



REGIONAL CATHOLIC PARENT INVOLVEMENT COMMITTEE MEETING

Monday, March 30th, 2026 – 6:00 pm
Virtual - Microsoft Teams

Members: Michael Lawlor (Superintendent of Education), Joe Persia (Elementary Principal), Mary Bradford (Secondary Vice Principal), Carol Luciani (Chair of the Board), Sarah Lebel (Parent Chairperson), Sadeki Simpson (Vice-Chairperson), Dianne Wdowczyk (Non-Teaching Rep), Jeff Bender (Secondary Teacher Representative), Diana Sordo (Elementary Teacher Representative)

Guest: Susan Hopkins – MEHRIT Centre

1. Land Acknowledgement

- Joe Persia, Elementary Principal delivered the land acknowledgement.

2. Opening Prayer

- Superintendent Michael Lawlor led with prayer and reflection.

3. Welcome and Opening Comments

- Superintendent Michael Lawlor welcomed all parents and guests.

4. Greetings from Chairperson of the Board

- Carol Luciani, Chair of the Board, welcomed and thanked all guests for attending the meeting.

5. System Updates

- Superintendent Michael Lawlor provided a system update, highlighting remaining PA days, upcoming focus on AI, Holy Week observances, and upcoming events such as Catholic Education Week and Mental Health Week.

6. Self-Reg Contextual Introduction

- Joe Persia, Elementary Principal, provided an overview of the board's Self-Reg Journey, including the vision and mission, contextual data and its interpretation, and highlighting connections to district planning and research, including the work of Dr. Stuart Shanker and The MEHRIT Centre



7. Keynote Speaker – Susan Hopkins, MEHRIT Centre, Seeing Our Children Differently in a Time of Excessive Stress

- Susan Hopkins presented on reframing children's big behaviours as a stress response rather than defiance, grounded in Dr. Stuart Shanker's Self-Reg framework. She explained how the modern environment, screen overload, disconnection, poor sleep, and social anxiety have created a chronic stress crisis in children, and how adult's dysregulation directly affects kids through the "Interbrain." Her key call to action: shift from "how do I stop this" to "why now?", prioritize co-regulation and restoration, and build collective capacity across families, schools, and communities.
- Susan Hopkins is Executive Director of The MEHRIT Centre, Dr. Stuart Shanker's organization and the home of the Self-Reg framework. She's an international leader in Self-Reg, she co-creates online courses with Dr. Shanker that have reached thousands of educators worldwide. With more than 25 years of experience across Canada and internationally, Susan works across early childhood, K–12, and the systems that support children and youth. She has led in school administration, inclusion, and the early years, and has delivered countless presentations to educators, leaders, and communities. Her work brings brain-body science and co-regulatory relationships to life in real-world contexts. Susan is co-author of *Restoring Resilience* (2025), *Self-Reg Schools* (2019), and *Applied Self-Reg for Educational Assistants* (2026).

8. Closing Remarks/Adjournment

- Superintendent Michael Lawlor thanked all members, guests and Susan Hopkins for joining and participating in the RCPIC meeting.
- Meeting ended at 7:36pm