



Introduction to K-12 Education (Part I)

Investing in Futures University

Updated June 2013



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- To navigate between slides, you can click on the down arrow on your keyboard or roll the wheel on your mouse to navigate back and forth.
- There are internet links embedded in the presentation that appear underlined and in a different color than regular text; purple if it has not been clicked on before and green when it has been clicked on before. To follow the link, just click on the underlined section described above.
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Investing in Futures Mission Statement

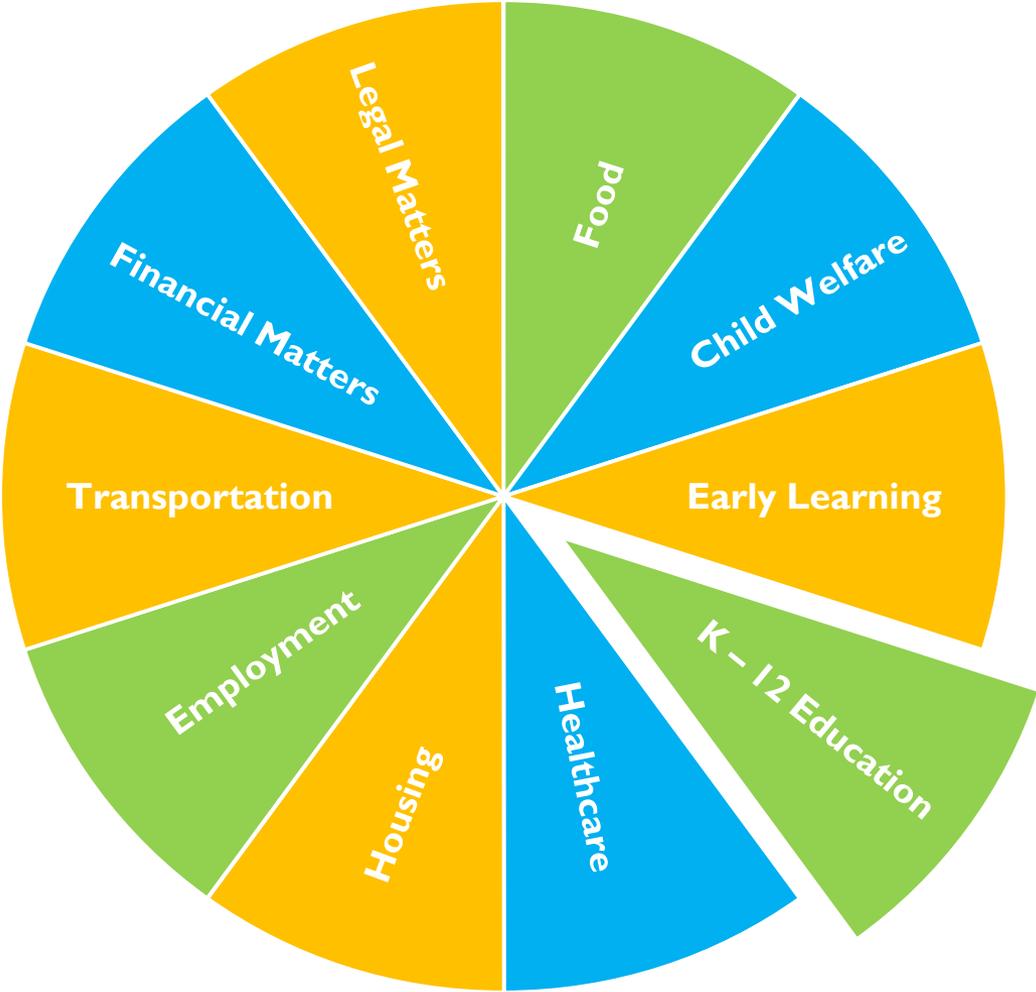
Every Snohomish County family has ready access to the housing, economic opportunities, and support to lead lives of dignity and fulfillment.

