



Skip Forsyth

As a child in the 60's, I was blessed. Summer was fun. I lived in a small town in New Hampshire. I could ride my bike endlessly without worry. I would play baseball on the hardpan and sticker

lot we called a ballfield. I was at the beach almost daily as I lived a mile from the Atlantic Ocean. My mom was a voracious reader; me, not so much. She'd leave with 3 or 4 thick books, and I would have one

skinny book usually about sports with lots of pictures. Summers were the "bomb."

The 60's are a distant memory in a rearview mirror. There is no turning back the clock. This second decade in the 21st century is a different time.

- More single parent and blended families.
- More dual-parent working families.
- More families living with minimal economic resources.
- Childhood activities are more orchestrated around parent schedules and organized events.
- Some students are required to attend summer school and complete STAAR test retakes.

My simple black-and-white TV world is now supercharged with a range of digital technology.

The school year provides a daily structure. Although the school year can be extremely busy, it provides a sense of order as well as a measure of security for our children. Summers can be so fragmented. Parents wonder, how will I care for my children? How will I ensure they are safe? How do I balance my 8 hour-a-day job with their needs?

Thankfully schools, communities, and churches have a variety of summer programs and many at no cost or very low cost. Perhaps your school or parent and family engagement program can provide to families a list:

- Summer activities at libraries, museum, community acting theaters, movie theaters, bowling alleys, recreation centers, zoos and parks programs, churches and religious organizations.
- Free outdoor music programs in city parks.
- Check with local non-profit organizations about summer programs. To volunteer time and service can be a rewarding summer activity.
- Even some local businesses promote summer events and activities.

Some students may need extra instruction during the summer and all students should maintain a regular pattern of reading, but let's strive to make summer a season of fun despite a reordered change of pace.



**Summer
at
Grandma's House**

by Eric Ode

**My parents, they sent me to Grandma's this summer.
They said it would do me some good.
They hoped I'd return at the end of vacation
behaving the way that I should.**

**My grandma is someone I love without measure,
but she can be terribly strict.
And so, when my folks chose a summertime sitter,
my grandma's the person they picked.**

**They packed me a suitcase and bought me a ticket.
My train left the station at four.
And sure as my grandma eats oatmeal for breakfast,
I quickly arrived at her door.**

**I thought I'd be taught about culture and manners
and find myself soundly corrected.
But staying at Grandmother's house for the summer
Is nothing like I had expected.**

**I grunt and I belch and I don't take a shower.
I act like a wild chimpanzee.
I'm living on cookies and ice cream and pizza
and watching late, late-night TV.**

**My parents, they never told Grams I was coming.
I guess that is perfectly plain.
And Grandma, it seems, never told Mom and Dad
she was spending the summer in Spain.**



Summer is the perfect time for students of all ages to relax, but it's also a time when summer learning loss can occur. This learning loss is called the "summer slide," and happens when children do not engage in educational activities during the summer months.

While summer vacation is months away, many parents are starting to plan for summer now. As you're thinking about your plans for the upcoming summer break, we've gathered a few ideas and activities that you and your children – no matter their ages – can complete throughout the summer.

For Elementary and Middle School Students:

- All students can benefit from a trip to the local library – many libraries have summer reading programs and storytelling days.
- Parents of younger students can create a summer reading list with their children, and then reward them when they finish each book.
- Take a field trip to the zoo and have your child write a few paragraphs about what they most enjoyed.
- If you're at the grocery store with your kids, challenge them to add up the total cost of your purchases.
- Driving to grandmother's house? Ask them to find certain colors, shapes, or patterns along the way.
- Use flash cards that make learning fun; these brain-building cards have plenty of puzzles, quizzes, and fun facts to amuse your learner, no matter what grade they are in.
- Additionally, parents can encourage their kids to think outside of the box with arts and crafts. Sites such as kids.gov and NGA Kids have great ideas that will let any child's imagination run wild and stimulate creativity.
- Summertime can be a great time to teach healthy eating habits. Parents can get ideas for tasty and nutritious meals at Let's Move! and kidshealth.org.

