



# SCHOOL COUNCIL

## NEWSLETTER

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## PRO GRANTS

Parent groups welcome this time of year to plan for their PRO (Parent Reaching Out) Grant applications. Parents Engaged in Education are also excited to plan projects that will be inclusive of all parents/school council members throughout Ontario.

The great thing about these grants is that school councils have an opportunity to host events to increase parent engagement without using money that was raised by the community to enhance the student experience at their school.

I would encourage **every school council** to apply for a PRO grant this year and to complete the projects that they were approved for at the beginning of this school year. There are a large percentage of school councils who do not complete their project and the funds are returned to the Ministry. Don't miss out on this opportunity, especially given the fact that when the funds are returned they do not go back to fund other parent engagement projects, they are returned to the general funds of the government. It is a missed opportunity for increasing parent engagement.

We will be hosting a **Facebook Live session on PRO grants** in the next couple of weeks, so "like" us on facebook and you can ask questions live or view the video in your own time.

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"I'm Your Parent,  
Not Your Friend"



# PARENTS REACHING OUT (PRO) GRANTS FOR SCHOOL COUNCILS

School councils of publicly funded schools may apply for grants to support projects focused on engaging parents who may experience challenges as a result of language barriers, recent immigration, poverty, newness to Ontario's school system or other factors.

School councils are encouraged to work with their district school board's Parent Involvement Committee and other school councils to identify potential project opportunities. School councils may submit a project proposal on their own, or in partnership with other school councils, parent or community groups.

Please read the project guidelines and terms and conditions.

*Below is a quick summary of the important things to consider when planning your application.*

## PROJECTS OR COSTS NOT COVERED BY A PRO GRANT:

- Activities that have already taken place

- **Payment to staff including salaries, honoraria, gifts**
- Cost of police background check for parent volunteers
- **Purchase of goods and services for which the Ministry provides funding, such as textbooks, library books, manipulatives, school furniture, computers, cameras, projectors, student transportation, etc.**
- **Student focused activities including fees for speakers or activities for students and purchase of supplies for home use – (e.g., markers, paper, glue, scissors, software, prizes, student agendas, calendars, arts and crafts supplies, scrapbooks)**
- Capital items such as televisions, sports equipment, shelving
- Portable/handheld devices such as tablets or laptops, unless devices are to be used as part of a parent lending library and the cost does not exceed 50% of the approved grant

- Computer software, online subscriptions, voice messaging systems, website maintenance, or software applications
- **Entertainment activities such as barbecues, fun fairs, volunteer teas, dinners, movies nights, dances, concerts, and performances**
- Art mural projects, field trips
- School signs, announcement boards/screens
- Landscaping, creation or equipping of outdoor classrooms
- **Refreshments are limited to 20% of the approved funding**
- **Advertising and promotion limited to 10% of the approved funding**
- **Prizes or incentives to parents and/or students**
- Lessons for parents – (e.g., French, English as a Second Language, computer, CPR)
- Fundraising events

### PROJECT GUIDELINE SUMMARY

*\*Again we recommend that school councils refer to the Ministry website for full details.*

- Every school council can submit only ONE application for a maximum of \$1,000. Per year.
- All proposals/applications must be approved through a motion of the school council.
- Among other things, special consideration may be given to applications that promote increased access to and awareness of math strategies and resources for parents to support their child's learning at school or home.

### SCHOOL COUNCILS MAY DEVELOP PROPOSALS:

- Individually
- With other school councils
- Other groups in the school or the community

**NOTE:** When working in partnership each school council is eligible for the maximum amount of \$1,000.



# PAUL'S *safety corner*

## WHAT IS FORTNITE?

Kids as young as Grade 4 are playing the newest and most popular game out there: Fortnite. Guess who else is playing it? Grade 12 and University Students too! From the older students I have personally surveyed: They are on it 2-4hrs a day! It's an online game where you play with up to 99 other players at the same time. In short: 100 players jump out of a plane onto a small island and they must fight (kill) each other until one person is left alive - the winner! It is more cartoon like than other killing games (like Grand Theft Auto). The game is free, but there are options to make purchases - remember who's credit card is attached to their account, parents! The game is available on PS4, Xbox One, PC, and iOS (and soon Android). 70% of the students I have spoken to since March Break admit to playing the game. Talk to your child about it.

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# I Dream BIG



Purchase DREAM BIG  
T-shirts and Bracelets & do a  
fundraiser for your school

**This is a chance to celebrate the  
positive spirit of your students**

Build positive school communities  
to DREAM BIG for their students

Encourage all parents  
to DREAM BIG for their children

**Shirts - \$10 • Bracelets - .75¢**

**When ordering in bulk for 50 or more**

*This is offered on a cost recovery basis only,  
so if you order in bulk you save what we save!*

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“I’m Your  
**PARENT**  
Not Your  
**FRIEND**”

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I speak to a lot of parents and I often hear them say, ‘I don’t understand why my child behaves the way they do.’ Parents are looking for strategies that will help bring some control back into their home.

