

**Parent Engagement**  
**Parent Reaching Out (PRO) Grants – 2022-2023 Local Parent/Guardian**  
**Initiatives**

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

**Learning: Growing in Faith**

- Family math night
- Family Lego Night
- Family Coding Night
- Family fitness nights
- Parent information sessions on the science curriculum
- Established a parent lending library to support with parenting strategies
- Parent information session on supporting their child's education at home
- Create 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
- Improve parent awareness and involvement in the school environment and in their child's education
- Promote physical fitness and its role in children's life at home and at school
- Provide parents with support in assisting children at home with homework and transitioning to school

**Equity: Growing in Justice**

- Information session on how to understand equity and inclusion in the school community
- Educate and engage parents on how to address local social inclusion, racism, and systemic inequities faced by marginalized groups in our school community
- Inclusion and anti-racist education presentations equity and inclusion
- Increase local parent lending resources on mental health and anti-racist education
- Deliver parent engagement session with a parent networking parent engagement focus
- A presentation and Q & A that supports parents in identifying bullying, supporting children that are experiencing bullying and supporting children who have demonstrated bullying in marginalized communities

**Equity: Growing in Justice (continued)**

- To provide schools with resources to support Catholic and anti-racist education, and parenting

**Well Being: Growing in Knowledge with Justice and Hope**

- Virtual session on nurturing parenting strategies
- 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 well-being 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 for parents to learn about social networking and online safety
- hosted a series of parent information sessions focused on areas of student self-esteem, mental health, internet safety, and financial literacy
- 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 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
- 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
- Workshops to help 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

**Well Being: Growing in Knowledge with Justice and Hope (continued)**

- 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
- Information session on youth and social media and how parents can help support their children
- Virtual session for parents to support and nurture resilience in children and youth while also taking care of themselves
- Provide parents with resources and information on how 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
- Provide parenting strategies for uncertain times, as well as address mental health and wellness during these difficult times
- 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 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
- 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 the appropriate use of social media
- Strategies for parents to keep their children safe while online
- Internet safety strategies for parents
- 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 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

## Metrics Report on the Catholic School Parent Council, Policy S10 - Appendix B

parenting school-age children

- To provide parents with the tools and resources to overcome barriers to reach their children's potential