For High School Students:

- Reading just 4-6 books over the summer has the potential to prevent a decline in reading achievement scores.
- If you know your child is weak in a particular subject, get them involved in an enrichment program.
- Let teens get in on the trip-planning action, by setting a budget, calculating fuel needs or figuring the distance between destinations.
- Limit time in front of the television and video games. Give them alternative activities that inspire the imagination.
- Summer can be the perfect time for high school-aged children to prepare for college, and setting aside at least one day a week to keep math and science skills fresh, is an excellent way to start off the summer. Local libraries are an excellent place to find books full of practice problems – and they're quiet and often air-conditioned too!
- Many high school students might also want to take the time to start developing their professional resumes. Finding a part-time job can help students gain valuable experience and line their pockets with a bit of extra cash. Visit www.wh.gov/youthjobs for more information.
- Volunteering is also an option. Youth-oriented summer camps, local museums, animal shelters and, of course, libraries are often looking for extra help during warmer months.

Preventing summer slide can seem like a daunting task, but all you need is to be organized and have the right plan. I have provided you with some simple strategies for preventing summer learning loss, without taking the fun out of the school break. When the new school year begins, your child will be armed with skills retained from the previous year, and hopefully will have gained some brand-new ones as well. Good luck!

8 Practical Tips for Finding the Summer Job of Your Dreams

Do your research. Tap into your network of friends and family. Don't give up.

With limited education, skills, and connections, young people have a hard time finding summer employment. A study cited by the White House found that 46 percent of students who applied for a summer job last year were turned down. Ouch!

Here are a few tips for students or recent graduates just launching their job search. Any of these tips can also be applied to job searches by people who are already in the workforce today, but are looking for a bigger and better opportunity:

1. Focus your search. Sorting through all the possible industries, companies, and departments you could apply for can leave you feeling confused. Narrow your search to a few industries, and within each of those, a handful of companies. This will make the entire search process less overwhelming and give you the time you need to research the companies you're applying to.



2. Tap into your existing network of friends and family. Okay, so maybe you only have a few dozen connections on LinkedIn, most of whom are your fellow classmates. Don't be discouraged: You probably have a much bigger network of relationships that you can leverage than you even realize.

Start with those you know best--your family and close friends--and see if they can introduce you to people they know. You'll need to take the initiative and reach out for help.

You don't know who they know, either. When you start to plug into their networks, you might find that you're just one or two connections removed from someone who works at one of your target companies and is either in a position to hire you or can introduce you to the one who can.

3. Identify your two strongest skills and show how you might apply them to the job. You can strengthen your application and gain visibility with recruiters by identifying your two or three strongest skills and explaining in your cover letter how you can put them to use at their firm. Recruiting managers sort through stacks of cover letters and resumes every day, so make yours stand out by explaining why you think they should hire you.

4. Research the company and get familiar with what they do. It's tempting to send a generic cover letter and resume to dozens of companies. It'll save you time, that's for sure. But imagine what a recruiter on the receiving end of such a generic letter is likely to think (and do) when they see an uncustomized form letter land in their inbox.

Take some time to understand the company and the role you're applying for, and make that visible in your cover letter. That extra homework you do could set your application apart from the pack.

5. Don't be afraid to ask. Looking for a job when your resume is empty, and you don't have a lot of self-confidence can be a daunting experience. But I've found that the students who end up finding a job are generally the ones who had the courage to ask. So, don't be afraid to ask.

6. Be persistent. Recruiters get a lot of email every day, the bulk of which is related to the full-time positions they're seeking to fill. If you want to get noticed, don't give up the first time you reach out and fail to get a response. Wait a few days or weeks, and then try again.

7. Develop a tolerance for rejection. It's tough to face rejection just as you're starting out. But get used to it, and don't take it personally. Job searches can be a hit and miss game--and there will be a lot of misses early on. And that's okay--we've all been there before.

8. Don't burn bridges. When you do get rejected, remain calm and stay professional, and thank the person for their time. Don't rant about it on social media, either. A company might keep your resume on file and reach out to you when an opportunity does open up. Or you may want to re-apply at another time, maybe even for a full-time position.

Identify your strengths, do your research, reach out for help, and don't give up. Good luck with your search!

By: Glenn Leibowitz <https://www.inc.com/glenn-leibowitz/8-practical-tips-for-finding-the-summer-job-or-any-job-of-your-dreams.html>

GET INVOLVED IN THE DECISION-MAKING PROCESS

Education reform is a major challenge facing schools across the nation today. Although schools play the key role in the national effort to improve the education of our children, they cannot accomplish it alone. Studies show that the extent to which children are ready to learn and to achieve in school depends also on support from parents and families.

