rate, and increases student success in school and in STEM? This workshop invites you to explore how a policy for experiential education to our economy will position the EMSB to lead the continent's school districts.

What is Spirituality? How a spiritual approach can improve life at school and at home

(Session C – **Room 112**)

Aaron Durocher - Education Consultant - Spiritual & Community Animation

This presentation will explain what spirituality is, explore the common religious approaches to spirituality, and examine how you can go about developing your spiritual life through meditation, gratitude and charity. As well, it will examine the proven benefits of adopting a spiritual approach

Developing students' identity within their school through art

(Session C – **Room 111**)

Sterling Downey and Melissa Proietti - Founders of Under Pressure, the oldest urban art festival in North America.

Some students have issues finding their identity, especially developing their identity within their school. This workshop will discuss successful programs currently underway within some EMSB schools as well as within other organizations (such as the YMCA) that use visual arts, music and dance based on youth culture and infuse them into schooling in order to create stronger links between what students are interested in and how they can identify themselves as students in their schools. This workshop will give parents ideas on programs that exist that may interest their children as well as programs that could be implemented at their children's schools.

Helping your Child Deal with Bullying: Encouraging them to #CutTheBull

(Session C – **Room 119**)

Caroline Phaneuf, CutTheBull Canada Project Manager, Shriners Hospitals for Children – Canada And Jeffrey Beausoleil, Patient Ambassador, Shriners Hospitals for Children – Canada

Bullying affects 75% of Canadians (Prevnet). Children & teens can rotate between being the one being bullied, the one bullying and the one watching it all happen. Regardless of what role your child plays parents must be involved to prevent and stop bullying. This workshop, given as part of Shriners Hospitals for Children – Canada’s #CutTheBull campaign, will begin with a testimonial from Jeffrey, 19, who was bullied for over 7 years. It will then give an overview of recent research on the subject in order to give parents some concrete actions they can take to help their child deal with bullying.

Parents Have Power

(Session C – **Room 109**)

Rhonda Boucher – President - The English Parents' Committee Association

The role of parents within the Quebec educational system. In our workshop we will look at the changes to the EDUCATION ACT from Law 105. We will discuss “What happens when a bill is deposited in the National Assembly”. We will also explain the role of parents with respect to governance within the Quebec education system.

**Online Help for Elementary School Students: LTK
(Learning Toolkit)**
(Session C – **Room 122**)

*Lauren Lopez - Information Communication Technology
Educational Consultant, ETS*

With today's constantly adapting classroom climates, students have more possibilities than ever before to further their learning, online. From Concordia University's Centre for Study of Learning and Performance (CSLP) comes the Learning Toolkit (LTK). Backed by years of evidence-based research, LTK is an online, interactive program that addresses students' needs in literacy, numeracy as well as inquiry-based thinking strategies. According to the CSLP, "The Learning Toolkit is designed to support the development of literacy, inquiry and other cross-curricular competencies within an environment that encourages self-regulated learning, an essential strategy for effective, lifelong learning."

This workshop will focus on three programs available in LTK; Abracadabra (a literacy program geared for Kindergarten and Cycle 1), ELM (Numeracy and Mathematics (Elementary Cycle 1-2) and Reads (Elementary Cycle 1). Student accounts have all been created and are ready to go! Let's get learning!

Cannabis 101
(Session C – **Room 129**)

Sandrine Aschour - Drug Abuse Prevention Consultant

What parents should know about cannabis. Now that cannabis is legal, this workshop will explain the difference between the current federal, provincial and municipal laws. We will also talk about the harmful effects cannabis has on the teenage brain. Finally, we will give parents tips on how to talk to their children about cannabis and drugs.

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