



PARENTAL READINESS AND
EMPOWERMENT PROGRAM

A PROGRAM OF
THE LAWYERS'
COMMITTEE FOR
CIVIL RIGHTS

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NEWSLETTER

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Gearing Up for the New Year



As 2016 draws to a close, many parents, teachers and students are looking forward to the New Year and new possibilities. However, ringing in the New Year doesn't just mean getting ready for 2017, it also means the half-way mark in the 2016-2017 school year is quickly approaching. Many parents and teachers know all too well about the "slump" that many students find themselves in post-holiday madness. With the cold weather fast approaching, many students would much rather curl up on the couch rather than grab their textbooks. It's no wonder that so many students have difficulty re-adjusting to school following the holiday break! So instead of counting down the days until summer, here are some tips to help your child break out of the winter blues and get back on track to a successful rest of the school year!

Evaluate Current Progress:

Be sure to contact your child's school to see how they are progressing and what improvements need to be made. While frequent reports from your child about his or her academic progress are beneficial, it is important to be in close contact with your child's teachers and school staff in order to ensure that they are not facing any problems that may be unknown to you. If your child is having difficulties and not making sufficient academic progress, be sure to keep in close contact with school officials and perhaps set up a system of weekly or monthly progress reports so that you are able to remain in touch with all aspects of your child's schooling.

Evaluate Goals:

Whether your child is in 1st grade or 11th grade, it is important to set goals. While setting academic goals are essential to a successful rest of the year, goal setting in

other areas are important too! The main things to remember when setting these objectives with your child is to:

- * Use positive language - What your child will do, rather than what he or she won't.
- * Be specific - Precise goal setting is best! (i.e. How many chapters will they read per night?).
- * Incentivize - What will be the benefits of achieving these goals?
- * Build a timeline for achievement: Create a timeframe focused on progressing towards their goals.

Get Moving:

We all know that exercise is an essential aspect to educational success, however staying active can be a daunting activity during the cold winter months. In order to keep your child's body and mind active and engaged, try setting aside time for your child to get moving each day. Activities such as doing chores, playing outside after school, or joining a recreational sports team are all great ways to keep your child's body and mind in shape!





Director's Comments

Since 2017 is coming up, now is the time to begin talking with your child about their own resolutions and expectations for this coming year. Whether your child's resolution is to make a certain sports team or to get better grades, it is important that you and your child evaluate these goals together and create a plan for success.

In reflecting upon the last year, PREP has much to celebrate. We successfully held workshops in Arlington, VA, San Diego, CA and Minneapolis, MN for both parents and advocates. We also welcomed Ryan Prendergast to the team, our new PREP Program Coordinator, as well as two new law fellows, Andrew Hairston and Pooja Chaudhuri. Genzie Bonadies, Associate Counsel, also joined our team full-time.

We participated in the National Family & Community Engagement Conference hosted by the Institute for Educational Leadership in Pittsburgh, PA. We continued to offer both video tutorials and webinars in English and Spanish on our website, www.prepparents.org.

Most notably, however, is the launch of our e-clinic in California, which took over a year of planning! Even more exciting is that PREP will be extending into Louisiana and Mississippi thanks to the Marguerite Casey foundation.

We look forward to continue working with children, parents, and advocates to ensure that every child has the opportunity to succeed in education. Be sure to follow us on Facebook, Twitter and YouTube!



www.prepparents.org

Natasha Quiroga is PREP Manager and Senior Counsel in the Educational Opportunities Project.

PREP Resources

Online Video Tutorials

Now Playing:

- ◆ Parent Advocacy
- ◆ Navigating the School System
- ◆ Special Education

www.youtube.com/prepparents

STATE-SPECIFIC PARENT GUIDES

- ◆ On education law and policies

www.prepparents.org/resources/for-parents/

Recorded Webinars

- ◆ Parent Advocacy
- ◆ Mobilization
- ◆ Special Education Process
- ◆ School Discipline

www.prepparents.org/webinar

Upcoming Events

Dec. 7– Special Education

English Webinar: 12p.m. ET/ 9a.m. PT

Spanish Webinar: 6p.m. ET/ 3p.m. PT

RSVP: prepparents.org/webinar

Learn about special education process and the rights and responsibilities in your child's special education program

Jan. 11 – School Bullying webinar

English Webinar: 3p.m. ET/ 12p.m. PT

Spanish Webinar: 6p.m. ET/ 3p.m. PT

RSVP: <https://goo.gl/forms/cW70kCkxbx7pHGnFI3>

Learn about ways to recognize and report school bullying.

Co-sponsored by Center for Safe Schools

California e-Clinic

Have questions about special education, school discipline, English learners, or discrimination-related issues? Are you a parent in California? Video chat with a trained volunteer attorney.

prepparents.org/appointments



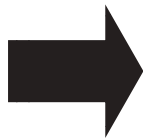
PEP TALK FROM PREP!



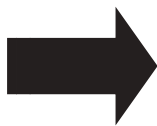
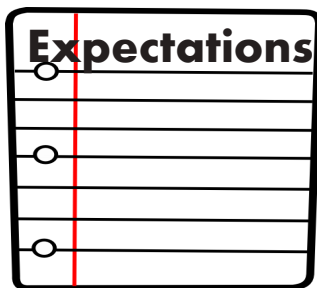
New Year, New Tips!



Make sure to take note of important dates in your child's school calendar! This will be important for scheduling future travel, appointments or extra-curricular activities as well as help your child prep for exams or other important academic dates.



Stress the importance of healthy living! During the winter months, it's easy to slip into unhealthy habits so be sure to encourage your child to eat a well-balanced diet and maintain a regular exercise regime!




Be sure to set clear and precise expectations for your child throughout the school year. Make sure to emphasize the importance of trying your best and being successful in school. Setting these expectations early on helps your child in recognizing the importance of learning and encourages them to set their own personal expectations and goals!

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