

Toronto Catholic District School Board (TCDSB)

2020-21 Parents Reaching Out Regional (PRO) Grant Final Report

PART A: Project Summaries

Name of Projects #1	
	<ol style="list-style-type: none">1. How to Engage Your Kids in Conversations About Race2. Equity and Inclusion3. Mental Health and Caring4. Mental Health and Wellness5. Shadeism and Loving Your Black Hair6. Science Family Night7. Building Inclusivity: Stereotypes and Language8. Science Family Night9. Supporting Emotions and Resiliency10. Mindfulness and Well-Being11. Newcomers to Canada and Scholarships12. Family STEM Night13. How to Engage Your Kids in Conversations About Race14. Environment Connection: Social Interactions and Relationships15. Parents Have a Tough Job16. Online Safety Education17. Internet Safety18. Resilience Seminar19. Heathy Eating Through a Pandemic20. Wellness Wednesday21. Growing in God's Garden22. Parenting for Pandemic Times23. Family Wellness Night24. Promoting Mental Health And Well-Being25. Tackling Anxiety Through Arts and Meditation Parent Workshop26. Family Math Night27. Parenting for Pandemic Times28. Bounce Back29. Spiritual and Mental Wellness30. Talking about 2SLGBTQI+ Inclusion at Home: A Foundational Session31. Parent Engagement Event with High Park Nature Centre32. Online Safety33. The Big Heart Journey34. Mindfulness and Well-Being35. Parent Self-Care36. Role of Language in Stereotyping & Prejudice - How to Engage Your Kids in Conversations About Race37. Understanding Young People's Mental Health38. X- Movement39. Mindfulness

	<p>40. Parents Have a Tough Job 41. Anti-Bullying Workshop 42. Tackling Anxiety Through Arts and Meditation Parent Workshop 43. Internet Safety 44. Internet Safety Presentation 45. Parent Nutrition Night 46. Internet Safety Presentation 47. Internet Safety and Cyberbullying 48. New Considerations for Young Women’s Mental Health 49. Tackling Anxiety Through Arts and Meditation Parent Workshop 50. Mental Health and Well-Being 51. UpPower 52. Parents’ Self-Care 53. Developing Resilience in Children 54. Cyber Safety Workshop 55. How to Engage Your Kids in Conversations About Race 56. Family Lego Night 57. Internet Safety 58. Online/Internet Safety and Protocols 59. Internet Safety 60. Anti-Bullying Magic Show 61. Navigating the System - ‘Special Needs’ Children 62. Understanding Teenage Emotions</p>																																												
<p>Name of School, if applicable</p>	<table border="0"> <tr><td>All Saints</td><td>St. Cecilia</td></tr> <tr><td>Bishop Allen</td><td>St. Clare</td></tr> <tr><td>Bishop Macdonell</td><td>St. Conrad</td></tr> <tr><td>Blessed Sacrament</td><td>St. Cyril</td></tr> <tr><td>Canadian Martyrs</td><td>St. Eugene</td></tr> <tr><td>Cardinal Carter</td><td>St. Fidelis</td></tr> <tr><td>Cardinal Leger</td><td>St. Gerald</td></tr> <tr><td>Chaminade CSS</td><td>St. Isaac Jogues</td></tr> <tr><td>Divine Infant</td><td>St. Jerome</td></tr> <tr><td>Father Henry Carr CSS</td><td>St. John (Toronto)</td></tr> <tr><td>Father Serra</td><td>St. John Bosco</td></tr> <tr><td>Francis Libermann CSS</td><td>St. John The Evangelist</td></tr> <tr><td>Holy Angels</td><td>St. Joseph</td></tr> <tr><td>Holy Child</td><td>St. Joseph Morrow Park CSS</td></tr> <tr><td>Holy Family</td><td>St. Joseph's CSS</td></tr> <tr><td>Holy Name</td><td>St. Leo</td></tr> <tr><td>Holy Spirit</td><td>St. Luigi</td></tr> <tr><td>James Culnan</td><td>St. Louis</td></tr> <tr><td>Loretto Abbey CSS</td><td>St. Mary</td></tr> <tr><td>Madonna C.S.S.</td><td>St. Mary of the Angels</td></tr> <tr><td>Mother Cabrini</td><td>St. Maurice</td></tr> <tr><td>Msgr. Percy Johnson CSS</td><td>St. Norbert Catholic</td></tr> </table>	All Saints	St. Cecilia	Bishop Allen	St. Clare	Bishop Macdonell	St. Conrad	Blessed Sacrament	St. Cyril	Canadian Martyrs	St. Eugene	Cardinal Carter	St. Fidelis	Cardinal Leger	St. Gerald	Chaminade CSS	St. Isaac Jogues	Divine Infant	St. Jerome	Father Henry Carr CSS	St. John (Toronto)	Father Serra	St. John Bosco	Francis Libermann CSS	St. John The Evangelist	Holy Angels	St. Joseph	Holy Child	St. Joseph Morrow Park CSS	Holy Family	St. Joseph's CSS	Holy Name	St. Leo	Holy Spirit	St. Luigi	James Culnan	St. Louis	Loretto Abbey CSS	St. Mary	Madonna C.S.S.	St. Mary of the Angels	Mother Cabrini	St. Maurice	Msgr. Percy Johnson CSS	St. Norbert Catholic
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	<p>Our Lady of Peace Our Lady of Wisdom Prince of Peace St. Agatha St. Anselm St. Bartholomew St. Bonaventure St. Brenden St. Brigid St. Catherine</p> <p>St. Pius X St. Sebastian St. Timothy St. Victor St. Vincent de Paul Sts. Cosmas and Damian The Divine Infant Transfiguration of Our Lord</p>
<p>Project Objectives. Choose as many that apply</p>	<p><input checked="" type="checkbox"/> Provide a safe and welcoming school environment <input checked="" type="checkbox"/> Maintain open communication with teachers <input checked="" type="checkbox"/> Respect parents as valued partners within the education system <input checked="" type="checkbox"/> Parents are informed about the content of the Ontario Curriculum Guidelines</p>
<p>Date/ Timeframe of Project</p>	<p>January 2020 - June 2021</p>
<p>Project Description</p>	<p>Description:</p> <ul style="list-style-type: none"> • How to engage children in conversations about race • Equity and inclusion of all families in the school community • Mental health and caring • Mental health and wellness • Promoting inclusion and equity in the school community • Science family night • Building inclusivity in schools and examining the language and stereotypes home and at school • Science family night • Supporting emotions and resiliency • Mindfulness and well-being • Newcomer parents – information on school system • Family STEM night • How to speak to children about race • Environmental awareness and responsive practices • Assisting parents in identifying and addressing current parenting challenges • Online safety education • Internet safety • Building children's resilience and to support emotional well-being • Healthy eating through a pandemic • Support families to build resiliency in all • Creation of school dry erase communication tool for parents • Strategies to minimize the effects of the pandemic on children's sense of self • A wellness night to explore and discuss the state of good mental, physical and emotional health for parents/guardians

