

PRO Grant Parent Information Sessions



OTTAWA-CARLETON
DISTRICT SCHOOL BOARD



Speaker List for the 2021-2022 PRO Grant Parent Information Sessions

There is a diverse selection of speakers and topics that you can choose from. Here's a snapshot of the options:

MASC	Media Smarts	My Life Online	Parents for Diversity
Paul Davis	Rideauwood Addiction and Family Services	Scientists in School	Vanessa Vakharia (The Math Guru)

The options are divided into two categories - ***Solo*** and ***In Collaboration***. The ***Solo*** category has sessions that can only accommodate a single school community on the dates offered. The ***In Collaboration*** category can accommodate more than one school community and we encourage School Councils to work together in their selection process.

SOLO

MASC

MASC is an Ottawa-based community arts organization that offers schools and communities arts experiences led by professional artists that awaken the creative process, deepen cultural awareness, encourage engagement, and give vivid demonstration of Canada's diversity.

Artist: [Jacqui Du Toit](#)

Topic: Traditional Storytelling

Time: 7 p.m. - 8:00 p.m.

Dates: April 20, 21, 27 & 28 | May 3, 4 & 5 | June 15 & 16

About the session: Storytelling is an ancient art form of conveying crucial information from generation to generation, helping communities to grow and helping children to engage with their creativity and imagination. This workshop focuses on engaging the participant's imagination with theatrical games and voice exercises. [Learn more](#).



Artist: [Kim Kilpatrick](#)

Topic: Storytelling

Time: 7 p.m. - 8:00 p.m.

Dates: April 21 & 28 | May 5, 12, 19 & 26 | June 9

About the session: In a humorous, insightful and touching way, Kim's autobiographical stories describe growing up and living as a blind person in a sighted world. They examine how she felt learning that she was different from her peers, how she struggled with her feelings about herself and the perceptions of others about her, how she learned to be independent and advocate for herself. They depict the frustrating and lively adventures she has had and still has every day. Meet a former Paralympian, hear Kim's stories, and see her Paralympic medals. [Learn more.](#)



Artist: [Mehdi Cayenne](#)

Topic: Real Talk Time

Time: 7 p.m. - 8:15 p.m.

April 20 | May 18 | June 1

About the session: A relaxed and inspiring discussion and short performance, touching on various aspects of creativity in performance as well as all domains of life. Explore one's own culture and develop appreciation for other cultures; posture and voice; establishing links between imagery and concepts; evaluate the artistic quality of a spoken literary text; the importance of poetry and self-expression in community and history. [Learn more](#)



Scientists in School

Topic: Multiple options. Details below

Time: 6:00 p.m. - 7:15 p.m.

Dates: Any date between May 9 - June 17 (except weekends)

Audience: These sessions are aimed at kids ages 4-12 and their parents and guardians

About the sessions: [Scientists in School](#) is a leading Science, Technology, Engineering and Mathematics (STEM) education charity that annually inspires over 700,000 children and youth in Canada. The goal of these sessions is to have parents and guardians explore STEM alongside their child(ren), discover new things, and help build their child's/children's confidence and motivation for continued learning.



How it works: Select a date and a topic (list given below) that works for your school community. Based on the topic selected, Scientists in School will send pre-packaged science kits to your school. The school is responsible for distributing the kits to participant families. There is a limit of 30 families per session. Scientists in School can do two sessions per day and that will accommodate 60 families.

Note: Scientists in School require three weeks to send the kits to the school. This is why the first available date is May 9. This allows sufficient time for the school to receive and distribute the science kits.

Topics:

Ewww...that Science is Gross!

Discover the science behind things that make you go...ewww! Make “snot” and sneeze it while exploring viscosity, identify various animals from their scat (i.e. poop) and learn about digestion while producing a burp in a bag. Join us on a gross but fun-filled science adventure!

Good Clean Fun!

Fun with soap and water? You’ll be astonished when you investigate surface tension; explore the chemistry behind bath bombs; and make your own to use at home. It’ll be an explosion of chemical fun!

Noticing Nature

Chicka-dee-dee-dee. Who was that? Play a game to discover nature sounds around us. Buzz your newly created bee around flowers to pollinate them. Investigate seeds and make a seed caterpillar that will grow over time. Notice all that nature has to offer, big and small!

Ride ‘n’ Roll with Science!

Welcome to the amusement park - where we’ll be bumping, spinning, zipping and rolling! Discover the actions and reactions of bumper cars. Explore the forces at work when you spin. Create a zipline while investigating gravity. Design a roller coaster to meet a challenge. It’s all about the physics of riding ‘n’ rolling!

Science Meets Art!

