



**Whole School Climate Improvement  
Parent Engagement and Education  
2017-2018**





**WELCOME!! PARENT UNIVERSITY IS HERE TO SUPPORT**

**PARENT UNIVERSITY IS:**

**a team of educators and community leaders led by Long Beach Unified School District, dedicated to helping parents become full partners with schools to educate their children. Parent University joins forces with community agencies and organizations to offer courses, family events and activities that will equip families with new or additional skills, knowledge, resources and confidence.**

**THIS GUIDE WILL:**

**Help provide schools with a current list of resources and tools they can access to meet their parent engagement needs. These resources are now compiled in a Google Classroom for sites and leaders to use in meetings, trainings, and other parent events.**

**HELP US PROVIDE SUPPORT FOR YOUR SITE:**

**Parent University seeks to support family and community engagement both from a centralized and an individualized site focus. Stay connected with the Parent University Team as we continue to create and support both educational and leadership opportunities for parents. We appreciate any feedback or ideas for future workshop development you or your families may consider valuable.**

**FOR MORE INFORMATION OR TO REQUEST WORKSHOPS:**



**Jenni Brown**  
**(562)997-8455**  
**JMBROWN@LBSCHOOLS.NET**  
**OR**  
**REBECCA FAST**  
**(562)997-8326**  
**RFAST@LBSCHOOLS.NET**

<p><b>District Flagship Courses</b></p> <p>These workshops and associated materials are offered for sites to use in facilitating parent presentations.</p>	
<p><b>Support for the Common Core at Home</b></p> <p>This is a workshop where parents engage in practices and games that will help them better support their learner with homework and test preparation at home. Chromebooks or a computer lab are needed to ensure that parents can access Khan Academy and other online resources for support.</p> <p><b>CIE Metrics:</b> CL – all, PO – all, EN - all</p>	
<p><b>School Governance and Leadership</b></p> <p>A workshop designed to help parents who are interested or participating in school site governance. Topics include procedures and by-laws, conflict resolution, and LCAP.</p> <p><b>CIE Metrics:</b> CL5, CL7, PO – all, EN - all</p>	
<p><b>Literacy and Reading Comprehension Strategies</b></p> <p>One, two hour workshop designed to help parents who would like to support their developing reader through interactive games and comprehension strategies. Topics include Thinking Maps graphic organizers and a focus on Common Core text-dependent comprehension practice.</p> <p><b>CIE Metrics:</b> CL4, CL5, PO1, PO9, PO11, PO13, PO16, EN1, EN5</p>	
<p><b>Phonemic Awareness &amp; Phonics for Home Support</b></p> <p>Learn strategies which build a strong reading foundation (Grades K-2 and English Learners)</p> <ul style="list-style-type: none"> <li>•Establish students’ phonological awareness: sounds, words, syllables</li> <li>•Apply knowledge of the Open Court Sound/Spelling wall cards for decoding/blending</li> <li>•Bridge reading fluency through phonics and sight words</li> </ul> <p><b>CIE Metrics:</b> CL4, CL5, PO1, PO9, PO11, PO13, PO16, EN1, EN5</p>	
<p><b>Advanced Placement Boot Camp for Parents</b></p> <p>A workshop (differentiated for high school and middle school parent groups) that will help parents understand Advanced Placement coursework, expectations, examinations, and how they transfer to post-secondary.</p> <p><b>CIE Metrics:</b> CL4, CL7, PO6, PO7, PO8, PO12, PO14, PO15, EN1, EN7, EN10</p>	
<p><b>A Parent’s Guide to the new ELD and K-12 literacy standards</b></p> <p>A workshop designed to help all parents understand the new ELD and K-12 literacy standards. This interactive workshop will have parents engaged with current best practices and strategies for helping students at home.</p> <p><b>CIE Metrics:</b> CL2, CL4, CL5, CL7, PO1, PO7, PO9, PO11, PO13, PO16, EN1, EN10</p>	
<p><b>CCSS Testing: Understanding The Testing Process</b></p> <p>This workshop will assist parents in understanding the differences in the new Smarter Balance Assessments and how to best help their children prepare for the testing process.</p> <p><b>CIE Metrics:</b> CL – all, PO – all, EN - all</p>	
<p><b>Understanding The Common Core</b></p> <p>This workshop helps provide information about the Common Core State Standards, and what students are asked to know and be able to do in each grade level. Parents will be given materials relevant to the grade level their student is at.</p> <p><b>CIE Metrics:</b> CL – all, PO – all, EN - all</p>	

