

# PIAC POST

SUPPORTING PARENTS AS PARTNERS IN EDUCATION

MARCH 2021 | VOL 20-21 | ISSUE 7

## #RESOURCES

### SUPPORTING FAMILY WELL-BEING

#### **School Mental Health Ontario has released the Mental Health Action Toolkit for Parents and Families.**

During these challenging times, you may be worried about your child(ren)'s mental health and well-being. This Action Kit has information about ways you can help support your child(ren)'s mental health and well-being, including answers to important questions, useful resources and how to get help.

Along with tons of information, it has a clever Parent Lounge section with links for self-care. There are also student and educator Action Kits on the [SMHO site](#).



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario

**[Check out the Parent Mental Health Action Toolkit here](#)**

### COMMUNITY ADVISORY COMMITTEES

#### **Parent & Community Input and Advocacy**

There are 12 TDSB Advisory Committees which provide advice to the Board on a variety of topics, including board policy and programs. All TDSB Advisory Committee meetings are accessible to the public. Parent, student and community participation is strongly encouraged. Vacancies currently exist on a few CACs (Community Advisory Committee).

You can get more information and the full list of CACs on the TDSB page below. Contact the assistant or staff lead listed there for each committee if you would like to attend or would like more information:

<https://www.tdsb.on.ca/Community/How-to-Get-Involved/Advisory-Committees/Community-Advisory-Committees>

### Parent Voice

#### **Parents on School Committees**

Part of the School Council mandate is holding the education system accountable to parents. One of the ways this can happen is by accessing the required parent participation on mandatory school committees.

Parents are to be included in the Caring & Safe Schools, Staffing (elementary), and the School Improvement Plan committees. Principals must also consult parents on the school Budget.

For more details [click here](#).

**TIP: Have this discussion at your next School Council meeting**

### TDSB Survey Results

[See the results of the recent Staff, Student and Parent/Guardian Surveys here](#)

## PARENT MENTAL HEALTH & WELL-BEING SUPPORT

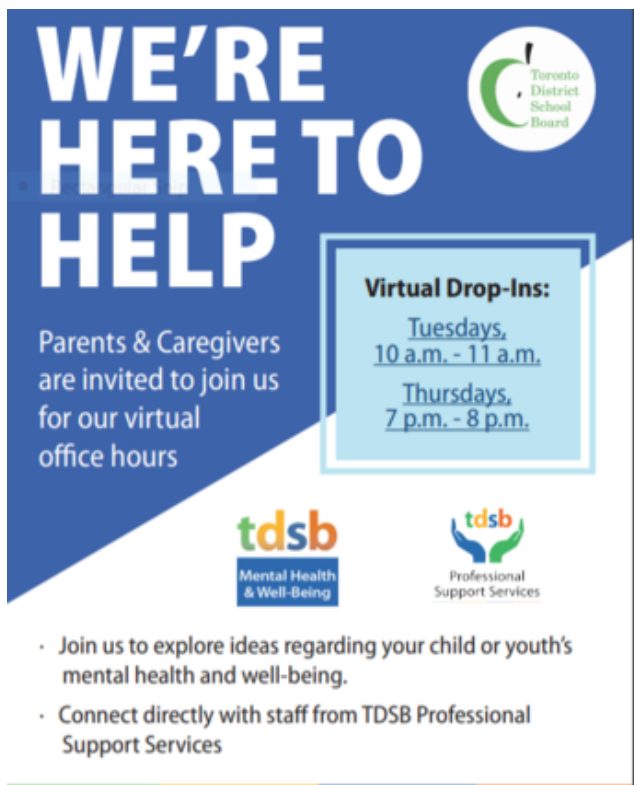
### Connect LIVE with TDSB Professional Support Staff

Need to talk to someone for mental health and well-being resource help?

Every Tuesday morning from 10-11am and Thursday evening from 7-8pm Parents and Caregivers can connect directly with staff from the TDSB Professional Support Services during their virtual office hours.

Find the [links to the sessions here](#) and choose either Tuesday or Thursday to connect.

### Mental Health matters.



**WE'RE HERE TO HELP**

Parents & Caregivers are invited to join us for our virtual office hours

**Virtual Drop-Ins:**  
Tuesdays, 10 a.m. - 11 a.m.  
Thursdays, 7 p.m. - 8 p.m.

**tdsb** Mental Health & Well-Being

**tdsb** Professional Support Services

- Join us to explore ideas regarding your child or youth's mental health and well-being.
- Connect directly with staff from TDSB Professional Support Services

### Volunteering in Virtual School

In response to many people offering to support Virtual School classrooms, the TDSB will send Virtual School parents/guardians/caregivers a Google Form to fill out. Availability and interest will be matched with need from teachers. A valid Police Reference Check (PRC) is required (or the annual declaration to confirm a previous PRC). PRC fee assistance is available.

## #HAVEYOURSAY TDSB CONSULTATIONS 2020/2021

**The Human Rights Policy (PO31)** is open for consultation until April 30, 2021. The Policy affirms and supports the TDSB's "commitment to defending, upholding and promoting human rights in all learning and working environments." (See also the [Human Rights Report](#).) Similar to the Equity Policy (PO37), the Human Rights Policy influences the development and review of all other policies. Send comments to [Anu.Sharma2@tdsb.on.ca](mailto:Anu.Sharma2@tdsb.on.ca).

### TDSB Policy Review Schedule

[www.tdsb.on.ca/Portals/0/aboutus/docs/Revised%20Policy%20Review%20Schedule.pdf](http://www.tdsb.on.ca/Portals/0/aboutus/docs/Revised%20Policy%20Review%20Schedule.pdf)



### BECOME A PIAC VOLUNTEER!

**Do you have passion for supporting parents as partners in education?**

The following vacancies are available on PIAC:

- Ward 1 (Trustee Gill) - 2 positions
- Ward 2 (Trustee MacLean) - 1 position
- Ward 3 (Trustee Nunziata) - 1 position
- Ward 7 (Trustee Pilkey) - 1 position
- Ward 17 (Trustee Smith) - 1 position
- Ward 21 (Trustee Rajakulasingam) - 2 positions

**Ward elections will be held virtually.**

Contact your Trustee or [info@torontopiac.com](mailto:info@torontopiac.com)

### CONTACT US

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**PIAC**  
Toronto District School Board  
Parent Involvement Advisory Committee