

17. Internet Safety and Social Media Platforms for Teens

Internet safety for teens is more crucial than ever. With technological advancements and an expanding digital footprint, teenagers face a growing array of online threats, including phishing, cyberbullying, online predators, and identity theft. In this workshop, parents and caregivers will learn effective strategies to protect their children online. Join us to ensure your teen's safety in the digital world.

18. Learn How to Motivate Your Child to Thrive in School

Why is it so hard to motivate kids? As parents/caregivers, you cannot force your child to be self-motivated just because you want to. You might get in the way of their motivation. In this workshop, parents/caregivers will learn strategies to inspire and motivate their children to thrive in school.

19. Parent/Caregiver Advocacy and Engagement in Your Child's Education

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

20. Preparing Your Child for the End of Grade (EOG) 3rd-5th Grade

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/caregivers with strategies to help their children feel at ease when taking the EOGs.

21. Reading is Fundamental! (K- 5th)

Nurture your child's literacy skills by creating a home environment centered around daily reading. Join our workshop to learn effective strategies for promoting a love for reading and supporting their development. Set your child up for success.

22. Science of Reading (K- 5th)

The science of reading covers researched methods that provide children with a learning edge in reading. Join us to explore these evidence-based principles and acquire practical tools to support your child's path to literacy excellence.

23. Teaching Your Child How to Deal with Peer Pressure

As a parent/caregiver, you may have noticed that your child often takes cues from their peers when making decisions. While some of these decisions may be good, others may not be. It's important to teach your child to make positive choices even when faced with negative peer pressure. This workshop will give you the tools to help your child say yes to positive peer pressure and no to negative peer pressure.

24. Tips for Successful Parent/Caregiver and Teacher Conferences

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

25. Transition to High School

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

26. Transition to Middle School

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

27. Ways to Help Your Teens Develop Organizational Skills

As your kids progress through secondary school, they encounter growing academic and social pressures. Additionally, sports, clubs, family responsibilities, and friendships further

strain their time. Instead of watching them stress and scramble to catch up, you can guide them to stay ahead of these demands. In this workshop, parents/caregivers will learn how to help your teens build organizational skills, fostering their independence and success in managing time and responsibilities both in and out of school. Join us to empower your teens to thrive under increasing demands.

SPECIAL SCHOOL REQUESTS

1. Community Organizations Resources Fair at Your School

Family Academy organizes community outreach events for schools, bringing the school to the community and fostering engagement with families.

2. Cultural School Event Planning Collaboration

Family Academy collaborates closely with schools to organize cultural family events that highlight the unique heritage of our students. These events offer an invaluable opportunity for all participants to gain insights into diverse cultures and broaden their understanding. Through interactive experiences and immersive activities, attendees can deepen their appreciation for cultural diversity and celebrate the richness of our community.

FOR INTERNATIONAL FAMILIES ONLY

1. Coffee with Hispanic/Latino Professionals (Only for MS & HS Latino families)

Our workshop aims to introduce middle and high school Latino students to accomplished Latino professionals through inspiring success stories. The workshop can ONLY be scheduled on Thursdays from 6:30 p.m. to 8:30 p.m. and on Saturday mornings.

2. Getting to Know the U.S.A. Educational System

The educational system in the United States is vast and varied, which can be overwhelming for both students and parents/caregivers. However, our program is expertly designed to educate parents/caregivers on the intricacies of the U.S. educational system and provide effective strategies for them to actively engage in their child's education.

3. Navigating Wake County Public School System

Parents/caregivers will receive general information about WCPSS, including how the school system operates, as well as information about the resources available from both WCPSS and the community.

4. Introduction and Intermediate ESL Classes for International Parents/Caregivers

We offer ESL classes for beginner and intermediate learners. For more information contact our office at familyacademy@wcpss.net.

"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:

Dr. MariaRosa Rangel,

Director of Family and Community Engagement (FACE)

In the Office of Equity Affairs

WAKE COUNTY PUBLIC SCHOOL SYSTEM

5625 Dillard Drive, Cary NC 27518

Phone: 919-533-7178

familyacademy@wcpss.net

FAMILY ACADEMY PARENT WORKSHOPS SELECTION GUIDE 2024-2025

SCHOOL | FAMILY
ACADEMY



**WAKE COUNTY
PUBLIC SCHOOL SYSTEM**

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

Dear School Representative,

The WCPSS Family Academy, a key initiative of the Family and Community Engagement (FACE) Program under the Office of Equity Affairs, offers free workshops for parents and caregivers in Wake County. These workshops, available both virtually and in person, cover a variety of educational topics. To ensure accessibility, they are conducted in multiple languages, including Arabic, English, French, Hindi, Korean, Mandarin, Spanish, and Vietnamese. Workshops are conveniently held at various schools and community locations across Wake County.

We firmly believe that when families and caregivers actively engage in their children's education, it unlocks the door to remarkable academic success. Every family, regardless of income, structure, ethnicity, or cultural background, has the power to cultivate a nurturing learning environment and offer the crucial support needed for their child's academic journey. By setting high standards and fostering a spirit of dedication, families and caregivers can profoundly enhance their child's academic, social, and emotional development. Together, we can inspire a brighter future for every child.

The Family Academy Program is dedicated to empowering families with essential academic resources, paving the way for their children's educational success. Beyond that, it aims to forge strong, equitable partnerships among schools, parents, caregivers, families, and the community. Together, we can create a supportive and inclusive environment where every child has the opportunity to thrive and reach their full potential.

