

motivation. In this workshop, parents will learn strategies to inspire and motivate their children to thrive in school.

#### 15. Navigating to High School

Transitioning into high school can be a challenge for students and parents. In this workshop, parents will learn about graduation requirements, schedules, Honor and Advanced Placement courses, Grade Points Averages (GPAs), and extracurricular activities. Parents will also learn about the HomeBase Parent Portal, a real-time information system for attendance, grades, and assignments.

#### 16. Navigating to Middle School

If your child is going to middle school, do not panic! In this workshop, parents will learn what to expect and what steps to take to ensure their child is ready for a smooth transition. Parents will also learn about the day-to-day school routine, extracurricular activities options, and access to the HomeBase Parent Portal.

#### 17. Parent Advocacy and Engagement in Your Child's Education

Parents are often the best educational advocates for their children. Research indicates that being involved in your child's education positively correlates with success in school. In this workshop, parents will learn how to be engaged in their children's education.

#### 18. Preparing Your Child for the End of Grade (EOG) and End of Course (EOC) Tests (3-8th)

The End-of-Grade (EOG) tests measure students' abilities in various subjects, such as reading, mathematics, and science. The EOG tests are administered during the last three weeks of the school year. This workshop provides parents with strategies to help their children feel at ease when taking the EOGs.

#### 19. Reading is Fundamental! (K- 5th)

Reading is fundamental to functioning in society and developing a good self-image. One of the most effective approaches to help a child develop literacy skills is having a home environment that encourages reading daily. In this workshop, parents will learn how to support their children's literacy development and love for reading at home.

#### 20. Teaching Your Child How to Deal with Peer Pressure

Every day, your child makes decisions based on what the kids around them say and do. Sometimes they make good decisions. They go along with positive peer pressure and make good choices, which help them become better individuals. In this workshop, parents will learn to help their children say yes to positive peer pressure and no to negative peer pressure.

#### 21. Tips for Successful Parent-Teacher Conferences

Parent-teacher conferences facilitate ongoing home-school communication and family involvement. Years of research demonstrate that family involvement in education benefits children and youth positively. In this workshop, parents will learn strategies to engage in successful parent-teacher conferences.

#### 22. Today's Math: "I didn't learn math like that!" (K-5th)

Are you struggling to help your children with math homework and are confused by new math? Well, join us in exploring the new K-5 math standards! In this workshop, parents will have an opportunity to learn about the K-5 math standards and how each helps with later success in math. Parents will receive math resources and strategies to help children at home.

#### 23. Unpacking the Science of Reading in Elementary School

Science of Reading" (SoR) is the evidence-based instruction practice that addresses language acquisition, phonological and phonemic awareness, phonics and spelling, fluency, vocabulary, oral language, and comprehension that can be differentiated to meet the needs of individual students. In this workshop, parents

will learn the five essential components necessary for compelling reading and strategies to support the vital components at home.

#### 24. Unpacking The Social Media Platforms

Social media is good until a post/tweet/picture causes an uproar and hurts our image and reputation. What are the best ways to use social media? This workshop will share the good, bad, and ugly about texting, tweeting, and posting on social media and how it may affect your children's lives. We will help you identify whether children are bullied on social media platforms and how to act before the problem escalates.

#### 25. Ways to Help Your Child Develop the Organizational Skills

"I know I have the assignment to complete, but I just can't find it." Parents, does this sound familiar to you? If yes, join us in this workshop to learn different tips to help your child organize their class assignments and homework for in-person and online classes.

#### FOR INTERNATIONAL FAMILIES ONLY

#### 26. Coffee with Hispanic/Latino Professionals (Only for middle and high school Latino families)

To expose middle and high school Latino students to respectable Latino professionals by listening to their success stories. This workshop is **only available** on Thursdays from 6:30 p.m. to 8:30 p.m. and on Saturdays in the morning.

#### 27. Getting to Know the U.S.A. Educational System

The U.S.A. Educational System offers a rich field of choices and opportunities that may overwhelm students and parents. The parents will learn how the educational system is structured in the United States and ways to become engaged in their child's education.

#### 28. Navigating Wake County Public School System

The parents will be provided with general WCPSS information, how the school system operates, and the resources WCPSS and Community offer.