Investing in Futures University Mission Statement

Investing in Futures University enhances community capacity and effectiveness by developing the expertise of helping professionals in an evidence-based, comprehensive systems approach to addressing the complex needs of vulnerable families and individuals.



IIF University Systems Modules



Hello everyone! Thank you for choosing to take this course. Here is a brief introduction.

K-12, Part 1 explores the public school system as well as topics and concerns regarding school age children and adolescents including after school activities, parent involvement, disabilities and academic support.

The enrollment options section can help parents get the most out of the education system depending on the needs of their children. The module also covers parenting challenge such as problems at home, depression, bullying, and substance abuse.

In Part 2, we will learn about additional enrollment options for high school students as well as topics to prepare students for life after high school such as graduation, vocational education and scholarships for college.



What will be learned from taking this course?

At the end of the presentation, the reader will have a better understanding of the options to:

- Navigate the public school system.
- Help parents become more involved in school.
- Support and advocate for the parents whose children have special needs.
- Minimize the impact of homelessness and frequent moves in children's education.
- Promote various activities for children.
- Support parents with parenting issues such as bullying, dating and substance abuse.
- ❖ Investing In Futures University does not endorse any commercial products, processes, or services listed in this presentation.



School System & Related Services



School System & Parent Involvement

- The district is the main local government agency serving children between ages 5 and 18. Public School System has the resources, personnel and obligation to serve children with a vast range of needs. The services they provide go far beyond classroom instruction, meals, school bus and special education (see the following enrollment options section). Most of these are free of charge to the family, though require parents' understanding and initiative for participation. Use district websites/newsletters to stay informed.
- How to communicate with teachers: Understand the teachers' perspectives (there are many articles on 'what teachers want parents to know', etc.) and initiate communication by writing/calling them (give the teachers positive feedback for something she or he does/did) regularly.



School System & Parent Involvement

- How to handle conversations about problems (academic, behavioral, etc.): Encourage parents to do some research on how to manage the specific problem before meeting with the teacher. During the meeting, parents can lay out the problem as they see it and say “Here’s what we can do at home and what we are going to ask our child to do,” Follow this with an open-ended question, such as “What else do you think would help?”
- Follow-up on reported problems in a timely manner. Small problems can sometimes become large problems rather quickly. Parents should let the school know they will follow-up on important issues concerning their child.
- Respond to all school communications promptly.
- If a problem arises, always ask for and listen to the school’s side of the issue.



School System & Parent Involvement

- Make sure the school has all information needed, including medical and any other special needs, to provide the right kind of education. Update the school with his information regularly.
- Teachers have a big impact on children. Parents should maintain an open line of communication with teachers through the end of high school. It is important to keep the teacher informed about events in the child's life which may affect his/her performance at school.
- If parents need a ride, childcare or a different time or day for the parent-teacher conference, the school can help. Call the school office and ask.
- Keeping records: Parents should keep a separate education file for each of their children. Keep copies of all written communication with the school (grades, attendance, discipline notice, special education, testing, letters and correspondence, etc.).



For Immigrant Parents

- Some districts offer [Natural Leaders](#) program which can help isolated families connect with schools and locate various resources for children's education in the community. Natural Leaders are multi-cultural families at schools that were identified as warm, caring, social individuals to serve as a bridge between families and schools.
- Natural leaders offer academic enrichment programs (summer camps, ESL classes, college application help, etc.) and advocacy (employment, housing, health care, etc.) for immigrant families. Schools with a Natural Leaders program show a significant improvement in standardized test scores.
- Before attending school meetings, ask school districts for an interpreter and to provide important written documents in your language.



For Immigrant Parents

- Even if students appear to be fluent, they may still need support in developing the language skills they need to be successful in school. It usually takes 4-7 years to participate in instruction in English without help.
- Undocumented children and young adults have the same right to attend public primary and secondary schools as do U.S. citizens and permanent residents.



Public School Enrollment Options

In the following slides, we will explore each program as well as related services offered by various community organizations.