<p><b>District Workshops</b></p> <p>These workshops and associated materials are offered for sites to use in facilitating parent presentations.</p>	
<p><b>Successful Homework/Study Skills</b></p>	
<p>Available in differentiated levels, this workshop is designed to help parents develop a positive and structured learning environment. Parents will develop and learn how to monitor a homework plan.</p> <p><b>CIE Metrics:</b> CL4, PO1, PO2, PO3, PO4, PO6, PO7, EN1, EN5, EN6, EN7, EN10</p>	
<p><b>Effective Parent/Teacher Conferences</b></p>	
<p>This workshop helps parents get the most out of their parent teacher conferences and improves communication, overall. Topics include; good questions to ask, what to look for in the classroom, and how to build a strong partnership with your student's teacher.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL6, CL7, PO – all, EN - all</p>	
<p><b>Motivating Your Child (Differentiated by level)</b></p>	
<p>A workshop designed to help parents engage, inspire, and support their student. Parents will learn how to reinforce and develop character traits within their children.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL6, CL7, PO – all, EN - all</p>	
<p><b>The Road to College (for Middle School Students and Parents)</b></p>	
<p>A workshop designed to help parents plan and prepare for college preparatory classes in high school, including timelines and examinations provided by LBUSD to gauge college readiness.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL6, CL7, PO – all, EN - all</p>	
<p><b>Growing a Healthy Child (Fitness and Nutrition)</b></p>	
<p>Parents will learn the latest research and studies on eating healthier and how it improves children's overall concentration at school. Parents will also learn about the need for physical activity and how a family exercise routine can make a difference.</p> <p><b>CIE Metrics:</b> EN1, EN2, EN3, EN10</p>	
<p><b>Building Resilience in Children</b></p>	
<p>Help your families understand what resilience is and how it can be fostered in all children to help them cope with challenges both in and out of the school setting.</p> <p><b>CIE Metrics:</b> PO17, EN1, EN2, EN8</p>	
<p><b>Advocating for your Child</b></p>	
<p>Help your families understand how to improve communication with their children's learning team and conflict resolution skills when addressing concerns with school staff.</p> <p><b>CIE Metrics:</b> PO17, EN1,</p>	
<p><b>Student Success at Home</b></p>	
<p>Planning and organization are keys to success in anything. In this workshop, parents learn how to use tools and games to promote planning and good organizational habits for their family.</p> <p><b>CIE Metrics:</b> CL4, EN1, EN10</p>	

<b>Middle School / High School Transitions</b>	
<p>Help your families manage the flurry of emotions and paperwork that accompany the transition between elementary and middle school, or between middle and high school. Information about the process, schools of choice, and general expectations will be covered.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL6, CL7, PO – all, EN – all</p>	
<b>Attendance Matters!</b>	
<p>Help parents understand the vital importance of daily attendance on student achievement! Using your school's attendance data, parents learn how to build a stronger partnership with their school, and how to resolve attendance issues effectively.</p> <p><b>CIE Metrics:</b> PO – all, EN – all</p>	
<b>High School CHOICE 101 and 201</b>	
<p>This presentation offers clarity of the High School CHOICE process from start to finish. The following topics are covered: Linked Learning; Secondary Specialized Programs vs Small Learning Communities; Comprehensive vs Small, Thematic campuses; Family factors to consider, Timeline of informational events provided by the district and individual high schools. 201 focuses on navigating the online application.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL6, CL7, PO – all, EN – all</p>	
<b>Parent Orientation</b>	
<p>Customized to each grade level, this workshop takes parents through the five most important things a parent needs to know when their child enters a new school: (1) Communication, (2) Involvement, (3) Attendance, (4) Readiness, (5) Awareness</p> <p><b>CIE Metrics:</b> CL4, CL5, CL6, CL7, PO – all, EN – all</p>	
<b>Goal Setting for High School And Beyond</b>	
<p>This workshop guides parents through the creation of an Educational Success Portfolio including goals related to academics and personal growth. It focuses greatly on steps necessary for high school preparation as a stepping stone to college and career.</p> <p><b>CIE Metrics:</b> CL4, EN1, EN10</p>	
<b>Post-Secondary Options</b>	
<p>Helping guide teenagers toward a productive and rewarding path after high school can be overwhelming. This workshop guides parents through the different options available to young adults and explains the various roads one can take toward further education and a rewarding career.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL6, CL7, PO – all, EN – all</p>	
<b>Bullying or Cyberbullying (two different workshops)</b>	
<p>This workshop helps parents examine the issues around bullying, both in school and out. Parents engage in role playing and other activities that will assist them in conversing with their children about bullying and developing an action plan to get help if they are feeling bullied.</p> <p><b>CIE Metrics:</b> PO – all, EN – all</p>	
<b>Career Readiness</b>	
<p>This workshop explores the various career sectors in California and how parents can help their children answer the following questions: (1) Who am I? (2) Where am I going? and (3) How do I get there?</p> <p><b>CIE Metrics:</b> CL4, CL5, CL6, CL7, PO – all, EN – all</p>	
<b>ParentVue</b>	
<p>How to navigate the school district's ParentVue website, giving increased access to student records to make informed parenting decisions.</p> <p><b>CIE Metrics:</b> PO – all, EN – all</p>	
<b>School Loop</b>	
<p>How to navigate and effectively use School Loop as a communication tool between parents, administrators and teachers.</p> <p><b>CIE Metrics:</b> PO – all, EN – all</p>	