- Strategies to help families address mental health and well-being
- Strategies to support children who experience anxiety and stress
- Family math night
- Skills for parenting in pandemic times
- Helping families 'bounce back' from challenging circumstances
- Spiritual and mental health
- Unpacking the language and identities of 2SLGBTQI+, explore avenues of dealing with biases and stereotypes, and delve into ways in which you can foster healthy conversations that supports the dignity of our 2SLGBTQI+ community members
- Proving parents skills, tools and concepts for reigniting the imagination, and building comfort in connecting yourselves and children to nature and the outdoors
- Keeping children safe online safety when using social media apps
- Strategies to regulate emotions, develop resilience and find personal happiness
- Supporting families with mental health and well-being
- Provide parents with lifelong strategies and techniques to cope with anxiety and stress, to assist with eliminating the stigma and discomfort associated with anxiety and stress
- Addressing racism and providing strategies to parents on how to talk to children about racism
- Understanding youth, teaching resiliency, and helping them identify a safe space
- Using physical activity to support family mental health
- Mindfulness
- Strategies for parenting as a reflective practice
- Tips and discussion with parents on how to help support children against bullying
- Strategies to address childhood anxiety, parental intervention and how to help their child create tools needed for a lifetime of wellness
- Internet safety from a parental perspective
- How to safe guard your children against internet predators and safely surf the net
- Promoting and developing a healthy family lifestyle
- Internet safety strategies for parents to monitor children
- Keeping children safe while online and cyberbullying
- Information and strategies to address mental health in young women
- Assisting parents with self-care strategies, to model and support children develop their own self-care strategies
- Strategies to promote good family mental health
- Strategies to developing resiliency in children
- Strategies for parents to promote self-care in children
- Understanding understand the nature of the risks that technology may pose among children and strategies to keep children safe

- Internet safety
- Strategies for parents to speak to their children about racism
- Family math night using Lego
- Maintaining children safe while using social media and the Internet
- Online/Internet safety and protocols
- Internet safety
- Tips and strategies for parents on how to focus on their own mental health, so that they can support the mental health of their own children
- Navigating the system of ‘Special Needs’ in school board
- Workshop to help parents support their children struggling with mental health concerns