- Family Choice-Transfers
- Part-Time & Ancillary Services*
- Alternative Learning Experience
- Online Learning
- Gifted/Highly Capable
- High School Coursework Before Ninth Grade
- Special Education*
- Section 504*
- Students Experiencing Homelessness and the McKinney-Vento Act
- High School Before 9th Grade & UW Early Entrance Program

* also available for home school students



Family Choice & School Choices

- Enrolling a child in school the first time:
 - Kindergarten students must be 5 by Aug 31. First graders must be 6.
 - Kindergarten enrollment often starts in early Spring.
 - Contact the school of choice and ask what to bring to enroll a child. At a minimum, most schools require birth certificate, proof of custody/guardianship, proof of residency and record of immunization.
 - Schools are required to take steps to help enroll homeless students who do not have all of the paperwork.
- Family Choice-Transfers (inter-/intra- district transfer)
 - Families can select which public school their children will attend, within certain limitations when space is available.



Family Choice & School Choices

- A student residing in a school district that does not offer the grade in which the student is eligible to enroll may attend another school in the district or any other school district in the state that offers the grade.
- School Report Card
 - Compare schools based on test scores, special programs, enrollment data, teacher qualification.
 - School rankings websites also offer school ratings, parent reviews and test score information.



Part Time & Ancillary Services for Home Schooling

- [Washington Interscholastic Activities Association](#) :An ancillary service is any co-curricular service/activity, any healthcare service and any other services/activities such as counseling, psychological services, testing, remedial instruction, speech and hearing therapy, healthcare services, and tutorial services.
- Home-based and private school students can enroll in the public school for the purpose of taking a course or receiving an ancillary service not available in the private school or home-based setting.
- [Washington Homeschool Organization](#)
 - Homeschooling resources, homeschool laws, local/community resources, FAWs, etc.
 - Offers list of co-ops, field trip clubs, summer camps, support & activity groups and fellowships.
- [Home-Based Instruction in Washington](#)
- [YMCA homeschool programs](#)



Online Learning

- Online Learning
 - Students can either enroll in a full-time or part-time online school program or take individual online courses in coordination with their local school district.
 - Both online school and individual online courses provide web-based instruction that may not be offered in the local school or district and offer a range of courses to meet student needs, from credit retrieval to Advanced Placement.
 - Unlike students who take individual online courses, online school students enroll directly into the web-based program which may involve transfer from local district. The online school programs do not have fees for enrollment and students can access other school resources in their school district.
 - Local district may offer an online school program. If not, parents may need to transfer the student to another district that does offer a program.



Alternative Learning Experience

- Alternative Learning Experience (ALE)
 - ALE is a public school program that is planned, developed, and supervised by a public school teacher. It is characterized by learning activities that occur independently from classroom setting.
 - Used for contract-based learning (credit retrieval or credit acceleration), online learning and parent partnership programs (Co-op schools).
 - Check with the school or district to see if an ALE program is offered or how parents may access an ALE program from another school.



Gifted & Highly Capable Programs

- A highly capable student exhibits high capability in intellectual and/or creative areas, possesses an unusual leadership capacity, or excels in specific academic fields, who requires services beyond the basic programs provided by schools.
- Children do not have to be gifted in multiple areas to be considered highly capable. A child can be identified as highly capable in a single area of acceleration.
- Parents should be encouraged to check with their district for options. Approximately 6% of the student population is considered capable of high performance (academic only) and in need of services or activities not normally provided by the school.
- Contact the state Office of Public Instruction for details.
- [The Halbert and Nancy Robinson Center for Young Scholars](#) at University of Washington
- [Washington Association of Educators of Talented & Gifted](#)
- [National Association for Gifted Children](#)



Special Education & Individualized Education Program (IEP)

- A child can be evaluated for special education with parental consent if the child was identified as possibly having a disability by school. Parents may also contact the child's teacher or other school professional to ask that their child be evaluated.
- The evaluation must assess the child in all areas related to the child's suspected disability. If the parents disagree with the evaluation, they have the right to take their child for an Independent Educational Evaluation (IEE). They can ask that the school system pay for this IEE.
- A group of qualified professionals and the parents decide if the child is a "child with a disability" as defined by the Individuals with Disabilities Education Act (IDEA) based on the evaluation results. If the parents do not agree with the eligibility decision, they may ask for a hearing to challenge the decision.