<b>Nonverbal Communication: Communicating Effectively in Difficult Situations</b>	
<p>Tuning in to body language helps identify how people truly feel. The skills presented in this workshop can help parents communicate effectively with their children of all ages.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL6, CL7, PO – all, EN - all</p>	
<b>Financing College in Elementary and Middle School</b>	
<p>Understanding the basics from the cost of college to the meaning of the FAFSA, this workshop is about awareness and early planning before high school.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL6, CL7, PO – all, EN – all</p>	
<b>Financial Aid – High School</b>	
<p>This workshop helps families understand the Cost of Attendance for colleges and universities as well as an estimated Expected Family Contribution. Parents are then taken through the details of how to complete the FAFSA and research various college costs.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL6, CL7, PO – all, EN – all</p>	
<b>Growth Mindset</b>	
<p>This workshop explores the differences between a growth and fixed mindset, and how to help children develop the skills that foster a growth mindset.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL6, CL7, PO – all, EN – all</p>	

<p><b>Title III Workshops</b></p> <p>These workshops are offered by LACOE personnel and are <b>taught in Spanish</b>. Sites can provide English interpretation if desired. Workshops are 90 minutes in duration, unless otherwise noted. For information, please call Martha Ensminger at 997-8638.</p>	
<p><b>School Readiness:</b></p>	
<p><b>Early Literacy Development</b></p> <p>Help parents learn early literacy skills that will support their student's language and literacy development (includes updated CCSS alignment).</p> <p><b>CIE Metrics:</b> CL4, CL5, PO1, PO9, PO10, PO16, EN1, EN 10</p>	
<p><b>Early Math Development</b></p> <p>This workshop allows parents to learn a variety of math activities that they can use to engage their student and prepare them for elementary math.</p> <p><b>CIE Metrics:</b> CL4, PO2, PO16, EN1, EN10</p>	
<p><b>Home-School Connection Workshops (K-5):</b></p>	
<p><b>Family Reading</b></p> <p>This workshop will teach parents how to help their children develop a reading habit. Parents will learn an ample variety of activities, which late, they can implement at home with their children.</p> <p><b>CIE Metrics:</b> CL4, CL5, PO1, PO9, PO10, PO16, EN1, EN 10</p>	
<p><b>Family Math</b></p> <p>A different way of looking at math! Family Math offers strategies, activities, and learning skills that parents can use to help their learner at home. Parents will learn how important math is in the school curriculum.</p> <p><b>CIE Metrics:</b> CL4, PO2, PO16, EN1, EN10</p>	
<p><b>Family Science</b></p> <p>Designed to engage parents in science! This course stimulates the imagination and interest in science through activities that use resources that are inexpensive and readily available..</p> <p><b>CIE Metrics:</b> CL4, CL5, CL7, PO1, PO2, EN1</p>	
<p><b>Success with Homework</b></p> <p>In this workshop, parents will be given ideas on how to plan for homework, helping their child accomplish maximum academic achievement.</p> <p><b>CIE Metrics:</b> PO2, PO15, PO16, PO17, CL4</p>	
<p><b>Creative Book Making</b></p> <p>This "make and take" workshop will teach parents easy and simple ways to create a book at home, with materials that are inexpensive, easy to get and that are always available at home.</p> <p><b>CIE Metrics:</b> PO1, PO15, PO16, PO17, EN1</p>	
<p><b>Effective Parent Teacher Conferences</b></p> <p>This workshop helps parents prepare for a parent-teacher conference. Parents will learn techniques to prepare for the conference and know what essential questions to ask during the conference. This is a "must" workshop for all parents.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL6, CL7, PO – all, EN - all</p>	

