



**OAPCE All Regions Report
Summer 2026**

Summer Report for the following regions:

Algonquin & Lakeshore	Bruce Grey CDSB
Brant Haldimand Norfolk CDSB	CDSB of Eastern Ontario
Durham CDSB Hamilton CDSB	Huron-Perth CDSB
Huron-Superior CDSB	Kenora CDSB
Northeastern CDSB	Northwest CDSB
Renfrew County CDSB	Sudbury CDSB
Superior North CDSB	Thunder Bay CDSB
Waterloo CDSB	Windsor-Essex CDSB

OAPCE hosted another successful Conference in April held in Mississauga you can check out the highlights here: [\[LINK\]](#)

OAPCE Welcomes two new Directors to their Board of Directors: Durham and Windsor Essex!

Last Regional Meeting of the year and AGM:

End of Year Reflection – Bishop Yvan Mathieu

Bishop Yvan Mathieu reflected on how, even after receiving the Holy Spirit, the disciples returned to hiding in fear until Jesus appeared once again and offered them peace rather than anger. His message reminded participants that moments of fear, discouragement, and uncertainty are a natural part of faith, and that we are called to invite Jesus into those moments for renewal and strength.

For Catholic parents and educators, Bishop Mathieu emphasized that nurturing and passing on the faith—especially to children—can often feel difficult and discouraging. He encouraged participants to remain spiritually “on fire” by relying not only on personal effort, but on the Holy Spirit, who works through us even when results are not immediately visible.

Using the image of a campfire, Bishop Mathieu described faith as something that can dim over time but can always be rekindled through prayer, Scripture, and openness to the Spirit. His reflection served as a meaningful reminder to persevere in faith, trust in the Holy Spirit, and remain confident that God continues to work through our everyday efforts. **Link Shared:** [*Novena to the Sacred Heart of Jesus*](#)

Presentation by WonderTree

The WonderTree presentation focused on empowering parents and caregivers to support their children through emotional connection and understanding. Rooted in Emotion-Focused Family Therapy, the presentation introduced *emotion coaching* as an effective approach to helping children regulate emotions, build resilience, and strengthen relationships.

Presenters emphasized that emotions are not problems to be avoided, but important signals that guide behaviour and well-being. When children become emotionally overwhelmed, logical reasoning is often ineffective until they first feel calm, safe, and understood.

The key steps of emotion coaching shared during the presentation included:

- Attending and being fully present
- Labeling emotions
- Validating feelings
- Meeting emotional needs
- Problem-solving after emotional regulation has occurred

Special emphasis was placed on validation as the most important step. Parents and educators were encouraged to acknowledge and understand a child’s emotional experience without dismissing or minimizing their feelings.

The presentation also highlighted that while all emotions are acceptable, behaviours can still be guided appropriately. Over time, this approach helps children develop emotional regulation skills, confidence, resilience, and stronger communication habits.

Participants were reminded that parents’ own fears, past experiences, and self-doubt can impact how they respond to children emotionally. As a result, self-awareness and emotional regulation for adults are equally important.

These strategies were also identified as valuable tools for educators, as even brief moments of validation can help de-escalate situations and strengthen relationships within school communities.

Links Shared:

1. [Resources](#) for Parents and Caregivers
2. This [blog](#) compliments the strategies being shared, focusing more on how to support mindfulness and regulation in kids at home and in school settings.

OAPCE's last newsletter of the school year, the Parents4Parents press is out and can be found here:[\[LINK\]](#)

Summer Message to Parents

As another school year comes to a close, we want to extend our sincere gratitude to all families for your ongoing support, partnership, and commitment to Catholic education throughout the year.

This year has been filled with opportunities for learning, growth, faith, and community. Whether through school events, parent council involvement, volunteer efforts, or the daily support you provide at home, your contribution continues to strengthen our Catholic school communities.

As we enter the summer months, we encourage families to take time to rest, reconnect, and enjoy meaningful moments together. Summer provides an opportunity to slow down, reflect on our many blessings, and renew our spirits in faith and family life.

We also encourage students to continue learning throughout the summer by reading regularly, exploring new interests, staying active, and spending time in prayer and reflection. Even small moments of faith and connection can leave lasting impacts on our children.

May this summer be filled with joy, peace, laughter, and safe adventures for all of our families. We pray that God continues to bless your homes with health, hope, and happiness.

Thank you once again for being valued partners in Catholic education.

We look forward to welcoming everyone back for another wonderful school year in September.

God bless, and have a safe and restful summer.

OAPCE Team