Purpose:

- To provide all schools with the opportunity to apply for an additional \$500.00 to top up the annual Parent Involvement Committee grant (\$500.00) to defray the cost of parent engagement activities for 2020-2021
- To support and empower the leadership of Catholic School Parent Councils (CSPC) in planning and leading local parent engagement initiatives
- To provide schools communities the autonomy to select projects that are meaningful and relevant to the local parent engagement/learning needs

Goals:

- To increase collaboration and decision making with the Catholic Parent Involvement Committee (CPIC) to support local projects that increase parent engagement
- To increase the visibility of the Catholic Parent Involvement Committee (CPIC) in their role of supporting parent engagement at the system and local level
- To increase leadership in Catholic School Parent Councils (CSPC) in their role of supporting parent engagement at the local level
- To help local parent councils to set annual priorities in association with Ministry Regs and Board policies associated with parent councils
- To highlight and respect the role of parents in students’ educational experiences by working with parents or seeking parent input on how schools can improve in at least one of the following areas:
 - i) Providing a safe and welcoming school environment;
 - ii) Maintaining open communication with teachers;
 - iii) Respecting parents as valued partners within the education system in relation to decisions about their child’s education; and,

	<p style="text-align: center;">iv) Informing parents about the expectations of the Ontario Curriculum</p> <p>Outcomes:</p> <ul style="list-style-type: none"> • Increased parent leadership in Catholic School Parent Councils (CSPC) • Increased local autonomy in addressing the parent engagement needs specific to the school community • Increased collaboration between staff and the Catholic Parent Involvement Committee (CPIC) • Increased awareness of school activities, initiatives and improved perception of a welcoming school climate where parents' perspectives are encouraged, valued and heard • Increased parent knowledge and skill to support their child's learning at home and at school given the complications and challenges of the COVID-19 pandemic • Increased parent learning and participation in local school initiatives that are meaningful and relevant to the needs of their families
<p>Was the project led by parents?</p>	<p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p><input checked="" type="checkbox"/> Partially (Parents in collaboration with staff)</p>
<p>Involvement with additional committees, if applicable</p>	<p><input checked="" type="checkbox"/> PIC or C-PIC</p> <p><input type="checkbox"/> IEAC (Indigenous Education Advisory Council)</p> <p><input type="checkbox"/> SEAC (Special Education Advisory Committee)</p> <p><input type="checkbox"/> Other:</p>
<p>Numbers of Participants</p>	<ul style="list-style-type: none"> • 62 schools (elementary and secondary) • 6, 377 parents/guardians, students and staff
<p>How has the project created change in your school community?</p>	<p>Collated data received from the 62 local projects is as follows:</p> <ul style="list-style-type: none"> • 6% of schools indicated that the project improved parent perception of a welcoming school climate where parents' perspectives are encouraged, valued and heard; • 3% of schools indicated that the project increased parent awareness of school initiatives • 16% of schools indicated that the project engaged parents in the local school environment and child's education • 72% of schools indicated that the project provided parents with the knowledge, skills and tools they need to support their child's learning at home and at school

	<ul style="list-style-type: none"> 3% of schools indicated that the project helped parents to reduce barriers in participating in their child’s education 	
<p>Did your project promote diversity, equity, and inclusion? Explain if so.</p>	<p>Yes, the project promoted diversity, equity and inclusion for the following reasons:</p> <ul style="list-style-type: none"> Decision making of the selection of parent engagement activity/project was left to the local school, as the community is in a better position to select an activity that is more pertinent to the local needs; and It allowed for Catholic School Parent Council capacity building and empowerment to plan information/ engagement sessions that reflected the need and diversity of each school community 	
<p>What are key lessons learned throughout the project?</p>	<ul style="list-style-type: none"> Some school communities that were highly impacted by COVID-19 related factors experienced challenges in following through with planned parent engagement projects Offering virtual presentations had both positive and negative results: <ul style="list-style-type: none"> on one hand it allowed for greater parent participation, as parents could access the presentation from home, without the need for commuting to the school or needing to arrange for child minding; but on the other hand, virtual presentations did not provide the organic networking opportunity that is crucial to community building, as well as, potentially creating opportunity access barriers to parents who may not of had the technology or the skills to access the virtual presentation Building capacity withing Catholic School Parent Councils (CSPC) and including parents in school - related decision making is a continuous process that requires ongoing training, support, and material and human resources, especially in some communities that lack parent volunteers Overall it provided another opportunity for parent engagement and parent networking awareness which further supported student achievement and well-being 	
PROJECT # 1 EXPENSES	COST	DESCRIPTION
Speaker Fees	\$27, 693.48	<ul style="list-style-type: none"> Schools that applied were allotted up to \$500.00 to defray the cost of the local parent engagement project for 2020-2021
TOTAL PROJECT EXPENSE	\$27, 693.48	

