



# Toronto Catholic School Board

## Parent Reaching Out (PRO) Grants – 2021-2022

### Local Parent/Guardian Initiatives

School Councils in collaboration with the school principal, planned and provided the following parent engagement learning opportunities to their local parent/guardian community:

- Information session on how to understand equity and inclusion in the school community
- Anti-racist education
- Educate and engage parents on how to address local social inclusion, racism and systemic inequities faced by marginalized groups in our school community
- Virtual multimedia presentations for parents on racism and diversity, and promoting inclusion, allyship and practicing kindness
- To provide parents with the tools and resources to overcome barriers to support their children's potential
- To identify and overcome barriers that reduce student engagement
- To address anti-black racism in response to systemic inequities and personal bias
- We are looking at a series to help children and parents deal with racism and micro racism
- Information sessions on anti-bullying and anti-racism strategies with a focus on social media, while connecting the information to Black History Month
- Inclusion and anti-racist education
- Webinar to help the parent community to better understand and acknowledge Indigenous history, heritage, and culture
- Motivational speaker on hope and strategies for helping parents to keep themselves and their children mentally healthy, as well as address the importance of inclusion in our school
- To provide parents with information on BIPOC and 2SLGBTQ+
- Increase parent lending library on anti-racist and parenting education
- To provide parents with strategies to assist children in decreasing anxiety over potential lockdowns and returning to normal
- To provide parents and guardians with strategies to help develop resilience and emotional well-being in children
- Virtual talk on children's mental health
- A virtual evening for parents to learn about social networking and online safety
- To host a series of parent information sessions focused on areas of student self-esteem, mental health, internet safety, and financial literacy
- To deliver parent information and engagement sessions, with a focus on learning effective parenting skills to support children and parents' well-being during the pandemic
- Interactive and informative webinar on internet safety as it pertains to both parents' personal use, as well as strategies to protect children's safety while online
- A project to support families to bring mindfulness and peace into their stressful lives
- To provide parents with the knowledge/skills/tools to support their child's mental health and physical activity at home and school
- To provide parent sessions on community building
- Guest speaker session for parents to support their mental health and empowering them to support that of their children
- Establishing a library of resources to help parents support the mental health and wellness of their children
- Purchase of books focusing on parenting, child psychology, and mental health and wellbeing for the school's parent leading library and to foster understanding and help them develop a home learning environment to help their children succeed
- Parent sessions on mental health and resiliency
- Virtual session on nurturing parenting strategies

- A virtual session for parents to support and nurture resilience in children and youth while also taking care of themselves
- To identify and recognize the signs and symptoms of stress in their children, and to understand what stress “feels” like, identify their children and youth’s stressors and their impacts, see the upside of stress, and learn to support their children with the implementation of coping and problem-solving strategies
- Parents session on the impact of the pandemic, synchronous learning, lack of opportunity to socialize with peers and how all these factors can impact the child's education, mental health, well-being, and student achievement
- Increase local parent lending resources on mental health and anti-racist education
- Establish a resource lending library to provide parents with parenting strategies
- To deliver a parent information session on equity and inclusion
- Information session on youth and social media and how parents can help support their children
- To provide parents with resources and information on to support their children in using social media safely
- Parent education on the fundamentals of stress and resiliency, and strategies to support their children through life’s ups and downs
- To increase parent lending resources in a variety of topics
- To provide parenting strategies for uncertain times, as well as address mental health and wellness during these difficult times
- Deliver parent engagement session with a parent networking parent engagement focus
- Development of parent resources addressing well-being and mental health for students and families
- Delivery of parent engagement and information session to promote mental health wellness through laughter
- Virtual mental health and well-being workshop for parents
- To provide parents with strategies for mental and physical well-being
- A presentation and Q & A that supports parents in identifying bullying, supporting children that are experiencing bullying and supporting children who have demonstrating bullying
- To provide parents with the knowledge, skills, and tools needed to support their children's mental health and well-being at home and school
- Virtual presentation for parents and guardians to help develop resilience and emotional well-being in children
- Webinar to help parents learn and deal with children’s anxiety at home
- Information session to increase parent’s awareness of internet safety
- We will host a virtual parent workshop in support of promoting student wellbeing
- Delivery of a parent information session on the challenges that we all face regarding the inappropriate use of social media
- To provide parents with strategies of appropriate use of social media
- Strategies for parents to keep their children safe while online
- Internet safety strategies for parents
- To provide parents with strategies to keep their safe while online
- To provide parents with awareness of social media platforms and safe use of the internet
- To provide parents with resources to help them deal with their and their children’s mental and physical health
- Virtual presentation on safe schools
- Virtual seminar delivering information to parents on how to support the mental health of their children through the lens of the pandemic
- To provide schools with resources to support Catholic and anti-racist education, and parenting
- To top up the parent lending library to support parents in supporting their children
- To provide parents with support in assisting children at home with homework and transitioning to school
- To provide parents with knowledge, tools, skills need to support their child's learning at home and school
- Parenting webinar on responsive parenting
- Information sessions on parenting teens
- Community building and understanding the need for community wellness
- Focused parenting – understanding teenage emotions

- Speaker's session on mental health and stress management as it relates to parenting school-age children
- To provide parents with practical strategies and resources to promote mental health and well-being in the home and workplace
- To provide parents with the tools and resources to overcome barriers to reach their children's potential
- To establish a parent lending library to support parents with parenting strategies
- To add resources to parent lending library to provide parents with strategies to support their children at home
- To establish a parent lending library to support parents with parenting strategies
- Parent information sessions on the science curriculum
- Parent information session on supporting their child's education at home
- Parents will be provided with the knowledge/skills/tools needed to support their child's learning at home and school
- Family math night
- Creating a forum for parents to enhance engagement and participation in their child's education, enabling and empowering them to advocate for their child's needs
- To improve parent awareness and involvement in the school environment and in their child's education
- To promote physical fitness and its role in children's life at home and at school