Special Education & Individualized Education Program (IEP)

- The school system schedules and conducts the Individualized Education Program (IEP) meeting to write an IEP for the child. An IEP includes measurable annual goals and a statement about how progress will be measured (sample IEPs can be found on the internet). The child begins to receive services as soon as possible after the IEP is written.
- IEP should be reviewed at regular intervals.
- [Dispute resolution](#) for a special education disagreement
- The resources available for special education can vary greatly depending on the school district. For some families, moving costs can be offset by the extra services.



Section 504 & Response to Intervention (RTI)

- Section 504 is a federal civil rights law that prohibits discrimination against individuals with disabilities. The services provided under this law are typically accommodations and modifications provided in the regular classroom and designed to enable the child to benefit from classroom instruction. Examples of these include allowing extended time on tests or alternative test methods, modified homework assignments, and modified grading procedures (sample Section 504 plans can be found on the internet).
- Response to Intervention is not an enrollment option but a process that schools are using to identify students who are struggling in school and get them support. With RTI, students can get extra support during classes without being eligible for Section 504 or special education.
- All students are screened by teachers to see if they need help in an area (ex. Reading, writing, math, behavior) Typically, RTI has three levels of interventions that increase in intensity as children need it.



Disability Resources

- [Outdoors for All Foundation](#)
 - Outdoor activities for children with disabilities.
- [Special Needs Adaptive Programs at YMCA](#)
 - Promote independence and socialization.
 - Baseball, bowling, basketball, aquatic, swimming, etc.
- [Northwest Special Families \(Northshore\)](#)
 - Offers social inclusion programs for kids and families.
- [The Arc of Snohomish County](#)
 - Offer programs for children who have siblings with developmental disabilities.
- [Deaf and Hard of Hearing Program](#)
 - Stanwood-Camano school districts
 - Promotes academic, social/emotional, and behavioral growth.
 - Serves students grades preschool through high school.



Disability Resources

- [Snohomish Discovery Center](#)
 - Serves elementary through high school students experiencing significant social, emotional, and behavioral difficulties.
 - Helps students learn problem solving, decision-making, and social skills.
 - Individualized academic instruction
- [Washington State School for the Blind \(Vancouver\)](#)
- [Little Bit Therapeutic Riding Center](#)
- [Smithwright Services](#)
 - Autism and developmental disability support
- Check with local school district for other local options.



McKinney-Vento Act for Homeless Students

- The McKinney-Vento Homeless Education Assistance Act is a federal law that ensures immediate enrollment and educational stability for homeless children and youth.
- The law defines homeless children as “individuals who lack a fixed, regular, and adequate nighttime residence.” (also includes children awaiting foster care placement)
- Schools are required to enroll homeless children and youth immediately, even if they lack documentation such as immunization records or proof of residence.
- Transportation to and from the children’s school of origin must be provided (within and between school districts) if it is in the student’s best interest. Even after the family is no longer homeless, the school must accommodate their child through the current school year.
- For homeless liaison contact list and more details, visit the [Office of Superintendent of Public Instruction](#) or local school district.



