

PIAC POST

SUPPORTING PARENTS AS PARTNERS IN EDUCATION

JUNE 2020 | VOL 19-20 | ISSUE 6

#MENTAL HEALTH MATTERS

ANXIETY MINI-SERIES

Anxiety disorders are the most common of all mental health problems. It is estimated that one in 10 Canadians is affected by them.

TDSB Psychology staff have created video resources based on their popular sessions about Anxiety.

- **Part 1: Anxiety 101 - Is it time to worry?**

Describes what anxiety is, how to differentiate between normal and problematic worry and where caregivers can access resources and support.

<https://www.youtube.com/watch?v=QjAHtTAV5f4>

- **Part 2: Anxiety 101 - How to help your Children and Teens Cope with Worry**

Has strategies and ideas for talking to children and teens about their worries. Discusses listening and empathizing, gently shifting perspectives and problem solving.

<https://www.youtube.com/watch?v=E7jC9ks9MR0>

- **Part 3: Anxiety 101 - More Ways to Help Children and Teens Cope with Worry**

Discusses coping strategies and self-care, facing fears, relaxation/mindfulness and how caregivers can recognize their own feelings.

<https://www.youtube.com/watch?v=pKxliCzBkdk>

- **Part 4 Anxiety 101 – COVID-19 and Physical Distancing**

Addresses anxiety within the COVID-19 Pandemic.

<https://www.youtube.com/watch?v=Zeb1GPITMSA>



JOIN THE MHWB PARENT PARTNERSHIP COMMITTEE!

The Mental Health & Well-Being Parent Partnership Committee is a group of parents/caregivers working with the TDSB to improve access to Mental Health resources for families of the TDSB.

Contact MHWB: heather.johnson@tdsb.on.ca

Follow MHWB on Twitter: @TDSB_MHWB

TDSB Thought Exchange on Remote Learning Check out the Summary

https://www.tdsb.on.ca/Portals/0/docs/ThoughtExchange_ParentSummary.pdf

JOIN THE CONVERSATION ON WELL-BEING, ROUTINES AND TALKING RACE WITH YOUR CHILDREN

Hear from leading experts and participate in question and answer sessions online.

Mental Health, Well-Being & Routines in the Early Years - Monday, June 22, 6:30 - 8 pm

Speakers: Ann Douglas, *Author Happy Parents, Happy Kids and Parenting Through the Storm*
Afroze Anjum, *Psychologist, TDSB*
Moderator: Heather Johnson, *Social Work, TDSB*

Mental Health Well-Being and Routines in Adolescents & Teens - Wednesday, June 24, 6:30 - 8 pm

Speakers: Dr. Amy Cheung, *Psychiatrist Sunnybrook*
Scott St. Marie, *Keynote Speaker, YouTuber & Podcast Host*
Moderator: to be confirmed

Talking Race With Your Children - Friday, June 26, 6:30 - 8 pm

Speakers: Dr. Kang Lee, *OISE*
Vidya Shah, *Associate Professor, York University*
Moderator: Michelle Munroe, *Co-ordinator Family Engagement, TDSB*



To join a session, go to:

<https://www.tdsb.on.ca/News/Article-Details/ArtMID/474/ArticleID/1474/Join-the-Conversation-on-Well-Being-Routines-and-Talking-Race-with-Your-Children>

#HAVEYOURSAY: TDSB CONSULTATIONS 2019/2020

Secondary Program Review, Optional Attendance Policy & Specialized Schools Policy

The interim Report was shared with Trustees in May. It acknowledges where we have been, are now, and could go, while respecting & protecting the successful schools and programs that exist across our system. A Summary Guide has been developed to help navigate the Interim Report.: <https://drive.google.com/file/d/1mihLxCilt86nCCEetnEKyw6lvBGvM25W/view>.

To complete the Feedback Survey about the Interim Report, go to:

<https://www.tdsb.on.ca/High-School/Secondary-Program-Review/Interim-Report-2020>.

PARENT SURVEY - Fall Re-opening

The TDSB would like to hear about your family's experiences with remote learning, how you feel about returning to school, what concerns and expectations you may have, and what supports you would like to see in place. Your feedback will help guide conversations & ensure community voice is front and centre in Fall re-opening plans.

The short survey will be open until Tuesday, June 30.

Take the survey here: <https://bit.ly/3e9V3ja>


Report Cards



With schools being closed, the distribution of report cards will look a little different this year. Since it is not possible to distribute hard copies in school, report cards will be electronically distributed via email. For families with no email address on file, a hard copy will be mailed to your address.

- Kindergarten Communication of Learning and Grades 1 to 8 report cards will be sent home electronically between June 22 and 26, 2020
- Grades 9 to 12 report cards will be sent home electronically between June 24 and July 3, 2020

CONTACT US

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PIAC
Toronto District School Board
Parent Involvement Advisory Committee