



**OAPCE Halton Regional Report  
Summer 2026  
Director: Marlo Znidarec**

**Catholic Parent Involvement Committee (CPIC) final Council of Chairs** was held on Wednesday May 20, 2026 at St. Kateri Tekakwitha Secondary School Milton our guest speaker was Aubrey Noronha <https://www.hellohope.ca/> who was amazing and I strongly suggest you talk to your Catholic School Parent Council next school year to book him to speak at your communities elementary or secondary school.

At this time, we also honoured the CPIC Volunteers of the year from each family of schools. Thank you for your dedication, service and for making a true difference!

**Conference Highlights**, which was distributed at the end of April. [\[LINK\]](#)

**OAPCE Annual General Meeting (AGM)**, was held virtually on Monday, June 1, 2026, marking the final meeting of the school year. The **End of Year Report** presented at the Annual General Meeting (AGM) on June 1, 2026.

**Guest Speakers:**

**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.
3. A [pdf](#) about parenting style animal models.

**Please continue to pray for the repose of the soul of Superintendent Nancy Dinolfo.**

For over 30 years Nancy served the HCDSB. Throughout her distinguished career she touched countless lives through her unwavering commitment to Catholic Education, dedication to students and families and her deep care for those who served. Nancy's passing is a tremendous loss for our HCDSB community and for broader Catholic Education. Our sincerest condolences to the Dinolfo family

**Summer Newsletter**, which will be distributed at the end of June.

**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.

**Important Announcement**

It has been such a wonderful opportunity to serve as OAPCE Director for Halton over the past year. What a true honour and privilege it was getting to know each and everyone of you. However, at this point in time, I cannot give this role my full attention which it truly deserves, so I will be stepping down. I will continue to support and stand with OAPCE in their mission to support Catholic Education. I look forward to crossing paths with many of you whether it be through school, parish or community.

OAPCE Halton is recruiting for a new Director please contact the Co-Executive Directors at [oapce.on@gmail.com](mailto:oapce.on@gmail.com) for any questions or if you are interested.

God Bless,

**Marlo Znidarec**

**Director ,OAPCE Halton**