

about it. Children are often too ashamed to let anyone know. Sometimes they feel that no one can help, not even their parents. The parents will learn to recognize different types of bullying and what the signs of bullying are so that they can better help prevent it.

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

Why is it so hard to motivate kids? As parents, you can't force your child to be self-motivated just because you want to. In fact, you might actually get in the way of their motivation. The parents will learn strategies to inspire and motivate their child.

15. **Parent Advocacy and Engagement in Your Child's Education**

Parents are often the best educational advocates for their child. Research indicates that being involved in your child's education has a positive correlation with being successful in school. The parents will learn key components about being engaged in their child's education.

16. **Preparing Your Child for the End of Grade (EOG) Tests (3 -8th)**

The EOG tests measure a student's abilities in various subjects, including reading and mathematics, through a series of exams implemented during the last three weeks of the school year. The parents will be provided with strategies to help their child feel at ease when taking the EOGs.

17. **Reading is Fundamental! (K- 5th)**

Reading is fundamental to function in today's society and in developing a good self-image. One of the most effective approaches to help their child develop literacy skills is having a home environment that encourages reading in daily life. The parents will learn how to support the development of their child's literacy at home.

18. **Resilience Documentary (for Middle and High School parents)**

Resilience is a 60-minute documentary that delves into the science of Adverse Childhood Experiences (ACEs) and a new movement to treat and prevent toxic stress.

19. **Starfall! Teaching K-2nd Children to Read and Inspiring a Love of Learning**

Starfall is a children's website designed for children from preschool to second grade that teaches basic English reading and writing skills by using games and phonics. The parents will be introduced to how to use the program to help their child.

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

Every day your child makes decisions based on what his peers say and do. The family will learn how to help their child make good decisions, to say "yes" to positive peer pressures, which help them become better individuals, and "no" to negative peer pressure.

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

Parent-teacher conferences are an important component of ongoing home-school communication and family involvement in the child's school. Years of research demonstrate that family engagement in education can lead to positive benefits for children and youth. The parents will learn how to have a successful parent-teacher conference.

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

Are you struggling to help your child with his/her math homework? Are you confused by this new math? Well, come learn more! The parents will have an opportunity to learn about the K-5th math standards and how this builds to later success in math. Resources and strategies for providing help at home will be shared.

23. **Transitioning to High School**

Transitioning into high school can be a challenge for students and parents. The parents will learn about graduation requirements, honor courses, advanced placement, how to calculate the GPA, extracurricular activities, and the Home Base Parent Portal, which gives real time information including attendance, grades, and assignments.

24. **Transitioning to Middle School**

If your child is headed to middle school, don't panic! The parents will learn what to expect and what steps to take to ensure their child is ready for a smooth transition. They will also learn about the day-to-day school routine, extracurricular activities options, and how to access the Home Base Parent Portal.

25. **Ways to Encourage Writing at Home**

Learning to write well is one of the most challenging tasks for anyone, regardless of age. It takes time, practice, and lots of encouragement. The parents can help their child develop writing skills and equally important, a love for words and writing. The parents will learn ways to encourage writing at home.

26. **Ways to Help Your Child Develop the Organizational Skills**

Learning organizational skills and how to prioritize time is important. Some students need more help than others when it comes to developing these skills. While parents shouldn't take over or save them from every organizational slip-up parents should provide the support their child needs to build these skills. The parents will learn ways to help their child develop their organizational skills.

27. **How to Communicate With Your Child's Teacher Virtually**

Parents will learn how to communicate with teachers through the Google Meet and other platforms and applications.

28. **Navigating the Different Platforms that Teachers and Students Use Virtually**

Parents learn from the different virtual platforms used by teachers and students in remote learning.

INTERNATIONAL FAMILIES ONLY

• **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.

• **Know Your Rights**

To protect yourself, your family and your community you must know your rights. Do not wait. Be prepared! The parents will learn what they need to know and what to do when encountering a law enforcement and how to develop an emergency plan for their family.

• **Navigating Wake County Public School System**

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

• **Understanding the Cultural Diversity in America**

In the United States, you will encounter different cultures that are unlike your own. The key to effective cross-cultural communication is knowledge about other cultures. The parents will learn cross-cultural communications skills.

FOR ADDITIONAL INFORMATION OR QUESTIONS, PLEASE CONTACT:

Dr. MariaRosa Rangel, Director
Family and Community Engagement (FACE) In the Office of Equity Affairs
110 Corning Road, Cary NC 27518
Phone: 919-533-7178
familyacademy@wcpss.net

SCHOOL FAMILY ACADEMY

2020-2021 PARENT WORKSHOPS SELECTION GUIDE



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)
in the Office of Equity Affairs

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 research, we understand that students achieve more when families are involved in their child's education.

