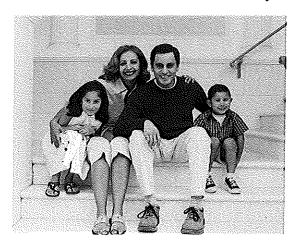


Parents Helping Children Learn

Free Parent Workshops at Schools Presented by the Parent Outreach and Engagement Department

Ways to Increase Family Involvement and Participation



A resource guide of parent workshops:
Ask your principal to contact us about these classes.

2012 - 2013



Parent Outreach & Engagement Department

Harold J. Ballard Parent Center 2375 Congress Street San Diego, CA 92110 (619) 293-4431 FAX (619) 293-4425 www.sandi.net/parentoutreach





Meet Title 1 ESEA Parent Involvement Requirements with Free Classes for Parents at Your School

This resource packet is designed to help schools increase parent involvement, to engage parents in their children's education and to help you meet Title I ESEA Parental Involvement Requirements, Section 1118. In it you will find a variety of classes available for parents at your school.

All workshops are FREE for parents with children enrolled at Title I schools and brought to you by the District's Title 1 Harold J. Ballard Parent Center and the San Diego Parent University program (SDPU). The classes offered are taught by our own San Diego Parent University teachers, many of whom are former SDUSD teachers.

Your school can host any one of the following academic or parenting classes at your school today. *It's easy.* Simply review the class information and contact the San Diego Parent University staff to schedule your parent training today!

To schedule a class for your school today or have a question answered contact:

Derri Ironfield San Diego Parent University Coordinator

phone: (619) 293-4431 e-mail: dironfield@sandi.net

<u>Please note</u>: Due to budget constraints we are no longer able to pay our instructors for evening classes. If your school has Title 1 or other funds available and would like to pay for one of our instructors via a time card, please let us know when you call to schedule classes.

School Site Responsibilities



The SDUSD School requesting services agrees to provide the following:

- Recruit a minimum of 25 parents for each class.
 - o Please note that typically 2/3 of parents who register for workshops actually attend.
 - o Classes of less than 15 enrolled parents may be canceled or may need to be rescheduled.
- □ Provide childcare in a separate room. (This is very important!)
- Make Connect-Ed calls to parents and send home weekly reminders to maintain class enrollment. A sample script is provided for you on the next page.
- Provide a room with tables and chairs for group work.
- Provide a document camera with projector and screen or an overhead projector.

Some classes may need the following items:

- ⇒ Chart paper and/or easel or whiteboard with markers.
- ⇒ TV and VCR/DVD player.

The instructor will inform you if the class will require one of these items.

San Diego Parent University Responsibilities

San Diego Parent University agrees to provide the following:

- Promotion materials to recruit parents: Includes a template of registration forms, flyers, etc. for you to personalize with your school information to send to parents.

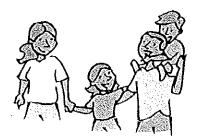
- An hourly certificated teacher to teach the class
- Parent folders with paper and pencils
- Parent handouts
- Books as prizes for a raffle at the end of every class
- □ Sign-in sheets (A copy will be left for your records at the end of all classes.)
- Parent evaluations

Connect Ed Phone Call Reminder Sample Script

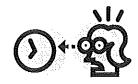


Use the following script to remind parents to come to the workshop.

Good afternoon parents of <u>School name</u> School. This is Principal <u>name of the</u>
<u>Principal,</u> calling to remind you that tomorrow <u>date and time</u> there is parent
workshop on <u>name of class</u> . It will be held in <u>location</u> . Every parent who
comes has a chance to win free books. You won't want to miss it. If you have questions
please call the school office at <u>school phone number</u> . Thank you and have a
good evening.
Buenas tardes habla el director de la escuela <u>nombre de la escuela</u> para
recordarles que mañana <u>fecha</u> tendremos un taller para padres titulado <u>nombre</u>
<u>del taller</u> . Se llevará acabo en <u>lugar</u> . Cada padre presente tendrá la
oportunidad de ganar libros gratuitos. No puede perdérselo. Si tiene alguna pregunta
favor de llamar a la oficina al <u>número de teléfono</u> . Gracias y que tenga una
agradable noche.



Designed for Principal Coffees, Family Friday, events, Open House, etc...



