



# THE PARENTS 4 PARENTS PRESS



Ontario Association of Parents in Catholic Education

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“To you and to all, I repeat: Never yield to discouragement. Do not lose trust. Do not allow your hope to be extinguished.”

“In the face of life’s difficulties, let us ask the Lord for strength to remain joyful witnesses to our faith.”

-Pope Frances





## MESSAGE FROM OUR EXECUTIVE DIRECTOR

BY ANNALISA CRUDO-PERRI

An official Happy New 2021 to all parents and partners across the province!

OAPCE Board of Directors met in January 2020 and began discussing how to further our strategic plan and provide more fluidity within it as we are still in the pandemic, focusing on how to reach out to parents now in this virtual world enabling us to bring more parents together within the regions and across the province.

OAPCE is hosting another Webinar Series as the last one was very successful. "Parent Engagement & Education" Ongoing communication with all parents and OAPCE reps have continued to take place through emails, and this newsletter and are currently updating our website as well adding more Resources for parents as well as the webinars that were presented.

We just released a statement in conjunction with our counterpart in Public Education The Ontario Federation of Home and School Associations in regards to the possibility of cancelled March Break, in which we expressed our collective voice to strongly urge the Government to keep March break as a break for students, staff and parents. The statement can be found here:

[CLICK HERE](#)

As the decision was made to "Delay" March Break until the week of April 12, 2020, this has led to more stress/anxiety to parents and students. We urge you, as fellow parents, that a mental health break is always encouraged, both for yourself and your children, as parents we know ourselves and our children best, health and happiness is always first.



As we begin the season of Lent, we share with you a prayer for God to bring us beauty from the ashes.

Dear God,

In this season of Lent, we're reminded of our own difficulties and struggles.

Sometimes the way has seemed too dark.

Sometimes we feel like our lives have been marked by such grief and pain, we don't see how our circumstance can ever change.

But in the midst of our weakness, we ask that you would be strong on our behalf.

Lord, rise up within us, let your Spirit shine out of every broken place we've walked through.

Allow your power to be manifest through our own weakness, so that others will recognize it is You who is at work on our behalf.

We ask that you would trade the ashes of our lives for the beauty of your Presence.

Trade our mourning and grief for the oil of joy and gladness from your Spirit.

Trade our despair for hope and praise.

We choose to give you thanks today and believe that this season of darkness will fade away.

Thank you that you are with us in whatever we face and that you are greater than this trial.

We know and recognize that you are Sovereign, we thank you for the victory that is ours because of Christ Jesus, and we are confident that you have good still in store for our future.

We thank you that you are at work right now, trading our ashes for greater beauty.

We praise you, for you make all things new.

In Jesus' Name, Amen.

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Please take a moment to watch this video created by the Canadian Conference of Catholic Bishops "Journey Through Lent" with the Most Rev Gerard Bergie, Bishop of St. Catharines.



# Parent Engagement & Education Webinar Series

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**Paul Davis**



**Anthony  
Perrotta**



**Wes Williams  
(aka Maestro  
Fresh Wes)**

**Three Nights,  
Three Speakers!**

**Click Here  
to Register ->**

Parent  
Engagement &  
Education Webinar  
Series



March 2021

or visit [www.oapce.org](http://www.oapce.org) to Learn More

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# Spotlight on Regional Councils

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Regional councils continue to be the heart of the OAPCE at the local school board level and in this edition of our blog we wanted to put the spotlight on OAPCE Regional Councils. Regional OAPCE Councils are members of OAPCE Provincial.

As per Section 612 of the Education Act, every local parent school council is required to have an OAPCE representative. This position must be held by a parent or guardian of a child currently in a Catholic District School Board.

Local school OAPCE representatives make up a Regional Council for a member Catholic School Board. An OAPCE recognized Regional Council consists of representatives that have been elected or appointed from all the Catholic Schools within the Regional School Board.

These representatives shall elect or appoint from among their number an executive that complies with the Regional Councils by-laws that are subsumed under the OAPCE by-laws. Where there are Directors that represent a region, they must be an Executive member of the Regional council, and one must be the Chair of the Regional council as well.