We believe that every family function as a learning environment, regardless of its 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 in the Office of Equity Affairs, welcomes the opportunity to host a **Virtual Family Academy** parent workshop for your school families. We offer a variety of workshops in various languages to meet the needs of your diverse student population. Please contact us to schedule your **FREE** Virtual Family Academy. **During Covid-19 pandemic the Family Academy will be provided via Goggle Meet Platform.**

Note: The school will need to create the Google Meet Invite and share it with us so we can connect on the day of the event. Also, the person who creates the Google Meet Invite Link will need to be present to admit the Family Academy presenter and parents.

FAMILY ACADEMY WORKSHOP DETAILS

LENGTH OF PRESENTATION:

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

LANGUAGES:

- English, Spanish, Arabic, Korean, and Hindi.

TUTOR:

- **During Covid-19 pandemic**, we will **NOT Provide TUTORING SERVICE**, once we resume face-to-face workshops, tutors will be provided.

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.

HOW TO REQUEST YOUR FAMILY ACADEMY:

- Select a topic, date, languages, and e-mail your request to familyacademy@wcpss.net at least **one week** prior to the requested date.

FOR COMMUNITY PARENT
WORKSHOPS VISIT:

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. All About Elementary Assessments
3. Building a Positive Relationship with Your Elementary School Child
4. Communicating with Your Teenager Effectively
5. Connecting Your Child to College and Beyond Using CFNC
6. Developing Academic Vocabulary at Home Using Hands-on Activities (K-5th)
7. Developing Good Homework Habits
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 Support Academic Growth over School Breaks
12. How To Talk To Your Child About Race
13. Identify Bullying and Protect Your Child Against It
14. Learn How to Motivate Your Child to Thrive in School
15. Parent Advocacy and Engagement in Your Child's Education
16. Preparing Your Child for the End of Grade (EOG) Tests (3 -8th)
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27. How to Communicate With Your Child's Teacher Virtually
28. Navigating the Different Platforms That Teachers and Students Use Virtually

INTERNATIONAL FAMILIES ONLY

- Getting to Know the U.S.A. Educational System
- Know Your Rights
- Navigating Wake County Public School System
- Understanding the Cultural Diversity in America

FAMILY ACADEMY WORKSHOP DESCRIPTIONS

1. **A Great Start for Your Kindergartner!**
Kindergarten is the first year in your child's elementary education. As parents, you want to make sure that your child loves school and obtains a solid foundation. The parents will learn ten best ways to help their kindergartener succeed in school.
2. **All About Elementary Assessments**
As a WCPSS parent, you need to become familiar with the required assessments and how you can support and prepare your child. The parents will learn about the importance of benchmark assessments, universal screenings, and how this information should guide the instruction and intervention of their child.
3. **Building a Positive Relationship with Your Elementary School Child**
It is essential for child's emotional and social growth to have a positive

relationship with his/her caregivers. The parents will learn how to build a positive relationship with their child by setting appropriate limits and following through on consequences, while showing love and support for their child.

4. **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. The parents will learn helpful strategies to recognize and break through the barriers to communicating with a teenager through the adolescent years.
5. **Connecting Your Child to College and Beyond Using CFNC**
CFNC.org offers help with career and college planning for all age groups from elementary school students to adults. The parents will learn how to investigate future careers, open a college savings account, plan courses that lead to college, explore college choices, figure out how to pay for their child's education, and even complete the college applications online.
6. **Developing Academic Vocabulary at Home Using Hands-on Activities (K-5th)**
Academic Vocabulary is the language that is used to acquire new learning and skills. The parents will learn ways to encourage their child to develop academic vocabulary and activities they can use at home.
7. **Developing Good Homework Habits**
One of the most important things parents can do is to encourage their child to develop good study habits. The parents will learn how to develop good homework habits and to make it a positive learning experience.
8. **Getting Ready for College/University**
The parents will learn that it is never too early to begin planning for college. They 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. In fact, it is unusual to find a student who approaches a big test without a high level of anxiety. The parents will be provided with tips to help their child lessen test stress.
10. **How to Access PowerSchool's Parent Portal: Home Base**
Home Base is a statewide instructional improvement system (IIS) and student information system (SIS) for teachers, students, parents, and administrators. Teachers use Home Base to access student data and teaching and learning resources. Students can access their schoolwork, grades, and homework assignments. The parents will learn how to access Home Base Parent Portal which gives real time information including attendance, grades, and assignments.
11. **How to Support Academic Growth over School Breaks**
As children say goodbye to the classroom during school breaks, they are often also saying goodbye to some of what they learned during the school year. The parents will be provided with educational ideas and information about how to combat learning loss over school breaks.
12. **How To Talk To Your Child About Race**
Children learn about the idea of race and to recognize physical differences at a very early age from observations and interactions with their parents and families, peers, teachers, and many others. Parents face different challenges when talking to their children about race. The parents will learn strategies to facilitate the conversations about race and how to help your child better understand and appreciate the similarities and differences among people that will positively shape the way your child looks at and treats other people.
13. **Identify Bullying and Protect Your Child Against It**
Approximately half the children who have been bullied never tell their parents