



SPECIAL POINTS OF INTEREST:

- Get tips for advocating for your child at school.
- Find out about a free training conference.
- Read Back to School Tips from a PARC Family Worker.
- Get an adopted youth's Top 10 tips for surviving school.
- Connect with PARC on Facebook, Twitter and Pinterest.

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Advocating for Your Child

By: Maggie White

When I was young, my parents were involved in my education. They asked me about my homework each night, my mom always baked goodies for the school's annual bake sale, and they showed up to watch sporting events or plays I was in. When I adopted my son, I quickly learned that my parental involvement at school would have to go way above and beyond what my parents did. Children with emotional issues, behavioral challenges, learning disorders or other health issues that impact their education need parents who are ready to go to bat for them.

Forge good relationships

It's unfortunately common for parents and teachers to have a

contentious relationship. Your child's education will benefit from you and your child's teacher working as a team.



Parents are one of the most important tools for a child's success in school.

Ask for help

School social workers, parent

advocacy groups (see page 2), counselors, administration — don't be afraid to reach out to others if your child has a specific need.

Do your homework

You can advocate more strongly for your child if you know what the laws are and what accommodations are available.

Get it in writing

If you request assistance or evaluation for your child, make sure it's in writing. Follow up all verbal conversations with an email summarizing what was said.

Learn to negotiate

All of your ideas may not be feasible in a classroom, so be prepared to state your

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Free Foster, Adoptive and Kinship Training Conference

Parenting, resources, support groups, trauma and self-care will be the focus of the topics at an upcoming conference hosted by the Michigan Department of Human Services and the Statewide Foster, Adoptive, and Kinship Parent Collaboration Council. The conference will be held Friday, September 12 from 9 a.m. - 5:30 p.m. and Saturday, September 13th from 9 a.m. - 3 p.m. at the Great Hall, 5021 Bay City Rd., Midland, 48642.

There will be no charge for foster, adoptive and kinship parents to attend the conference. Additionally meals will be provided to attendees free of charge.

Lodging will be provided to the first 50 foster, adoptive or kinship parent who register and reside 100 miles or more from Midland. Additional rooms have been blocked at the rate of \$75 per night.

Registration details will be available as the conference draws closer.

Making the Back-to-School Transition Smoother



Somer Vickery,
PARC Worker

By: Somer Vickery, BSW

It's that time of year again. Back to School! We hope everyone had a fun filled summer. As children get ready to go back to school there are many things parents can do to help them prepare for the return. For younger children, parents can take them to the school they will be attending and show them where their classroom will be and have them meet their teacher. This always makes younger children feel more comfortable when starting school. Another good tip is to start putting them to bed earlier so they can adjust to what their bedtime will be when they are back

in school. For older children make sure that they have a list of the items from their teacher of what they will need for school. Make a fun day of it, and take them to pick out their backpack, lunch box and school supplies. For high school aged children ensure that they have the school supplies they will need including a good agenda to keep track of the multiple classes and homework assignments they will have. Also, don't forget to pick them up a lock for their locker if needed! Take the time to talk to your high schoolers about all of the options they have with classes, co-op opportunities,

and advanced classes that could possibly count as college credit in order to help them prepare for their future. As summer comes to an end it's always a good time to do something special with your children before they are back in school. You could take them school clothes shopping, have a BBQ, take them to a waterpark or have a game night at home! Please contact your PARC worker if you are in need of assistance with getting your children ready for their new school year or need IEP assistance. We are here to help!

Education Resources and Support for Parents

Michigan Alliance for Families—www.michiganallianceforfamilies.org

Michigan Protection and Advocacy Service—www.mpas.org

Free Application for Federal Student Aid – www.fafsa.ed.gov

Tuition Incentive Program — go to www.michigan.gov and search for “TIP”

US Department of Education—<http://www2.ed.gov/parents/landing.jhtml?src=pn>

Education and Training Voucher - www.mietv.lssm.org

Early On Michigan—1800earlyon.org

National Education Association—<http://www.nea.org/home/ParentPartnershipResources.html>

Foster Care to Success – www.fc2success.org

Advocating for Your Child, cont.