One-Hour Workshops

Internet Safety: Keeping Your Child Safe: (English or Spanish)

Learn about the risks your children may encounter while accessing the internet, as well as various ways in which you can prevent your student from becoming another cyber victim. (Grades K-12)

Homework Essentials: (English or Spanish)

Parents can help their children get better organized for homework by following 3 simple steps: Special time, special place, special tools to prevent homework hassles. Solutions to common homework problems will be discussed. (Grades K-5)

Discovering the Genres: (English or Spanish)

Parents will discover and explore the 8 main genres and the importance of making sure their children are reading from each one. Participants will also receive a Home Reading Log to keep track of their children's reading progress through the genres. (Grades K-5)

Math: What are you teaching my child?: (English or Spanish)

Parents will view a video to learn how Math is being taught today. They will experience how children use manipulatives, cooperative learning and problem solving in the classroom. (Grades K-5)

Preparing Students for College and Career: The A-G Requirements: (English or Spanish)

Parents will learn about A-G classes their students will need to take in high school in order to be prepared with essential skills for college and career. It's not too early to plan for high school classes. (Grades 6-12)

The Keys to Reading: (English or Spanish)

This class will focus on key words all students need to know that will give their reading a boost and ways to help them become fluent readers. Choose between High Frequency Words or Word Families for this workshop or schedule them both. (Grades K-3)

Family Communication: (English or Spanish)

Good communication skills are essential for all families. Parents will learn proven techniques on how to talk so that kids will listen. (Grades K-12)

Writing Across the Grades: (English or Spanish)

This class is designed to give parents an overview of the development of writing skills students learn in grades K-5 and ways in which they can encourage and support writing in the home. (Grades K-5)

Please note: Classes are taught in (1) language only: English or Spanish.

Schools may pay for interpretation services if desired. Contact the Translation Department at (858) 496-8366 or email amorales@sandi.net.





Academic Support Classes Available:



The following classes are designed to help families support student learning:

<u>Jump into Kinder</u>: (English or Spanish)

This class requires 3 sessions and focuses on developing good homework habits early in school by utilizing a special time, special place and special tools. Grade level expectations in reading and math will also be discussed. Every parent will receive a Homework tool kit in the last class.

Get Your Child Organized for Homework: (English or Spanish)

This series of 3 sessions helps parents learn how to maximize their children's time for completing homework; what to do when your child does not want to do homework, and planning for an effective parent-teacher conference to solve homework concerns. Parents will receive a Homework tool kit in the second class. (Grades 1-5)

Help Your Child Improve in Reading: (English or Spanish)

In this 3-session class, parents will learn ways to help their children develop a love of books and increase their reading level through a variety of activities. The class is organized for parents of students in grades K-5.

Reading to Learn: (English or Spanish)

In this 3-session class, parents will learn how to boost their children's reading comprehension using strategies such as making connections, questioning, and predictions. (Grades 3-5)

· Writing Family Stories: (English or Spanish)

In this 3-6 session class, parents will learn about different types of writing: poetry, biographies, letters; while creating a family album featuring photos from home and their own class writings. The class is organized for parents of students in grades 3-5.



Mathematics Today: (English or Spanish)

This 4-session class helps parents understand how Math is being taught differently today. Parents will learn that problem solving and cooperative learning using manipulatives is the approach today instead of memorization and worksheets. The class is organized for parents of students in grades K-5.

• Passport to Success: (English or Spanish)

In this 3-session class, parents will learn study skills to help their children develop strong study habits to build success in school such as how to take notes, study for tests and organize their time. The class is organized for parents of students in grades 4-12.

Please note: Classes are taught in (1) language only: English or Spanish.

Schools may pay for interpretation services if desired. Contact the Translation Department at (858) 496-8366 or email amorales@sandi.net.



Parenting Classes Available:

• Parents Growing Together (PGT): (English or Spanish)

PGT consists of 6 sessions: This class helps parents learn skills such as communication, consistency in parenting through the ABC Method to improve discipline techniques and how to raise cooperative children. (Birth - 6)

• Active Parenting: (English or Spanish)

Active Parenting consists of 6 sessions. This is a DVD or video-based series that teaches parents how to communicate more effectively with their children, solve behavior problems and set up a system to resolve conflict within the family through regular family meetings. (Grades K-12)

Can We Talk?: (English or Spanish)

Can We Talk? consists of 5 sessions. This class helps parents improve their communication with their children, learn how to have a conversation about feelings, self-esteem, peer pressure, mixed messages and human sexuality. (Grades K-12)

Second Step: (English or Spanish)

Second Step consists of 6 sessions: This class helps families learn how to identify feelings and care for others (empathy), manage anger and what to do about it, and how to solve problems using three steps: 1) How do I feel? 2) What is the problem? and, 3) What can I do? When children learn these problem solving steps at a young age, they learn how to manage anger for life. (Grades K-5)

Guiding Good Choices: (English or Spanish)

This 5-session class is designed to help parents strengthen family bonds while reducing the risk factors associated with substance abuse and addictive behaviors. Many students in grades 7 and 8 try drugs or alcohol for the first time and 1 in 2 may become addicted. Parents will learn how to establish clear expectations for behavior and manage family conflict. (Grades 4-8)

Effective Black Parenting: sponsored by Project Ujima

For information about this class please see page 8.