To request a parent workshop, please review the parent/caregiver workshop guide and send your request to familyacademy@wcpss.net. If you require any further assistance, please feel free to contact Dr. MariaRosa Rangel at mrangel1@wcpss.net.

FAMILY ACADEMY WORKSHOP DETAILS

LENGTH OF PRESENTATION:

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

LANGUAGES:

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

COURTESY INVITATION PHONE CALLS:

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

HOW TO REQUEST YOUR FAMILY ACADEMY

- Choose a topic, language, date, and time. If the workshop will be virtual, provide a Google Meet Link. Please note that we can **ONLY** cover two topics per workshop. Send your request via email to familyacademy@wcpss.net. You can expect a confirmation email within two business days.

FOR COMMUNITY PARENT
WORKSHOPS VISIT:
www.wcpss.net/family-academy

VISIT US ON FACEBOOK:
WCPSS Family Academy
FOLLOW US ON TWITTER:
[@WCPSSFACE](https://www.facebook.com/WCPSSFACE) | [@WcpssfamilyAcad](https://twitter.com/WcpssfamilyAcad)

WORKSHOP TOPICS

1. A Great Start for Your Kindergartener!
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 Ready for College/University
8. Healthy Minds
9. Helping Your Child Reduce Test Stress
10. How Can Parents/Caregivers Access Canvas
11. How Can Parents/Caregivers Help Their Child Build Resilience
12. How Can Students Manage Anxiety
13. How to Access PowerSchool's Parent Portal: Home Base
14. How to Support Academic Growth over School Breaks
15. Identify Bullying and Protect Your Child Against It
16. Internet Safety for Elementary Students
17. Internet Safety and Social Media Platforms for Teens
18. Learn How to Motivate Your Child to Thrive in School
19. Parent/Caregiver Advocacy and Engagement in Your Child's Education
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24. Tips for Successful Parent/Caregiver and Teacher Conferences
25. Transition to High School
26. Transition to Middle School
27. Ways to Help Your Teens Develop Organizational Skills

FAMILY ACADEMY WORKSHOP DESCRIPTIONS

1. **A Great Start for Your Kindergartener!**
Kindergarten is the first year in your child's elementary education. Parents/caregivers want to ensure that their child loves school and obtains a solid foundation. In this workshop, parents/caregivers will learn the ten best ways to help their kindergartners 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 parents/caregivers. Parents/caregivers 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/caregivers 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**
The CFNC Organization is a trustworthy career and college planning resource provider for anyone from elementary school students to adults. They offer a workshop that gives parents/caregivers valuable information about potential career paths for their children, as well as a list of colleges that can help prepare them for those careers.

Parents/caregivers can also learn about the necessary courses their children should take to prepare for college and discover sources of financial aid, including college savings accounts. With expert guidance, parents/caregivers can ensure that the college application process goes smoothly and successfully.

5. **Developing Academic Vocabulary at Home Using Hands-on Activities (K-5th)**
In this workshop, parents/caregivers 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/caregivers can do is encourage their children to develop good study habits. In this workshop, parents/caregivers will learn how to help their children develop good homework habits and make it a positive learning experience.
7. **Getting Ready for College/University**
It is never too early to begin planning for college. In this workshop, parents/caregivers will learn about college/university admission, financial aid, scholarship opportunities, and when to start the planning process.
8. **Healthy Minds**
Everyone experiences ups and downs in life, and it's normal for our emotions to fluctuate. When our minds are healthy and strong, we are more resilient to life's challenges, maintain healthy relationships, and take care of our overall well-being. That's why it is crucial to take a proactive approach to our mental health. In this workshop, parents/caregivers will discover the National PTA Healthy Minds resources for families/caregivers.
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/caregivers tips to help their children lessen test stress.
10. **How Can Parents/Caregivers Access Canvas**
The Canvas Application enhances the potential for parents /caregivers to engage in their children's education. Parents/Caregivers will learn how they can review upcoming or past assignments, check on grades, and receive alerts for student activity.
11. **How Can Parents/Caregivers Help Their Child Build Resilience**
All children are capable of working through challenges and coping with stress. Resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. It's not something that kids either have or don't have; it's a skill that kids develop as they grow. This workshop will teach parents/caregivers how to build resilience within their children.
12. **How Can Students Manage Anxiety**
Anxious students may not be able to verbalize the specific cause of their anxiety; they just know they are experiencing excessive and ongoing worry and fear about something. They may avoid situations or activities in school. They may start to decline in academics and have trouble focusing and concentrating. This Workshop will provide strategies for parents/caregivers to help their children cope with anxiety.
13. **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/caregivers will learn how to access the Home Base portal and navigate the different components.
14. **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/caregivers strategies to combat learning loss during school breaks.
15. **Identify Bullying and Protect Your Child Against It**
Sadly, half of the bullied kids don't talk to their parents/caregivers because they feel ashamed or hopeless. Our workshop aims to help parents/caregivers recognize different types of bullying and recognize signs that their child may be experiencing. Additionally, parents/caregivers will learn ways to support their child in case of bullying.
16. **Internet Safety for Elementary Students**
As a parent/caregiver, it's crucial to understand that the internet can pose several risks to your children's safety, and it's not just limited to harmful websites. Even seemingly harmless activities such as chatting, playing computer games, or browsing social media can potentially be dangerous. Join our workshop to learn valuable online safety tips and ensure your children's protection while online.