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position, but be flexible and open to other people's ideas.

Hold your child responsible

Your child has rights and you

Kids need a parent in their corner.

should seek out assistance at school, but your child also has responsibilities. Make sure your child understands that they are responsible for their choices and behavior. Set clear expectations for your child's work and behavior at school. Have clear-cut rewards and consequences to help motivate your child.

Attend all meetings

From parent/teacher conferences

to IEP meetings, your presence is important. Nobody knows your child better than you.

Communicate

Don't know what assignments are coming up? Ask your child, but also utilize web resources or check with your child's teacher. Your child will have the most success if you help to keep him or her on task.

For more information, go to mpas.org/resources/special-education-manual

Beach Day

Summer isn't over yet! Join PARC for a day at Flint's Bluebell Beach and Splash Pad.

Saturday, August 23rd from 1:00 - 3:00 p.m.

Drinks, snacks and kids' activities will be provided.

Call 810-732-8510 for more information.

Youth Corner: Top 10 Tips for School Survival

By Alex Vink

I know parents want us to be all excited about school and we're supposed to be proactive about our work and stuff, but the truth is I'm not a big fan. I hate homework and a lot of time class can be boring. But you've got to do what you've got to do, so here are my tips for surviving the school year:

- 1) As much as you may not want to, do your homework.
- 2) Pay attention to your teacher.

If you're bored — fight through it and focus.

- 3) Get your work turned in on time. You only make it harder if you have to catch up.
- 4) Know your due dates.
- 5) Take notes to help you on tests. And study them!
- 6) Balance your schedule with required classes and electives that interest you.
- 7) Ask for help when you need it.

- 8) I know the school day is long enough, but teachers will often stay after if you need extra help.
- 9) Study with friends if you share classes. (But you have to actually study — not goof around.)
- 10) Remember, summer is only about 9 months away.

"If you're bored — fight through it and focus."



Alex Vink, 17

Connect With PARC

For resources, news, inspiration and up-to-the-minute information about PARC events, you can connect with us online.



Search for Judson Center PARC



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www.pinterest.com/parcjudson



Judson Center

Judson Center, **Region 5**
3840 Packard Rd. Suite 170
Ann Arbor, MI 48108
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Judson Center, **Region 6**
2503 S. Linden Rd. Suite 130
Flint, MI 48532
810.732.8510

To:

PARC — Helping One Family at a Time
www.parc-judson.org



PARC Adoptive Family Training and Support Meetings

Jackson County

This support group meets the first Tuesday of every month at the Salvation Army on Pearl St. from 6:00 p.m. to 8:00 p.m. Dinner and kids' activities will be provided. For more information or to RSVP please email Jennifer_Pedley@judsoncenter.org.

Genesee County

PARC's newest support group meets the second Tuesday of every month at Ennis Center in Flint. Meetings run from 6:00 p.m. to 7:30 p.m. Dinner and kids' activities are included. For more information or to RSVP please email Maggie_White@judsoncenter.org.

Washtenaw County

Join PARC and other adoptive families at this meeting held on the third Thursday of every month at Judson Center's Ann Arbor location from 6:00 pm to 8:00 pm. Dinner and kids' activities are provided. For more information or to RSVP email Jennifer_Pedley@judsoncenter.org.

Berrien County

The Save Our Sanity (SOS) Support Group meets on the third Thursday of every month at the Seventh Day Adventist Church in Stevensville from 6:00 p.m. to 8:00 p.m. Dinner and kids' activities will be provided. Please RSVP to Thomas_Lopez@judsoncenter.org

8timesblessed@gmail.com.

Macomb County

This support group meets the fourth Wednesday of every month at Judson Center's Warren location. Running from 6:00 pm to 8:00 pm, we'll provide dinner and activities for your kids. For more information or to RSVP please send an email to Maggie_White@judsoncenter.org.

Save the date! PARC will be presenting at a November 1st conference hosted by the Family Enrichment Center in Battle Creek.

Learn helpful info! Meet other adoptive parents!

For a complete list of upcoming events, please visit www.parc-judson.org/Calendar