

FREE WORKSHOPS FOR FAMILIES

Sponsored by San Diego Unified School District

The Parent Outreach and Engagement Department offers a variety of free workshops for families in our schools. They are designed to provide families with the necessary tools to support their children with reading, math and homework assignments and to strengthen parenting skills as children develop through the years. Most of our workshops are presented in English or Spanish with interpretation in other languages as needed. If you would like us to bring any of these workshops to your school, please ask the **Principal** to contact the individual listed under each topic area or to call the Parent Outreach and Engagement Department.

Sincerely, Elneda Shannon, Manager

1. Common Core Workshops

These workshops are all single session classes that range from 1 to 1 ½ hours in length and provide parents with critical information about the implementation of the Common Core State Standards in the classroom and what parents can expect.

- **What Parents Need to Know**
- **Depth of Knowledge**
- **Standards for Mathematical Practice**
- **Raising Skilled Readers: Techniques for Reading Non-fiction**
- **Coming soon: How to Understand the Smarter Balanced Consortium Results**



Contact: Derri Ironfield at dironfield@sandi.net

2. Academic Workshops

All of the classes in this category are designed to help parents understand what their children are learning at school and equip them with the knowledge and tools needed to support their children's learning at home. Classes vary in length of time from 1 to 1 ½ hours.

- **Discovering the Literary Genres**, Importance of Reading, Grades K-5
- **21st Century Math**, Grades K-5
- **The Keys to Reading: High Frequency Words or Word Families**, Grades K-3
- **Writing Across the Grades**, Grades K-5
- **Help Your Child Improve in Reading**, 3-sessions, Grades K-5
- **Reading to Learn**, 2-sessions, Grades 2-5
- **Writing Family Stories**, 4-sessions, Grades 2-5
- **Mathematics Today**, 4-sessions, Grades, K-5
- **Passport to Success**, 3-sessions, Grades 4-12



Contact: Derri Ironfield at dironfield@sandi.net

3. Parenting Workshops

Classes are designed to equip parents by building on their current parenting knowledge and skills so they are better able to handle situations that arise as their children grow. Classes vary in length from 1 to 2 hours.

- **Family Communication**, Grades K-12
- **Bullying**, Grades K-12
- **Parents Growing Together**, Communication and Positive Discipline, 6-sessions, Birth – Age 12
- **Can We Talk?** - Self-esteem, peer pressure, mixed messages and human sexuality, 5-sessions, Grades K-12
- **Second Step**, Anger Management, Grades K-5
- **Guiding Good Choices**, Prevent risky behaviors by strengthening family bonds, 5-sessions, Grades 4-9

Contact: Derri Ironfield at dironfield@sandi.net

4. Project Ujima Workshops

Designed to strengthen existing resources within African American families by providing positive and empowering workshops, resources and networks that support African American families seeking to improve the academic, social and behavioral environment within the family and community. Sample topics include:

- **Developing Positive Self-esteem in African American Children**
- **Preparing African American Students for College and Career**
- **Common Core State Standards**
- **Traditional and Modern Discipline Techniques that Work**
- **Miss School–Miss Out: Dropping Out of School = “Not My Child”**
- **Internet Safety: How Do I Keep My Student Safe?**
- **Homework Essentials**



Contact: Elneda Shannon at eshannon@sandi.net

5. Homework Workshops

Homework is a vital part of children's learning. These workshops will give parents suggestions to help their children get the most out of homework time. Classes vary in length from 1 to 1 ½ hours.

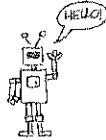
- **Homework Essentials**, Grades K-5
- **Get Your Child Organized for Homework**, 3-sessions, Grades K-5
- **Passport to Success**, 3-sessions, Grades 5-12

Contact: Derri Ironfield at dironfield@sandi.net

6. Great Beginnings

These 6 classes are designed to get parents involved early in their children's education so they can be successful in school and beyond. Parents will learn ways to support reading, writing, and math, and walk away with resources to use immediately at home. Grades TK-1.

- **Be A Very Involved Parent**
- **Essential Homework Tools**
- **Shared Reading**
- **Reading Nonfiction Books**
- **Ideas to Encourage Family Writing**
- **Family Math**



Contact: Sylvia Gonzalez at sgonzalez@sandi.net

7. College and Career-Ready Workshops

All children should have the opportunity to go to college. These classes share with parents what information and steps need to be taken so that their children are college bound.

- **Preparing Students for College and Career**, The a-g requirements, Grades 6-12
- **Destination College**, motivating kids to attend college and how to prepare them for this experience, 4-sessions, Grades 4-12

Contact: Derri Ironfield at dironfield@sandi.net



8. Southeast Asian, Pacific Islander and African Parent Workshops

This parent education program serves Southeast Asian, Pacific Islander, and African families. Our workshops and trainings have interpretation services in many languages, including Burmese and Karen languages for families from Burma (Myanmar).

- **Accessing School Information:** Key personnel, programs, school policies, and school/student issues.
- **Supporting Learning at Home:** Study skills, helping with homework and after school activities.
- **Building a Home-School Partnership:** Parent-teacher conferences, being involved at schools, and promoting cultural activities that support school success.
- **Planning for Success after High School:** Dropout prevention, a-g graduation requirements and college readiness support.

Contact: Neil Hovland at nhovland@sandi.net



9. Technology and Computers

Designed for parents that want to have the computer skills necessary to support their child's learning at home and to ensure their safety online. **We will need access to the school's computer lab to be able to offer these classes.** Classes vary from 4 to 5 sessions.

- **Computer Basics Level 1** - Learn the different types of computers and basic Microsoft applications
- **Computer Basics Level 2** - Topics include:
 - **Internet Safety**
 - **Email**
 - **PowerSchool Parent Portal**
 - **Online Activities to Support Learning**

Contact: Itzell Olivarez at iolivaresquintero@sandi.net

Classes are scheduled Monday to Friday starting at 8:00 a.m.
Please call to check for available dates and times.



For more information call:

Ballard Parent Center

(619) 293-4431

www.sandiegounified.org/parentoutreach

