

## Parent Involvement

### Expectations: What Parents Can Do

Parents can be actively involved in their children's education by providing daily activities to help them achieve. Here are a few ways parents can help to promote reading at home:

1. READ TO PRESCHOOL CHILDREN AT LEAST 20 MINUTES A DAY OR HAVE OLDER CHILDREN READ TO YOU.
2. KEEP GOOD BOOKS, MAGAZINES, AND NEWSPAPERS IN THE HOUSE.
3. ADD TO YOUR CHILDREN'S ENJOYMENT OR READING BY DISCUSSING EACH BOOK THEY READ.
4. MAKE SURE YOUR CHILDREN SEE YOU READ FOR AT LEAST 20 MINUTES A DAY.
5. IF YOU HAVE DIFFICULTY READING, TELL YOUR CHILDREN STORIES.
6. LIMIT YOUR KID'S TV VIEWING TO NO MORE THAN TWO HOURS A DAY OR USE TV TIME AS REWARD FOR SOME PERSONAL ACHIEVEMENT.



Fresno County Office of Education

**Parent Services Center (PSC)**

1684 W. Shaw Ave., Suite #101

Fresno, California 93711

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Fresno County Office of Education  
**Parent Services Center (PSC)**  
*Newsletter*

1684 W. Shaw Ave., Suite 101, Fresno, CA 93711 • Phone (559) 497-3865 • Fax (559) 497-3801 • www.fcoe.org/psc

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### Highlights of the Quarter



## Parent Involvement Celebration

The Parent Services Center (PSC) has been busy empowering parents in Fresno County. Golden Plains and Fresno Unified School Districts have been actively engaging parents this academic year more than ever before! On November 30, 2010, more than one hundred parents and families gathered at Sunnyside High School in Fresno

Unified School District to celebrate their accomplishment. These parents had successfully completed the six-week, Roadmap to Higher Education Training Series. These parents constitute the largest group in a training series. In the past two quarters, many more parents received our services and certificates. More importantly, they feel empowered about helping their children to be successful in school. Here are quotes from parents regarding our services.

*"I learned a great deal, and it will help my two daughters succeed in high school and college."*

*"This class helped me fill the missing pieces I had in regards to college preparation."*

*"I learned new things that I wasn't aware of. Now I know how to help my other two children."*

*"This class reaffirmed the needs of both parents to be involved in their children's education."*

*"I learned that I have to read with my child every night."*

*"I know how to help my child with their homework."*

The Parent Services Center is honored to play a role in these parents success.

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### Are Your Kids Bullied (or Bullying) Online?

by Common Sense Media

#### Hurting someone with a simple click

Spreading rumors and bullying is nothing new. But today's kids are dealing with something much more sinister: cyberbullying.

#### The Real Impact of Cyberbullying

Following the suicide of a young teen in Massachusetts who was harassed by classmates, serious charges have been made that draw attention to and raise questions about the impact of cyberbullying. It's more critical than ever that parents talk to their kids about their online and cell phone behavior. What can parents say to kids about cyberbullying?

#### Hurting someone with a simple click

The recent suicide of a South Hadley, MA teen is the latest in what seems to be weekly news of another tragic victim of cyberbullying. As more and more kids discover new ways to share information, they have unfortunately found more and more ways to harm each other. Just as nasty comments in a playground can cause a lot of pain, cyberbullying can really hurt our kids.

#### What is cyberbullying?

Whether it's creating a fake Facebook or MySpace page to impersonate a fellow student, repeatedly sending hurtful text messages and images, or posting cruel comments on the Internet, cyberbullying can have a devastating effect. Nasty comments, lies, embarrassing photos and videos, and snide polls can be spread widely through instant messaging (IM) or phone texting, and by posts on social networking sites. It can happen anytime -- at school or home --and can involve large groups of kids. The combination of the boldness created by being anonymous and the desire to be seen as "cool" can cause a kid who normally wouldn't say anything mean face-to-face to show off for other kids. And because it's happening in cyberspace, it's almost always completely undetectable by parents and teachers.

#### Why it matters

Nothing crushes kids' self-confidence faster than humiliation. And just imagine a public humiliation sent instantly to everyone they know. Sadly, hurtful information posted on the Internet is extremely difficult to prevent or remove, and millions of people can see it. Most cyberbullying happens when adults aren't around, so parents and teachers often see only the depression or anxiety that results from being hurt or bullied. This emotional damage can last a lifetime.

#### Parent tips for all kids

- **Give them a code of conduct.** Tell them that if they wouldn't say something to someone's face, they shouldn't text it, IM it, or post it.
- **Ask your kids if they know someone who has been cyberbullied.** Sometimes they will open up about others' pain before admitting their own.

Source: shine.yahoo.com

Research has clearly shown the negative impact of fatherless families upon children. Children from fatherless families are more likely to:

1. Live in chronic poverty
2. Do poorly in school
3. Be abused
4. Become teen parents
5. Drop out of school
6. Be incarcerated
7. Abuse drugs or alcohol
8. Bring drugs or weapons to school
9. Commit crime
10. Commit suicide
11. Experience psychiatric illness

*Over 25 million children live apart from their biological fathers.*

*"The greatest gifts my parents gave to me...were their unconditional love and a set of values."*

*-Colin Powell*



Source: [www.fatherhoodinitiated.org](http://www.fatherhoodinitiated.org)

## Upcoming Events in Fresno County Schools

### SCHEDULED TRAININGS/WORKSHOPS FOR THE MONTHS OF JANUARY & FEBRUARY 2011

#### FRESNO UNIFIED SCHOOL DISTRICT

- Ernie Pyle Elementary  
February ..... Parenting Skills Series
- Greenberg Elementary  
January .....Gang Awareness
- McLane High School  
February ..... Attendance and Truancy
- Norseman Elementary School  
February .....PASSPort to Success Series
- Southeast Elementary  
January ..... Parent Academic Tutoring Series

#### GOLDEN PLAINS UNIFIED SCHOOL DISTRICT

- Cantua Elementary  
January ..... Parenting Skills Series
- San Joaquin Elementary  
February ..... Parent Academic Tutoring Series
- Tranquillity Elementary  
February ..... Parent Academic Tutoring Series

#### MONROE UNIFIED SCHOOL DISTRICT

- Monroe Elementary  
February .....PASSPort to Success Series

#### SELMA UNIFIED SCHOOL DISTRICT

- Eric White Elementary  
February ..... Parent Academic Tutoring Series
- Terry Elementary  
January ..... Parent Involvement



**Students want families to be knowledgeable partners with their schools in their education and available to be helpful sources of information and assistance at home.**



For further information regarding trainings/workshops, please contact the Parent Services Center at (559) 497-3865.