Please note: Classes are taught in (1) language only: English <u>or</u> Spanish.

Schools may pay for interpretation services if desired. Contact the Translation Department at (858) 496-8366 or email amorales@sandi.net.

Computer Basics Helping Parents Break the Digital Divide

Computers are a part of our student's learning at all grades. Parents need to have the computer skills necessary to support their child's learning at home, to ensure their safety online and to access their child's progress using the district's Parent-Connect program. Therefore, we are offering FREE computer training classes for parents.

For more information or to schedule classes please contact:

Marthita Huezo (Mac Lab) mhuezo@sandi.net (619) 293-4431 X 2125

Itzell Olivares (PC Lab) olivaresquintero@sandi.net (619) 293-4431 X 2121

Classes Available:

Computer Basics Level 1 (6 classes)

In these hands-on classes, parents will become familiar with the basic components of a computer: how to properly connect the computer, turn the computer on and off, and use basic Microsoft applications. This class is designed for parents new to computers.

or



Computer Basics Level 2 (6-7 classes)

This is the follow up class to Computer Basics 1. Parents who wish to take this class must complete Computer Basics 1 or have basic computer skills. Choose from any or all of the following computer classes:

Internet Safety (1 class)

Parents will learn ways to monitor their children's use of the Internet and ideas on how to keep them safe.

Email (2 classes)

In this hands-on class, parents will learn to set up a free email address in order to facilitate communication with school staff.

Parent-Connect (2 classes)

Parents will learn to use the district's Parent-Connect program, a web-based application that allows parents to monitor their student's attendance, grades, test scores and other important information.

Online Activities to Support Learning (2 or more)

Parents will learn about online resources to support literacy, math, science, etc. This class is offered as a single presentation, or as a-hands-on workshop when computers are available for participants.

Practice Your Computer Skills at the Ballard Parent Center

We have open lab sessions on Friday mornings from 9:00 a.m. - 12:00 p.m. Participants can receive one-on-one support, practice their computer skills or work on their own projects. Please call to check the availability of the Lab or to inquire about free child care. (619) 293-4431.

Project Ujima

We meet the 2nd and 4th Thursday of the month from 5:30-8:00 pm at the

Tubman/Chavez Multicultural Center located at

415 Euclid Avenue in San Diego

Project Ujima was founded in 2009 and is named for the third principle of *Kwanzaa*, collective work and responsibility. Project Ujima is designed to strengthen existing resources within African American families in the San Diego Unified School District.

Workshop topics are culturally focused and provide resources designed to support African American families in improving the academic, social and behavioral environment within the family and community.

Information presented in the workshops is valuable to all families and all are welcome to join. Free childcare and Spanish translation are provided.





Effective Black Parenting*

Raising Proud and Capable African American Children Free Classes sponsored by Project Ujima

This series of 6 classes introduces parenting skills within the unique history and perspective of African American Families. A common thread throughout the curriculum is strengthening the family bonds in order to promote positive social behavior and academic achievement for all students preparing them for college and career.

Some of the topics covered include:

- The Pyramid of Success for Black Children
- Pride in Blackness/ Coping with Racism
- Effective Parenting Strategies
- Positive Communication

- Value of Homework/ Getting Organized
- Study Skills and Test Taking strategies
- Goal Setting for Family and Student
- A-G graduation requirements

The information and skills presented in this class are relevant for all families and all are welcome. Effective Black Parenting is a program of the Center for Improvement of Child Caring.

To schedule Effective Black Parenting classes or for more Information about our programs contact:



Elneda Shannon - Project Ujima Manager (619) 293-4431 eshannon@sandi.net

Southeast Asian/Pacific Islander Classes for **Family Program**

Also serving Somali, Burmese and Karen families

The Parent Advocate Program provides parent workshops and trainings on topics specifically designed for Southeast Asian, Pacific Islander and Somali families. Workshops are also presented in Burmese and Karen languages for refugees from Myanmar (formerly Burma).

