



## Message

from PIC Co-Chairs

Partnering with your child to the best of your ability is the greatest support you can provide your child in their education. Nobody is expected to be a superhero; please reach out to your teachers, SCC, PIC members, and principals if you need something. We are happy to help with resources you need to help your child succeed.

We also want to say thank you to all the parents and caregivers for their understanding and continued support of our students and staff during this difficult time. We appreciate all the hard work that you do daily in helping your child(ren) with their education, and we look forward to brighter days ahead.

**PIC Co-Chairs**

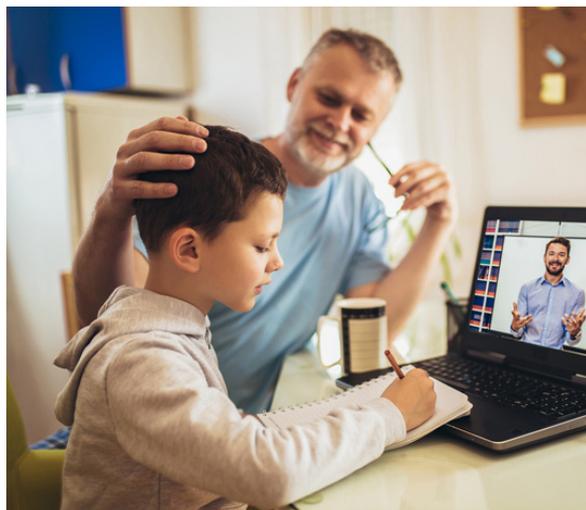
*Valrie Estridge and Tiffany Sherwood*

## THE DDSB IS SUPPORTING STUDENTS, PARENTS AND OUR COMMUNITY

DDSB is currently running **9528 Google Classrooms** and **1243 D2L Classrooms** across the district, an increase of over **60%** since March!

### How many additional Chromebooks and internet devices have we given out?

As of April 30, approximately **5,000** Chromebooks have been distributed to students, bringing the total number provided to approximately **35,000**. The DDSB has also distributed **660 mobile internet hotspots** to families in need.



Google Classroom



chromebook

# Register for the Virtual Parents as Partners Symposium "BE WELL ~ BE POSITIVE"

Thursday, May 28th at 7:00 pm

Join parents/guardians from across the DDSB virtually at the Parents as Partners Symposium, taking place on **Thursday, May 28 at 7pm.**

This year we are proud to welcome the dynamic and engaging **Dr. Ivan Joseph, an award-winning coach, educator and leader.** Ivan has spent his career leading cultural transformation and helping people believe in themselves. Ivan speaks about self-confidence to embrace the **"grit"** to persevere in spite of setbacks.



*Dr. Ivan Joseph*

**YOU DON'T WANT TO MISS THIS**

[Register on-line to reserve your \*\*FREE\*\* spot!](#)

## Tips from the DDSB's Mental Health Leader, **Steffanie Pelleboer**

Parenting at any time can be challenging; parenting during COVID-19 can be even more stressful. It can bring on feelings of anxiety, worry and uncertainty. As parents and caregivers, we feel this and our children feel it as well. It can be hard to know how to best support your child as we all navigate disrupted routines and changes to home, school, and work life; and how to make sure you are taking care of yourself during this difficult time.

### Managing Stress During These Uncertain Times

Taking care of yourself is especially important when stress might be higher than usual for both you and your children. Our children will often take emotional cues from us, therefore our first step in managing through the uncertainty is to take care of ourselves and manage our own anxiety and stress. By taking care of yourself, you are helping yourself be the

best caregiver you can be, and you are also modeling self-care for your children.

There are many things that you can do to support your child during this time. One of the most important things you can do is stay calm and confident. Here are **7 Ways to Reduce Stress** that can help all of us.