<p><b>Finding the Power that Exists in You</b></p> <p>This workshop will provide parents with important information on raising balance children in today's fast paced, changing world. Parents will be provided various interactive activities they can use with their children to teach them values, increase intelligence, improve communication skills and family bonding. Parents will learn creative solutions for personal and professional challenges with fun games that teach children to love, and to become happy, balanced children.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL6, CL7, PO – all, EN - all</p>	
<p><b>Meet the Masters</b></p> <p>Art is another form of language. This workshop will involve parents in various art activities that assist in the development of creative and artistic skills. Parents will express ideas, thoughts and emotions through art and will strengthen thinking skills.</p> <p><b>CIE Metrics:</b> PO1, PO15, PO16, PO17, EN1</p>	
<p><b>Home-School Connection Workshops (6-12):</b></p>	
<p><b>Adolescence: A Step Towards Independence</b></p> <p>This workshop helps families determine boundaries and positive ways to increase adolescent independence through communication. Parents will learn strategies on how to successfully navigate the turbulent and rewarding years.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL7, PO1, PO2, EN1</p>	
<p><b>Careers of the 21<sup>st</sup> Century</b></p> <p>Designed to help parents understand the job trends in Southern California and the greater United States, this workshop will give parents tools to help their children become college and career ready.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL7, PO1, PO2, EN1</p>	
<p><b>What Youth Need to Succeed: Working Together to Build Developmental Assets</b></p> <p>In this workshop, parents will learn the 40 developmental assets needed to build character, skills, values, cooperation and collaboration that young people need to grow into healthy, caring, responsible members of society.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL7, PO1, PO2, EN1</p>	
<p><b>College and Career Readiness</b></p> <p>In this workshop, parents will interact with tools to help them understand College Readiness and the Common Core Standards. Parent will understand what college readiness is and why it matters. Parents will understand what to look for and how to help their children at home become college and career ready. Participants will also learn about the four dimensions of college readiness.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL7, PO1, PO2, EN1</p>	
<p><b>Parenting, Leadership and Supporting Academic Achievement Workshop Series:</b></p>	
<p><b>Parent Leadership Institute (Target Audience: Parents of K-12)</b></p> <p>Designed to build parent leaders through understanding their role within LBUSD and exploration of the various parent leadership groups throughout LBUSD. This workshop discusses the virtues and qualities that all leaders must have to lead. (2 sessions)</p> <p><b>CIE Metrics:</b> CL4, CL5, CL7, PO1, PO2, EN1</p>	
<p><b>Developing an Effective Leadership Team (Target Audience: Parents of K-12)</b></p> <p>For parents interested in taking a stronger leadership role at their school site, this workshop teaches the fundamentals of teamwork, "The Five C's" and the factors that are conducive to effective teamwork. Parents will gain knowledge and leadership skills to become effective role models for other parents and successful partners at schools to promote and implement effective parent leadership and shared leadership strategies and partnerships.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL7, PO1, PO2, EN1</p>	



<b>Discipline With Love (Target Audience: Parents of K-12)</b>	
<p>This workshop promotes positive discipline at school and at home. Parents will learn the meaning of discipline, the importance of knowing your child, parenting styles and discipline strategies. Certificates will be given to participants upon completion. (5 sessions)</p> <p><b>CIE Metrics:</b> CL7, PO6, EN1, EN2, EN4, EN6, EN8, EN9, EN10</p>	
<b>Parenting Your Teenager</b>	
<p>A workshop that engages parents in active discussion, this workshop provides materials, exercises and practical applications to help turn key concepts into a natural way of parenting. It is a parent's navigation guide for helping their children make the transition to adulthood safely and successfully.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL7, PO1, PO2, EN1</p>	
<b>Common Sense Parenting (Target Audience: Parents of K-12)</b>	
<p>Adopted from Boys Town Press, this workshop is for parents of children ages 6-16 facing various family challenges. This workshop will provide parents with proven techniques that will aid them in building good family relationships, prevent and correct misbehavior, use consequences to improve behavior and teach self-control. As each new technique is introduced, presenters will explain each step, provide clear examples and give parents an action plan for implementation in their home. Certificates will be given to participants upon completion. (5-6 sessions)</p> <p><b>CIE Metrics:</b> CL7, PO6, EN1, EN2, EN3, EN4, EN6, EN8, EN9, EN10</p>	
<b>Parents Expectations Support Student Achievement (PESA) (Target Audience: Parents of K-12)</b>	
<p>Adopted from LACOE, this parenting program is designed to assist parents in developing the skills to help support student achievement in school. PESA will help parents learn to strengthen their relationship with their children through interactive activities; encourage their child to use high-level thinking skills to solve problems; and many other techniques to strengthen parenting skills. Certificates will be given to participants upon completion. (5-6 sessions)</p> <p><b>CIE Metrics:</b> CL4, CL5, CL7, PO1, PO2, EN1</p>	
<b>Partners in Print (Target Audience: Parents of K-12)</b>	
<p>Reading development begins at home! Adopted from Teamworks, Inc., this workshop's goal is to educate and empower parents so they can help develop their children's literacy. During the course of the sessions, parents will learn how to work together with teachers to help children become confident and successful readers. Certificates will be given to participants upon completion. (6 sessions)</p> <p><b>CIE Metrics:</b> CL4, CL5, CL7, PO1, PO2, EN1</p>	