The goals of the workshops are to:

- share with participants the value of parent involvement and how to partner with the schools
- reinforce their family values and beliefs in education
- provide families with information about the American school system
- increase the engagement and involvement of parents in their children's education



Parents

Workshops and training classes are organized in the morning and evenings for different language groups.

Four-session workshops are offered on the following topics:

- 1. Accessing School Information: Key personnel, programs, school policies, problem solving and school/student issues.
- 2. Supporting Learning at Home: Study skills, helping with homework, monitoring TV, and utilizing after school activities such as tutoring and student clubs.
- 3. Building a Home-School Partnership: Parent-teacher conferences, being involved at schools, cultural activities and ethnic celebrations that support school success.
- 4. Planning for Success after High School: Dropout prevention, A-G graduation requirements, college entrance, and community service opportunities.

To schedule these workshops, please contact:

Bounhong Khommarath

Southeast Asian & Somali Parent Advocate

Tel.: 619-209-4562 Fax 619-293-4425

Email: bkhommarath@sandi.net



Schedule of days and times classes are available:

Scheduling classes at your school site is dependent upon the teacher's availability. Because of the limited number of teachers, all classes are scheduled on a first-come, first-serve basis. Therefore, the sooner you call us, the sooner we can schedule your classes. Don't wait, call today!

Classes are scheduled:
Monday - Friday starting at 9:00 a.m.

Please call to check for available dates and times.

Keep in mind that we need at least 2 weeks notice before a class is scheduled to begin to prepare materials for your school. In addition, this also provides you with adequate time to recruit parents and arrange childcare.

New Change beginning the 2010/2011 school year

Due to budget constraints, we are no longer able to pay our instructors for evening classes. If your school has Title 1 or other funds available and would like to pay for one of our instructors via a time card, please let us know when you call to schedule classes.

To schedule a class for your school today or have a question answered contact:

Derri Ironfield

San Diego Parent University Coordinator

Telephone: (619) 293-4431 E-mail: dironfield@sandi.net





Free Parent Workshops at your Schools --

Yes, I'm interested in scheduling parent classes at my school!

Please contact me:	Date:		
Name:	School		
Title:	Phone:		
Fax:	Email:		
I know I'm interested in the fo	llowing class/classes:		

Please fax this form to:



Harold J. Ballard Parent Center Attention: Derri Ironfield

(619) 293-4425 (FAX) Or email to dironfield@sandi.net



The Harold J. Ballard Parent Center invites you to attend a free evening class for parents

An African American Perspective on:

Project Ujima 101

This introductory class for parents will explore the meaning, goals, and services provided by Project Ujima. Learn what you can do to help increase your child's academic performance. Learn how to navigate the school system so that your student will be more successful in school. Learn strategies to help promote positive social behavior.

Thursday October 11, 2012 5:30 p.m. to 7:30 p.m. Complimentary dinner
Homework station
Free childcare
Spanish translation
Door prizes









For more information please contact Elneda Shannon at (619) 293-4431

Tubman/Chavez Multicultural Center 415 N. Euclid Ave, San Diego, CA 92114

Parent Outreach and Engagement Department
The Harold J. Ballard Parent Center and Project Ujima are funded by the
San Diego Unified School District's Title I Program and the Target Foundation.

Parent Advocacy & Mobilization Workshop

Learn Your Rights and Responsibilities in Your Child's Education

TOPICS ADDRESSED:

- * How to Put Your Rights in Action
- * Mobilizing Around Your Child's Education
- * Advocacy Skills
- * Meet with a Volunteer Advocate to Assess Your Child's Educational Needs **During the Clinic**

FREE

- .*¿Youth Workshops for 5th ≤ 12th grader
- Ehildcare and lunch provided
- * Parent Training presented in Spanish & English

Saturday, September 29, 2012

Registration:

9:00 a.m.- 9:30 a.m.

Workshop: 9:30 a.m. - 1:30 p.m.

Clinic: 1:30 p.m. - 2:30 p.m

Location:

Cherokee Point Elementary 3735 38th St Street San Diego, CA 92105

Contact info:

Ballard Parent Center (619) 293-4431 www.parentalreadiness.org



PARENTAL READINESS AND EMPOWERMENT PROGRAM

PREP supports student success by empowering parents to become better advocates for their children through