*"There is no doubt that the development of a true partnership between families, schools, and the community has the power to impact students' academic, social, and emotional success."*

**Dr. MariaRosa Rangel, Director**  
Family and Community Engagement (FACE)

#### FOR ADDITIONAL INFORMATION OR QUESTIONS, PLEASE CONTACT:

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[familyacademy@wcpss.net](mailto:familyacademy@wcpss.net)

# FAMILY ACADEMY PARENT WORKSHOPS SELECTION GUIDE 2022-2023

SCHOOL | FAMILY  
**ACADEMY**



**WAKE COUNTY  
PUBLIC SCHOOL SYSTEM**

**FAMILY AND COMMUNITY ENGAGEMENT (FACE)**  
in the Office of Equity Affairs  
Email: [familyacademy@wcpss.net](mailto:familyacademy@wcpss.net)  
Phone: 919-533-7178

### Dear School Representative,

The Wake County Public School System (WCPSS) Family Academy holds **FREE** workshops and educational events for WCPSS families in various schools and community sites throughout Wake County. From family engagement research, we understand that students achieve more when families are involved in their child's education.

We believe every family functions as a learning environment, regardless of income level, family structure, or ethnic and cultural background. In this respect, every family has the potential to support and improve a child's academic achievement. When families have high expectations for children and encourage them to work hard, they support and promote a child's academic, social, and emotional well-being success.

The Family and Community Engagement (FACE) Program housed in the Office of Equity Affairs welcomes the opportunity to host **virtual, hybrid, and face-to-face** Family Academy parent workshops for your school families. We offer a variety of educational topics in different languages.

Please review the parent workshop guide, select your **FREE** parent workshop(s), and send your request to [familyacademy@wcpss.net](mailto:familyacademy@wcpss.net). If you have additional questions or concerns, contact **Dr. MariaRosa Rangel** at [mrangel1@wcpss.net](mailto:mrangel1@wcpss.net).

## FAMILY ACADEMY WORKSHOP DETAILS

### LENGTH OF PRESENTATION:

- A 60-minute workshop including greeting families, workshop, and Q & A.

### LANGUAGES:

- Arabic, English, French, Hindi, Korean, Mandarin, Spanish, and Vietnamese.

### TUTOR:

- Only one tutor will be provided during the face-to-face or hybrid parent workshop(s). Please be aware that additional school support will be requested depending on the number of parents attending.

### COURTESY INVITATION PHONE CALLS:

- A courtesy invitation phone call will be provided **ONLY** for Latino/Hispanic families.
- The parents' contact phone numbers **MUST** be submitted **two weeks** prior to the Family Academy workshop(s).

## HOW TO REQUEST YOUR FAMILY ACADEMY

- Select a topic, language, date, and time, and include a Google Meet Link if it is going to be virtual or hybrid. We can **ONLY** combine **two topics per session**. Send your request via an email to [familyacademy@wcpss.net](mailto:familyacademy@wcpss.net). You will receive a confirmation email within two business days.

FOR COMMUNITY PARENT  
WORKSHOPS VISIT:

[www.wcpss.net/family-academy](http://www.wcpss.net/family-academy)

VISIT US ON FACEBOOK:

WCPSS Family Academy

FOLLOW US ON TWITTER:

@WCPSSFACE | @WcpssfamilyAcad

# WORKSHOP TOPICS

1. A Great Start for Your Kindergartner!
2. Building a Positive Relationship with Your Elementary School Child
3. Communicating with Your Teenager Effectively
4. Connecting Your Child to College and Beyond Using CFNC
5. Developing Academic Vocabulary at Home Using Hands-on Activities (K-5th)
6. Developing Good Homework Habits
7. Getting to Know the U.S.A. Educational System
8. Getting Ready for College/University
9. Helping Your Child Reduce Test Stress
10. How to Access PowerSchool's Parent Portal: Home Base
11. How to apply for Early College and Magnet Schools
12. How to Support Academic Growth over School Breaks
13. Identify Bullying and Protect Your Child Against It
14. Learn How to Motivate Your Child to Thrive in School
15. Navigating to High School
16. Navigating to Middle School
17. Parent Advocacy and Engagement in Your Child's Education
18. Preparing Your Child for the End of Grade (EOG) Tests (3 -8th)
19. Reading is Fundamental! (K- 5th)
20. Teaching Your Child How to Deal with Peer Pressure
21. Tips for Successful Parent-Teacher Conferences
22. Today's Math: "I didn't learn math like that!" (K-5th)
23. Unpacking the Science of Reading in Elementary School
24. Unpacking The Social Media Platforms
25. Ways to Help Your Child Develop Organizational Skills
26. Coffee with Hispanic/Latino Professionals (only for Middle and High School Latino families)
27. Getting to Know the U.S.A. Educational System
28. Navigating Wake County Public School System