It is critical for parents and families to be involved in the decision-making process at both the campus and the district level. Parents' voices must be heard when it comes to decision making at the school. This enables families to participate in decisions about the school's programs and activities that will impact their own and other children's educational experiences. All parents must be given opportunities to offer ideas and suggestions on ways to improve their schools. Having families as true stakeholders in the school creates feelings of ownership of the school's programs and activities.

Sample Activities:

Examples of activities to promote decision making include but are not limited to:

- Request to attend school improvement team meetings
- Attend meetings where staff and parents meet collaboratively to address school needs
- Request to be involved in:
 - Writing Campus/District Improvement Plans
 - Writing Written Parent and Family Engagement Policy
 - Writing School-Parent Compact
 - Parent Advisory Councils
 - Planning professional development
 - Planning orientation programs for new families
 - Developing parenting skills programs



The input schools receive from parents reflect ideas and opinions from all racial, ethnic, and socioeconomic groups in the school. The thoughts and ideas of all those participating should be trusted, respected, and heard.

If you are interested in serving on decision-making committees and/or other school-related projects, call:

- School Principal
- Parent and Family Engagement Liaison
- Federal Programs Director

Be an advocate for your child – GET INVOLVED! The possibilities are limitless. Your voice makes a difference!

MY NEIGHBOR'S DOG IS PURPLE

My neighbor's dog is purple, its eyes are large and green, its tail is almost endless, the longest I have seen.

My neighbor's dog is quiet, it does not bark one bit, but when my neighbor's dog is near, I feel afraid of it.

My neighbor's dog looks nasty, it has a wicked smile, before my neighbor painted it, it was a crocodile.



Your Actions Can Save Lives - Know What to Do!

CPR and first aid training can make a difference in emergencies. Contact the American Red Cross, American Heart Association, or a community hospital for information about training. Be sure to follow your school's policies and procedures for any medical or emergency situation.

BURNS

- First put out the flames--stop the burning.
- Call 911 if the burn causes difficulty breathing; covers more than one body part; involves head, neck, hands, feet, or genitals; is to a child or elderly person; or is the result of chemicals, explosions, or electricity.
- If the victim appears to be unconscious, call 911 and begin CPR.
- Cool the burned area with large amounts of cool water, unless it is an electrical burn. Certain chemical burns also require special care--check the material's label.
- Do not use butter or oil on a burn.
- Do not break blisters.
- Do not remove clothes that are stuck to or embedded in the skin.
- Do not apply ice or ointment to a severe burn.

BLEEDING

- Cover wounds with sterile gauze or the cleanest cloth available and press firmly. Add new cloths on top of the first as needed. If available, wear gloves.
- Maintain direct pressure until professional help arrives or bleeding stops.
- Wash hands thoroughly after providing care.

NOSEBLEED

- Have the victim sit and lean slightly forward.
- Pinch the bleeding nostril with a tissue.
- Apply ice to the bridge of the nose.
- Call 911 if the victim becomes unconscious or the bleeding persists for a period of time.

INSECT STINGS AND BITES

- Watch for signs of an allergic reaction: swelling of the lips, around the eyes, or inside of the mouth; swelling of the throat and difficulty breathing; hives, itchy eyes, pain, or severe itching at the site; dizziness; confusion; abdominal cramps, nausea, and vomiting; fainting or loss of consciousness. If they occur, call 911.
- Remove the stinger by scraping it away using your fingernail or a plastic card.
- Wash the area with soap and water.
- Apply ice to lessen discomfort.
- Keep the sting or bite area clean and apply a dry dressing if needed.
- If the bite is from a black widow or a brown recluse spider, seek medical care immediately.



POISONING

- If the victim has serious symptoms or has collapsed, call 911. Otherwise, call the poison control center (1-800-222-1222).
- Try to determine what and how much the victim swallowed or was exposed to, and when the poisoning occurred.
- If practical, obtain separate containers of vomit and urine from the victim.
- If the victim appears to be unconscious, call 911 and begin CPR.

This guide is not intended to replace regular care by medical professionals.

Taken in part from an article in Education IS A Work Of Heart.

SURPRISINGLY HEALTHY SNACKS FOR KIDS

Popcorn

Popcorn is a sure-fire hit with kids, and ... it's a whole grain! Popcorn actually has 4 grams of fiber per 3-cup serving, which makes it a filling snack. Plus, it's endlessly versatile. You can transform air-popped popcorn with all sorts of toppings, including grated cheese, nutritional yeast or cinnamon and sugar.



