



# PARC NEWSLETTER

## FOR ADOPTIVE AND GUARDIANSHIP FAMILIES

Region 6

Volume 22

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## Winter Activities for the Whole Family

The winter months can sometimes be difficult to think of activities to do with the whole family. Sometimes the weather is just too cold to be outside, so we have to get creative on how to keep the kids entertained inside. Well, the good news is that you aren't alone. We thought of a few winter activities for you and your family to try:

- **Camp out (in):** Set up tents and sleeping bags in the living room or just make forts, and sleep there overnight. Want s'mores but not into having a campfire in your living room? Make s'mores party mix! Combine mini graham crackers, mini marshmallows, and chocolate chips in a bowl.
- **Game day:** Charades, board games, you name it. Declare a no-screen day and spend some time together! Let the kids take turns picking a game for the whole family to play.
- **The great bake off:** Whether it's cookies, cakes or brownies, find a recipe for your kids to make. The challenge? It's a fun bake off! The bonus? Twice as many goodies and you can eat them during the movie festival that is suggested below.
- **Film festival:** Take turns choosing movies and extend the party by cooking meals that fit the films. Eating spaghetti and meatballs as you watch Lady and the Tramp? It just makes sense!
- **Sock volleyball:** Clear off the family room floor, blow up a couple balloons, mark off the court and wearing only socks or bare feet, play volleyball with your feet instead of your arms.
- **Perform a play:** Have the kids and their friends work together to make up a story, create costumes and design a set with things you have on hand. When its show time, sit back on the couch and get ready to applaud and laugh. And of course, make a video of it!
- **Perform a concert:** Piano? Hand drum? Recorder? Guitar? Chances are you have enough instruments around the house to make some sort of ramshackle band, or maybe you're a pro. Either way, write a song together. You'll never forget it.

If you do get the opportunity to go outside, you could try:

- **Squirt snow paintings:** Using squirt bottles filled with water and food coloring can be a great activity for children to take part in while outside. Coloring in the snow gets them outside and no mess inside! A super easy, fun, and creative activity for the kids to enjoy.



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In Association With



# NEW FACES AND SAFETY TIPS

**Peer-to-Peer Support-** Research has found peer-to-peer support to be extremely beneficial. This is very true for adoptive/guardian families. Below is an introduction to our newest staff members, Luginia and Molly. We are excited to have them join our team and bring their personal experience to our program.



Hello my name is **Luginia Srygley**. I am a wife, homeschool mom and support staff for the Post Adoption Resource Center (PARC). I have been married for 29 years, I have three amazing adult children, an awesome 11 year old daughter at home and a wonderful granddaughter. My educational background includes Mental Health Social Work as well as Management and Organizational Development. I am proud to be a part of PARC. Prior to working for the program, I received valuable support services as a guardian parent at the monthly support group. I believe PARC makes a difference in the lives of the families it serves and the communities in which they live. I am excited to be a part of PARC and if you would like to discuss guardianship topics, feel free to give me a call at 810-528-2009 extension 23016.

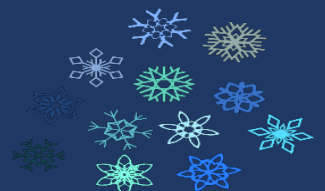
My name is **Molly Burr** and I am a new PARC family worker! I am very excited to join this team and to help families. I am originally from Kansas and relocated to Michigan approximately 1.5 years ago. I have two dogs and a fiancé. My background consists of working with families in a multitude of diverse settings. I have worked with families through foster care cases, children in the foster system residing in a residential setting, and families/children with reading difficulties. I am excited for opportunities to meet everyone and start helping families navigate the post-adoption years.



## Winter Safety Tips

- Dress warm for outdoor activities. Several thin layers will keep everyone dry and warm. Don't forget warm boots, gloves or mittens, and a hat. Choose boots that are large enough to comfortably accommodate two pairs of socks.
- Set reasonable limits on outdoor time to prevent hypothermia and frostbite and make sure kids have a place to warm up when they get cold. When weather is severe, come inside periodically to warm up.
- The sun's rays can still cause sunburn in the winter, especially when they reflect off snow. Make sure to cover any exposed skin with sunscreen and consider using sunglasses or goggles with UV protection.
- Do not overwork yourself, because you may expend all of the energy needed to keep your muscles warm.
- Eat hot, high-calorie foods to encourage your body to burn the foods and keep you warm.