Recently a parent shared her frustration about how her daughter doesn’t listen to her. When digging a little deeper, she told me that she often gives in after saying no. While she feels disrespected, her daughter has learned that if she pushes hard enough, she’ll get what she wants.

During one of my student workshops a grade seven student said, ‘My Mum is weak. When she gives me a consequence she

doesn’t actually do it because I can talk her out of it.’ Her mother most likely sees her action as kind and caring while her daughter sees it as weakness.

We can’t expect our children to treat us differently than we model to them. They pay more attention to what we do than what we say.

Boundaries are something that most parents struggle with. There are a couple of reasons for this:

### **1. PARENTS WANT THEIR CHILDREN TO LIKE THEM**

Children have big emotions. They can explode without a moment’s notice, especially when they aren’t getting their own way.

While it doesn’t feel great to have your child yelling, ‘I don’t like you’ it doesn’t mean they don’t like you - what they are really saying is, ‘I don’t like your rules and I don’t like your consequences’.

In my UPower presentations I teach young people how to process their emotions in healthy ways instead of reacting in hurtful ways. Once they have moved through the emotion, it clears the way for them to make a choice from a more reliable place - their character.

As parents, we need to do the same thing. If we make a decision based on how we feel (fear, guilt, wanting to avoid conflict) about our child not liking us, we are reacting to

our emotions, rather than acting with the intent of teaching our child about boundaries, rules and consequences.

For me, when I move through my emotions in a healthy way I am able to make my choice from, 'I Choose to Respect Myself and Others.' When I do this, my choice looks way different than saying, 'I made that choice because I felt like it.'

While wanting your children to like you comes from the right place, it's not a good strategy for either of you.

## 2. PARENTS WANT TO TEACH THEIR CHILDREN TO MAKE THEIR OWN CHOICES

While it's important to allow children to make age-appropriate

choices, it's also important to set boundaries.

Many parents make the mistake of thinking their child has the logic and reasoning of an adult and will make the right choices for themselves (I have had those moments).

Unfortunately, they do not have the life experiences to pull from, nor the maturity to know what might be in their best interest.

If always allowed to do whatever they want, it causes conflict at home, school and in their relationships. People around them start to pull away which negatively affects their self esteem.

Boundaries teach children what is appropriate when dealing with others. It also helps children to feel safe, a key element in the

development of confidence.

## WHAT ARE HEALTHY BOUNDARIES?

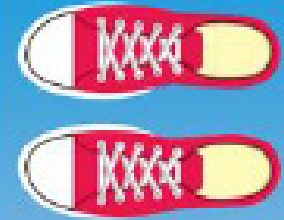
Boundaries are guidelines or rules that you set to show what is reasonable, safe and allowed. They also include what happens when the boundaries aren't respected.

### Boundaries are important for:

- Self care
- Self respect
- Resilience
- Communicating your needs in relationships
- Setting limits on relationships
- Building trust
- Separating your thoughts, needs, desires from what others want.



**Boundaries help children to feel safe, a key element in the development of confidence.**



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- Making healthy choices
- Taking responsibility for yourself

These are all important lessons for your children, but it has to start with you!

### **STRATEGIES FOR CREATING HEALTHY BOUNDARIES**

#### **1. BE CLEAR ON YOUR BOUNDARIES AND CONSEQUENCES**

Since emotions are constantly changing, they are not a reliable place to make choices from.

Knowing what boundaries and consequences work best for your child ahead of time will stop you from making a decision in the

heat of the moment - one you may later regret.

One Dad shared with me that he was so angry with his daughter that he told her there would be no birthday party for her. The Dad later took that back as he realized he acted out of anger and that he was looking forward to planning her party.

It's important that you make a consequence that is reasonable and you are OK to follow through with it.

#### **2. BE THE PARENT, NOT A FRIEND**

Be OK with your child not liking the boundary. If they are used to getting their own way, they will test it until they realize the

boundary is here to stay.