Discover what happens when science meets art! Explore perception as you use shadows, colour, motion, and light to create art from science. You’ll make a puppet, a spinning top and a kaleidoscope, as well as design your own galaxy. “The greatest scientists are always artists as well!” (Albert Einstein)

Spread Your Wings

Humans have always been fascinated by flight. Come and explore the wonderful world of birds and other things that fly. Make a birdfeeder; fly a glider; and explore how a taketombo works. We will wing our way through the sky.

IN COLLABORATION

Media Smarts

Topics: [Talking to kids about hate online](#);
[Raising Ethical Kids For a Networked World](#);
[The Parent Network: Social Media and Your Kids](#);
[Break the Fake: How to tell what's true online](#).

Time: 7:00 p.m. - 8:30 p.m

Dates: April 26, 28 | May 3, 5, 10, 12, 24, 26 | June 7, 9



About the sessions: MediaSmarts is a Canadian not-for-profit charitable organization for digital and media literacy. They have been developing digital and media literacy programs and resources for Canadian homes, schools and communities since 1996. They support adults with information and tools so they can help children and teens develop the critical thinking skills they need for interacting with various forms of media. [Learn more.](#)

My Life Online

Topic: Empowering students to be safe, smart, and kind online

Time: 7:00 p.m. - 8:00 p.m.

Dates: April 21 | May 4

About the session: This session will provide parents and guardians with information on how to help their children feel empowered and excited to be safe online. Participants will learn how to help children build a positive online presence. It will help parents and guardians to refresh their outlook on social media and provide their children with a clear set of values, principles, and social skills to guide their lives online. [Learn More.](#)



Parents for Diversity

Topic: Disrupting Inequities: Having Conversations with Our Children

Time: 7:00 p.m. - 8:15 p.m.

Dates: May 31 | June 2, 7



About the sessions: Parents for Diversity (P4D) is a collective of parents committed to achieving inclusive and non-discriminatory learning environments. P4D wants to change the conversation on equity in the education system to enable a more constructive dialogue that fosters inclusive learning environments. This session will help parents teach their children about social identities and how they relate to diversity, privilege and oppression. Using books and literature to propel this understanding and start conversations is an important first step in this learning.

Paul Davis

Topic: Cyberbullying, Sexting, TikTok (and its many issues) and privacy

Dates & Time:

April 18, 6:00 p.m. - 7:30 p.m.

May 9, 8:00 p.m. - 9:30 p.m.

May 24, 6:00 p.m. - 7:30 p.m.

May 25, 8:00 p.m. - 9:30 p.m.

About the session: Paul Davis has presented to over 80,000 parents and 624,000 students since 2012. This session will provide parents with information about social networking safety with a focus on cyberbullying, sexting, TikTok (and its many issues) and privacy. [Learn more.](#)



Rideauwood Addiction and Family Services

Topic: Multiple options. Details below

Time: 6:00 p.m. - 7:15 p.m.

Dates:

April: 20, 21, 26, 27, 28

May: 10, 11, 17, 18, 19, 25, 26



Topics:

When Technology Takes Over – What Caregivers Need to Know

This presentation offers an overview of the concept of addiction, the prevalence of technology use, the ways in which technology is designed to be addicting, tips and tricks to increase healthy behaviours with technology and communication tips for parents/caregivers.

Be in the Know – Substance Use and Drug Trends

This presentation provides an overview on the concept of addiction, information on vaping, cannabis, alcohol and opioids, reviews community trends and how to respond to an overdose, and tips and tricks for parents.

Youth Substance Use + Tech Use: Prevention and Caregiver Guidance

This presentation offers prevention tips for parents and caregivers in addressing these topics and how best to engage their youth to facilitate communication and understanding.

Rideauwood Addiction and Family Services is a community leader and a specialist in substance use, behavioural addictions and mental health issues. [Know more.](#)

Vanessa aka The Math Guru

Topic: How to Raise Kids Who Aren't Afraid of Math (Even If You Are)!

Time: 7:00 p.m. - 8:00 p.m.

Dates: April 28 | May 18, 19, 25 | June 8, 9, 15, 16

About the Session: Vanessa is the founder of [The Math Guru](#). She has a Masters in *Math Education & Feminist Theory* where her thesis was [Imagining a world where Paris Hilton loves math](#). Math can be super stressful for kids AND parents these days. Feeling like you can't do math leads to a lack of confidence, a feeling of hopelessness, and...a LOT of crying at the dinner table! But guess what? You don't have to be a math genius in order to raise one!

This session will provide 5 super secret (and super easy!) tips that are guaranteed to turn that math frown upside down - for both parents, AND their kids! Ready to transform the way you approach math freakouts with your kids?



School Council Choice

You also have the freedom to choose your own speaker and the date of your Parent Information Session. This is a great option for School Councils that want to select their own speaker and plan their own event. The School Council will undertake the planning, promotion and execution of the information session. Councils who select this option will have to complete a short report on the event and then will be reimbursed up to \$650 of the Speaker fees.