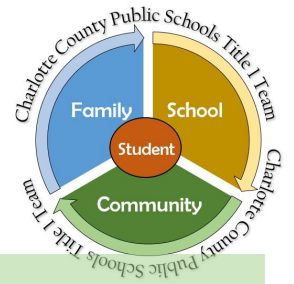


# FAMILY ENGAGEMENT

NEWSLETTER FOR CCPS MIDDLE SCHOOL AND HIGH SCHOOLS

AUGUST 2019



Welcome!

This is the first edition of our Title I Newsletter for middle and high school families. Our goal is to bring you topics of interest and to empower our families to be amazing advocates for their children. We look forward to gathering ideas for topics from you and from schools. Each month there will be a survey where suggestions and comments can be made. 2019-2020 is going to be a fabulous school year!

Renee Wiley

Title I Resource a& Family Engagement Liaison

## PARENT AND FAMILY ENGAGEMENT

### IT'S NOT JUST FOR ELEMENTARY SCHOOL!

As your child moves into Middle School and again into High School it is important that families be there during those tumultuous times. Your child's learning environment is changing, their bodies are changing, and no matter how much denial you hear, **they NEED YOU!** And so do your child's teachers and school. And those needs are changing as well. Alas, change is inevitable so put on your seatbelt and get ready for the ride!

Once upon a time, your child had one teacher for academic subjects and a teacher for each different special class. Understanding the rules and expectations was simple. Entering into the Middle School, students have a different teacher for almost every subject. And because no one is exactly the same, there are different rules, expectations, and procedures in every class. It can take quite some time for students to make that adjustment. **Be patient and supportive** as they learn to maneuver the differences and strengthen their abilities to rise to the challenge.

You can help by modeling the use of a planner—whether it is paper or electronic - use what works for both of you! Start by adding extracurricular activities to raise your child's awareness of committed time. Then add in homework and projects. Assist your child with managing their time to meet all of their goals and assignments. This visual of time commitments helps students better manage their time.

Of course, **nothing is perfect** and mistakes will happen. There will be missed assignments, forgotten instruments, books, uniforms, and lunches. You have to carefully decide when to rescue your child and when to let natural consequences run their course. Remember, if you always rescue your child they have no incentive to be self-sufficient. This is an important skill children need to learn as they grow up and move through middle school and high school. You are successful when your child can manage most situations independently or come to you for help when they are need.

**Attendance every day, all day at school is CRITICAL for academic success.** Children miss out on learning when they miss class. Limit the amount of time missed as much as possible. Schedule appointments before and after school as much as possible. Monitor attendance through FOCUS.

Speaking of FOCUS and monitoring! Families can monitor grades and attendance through CCPS focus. Check out your school's website for the link into FOCUS and log in to your child's page. There you can find grades and attendance. It is a great way to keep up with your child's progress and to have conversations of encouragement, concern, and/or celebration.

### Ways to Help Your Teen

- Clear expectations
  - Grades
  - Behavior
  - Attendance
  - Attitude
- Routines are still important
  - Bed times
  - Chores
  - Meals
  - Responsibilities
- Open lines of communication
  - Be ready to talk when your teen opens up—**DON'T GIVE UP!**
  - LISTEN! LISTEN!**
- There will be drama—don't get sucked into it
  - Be the calm
- Technology
  - Monitor the apps and posts of teens and the time spent on technology

A great resource: [Middle School: The Inside Story](#) by Cynthia Tobias & Sue Acuna

Family Engagement isn't just nice, it is NECESSARY for student success!

## E-CIGS AND VAPING, A DANGEROUS AND ADDICTING TREND



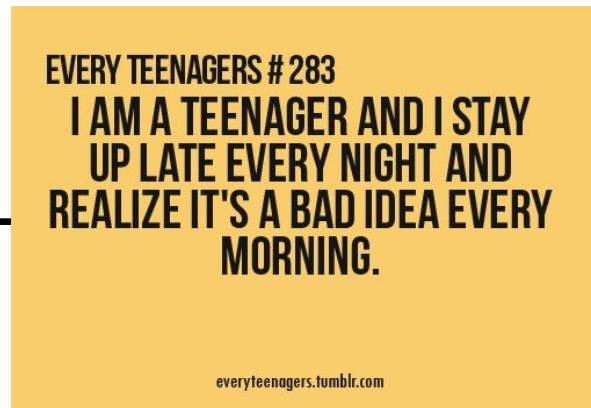
Have you been hearing a lot about vaping lately? That's because it is a trend on the rise in our country. It's not your typical trend of a new clothing brand or style of tennis shoe, it's a trend that leads to health dangers and addiction. If you remember when e-cigs first came on the scene you remember how they were marketed to help people quit smoking. So, let's first take a look at that.

Smoking is a hard habit to kick, and that is due to that tricky chemical called Nicotine. The idea that replacing one delivery method of Nicotine to the body with a different delivery method of Nicotine to the body is not really proving to be a great method to quit smoking. Unfortunately, Nicotine is the chemical that makes quitting so hard, because once your body is addicted and dependent on Nicotine you suffer from withdraw symptoms when you no longer take in that chemical. If you use e-cigs or vape pens to quit smoking, what will you use to quit e-cigs or vape pens?

This new dangerous and addicting trend is especially concerning for our kids. Much **like big tobacco markets to kids through candy flavors and brightly colored packaging** e-cigs and vapes are following suit. It sounds harmless to them considering the original marketing tactic to "help people quit smoking", it looks interesting with the candy flavors and bright packaging...not to mention all the YouTube videos showing vape tricks, and it is even made to smell like scents kids are attracted to (like fruity pebbles), and it is very easy to get, as cheap as .99 for a kit.

This all means that as parents, community members, teachers, medical professionals, law enforcement, etc. we all need to come together to teach kids the facts about e-cigs and vaping. **First, Nicotine is a drug that is addictive.** Nicotine is not relaxing, contrary to what they may have heard, it actually increases heart rate and blood pressure. It can even change insulin levels in the body and lead to heart disease. Second, nicotine is not the only chemical in e-cigs and vapes.... even the ones that claim to not have any Nicotine include other chemicals in the liquid and there is not yet research that shows the short- and long-term health risks of ingesting those chemicals. **Other chemicals known to be in e-cigs and vape pens like formaldehyde and heavy metals we already know can cause cancer,** or like diacetyl which when inhaled can cause a serious lung disease called popcorn lung. Also, vapes can explode. There have been many instances we have heard of people being seriously injured because of vaping explosions. It is up to all of us to educate our community so that our teens can make healthy and informed decisions.

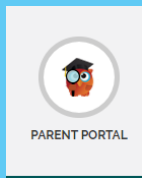
For more information and resources, please visit us online at [www.drugfreecharlottecounty.org](http://www.drugfreecharlottecounty.org) or find us on Facebook (Drug Free Charlotte County), Twitter (@DFCCTweets), or Instagram (drugfreecharlottecounty).



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## Accessing FOCUS:



Use this icon found at the bottom of  
[yourcharlotteschools.net](http://yourcharlotteschools.net)

then follow the directions found on the page:

A video with step by step instructions to find information

about your child's grades, progress reports, and alerts can be found at:

<https://www.yourcharlotteschools.net/Page/18663>

If you need more assistance please see your school staff. They will be able to assist you.

