

PIAC POST

SUPPORTING PARENTS AS PARTNERS IN EDUCATION

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#MENTAL HEALTH MATTERS

WHAT DOES A MENTALLY HEALTHY SCHOOL LOOK LIKE?

Look for:

- Smiles
- Everyone is welcomed with the same warmth & enthusiasm
- Warm and welcoming pictures and displays reflective of the community
- Acknowledge each other – all parts of school community
- Office staff warm and interested in greeting you
- Positive staff interactions
- Feeling like it matters that you are there
- Posters with positive messages which reflect the school's commitment to promote positivity

WHAT CAN I DO TO PROMOTE MENTAL HEALTH & WELL-BEING IN MY CHILD'S SCHOOL?

- Talk to your children about Mental Health & Well-Being
- Model how to care for your own mental health & well-being
- Find allies with your child's teachers
- Find your "caring" adult in the school
- Ask what your school is doing to support mental health & well-being and offer support
- Join the TDSB's Mental Health & Well-Being Parent Partnership Committee – meets the first Monday of the month

BECOME A PART OF YOUR SCHOOL COUNCIL

- Participate in the development of the School Improvement Plan (SIP) – one of the 3 goals will be focussed on Well-Being
- Be part of your school's Caring & Safe Schools Committee
- Help design a Mental Health & Well-Being event for parents/caregivers in your school
- Share information about upcoming events related to Mental Health & Well-Being

MENTAL HEALTH RESOURCES

About Mental Health & Well-Being at the TDSB
<http://bit.ly/2J6tziy>

TDSB Mental Health & Well-Being Resources
<http://bit.ly/2JmFhos>

BECOME INVOLVED: JOIN THE MHWB PARENT PARTNERSHIP COMMITTEE!

Join MHWB at 5050 Yonge Street (Cafeteria)
6-8pm, 13 May, 10 June

Contact MHWB: heather.johnson@tdsb.on.ca
Follow MHWB on Twitter: @TDSB_MHWB

PARENT ACTION NETWORKS & GROUPS

- Building Better Schools (www.buildingbetterschools.ca)
- Campaign for Public Education (Facebook, Twitter, campaignforpubliceducation.ca)
- Coalition for a Fair Ontario (Facebook)
- East End Parents 4 Public Education (Facebook)
- Elementary Teachers' Federation of Ontario (ETFO) (Twitter, www.etfo.ca)
- Etobicoke Parent Network (Facebook)
- Fix Our Schools (Facebook, Twitter, www.fixourschools.ca)
- GTA Parent Action Network for Public Education (Facebook)
- GTA School Councils (formerly TDSB School Councils) (Facebook)
- Mothers for Better Education - Ontario (Facebook)
- Ontario Families for Public Education (Facebook)
- Ontario Secondary School Teachers' Federation (OSSTF) (Facebook, www.osstf.on.ca)
- Parents4Education (Facebook, www.parents4education.ca)
- Parent Involvement Advisory Committee (PIAC) (Facebook, Twitter, www.torontopiac.com)
- Parents for Diversity (Facebook, Twitter, www.parentsfordiversity.com)
- Scarborough Parents Network: Defending Public Education (Facebook)
- Toronto Public School Councils (Facebook)
- West End Parents for Public Education Toronto (Facebook, www.weppe.org)



BECOME A PIAC VOLUNTEER!

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

Do you want to support the sharing of information and resources on public education with TDSB parents?

Parent and community volunteers are always welcome, however the following vacancies are available at PIAC:

Ward 10 (Trustee Moise) – 1 position
Ward 13 (Trustee Li) – 1 position
Ward 15 (Trustee Story) – 1 position
Ward 16 (Trustee Aarts) – 1 position
Ward 17 (Trustee Smith) – 2 positions
Ward 19 (Trustee Patel) – 2 positions
Ward 21 (Trustee Rajakulasingam) - 1 position
Ward 22 (Trustee Sriskandarajah) - 1 position

For more information contact your Trustee or info@torontopiac.com

Looking for additional resources?
Visit: <http://torontopiac.com/resources.html>

#HAVEYOURSAY: TDSB CONSULTATIONS

EXCURSIONS POLICY (P033)

- Deadline: 24 May
- Outlines the requirements for out-of-school excursions and field trips within the TDSB
- Establishes the equitable inclusion of all students in curriculum-based excursions, barriers to access are removed, and that safety, accountability and transparency are paramount
- Share your feedback here: <http://bit.ly/2zFz7tS>



CONTACT US

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PIAC
Toronto District School Board
Parent Involvement Advisory Committee