



Supporting

Parents as Partners in Education



E-newsletter from DDSB Parents Involvement Committee (PIC)



Message

from PIC Chair

To all parents, caregivers and families, we want to thank you for your patience, understanding and continued support of your children throughout the 2020-2021 school year. We recognize that it has not been an easy year as we navigate the Covid-19 pandemic together. Partnering with your child and your child's school to the best of your ability is the most significant support you can provide your child within their education.

A huge thank you to the Parent Involvement Committee (PIC) for sharing their voice, providing guidance and supporting district-wide parent engagement opportunities. We know that schools are better places when parents are actively involved.

As we move into the summer months, we hope that families have the opportunity to spend time outside, learn new things, and connecting with close family members as Public Health guidelines allow. All of us need to stay safe in hopes that the upcoming school year will be more typical for all.

Wishing you a safe and happy summer!

PIC Chair
Valrie Estridge

By the

NUMBERS

PARENTS REACHING OUT (PRO) GRANTS

This year, **24 applications** were approved involving **66 school communities** across the district and **3 Affinity Networks**.



DDSB@Home Wellness Wednesdays

Approximately **1,403 participants** throughout the school year.



Brock High School: Digital Wellness @ Home and @ School

138 participants



Pickering/Ajax Wellness Series

254 participants

continued

PARENT ENGAGEMENT SERIES



TEND Academy - Strategies to Stay Healthy in Stressful World

Approximately **320 attended virtually**. Watch on YouTube:
youtube.com/watch?v=JvUOmdK9mpY



Bee Quammie - How to Talk to Your Children About Anti-Black Racism

Approximately **600 attended virtually**. Watch on YouTube:
youtube.com/watch?v=pyygYSgAR6k&t=79s



Parents as Partners Symposium - Embracing our Identities to Elevate Student Success with Dr. Vidol Regisford

Approximately **275 attended virtually**. Watch on YouTube:
youtube.com/watch?v=zOuJyRLWt1A





FROM THE EXPERTS

As we approach the end of the school year and head into summer, the DDSB Mental Health and Well-Being, Positive School Climates and Health and Safety teams have compiled a few tips and suggestions for families to have a safe, enjoyable summer and a smooth transition into the upcoming 2021-22 school year.

Mental Health & Well-Being

Ways to support your child with the return to school

- **Take care of you, so you can be your best to support your children.** Practicing self-care and positive coping during uncertain and difficult times is a powerful tool to support your children.
- **Get organized.** Take some time to think through what the return to school might be like and what your child will need to feel comfortable and successful.
- **Talk to your child about the return to school.** Children may feel nervous about returning to school. It is important to be honest and allow space for them to express their concerns, while avoiding too much focus on physical safety and/or risk.
- **Start to introduce familiar routines.** As summer draws to a close, you may wish to gradually start to move back to a schedule that is closer to the one you use during school time.



HOW TO KEEP OUR CHILDREN SAFE THIS SUMMER WHILE USING TECHNOLOGY



1. Talk openly with your child about the safe use of any potential problems with online technology use.

- › Encourage open, honest dialogue about internet usage.
- › Praise them when they identify online items of concern.



2. Model appropriate computer and technology use. Everyone should follow the same rules.

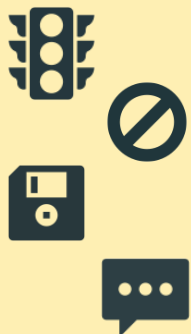
- › Establish rules about times of use such as not during meals or at bed time.



3. Discuss what information should and should not be shared with others online.



4. Remind your child to never respond to a digital message when upset, angry or in haste. If it cannot be said face-to-face, it should not be said electronically.



5. Establish clear steps if you or your child encounters a problem – **STOP, BLOCK, SAVE, and TALK:**

- STOP** the communication immediately.
- BLOCK** the user from contacting you again.
- SAVE** the concerning material.
- TALK** to a trusted adult.



stay SAFE

Fun Ideas

- Walk or bike around your neighbourhood
 - Go for a hike or explore a [park](#) near you
 - Go birdwatching in your backyard or local park
 - Plan virtual gatherings or events with family or friends
 - Try a new recipe
 - Try some [do-it-yourself science](#) fun from the Ontario Science Centre
 - [Learn and make](#) things at home with the Art Gallery of Ontario
 - Read a book, visit your local public library for online material or contactless pick-up or drop-off
 - Virtually explore [Ontario's Legislative Building](#) with your kids
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- Stay home if you are sick
 - Keep 2 metres of physical distance from everyone you don't live with, including family and friends
 - Wear a cloth mask or face covering when it is difficult to maintain physical distance
 - Avoid crowded places: Try to visit parks when they are less busy
 - Do not gather with people outside your household
 - Step aside or pass others quickly and courteously on walking paths and trails
 - Wash or sanitize your hands often and avoid touching your face with unwashed hands
 - Follow the latest public health measures

REMINDER

All DDSB families will be provided a one-week window in early-August to confirm their learning preference for the 2021-2022 school year.



More information will be communicated to families closer to early-August on this process.

CONNECT WITH US



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twitter.com/ParentsDDSB