<p><b>Community Partner Series</b></p> <p>These workshops are offered through community partnerships.</p>	
<p><b>Basic Technology Skills</b></p> <p>Offered by Long Beach YMCA, this series of three workshops begin with a general orientation to the computer and the vocabulary associated with it. From there, parents can register for an email account, learn word processing, and how to navigate both ParentVUE and School Loop.</p> <p><b>CIE Metrics:</b> CL2, CL4, EN1, EN10</p>	
<p><b>Asthma Prevention</b></p> <p>Offered by Long Beach Alliance for Children with Asthma, this workshop helps parents understand the importance of controlling asthma and the relationship to daily school attendance and achievement. Resources for families with asthmatic children will be covered. This workshop is also available for faculty professional development as well.</p> <p><b>CIE Metrics:</b> EN - all</p>	
<p><b>Simplicity Parenting</b></p> <p>Offered by Mary Van Geffen, Licensed Trainer. Simplicity Parenting is a series of four workshops that help to provide research that promotes balance in scheduling activities. Often recommended for families with children that have sensory issues, or families experiencing the stress of a hectic life.</p> <p><b>CIE Metrics:</b> EN - all</p>	
<p><b>Positive Parenting (Nancy Manriquez-Dowell)</b></p> <p>Former LBUSD Parent Educator, Nancy M. Dowell provides an array of college and career preparatory workshops for school sites. Topics include transitions, positive parenting, homework support, and more. Nancy can teach the DCFS approved parenting series.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL6, PO – all, EN - all</p>	
<p><b>Parent Institute for Quality Education (PIQE)</b></p> <p>PIQE is an established parent education program that has been used throughout LBUSD. Facilitators organize and teach a series of eight workshops for parents with incentives for course completion. At the end of the series, parents graduate in front of their students.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL6, PO – all, EN – all</p>	
<p><b>Bullying Prevention</b></p> <p>Dr. Dana Tate, from the University of Southern California, is an expert in bullying within the schools and prevention strategies. Her workshop focuses on what families can do to prevent bullying, identify where bullying is occurring, and building stronger relationships with school personnel to address bullying issues.</p> <p><b>CIE Metrics:</b> CL4, CL5, CL6, PO – all, EN – all</p>	
<p><b>Sanos Y Fuertes / Healthy and Strong</b></p> <p>Join Centro Salud es Cultura for a nutrition workshop focused on families with children ages 2-10. This workshop specifically focuses on obesity prevention through nutrition.</p> <p><b>CIE Metrics:</b> EN1, EN2, EN3, EN4, EN10</p>	
<p><b>Parent Education Seminars – Leah Macpherson, CPDPE</b></p> <p>Leah Macpherson is a Positive Discipline Certified Parent Educator who specializes in creating dynamic and fact-packed presentations that are based on the latest research and designed to deliver to parents practical, easy to understand tips, tools, and ideas for raising healthy, happy kids. Working from a foundation of respect, encouragement, and cooperation, Leah helps parents encourage kids to develop competencies like resiliency, social skills, conflict resolution and self-confidence. Presentations can be customized to meet each school’s unique challenges and concerns, and can include topics like student anxiety, bullying and cyberbullying, social media safety, and helicopter parenting.</p> <p><b>CIE Metrics:</b> varies depending on the topic requested.</p>	