**QUOTE OF THE QUARTER:** "OUR FAMILY IS LIKE A BIG BEAUTIFUL PATCHWORK QUILT. EACH OF US DIFFERENT, YET STITCHED TOGETHER BY LOVE!" -UNKNOWN





# Michigan State Discipline Code Changes!



## Rethinking Discipline - State Law Changes

*“The state of Michigan had one of the harshest discipline codes in the country, mandating expulsion for a large variety of reasons. The intent was to keep students safe, but evidence showed that far too many students were being removed, and that districts often felt their hands were tied and were forced to expel. In the end, students (particularly students of color and students with disabilities) were put at greater risk of school dropout and criminal justice involvement and not given the adult support needed to truly learn from their mistakes, make amends and make educational progress. Around the country, laws have changed to reduce suspensions and expulsions, and at the end of 2016, Michigan’s Legislature passed the Rethink Discipline bills.”- The Student Advocacy Center of Michigan*

## Rethink.....in 2018

The new laws that went into effect on August 1, 2017 end state-mandated expulsions for everything with the exception to firearms. School districts need to consider using alternative methods such as restorative practices or in addition to suspension or expulsion under this new act. The law states that restorative practices should be the first plan of action to remediate offenses (such as interpersonal conflicts, bullying, verbal and physical conflicts, theft, damage to property, class disruption, harassment and cyberbullying).

There are many factors that the school districts must consider before any suspension or expulsion. These include:

1. The student’s age.
2. The student’s disciplinary history.
3. Whether the student has a disability.
4. The seriousness of the violation or behavior committed by the student.
5. Whether the violation or behavior committed by the student threatened the safety of any student or staff member.
6. Whether restorative practices will be used to address the violation or behavior committed by the student.
7. Whether a lesser intervention would properly address the violation or behavior committed by the student.

Restorative practices emphasizes repairing the harm to the victim and the school community caused by a student’s misconduct. This may include victim-offender conferences that are initiated by the victim and are approved by the victim’s parent or legal guardian or, if the victim is at least age 15, by the victim. This provides an opportunity for the offender to accept responsibility for the harm caused to those affected by the misconduct. This also allows them to participate in setting consequences to repair the harm. The attendees, known as a restorative practices team, may require the student to do one or more of the following:

- Apologize.
- Participate in community service.
- Counseling.
- Pay restitution.

Resource – **The Student Advocacy Center** – advocacy, support and a statewide student rights helpline  
734-482-0489 or [www.studentadvocacycenter.org](http://www.studentadvocacycenter.org)

The above information was retrieved from

<http://www.studentadvocacycenter.org/wp-content/uploads/2017/02/RethinkDiscipline-KeyChanges.pdf?189db0>



## Region 6 Meetings, Support Groups, and Trainings!

Build connections with and get support from others who truly understand!

In addition to adult meetings, PARC youth groups for older children and childcare for younger ones are available at most meetings!

### Genesee County Family Connections Meeting

Meeting starts with a potluck dinner; please bring a dish to pass if you are able. Childcare provided with RSVP by email to: [Luginia\\_Srygley@JudsonCenter.org](mailto:Luginia_Srygley@JudsonCenter.org) or by phone to: 810-938-3770.

When: First Thursday of each month

Time: 6:00 p.m. – 8:00 p.m.

Location: South Baptist Church G4091 Van Slyke Rd., Flint, MI 48507.

### Lapeer Family Connections Meeting

Adoptive, guardian, kinship and foster families are invited to attend this group to get support and build connections with others who share similar experiences.

Childcare provided with RSVP by email to:

[Somer\\_Vickery@JudsonCenter.org](mailto:Somer_Vickery@JudsonCenter.org)

or by phone to: 810-732-8510

When: Second Monday of the Month

Time: 6:30 p.m. – 8:30 p.m.

Location: St. Paul Lutheran Church 90 Millville Rd., Lapeer, MI 48446



### Online Calendar Link:

[www.parc-judson.org/calendar](http://www.parc-judson.org/calendar)

## Introducing SIGMA VSS

The State of Michigan has upgraded its financial and business processes to a new system, SIGMA.

SIGMA improves the way Michigan performs financial activities, including budgeting, accounting, payments, and business and grant opportunities. SIGMA Vendor Self Service (VSS) improves working with vendors, payees and grantees, replacing Contract & Payment Express (C&PE) and Buy4Michigan.

If you were previously registered on C&PE you would have been automatically converted to the new SIGMA VSS system.

### SIGMAVSS Benefits:

- Manage your account, view invoice/payment information for checks and EFTs 24 hours a day, 7 days a week
- Improved communication through automated e-mails
- Unique Vendor/Customer ID improves privacy

Visit [Michigan.gov/SIGMAVSS](http://Michigan.gov/SIGMAVSS) for more information and to claim your new account.

## Contact Us



Please feel welcome to contact the PARC office in your region, visit our website for information, or connect with us via social media!

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