RSVP TO BALLARD PARENT CENTER BY CALLING (619) 293-4431 OR





RETURN THIS FORM BY TO YOUR SCHOOL OFFICE	E.
Parent's/Guardian's Name;	School(s):
Name(s) of Youth Workshop Student(s):	Send registrations forms by en
Address:	to mbeltran@sandi.net, by FAX to (619) 293-4425, or by school mail to:
City:	
Email Address: Phon	e Number; You can also register online at www.porenfokeodiness.org
How many children need childcare? Ages? Special (Childcare limited to 40 children) Interested in the Clinic? YES NO Clinic Issue:	collaboration with the Parent Outreach and Froggement



Taller de Abogacía y Movilización para Padres

Aprenda sus Derechos y Responsabilidades en la Educación de su Hijo/a

Temas:

- * Cómo poner sus derechos en acción
- * Movilizar por la educación de sú hijo/a
- * Habilidades de Abogacía
- * Reúnase con un abogado voluntario para discutir las necesidades educativas de su

GRATIS

- *:Talleres para Jovenes del 5tos (2mo grado (en Inglés)
- * Almuerzo y guarderia serán proveido ⊵Presentación en ingles y español



PARENTAL READINESS AND

PREP apoya el éxito de los alumnos para que sus padres aprendan cómo abogar mejor por sus hijos a través del aprendizaje de sus derechos de educación y el desarrollo de las habilidades para adoptar medidas eficaces para sus hijos/as.

PARA REGISTRARSE LLAME AL CENTRO DE PADRES BALLARD A (619) 293-4431

Sábado, 29 de Septiembre 2012

Inscripción:

9:00 - 9:30 a.m.

Taller:

9:30 a.m. - 1:30 p.m.

Clinicá:

1:30 p.m. - 2:30 p.m.

Lugar:

Primaria Cherokee Point 3735 38th Street San Diego, CA 92105

Para Más Información:

Centro de Padres Ballard (619) 293-4431 www.programaPREP.org





Nombre(s) del Padre:	Escuela(s) de su Hijo/a:	
Nombre(s) del Participante del Taller para Jóvenes:		Grado(s);
Domicilio:		
Ciudad: .	Codigo Postal	
Carreo Electrónico:	Nům. Tel:	
Cuántos niños van a necesitar cuidado? ¿Edades?	¿Necesidades especiales?	
(Guarderia limitada a 40 niños)		
¿Quiere participar en la Clinica? Sí NO Asunto pa	ra la Clinicá:	



formulario al Centro Ballard, por email a andinet. l (619) 293-4425.

ede registrar en la maPREP.org

itación de PREP es ación con el nto de Comunicación ión de Padres y el adres Ballard,



Youth Advocacy Workshop

Learn Your Rights and Responsibilities in Your Education

Topics:

- * What are my rights at school?
- * Which college should I attend?
- * How do I pick a career?
- * How do I build positive relationships?

FREE

- * Youth Workshops for 5th 12th graders
- * Games! Fun prizes! Lunch!
- * Become a leader in your community!

Saturday, September 29, 2012

Registration:

9:00 - 9:30 a.m.

Workshop:

9:30 a.m. - 1:30 p.m.

Localion:

Cherokee Point Elementary 3735 30th Street San Diego, CA 92105

Contact Info:

Ballard Parent Center (619) 293-4431 www.parentalreadiness.org



EMPOWERMENT PROGRAM

PREP supports student success by empowering parents to become better advocates for their children through learning more about their educational rights and building skills to take effective action for children.





RSVP	RSVP TO BALLARD PARENT C RETURN THIS FORM TO YOUR	ENTER BY CALLING (619) 293-4431 OR SCHOOL OFFICE.	
Name(s) of Youth W	orkshop Student(s):		
School:		Grade:	
Parent/Guardian Nan	ne:		email to mbeltran@sandi.net, by FAX to (619) 293-4425,
Home Address:			or by school mail to: Ballard Parent Center.
	Street Address	Apartment #	out of the center.
			You can also register online at www.porentaleadiness.org
	City	Zip Code	This PREP Workshop is a collaboration with the Parent
Email Address:		Phone Number:	Outreach and Engagement Department, SDUSD.





The San Diego Unified School District and the San Diego Unified Council of PTAs invite you to

Celebrate National Parent Involvement Day

Thursday, November 15, 2012

18th annual celebration held on the third Thursday in November

National Parent Involvement Day provides a yearly opportunity for schools to welcome, honor, and highlight the powerful contributions parents and caregivers provide at school and home to support student success.

Keep in mind:

- 1. Save the date on the school master calendar
- Plan a special event for this day with your PTA or parent group representatives
- 3. Promote the event to your school community



More information will be available on the following websites by September 2012:

www.sdcouncilpta.org

www.sandi.net/parentoutreach





Questions? Email bfernandez@sandi.net