# Spotlight on Regional Councils

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Regional Councils of OAPCE will be provided a webpage on the OAPCE Provincial website (oapce.org) to provide communication to all parents - Regional councils are named using the OAPCE prefix followed by the region represented.(ie. OAPCE-Halton, OAPCE-Toronto etc.).

An OAPCE Regional Council shall not be confused with or replaced by School Board Regional or District Councils (ie.Catholic Parent Involvement Committee). It is recognized that OAPCE Regional Council meetings may take place as part of, before or after a School Board Regional, District Council or CPIC meeting, if this promotes greater parent participation by coordinating meetings on the same day.

If you have any questions about our Regional Councils please email us at [oapce@oapce.org](mailto:oapce@oapce.org).



# Catholic Partners and Education Spotlight

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## Ontario Catholic School Trustees' Association - OCSTA



Ontario Catholic School  
Trustees' Association



### Black History Month 2021



### Catholic Education Week - May 2 - May 7, 2021

Catholic Education Week – May 2 – 7, 2021  
 “Catholic Education: Nurturing Hope” OCSTA is  
 pleased to share an electronic copy of the  
 Advance Kit for Catholic Education Week. This kit  
 has been released to our Catholic school boards  
 and all our Catholic schools. All Catholic Education  
 Week materials are posted on their website at:  
[www.goodnewsforall.ca](http://www.goodnewsforall.ca).



# Catholic Partners and Education Spotlight

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## CARFLEO



CARFLEO is Catholic Association of Religious and Family Life Educators of Ontario. They have some wonderful resources on their website that we would like to share with you.



# Catholic Partners and Education Spotlight

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## Roots of Empathy



**Roots of Empathy**  
**Racines de l'empathie**



The Roots of Empathy program is an award-winning program for elementary school children that is proven to reduce aggression, including bullying, and promotes children's mental health and well-being. Roots of Empathy has been bringing community and schools closer together for the past 25 years with support from the Ontario Government. The Roots of Empathy program is delivered in every province of Canada on four continents and in multiple languages. We have reached over 1 million school children and are 4-time winners of a global education award from HundrED as one of the world's most inspiring innovations in education.

Our Founder/President, Mary Gordon, an international award-winning educator, author, parenting expert, child advocate and social entrepreneur has created a series of short 12 videos (3-4 minutes in length) available in 18 languages, to support educators and parents in helping children cope during this pandemic and beyond. Topics include Friendships, Sleep, Talking to Children about Race to name a few. This is a link to our website page where the videos can be viewed at:

[CLICK HERE](#)

# Catholic Partners and Education Spotlight

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## Let's Get Together



**Let's Get Together!**  
Connecting parents, youth and communities



Let's Get Talking is an online interactive learning community in which families, youth and children are connected to our post-secondary Student Ambassadors. Through this student-centred initiative, our diverse group of Student Ambassadors will provide motivation, encouragement and guidance to students and their families by sharing insight into their own lived experiences as they navigate their journey in education.

We can't wait to meet all of you, let's get talking!

[CLICK HERE](#)

# Catholic Partners and Education Spotlight

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## School Mental Health Ontario



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario



School Mental Health Ontario is a provincial implementation support team. They help school districts enhance student mental health through the use of evidence-based strategies and services. Since 2011, they have worked alongside the Ministry of Education, English and French school districts and school authorities, and a number of provincial education and health organizations to develop a systematic and comprehensive approach to school mental health.

School Mental Health Ontario provides

- leadership and guidance about best practices in school mental health
- implementation coaching
- tailored, co-created resources
- mental health literacy for educators and school/system leaders
- training for school mental health professionals
- mental health awareness for parents/families
- a platform for student voice and leadership in school mental health

Through these services, we aim to enhance the quality and consistency of mental health promotion, prevention and early intervention programming in Ontario schools.

They have now launched a six-part series on strategies to cope with stress. Check it out at

[CLICK HERE](#)

“We ask for your guidance so that we might walk fully in your path – a path that you have blessed.”