



PARENTAL READINESS AND
EMPOWERMENT PROGRAM

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NEWSLETTER

TABLE OF CONTENTS

<i>Go Green for St. Patrick's Day</i>	1
<i>Director's Comments</i>	2
<i>PREP Resources</i>	2
<i>Tips</i>	3
<i>Sponsors Acknowledgment</i>	4

Go Green for St. Patrick's Day

Go Green

In honor of March and St. Patrick's Day, PREP wants to encourage you to go green! Learning about the environment promotes a healthy community, a healthy lifestyle, and important educational skills.

Discussing with your child the importance of taking care of the environment not only provides a healthy community but also new skills for your child. Taking action can introduce early leadership skills that will help them communicate better and grow confidence.

Participating in go-green activities promotes strategy building and stimulates creativity. Decision making tasks will introduce children to problem solving skills and prompt thinking. Lastly, coming together and making a difference teaches children how to effectively work in a team. Development of these skills allows children to be stronger students and perform better in school. The children of today are the future leaders of tomorrow.

Women's History Month

March is also Women's History month. It is important to introduce children to women who have contributed greatly to history, culture, and society.

One Woman in particular that has contributed significantly to our society, in particular our environment, is Wangari Maathai.

Wangari Maathai

Wangari cultivated initiatives to help keep seeds of hope alive. Her passion for the environment led her to found the Green Belt Movement (GBM), an environmental organization that helps conserve the environment by empowering communities in Africa.



With the help of the united community, the GBM organization has planted 51 million Trees in Kenya today. Her hard work and dedication promotes positive educational goals for children. She stands for leadership, creativity, and team work.



Director's Comments

Studies show that children today are spending more time inside and less time outdoors than ever before. The consequences of doing so can lead children to be disconnected to the environment and even possible health issues, like childhood obesity. Environmental education not only teaches children about conservation but also encourages children to go out and engage with the world. Environmental education is a fun, hands-on introduction to science. It promotes leadership skills and healthy communities.

We are excited to announce that our e-Clinic is now available for parents in New York who have questions related to Special Education, School Discipline, English Learners, and School Discrimination. Parents can schedule an appointment today by visiting prepparents.org/appointments.

The National Association for Bilingual Education (NABE) Conference in Dallas, TX was a huge success! It was great to meet so many educators and to provide them with information about the rights of English Learners. From March 6-9, I'll be in Austin, Texas for the SXSWedu Conference & Festival and look forward to learning and meeting like-minded people interested in education.

**Natasha Quiroga is PREP Manager and Senior Counsel
for the Educational Opportunities Project**

www.prepparents.org

PREP Resources

NOW PLAYING... VIDEO TUTORIALS

- ♦ **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**
- ♦ **Bullying**

www.prepparents.org/webinar

*Have questions about Special Education, School Discipline, English learners, Bullying, or Discrimination-related issues? Are you a parent in **California or New York**? Check out our newly launched e-Clinic!*

prepparents.org/appointments





PEP TALK FROM PREP!

Conservation Tips

Recycling - Do you own a recycling bin? Explain to your children the importance of recycling. Make a list of things that are recyclable and paste the list on the bin.

List of recyclable items

- Plastic (water bottles)
- Paper (old magazines)
- Glass (old light bulbs)
- Batteries
- Electronics (old cell phones)
- Food (Banana peels)



Preserving energy – Energy can be very expensive! Educate your children on the importance of energy conservation. Energy can be saved by doing simple things like turning lights off, not leaving the radio or TV on. **TIP:** Turn off air conditioning.

Preserving water - Educate your children on different ways to value and save water in your home. Go green by reducing water use in your home. When brushing teeth, suggest a cup for water instead of letting the water run. To help regulate water usage, set a timer for the shower and bath.

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