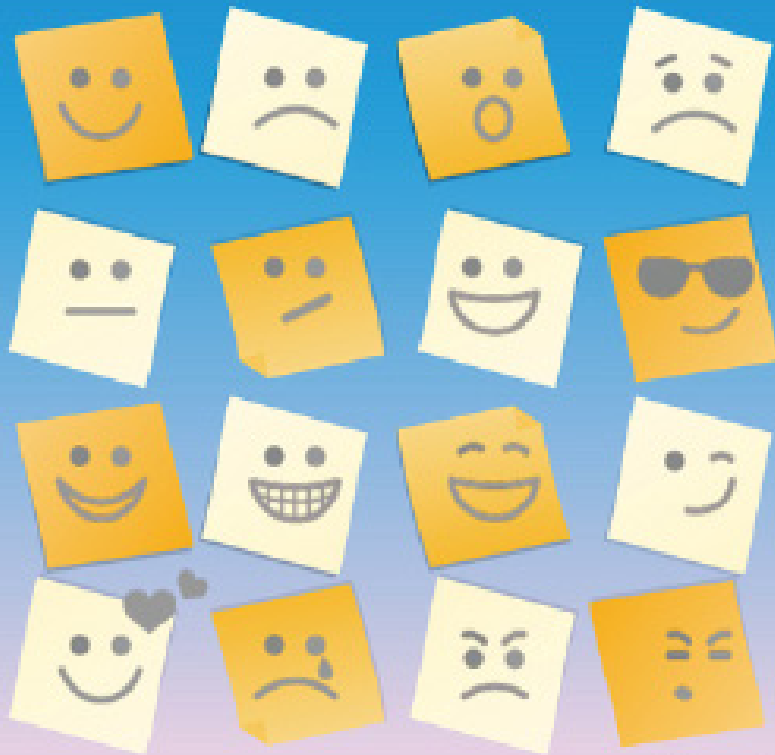
There is no reason to feel guilty. Remain firm. Stay consistent. Remember you are arming your child with important life skills.

Growing up my Mum used to say, 'You need me to be your parent not your friend.' She also used to say, 'You may not like me right now, however you need to respect me.' Not words I enjoyed hearing as a young person.

As it turns out, I'm saying the same words to my son.

#### **3. EXPRESS YOUR FEELINGS IN A HEALTHY WAY**

Students have told me that they would prefer the adults in their



By naming your emotions and communicating how you feel, you help teach children to do the same.

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life name their emotions instead of just reacting out of them. By naming your emotions and communicating how you feel, you help teach children to do the same.

If you are having trouble naming your emotions, use the “Elephant in The Room” poster.

#### 4. GET SUPPORT

If you find setting boundaries challenging join the **UPower Parents group** on Facebook for discussions, articles and support on positive parenting and teaching emotional intelligence skills.

Until next time,



### *about the author*

Sara Westbrook is a Motivational Speaker/Singer/ Author specializing in Resilience, Confidence & Mental Well-Being. She has performed her UPower presentations to over 250,000 students, parents and educators.

She is author of ‘The UPower Journal’ - a book for youth to not only express their thoughts and emotions, but also to build their confidence, resilience and mental well-being through the personal stories, many exercises and quotes found inside.

To book a presentation or to learn more about Sara visit [www.sarawestbrook.com](http://www.sarawestbrook.com)



## ORGANIZATIONS THAT SUPPORT PARENT ENGAGEMENT AND SCHOOL COUNCILS IN ONTARIO

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*A P.E.I.E. Ambassador will...*

Promote the mission of the organization.

Share the organization's resources with their school community.

Work to engage other parents with their children and their school.

Be their child's biggest CHEERLEADER in school!

  
**Ombudsman**  
ONTARIO  
ONTARIO'S WATCHDOG

## Can the Ombudsman help you?

The Ombudsman resolves and investigates complaints about Ontario public sector bodies.

### Do you have an unresolved problem with a school board?

Our staff have helped thousands of parents and families with school board issues, such as:

- Student busing and transportation
- Special education
- Student safety
- School board administration


### We can:

- Refer you to local officials who can resolve the matter
- Investigate problems and recommend solutions
- Answer questions and help you navigate the system



[www.ombudsman.on.ca](http://www.ombudsman.on.ca)

1-800-263-1830

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Parents Engaged in Education

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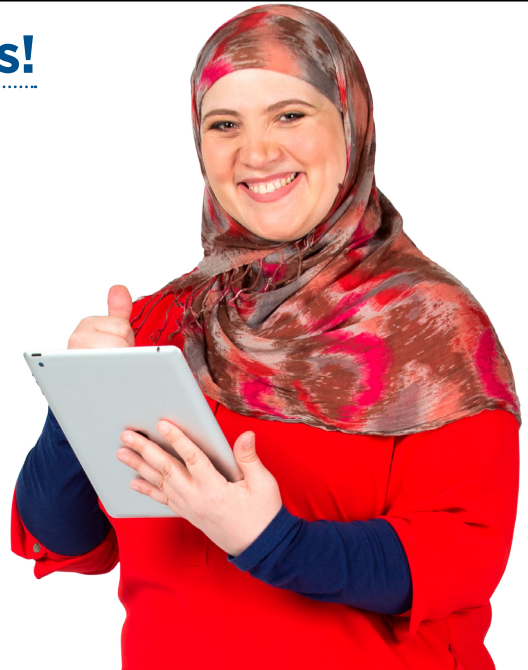


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for Great Teaching



# Being here can lead to amazing things.



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**WORLD** will be **FRENCH**  
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## Parents

ENGAGED IN EDUCATION

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647-408-2091

Parents Engaged in Education is a not-for-profit organization formed by experienced school council members to provide resources and skill building opportunities for parent leaders across the province.

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