Ice Pops

Ice pops couldn't be easier or more versatile to whip up. And when you make them yourself, you control exactly what goes in them. Frozen Orange Pops deliver a helping of vitamin C and calcium to your child, courtesy of the main ingredients: orange juice and nonfat Greek yogurt.

Peanut Butter

Natural peanut butter (the kind without added sugars and other kinds of fats) is a great snack option. It gives your kids protein and healthy fats, and pairs perfectly with apples, bananas, celery and whole-grain crackers or toast.



<https://www.foodnetwork.com/recipes/packages/recipes-for-kids/healthy-meals-for-kids/10-surprisingly-healthy-snacks-for-kids>

Cookies

Here's the thing about cookies: You can make them healthy when you use the right ingredients. Whole-wheat pastry flour can be subbed for white flour in most cookies. Rolled oats add even more fiber. And in some recipes, like certain Oatmeal-Chocolate Snack Cakes, you can replace some of the butter with applesauce to lighten up the saturated fat. Serve them with low-fat milk and you have a nutritious, balanced snack for your kids.



Health & Nutrition Tips That Are Evidence-Based

Don't Drink Sugar Calories. Sugary drinks are the most fattening things you can put into your body. Fruit juices are almost as bad as soda in this regard.

Eat Nuts. Despite being high in fat, nuts are incredibly healthy. They are loaded with magnesium, vitamin E, fiber and various other nutrients.

Avoid Processed Junk Food. These foods have been engineered to be "hyper-rewarding," so they trick our brains into eating more than we need, even leading to addiction in some people.

Drink Water, Especially Before Meals. Studies show that drinking half a liter of water, 30 minutes before each meal, increased weight loss by 44%.

<https://www.healthline.com/nutrition/27-health-and-nutrition-tips>

Bed In Summer

In winter I get up at night
And dress by yellow candlelight.
In summer quite the other way,
I have to go to bed by day.

I have to go to bed and see
The birds still hopping on the tree,
Or hear the grown-up people's feet
Still going past me in the street.

And does it not seem hard to you,
When all the sky is clear and blue,
And I should like so much to play,
To have to go to bed by day?

Author: Robert Louis Stevenson





Moms and Dads

What Kind of Role Model Are You?

Children are very perceptive and they watch every move you make. For better or worse, they observe, learn and imitate your behaviors, your actions, your values, your beliefs and even your expressions. It's a fact that children learn vicariously by observing the behavior of others and noting the consequences of their actions. You are in a position of tremendous power in regard to influencing the development of your child. Modeling is important because it is the primary way that children learn the values they will carry for life. Through your actions, your words, your behavior and your love, you can direct your children toward where you want them to go. What are you modeling to your children through your own behavior?

The following list of questions may help you consider your standard of conduct as a role model. Be really honest here, even if it is scary to admit certain things about yourself.

Do you:

- **model a life of passion and purpose**, where you feel vibrant and alive, or does your life include things, such as your job, that you constantly complain about and profess to hate?
- **model taking good care of yourself physically**, or do you eat junk food, continue to be overweight, smoke cigarettes or not exercise?
- **effectively resolve conflicts with other people**, or do you withdraw, stomp your feet, slam doors, get mad or do everything you can to avoid confrontations?
- **model financial responsibility** with regard to your bills and dealings, or do you overindulge and live beyond your means?
- **model high morals** by avoiding such behaviors as gossiping, lying, cheating, and cursing?
- **model social responsibility** by volunteering at your church, school or local shelters and hospitals?
- **model relationships with other people** that are loving, affirming and supportive, or do you criticize other people, tear them down or talk behind their backs?
- **go through the day with energy**, feeling totally alive, or are you constantly tired, stressed, emotionally flat or even depressed, worried and unhappy?
- **spend genuine time with your family**, including being involved in and supporting their activities, or do you beg off because you've "got too much on your plate"?

If you haven't been doing a very good job, it is not too late to get on the ball. Being a worthy role model may mean you've got to ramp up. You've simply got to require more of yourself in every category, even the mundane things like grooming, health, self-control, emotional management, relationships, social interaction, work performance, dealing with fears and every other category of daily life. If you begin to do things with more energy and thoughtfulness and love, your new level of performance will inspire your entire family to live with more passion and exuberance.

<https://www.drphil.com/advice/what-kind-of-role-model-are-you/>

December 6-8 2018

2018 Statewide Parental Involvement Conference

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