Name of Project #2	Parent Resources
Name of School, if applicable	Central purchase of parent resources for all schools
Project Objectives. Choose as many that apply	<input checked="" type="checkbox"/> Provide a safe and welcoming school environment <input checked="" type="checkbox"/> Maintain open communication with teachers <input checked="" type="checkbox"/> Respect parents as valued partners within the education system <input type="checkbox"/> Parents are informed about the content of the Ontario Curriculum Guidelines.
Date/ Timeframe of Project	January 2021 - June 2021
Project Description	<p>Description:</p> <ul style="list-style-type: none"> • Purchase of parent resources to add to existing parent resources to each school’s centrally purchased parent lending library • The following three resources were purchased: <ol style="list-style-type: none"> 1. <i>Hold on to Your Kids: Why Parents Matter More than Peers</i>, Gabor Mate and Gordon Neufeld 2. <i>The Whole Brain Child</i>, Daniel J. Siegel and Tina Payne Bryson 3. <i>Mindset: The New Psychology of Success</i>, Carol S. Dweck <p>Purpose:</p> <ul style="list-style-type: none"> • To provide parents with the knowledge, skills and tools they need to support their child’s academic, social and emotional development, and mental health at home and at school • To support and empower the leadership of the Catholic Parent Involvement Committee (CPIC) in leading parent engagement initiatives at the system level • To increase the number of recommended and readily available parent resources in all TCDSB schools • To provide parents with an alternative learning modality to a workshop/seminar to increase parent learning/engagement <p>Goals:</p> <ul style="list-style-type: none"> • To increase collaboration will the Catholic Parent Involvement Committee (CPIC) to support projects that support and enhance parent learning and engagement • To increase the visibility of the Catholic Parent Involvement Committee (CPIC) in their role of supporting parent/guardian engagement at the system and local level • To provide equitable distribution of a portion of the Regional PRO grant to all schools so that funds benefits all communities, regardless of the ability or circumstance that any school community had to plan and host a parent engagement event • To increase parents’ knowledge and skill to enable them to support their children at home and at school

	<ul style="list-style-type: none"> To create benchmark scholarly perspectives in which to garner further conversation at the local school level <p>Outcomes:</p> <ul style="list-style-type: none"> Increased collaboration and decision making with the Catholic Parent Involvement Committee (CPIC) Increased resources readily available to school communities to support student achievement and well-being Opportunity for increased parent knowledge and skill in supporting their child’s development and mental health Opportunity for increased parent/guardian learning that is meaningful and relevant to the needs of their families 	
Was the project led by parents?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Partially (Collaboration with the Catholic Parent Involvement Committee (CPIC))	
Involvement with additional committees, if applicable	<input checked="" type="checkbox"/> PIC or C-PIC <input type="checkbox"/> IEAC (Indigenous Education Advisory Council) <input type="checkbox"/> SEAC (Special Education Advisory Committee) <input checked="" type="checkbox"/> Other: TCDSB’s Mental Health Steering Committee	
Numbers of participants		
How has the project created change in your school community?	<ul style="list-style-type: none"> Increased readily, accessible and recommend parent resources to support parent learning Increased school resources to build capacity at the local level when planning for parent engagement initiatives 	
Did your project promote diversity, equity, and inclusion? Explain if so.	<p>Yes, the project promoted diversity, equity and inclusion for the following reasons:</p> <ul style="list-style-type: none"> Decision making of the selection of parent resources was made to support board and local initiatives at all schools (e.g., TCDSB Student Mental Health and Well-Being Strategy); and Distribution of the same resources to all schools allows for equitable access to materials, so that every parent has access to resources to ensure that their child has an equal chance for success 	
What are key lessons learned throughout the project?	<ul style="list-style-type: none"> COVID-19 provided the opportunity to continue to support equitable opportunities for parent engagement/learning across the system 	
PROJECT # 2 EXPENSES	COST	DESCRIPTION
<i>Hold on to Your Kids: Why Parents Matter More than Peers</i>	\$3, 840.00	Parent resource book – 200 copies
<i>The Whole Brain Child</i>	\$3, 680.00	Parent resource book – 200 copies
<i>Mindset: The New Psychology of Success</i>	\$3, 680.00	Parent resource book – 200 copies
TOTAL PROJECT EXPENSE	\$11, 200.00	