# Parenting Ideas in the Time of COVID-19

- 1. FOCUS ON ONE-ON-ONE TIME:** Appreciating that many of you may be working from home and with your children engaged in Distance Learning, this time together can be used as a chance to focus on building stronger relationships with our children and teenagers. Set aside time to spend with each child, ask them what they like to do, give them your full attention and have fun!
- 2. KEEP IT POSITIVE:** Managing work, supporting Distance Learning, and keeping children occupied can drain our energy; we may find ourselves losing patience and focusing on what they are doing wrong. Children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right. When we keep a positive perspective, we are more likely to see what is positive in our children and in our situations. This includes maintaining a positive perspective as it relates to yourself and your parenting. Acknowledge these are unusual times and we are all doing our best. Be kind to yourself and focus on your accomplishments.
- 3. CREATE ROUTINES AND STRUCTURE:** This stressful time has taken away our daily work, home and school routines. This is hard for children, teenagers and for you. Making new routines or keeping structure to your daily activities can help. Consider setting routines for bedtimes, meals, homework and play. All children need structure and routine.
- 4. KEEP CALM AND MANAGE STRESS:** This is a stressful time. Be kind to yourself and remember this is a difficult time for many. Taking care of yourself is a parenting strategy that will support your child.
- 5. IT'S OK TO ASK FOR HELP:** It is understandable that during this time of isolation and disrupted routines, children may respond or behave in ways that appear 'out of character.' It is important that we have open conversations with our children about what they are experiencing. If you are worried about, or even just confused by, something your child is doing or saying, please don't hesitate to reach out to your child's teacher or school administrator. We are in uncharted territory, and you do not have to go it alone.



*(Adapted from WHO Parenting in the time of COVID-19)*

If you are looking for more resources, please check out the [DDSB Your Well-Being Matters, COVID-19: Supports and Resources for Family and Youth](#), [School Mental Health Ontario Parent and Family Resources](#), or [WHO: Parenting During COVID-19](#).

Your Well-Being Matters **WELL-BEING EVERYONE EVERY DAY**  
Stronger together, even when apart

# Parent Voice on Distance Learning

We asked parents from our Parent Involvement Committee to share their experiences with us on the early days of Distance Learning. By presenting our common (and sometimes unique) challenges, frustrations, and solutions, we can all help one another to progress and move forward in this unusual and unprecedented time. We really are all in this together.

## // PARENT OF A GRADE 10 STUDENT

*At the beginning of Distance Learning, I was uncertain how I would be able to assist my daughter (Grade 10) if she had any issues or concerns with her technology. I reached out to the principal of her school, who put me in touch with the resources about Chromebooks and a link to information on accessing the DDSB Student Mobile Campus (Google Classroom). After seeing these resources, I feel very confident that I can assist my daughter with any technical issues that she might face. - Ted*

## // PARENT OF GRADES 6 & 8 STUDENTS

*My children were overwhelmed with the amount of work being assigned. We organized assignments and I reassured them they will get caught up. I called their teacher about my concerns and she then relayed these concerns in her staff meeting. After the weekend, my daughters received a questionnaire about work load and they noticed a decrease in assignments. They were relieved. - Robyn*

## // PARENT OF GRADES 3, 4, AND 10 STUDENTS

*With three kids in grades 3, 4, and 10, at the start of Distance Learning, I had a hard time getting on Google Classroom. I was able to talk with my child's teacher, who walked me through and helped me with the setup. After I got used to Google Classroom for my younger children, I was sent to a different website to submit work for my high school child in special education. I tried to do this, but it never seemed to upload and I couldn't figure out how to submit the work. So, his teacher set up a Google Classroom and transferred all the work there to help me out. I really appreciate all the help and support I got from all my kids' teachers during this time. They have helped us make the best of a difficult situation. Thank you. - Trish*

# UPCOMING EVENTS

**VIRTUAL  
PARENTS AS PARTNERS SYMPOSIUM  
"BE WELL ~ BE POSITIVE"**

**May 28, 2020 @ 7:00 p.m.**

*Register on-line here*

**VIRTUAL PIC MEETING**

**May 26, 2020 @ 7:00 p.m.**

**STANDING COMMITTEE MEETING**

**June 1, 2020 @ 7:00 p.m.**

**BOARD OF TRUSTEES MEETING**

**June 15, 2020 @ 7:00 p.m.**

**SEAC MEETING**

**June 17, 2020 @ 6:30 p.m.**



## Links

- [Subscribe to Our Newsfeeds](#)
- [Distance Learning Plan](#)
- [Frequently Asked Questions](#)
- [DDSB Parent Engagement Videos: Google Read & Write, Google Classroom, Web Resources](#)
- [Additional Learning Resources](#)
- [Ministry of Education Learn-at-Home](#)