### FOR INTERNATIONAL FAMILIES ONLY

## FAMILY ACADEMY WORKSHOP DESCRIPTIONS

### 1. A Great Start for Your Kindergartner!

Kindergarten is the first year in your child's elementary education. Parents want to ensure that their child loves school and obtains a solid foundation. In this workshop, parents will learn the ten best ways to help their kindergartner succeed in school.

### 2. Building a Positive Relationship with Your Elementary School Child

A child's emotional and social growth needs a positive relationship with their caregivers. Parents will learn how to build a positive relationship with their children by setting appropriate limits and following through on consequences while showing love and support for their children.

### 3. Communicating with Your Teenager Effectively

You and your teen: two different worlds, two different perspectives — and a giant disconnect that can make communicating a real mystery. In this workshop, parents will learn helpful strategies to recognize and break through barriers in communicating with teenagers through adolescence.

### 4. Connecting Your Child to College and Beyond Using CFNC

CFNC Organization offers help with career and college planning for all age groups, from elementary school students to adults. In this workshop, parents will:

- i. Explore future potential careers for students and colleges that prepare students for these.
- ii. Identify and plan for specific courses students need to take for college.
- iii. Identify sources that may help pay for tuition and how to open a college savings account.
- iv. Learn how to complete the college applications.

### 5. Developing Academic Vocabulary at Home Using Hands-on Activities (K-5th)

In this workshop, parents will learn strategies and activities to help build their children's use of academic vocabulary at home.

### 6. Developing Good Homework Habits

One of the most important things parents can do is encourage their children to develop good study habits. In this workshop, parents will learn how to help their children develop good homework habits and make it a positive learning experience.

### 7. Getting to Know the U.S.A. Educational System

The United States of America Educational System offers a rich field of academic choices and opportunities that may overwhelm students and parents. In this workshop, parents will learn how the U.S. education system is structured and ways to engage in their child's education.

### 8. Getting Ready for College/University

It is never too early to begin planning for college. In this workshop, parents will learn about college/university admission, financial aid, scholarship opportunities, and when to start the planning process.

### 9. Helping Your Child Reduce Test Stress

Test stress is something that many students struggle with. Typically, it is unusual to find a student who approaches a big test without a high level of anxiety. This workshop teaches parents tips to help their children lessen test stress.

### 10. How to Access PowerSchool's Parent Portal: Home Base

Home Base gives parents and students access to real-time information, such as attendance, grades, and assignments. In this workshop, parents will learn how to access the Home Base portal and navigate the different components.

### 11. How to apply for Early College and Magnet Schools

Wake County Early College and Magnet schools create well-rounded students by challenging them with programs tailored to their strengths and exposing them to new experiences. In this workshop, parents will learn what Early College and Magnet Schools are. Parents will also learn when and how to apply to these schools.

### 12. How to Support Academic Growth over School Breaks

As children say goodbye to the classroom during school breaks, they often also say goodbye to some of what they learned during the school year. This workshop teaches parents strategies to combat learning loss during school breaks.

### 13. Identify Bullying and Protect Your Child Against It

Half the children who have been bullied never tell their parents about it. They are often too ashamed to let anyone know. Sometimes they feel that no one can help, not even their parents. In this workshop, parents will learn to recognize different types of bullying and signs that may indicate their children are being bullied. Parents will also learn how to support their children if they are being bullied.

### 14. Learn How to Motivate Your Child to Thrive in School

Why is it so hard to motivate kids? As parents, you cannot force your child to be self-motivated just because you want to. You might get in the way of their