Resources for Homeless & Military Families

- [Readiness To Learn\(RTL\)](#) is a program for students who have non-academic barriers to learning such as homelessness, family violence and emotional distress. Supports include parent support, tutoring, financial support and more.
- Some schools have Student Support Advocates who connect students and families to assistance and community resources. Contact counseling office at the school.
- [Volunteers of America Sky Valley Services](#)
 - Basic needs and support resources for families, seniors & youth
- [Interstate Commission on Educational Opportunity for Military Children](#)
 - Enrollment, placement, attendance, eligibility and graduation
 - For children of active duty members of the uniformed services, National Guard and Reserve on active duty orders, and Members or veterans who are medically discharged or retired for one year are eligible for assistance.
- [Military Youth on the Move](#)



High School Before 9th Grade & UW Early Entrance Program

- Three conditions that must be met upon completion of a high school course to receive high school credit.
 - The student should make the request that the course be included on the high school transcript.
 - The student must complete the same course requirements and examinations as the high school students enrolled in the class.
 - The course is equivalent to a course offered at a high school in the district as determined by the school district.
- Bright students who jump grades can sometimes have problems in adjusting to the more mature classmates. Consult with the teacher if you have a concern.
- University of Washington Early Entrance Program
 - The Transition School selects up to 18 students each year younger than 15 years of age.
 - The [UW Academy](#) admits up to 35 high school sophomores each year.



Outside School Support



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Child Care Subsidies

- Working Connection Child Care
 - The parent must work full time or meet Temporary Assistance for Needy Family(TANF)/Work First requirement.
 - Up to 200% FPL
 - Payment is as low as \$15 per month regardless of number of children.
 - There is a waitlist to receive Working Connection Child Care benefits unless the family meets a special priority status (families receiving TANF, families with a child with special needs, teen parents who do not live with parents/guardian and attend high school full time).
 - Apply through Working Connection website or call DSHS Customer Service at 877-501-2233.



Child Care Subsidies

- Subsidy to Pay Family, Friend or Neighbor Caregivers
 - A separate program from Working Connection Child Care which pays for child care centers.
 - Pays for in-home/relative providers.
 - Eligibility is based on income, work/other approved activity participation, number of children, number of adults in family.
 - Income limit for a working single parent with two children is \$3255/mo.
 - Call 800-865-780 or visit Washington Connection website.
- Child Protective Services (CPS) child care, Child Welfare Services (CWS) child care, TANF child care may be approved in some cases. Contact the caseworker.
- Child care subsidies are available for parents with disabilities who require child care to participate in vocational rehabilitation services or employment.



Child Care Resources

- Afterschool programs provide safety and supervision for youth and teens during 2pm-7pm when children are at highest risk of engaging in criminal behavior, becoming victims of crime, being in auto accidents, engaging in sexual activity and abuse drugs.
- Many child care providers offer sliding-scale fees, scholarships, vouchers or other tuition breaks. Ask child care provider.
- [Child Care Net](#): Find child care
- [YMCA](#)
 - School age child care (6:30am-6:30pm, hours may vary by location) with transportation to and from schools.
 - Also offers camps, education, leadership, sports & events.
 - Accepts Working Connection subsidies, financial aid available.
- [Boys and Girls Clubs](#)
 - School age child care (6am-6pm) with transportation
 - Programs are similar to YMCA
 - Accepts Working Connection subsidies.



Hiring a Teen Babysitter

- Before hiring a sitter, determine if the sitter is ready by speaking with the sitter's parent and ask for references from past employers/teachers.
- When interviewing the teen, ask questions about school, friends, and activities. Look them up on social media (mean-spirited posts, out-of-control party photos, etc.).
- Be specific about responsibilities & expectations. Write them down and discuss them (no friends allowed over, no sleeping on the job, no high-risk activities such as swimming/bath, never answer the door to anyone).
- Encourage the sitter not to hesitate to call for any questions.
- Babysitting classes
 - [American Red Cross](#)
 - [Lutheran Community Services](#)
 - [Stanwood Camano Community Resource Center](#)
 - [Seattle Children's \(Everett\)](#)



Activities & Sports

- Many parents assume that their children have to give up activities and sports because they can't afford the fees. However, many youth activity clubs offer scholarships to eligible families (contact the club directly for details). Sports are offered at junior high schools and high schools and many schools have a “Booster Club” where parents do fundraisers to help kids with cost to be able to participate.
- Young children really enjoy spending time with their parents. Shared activities (it doesn't always have to be child-oriented activities) can help building a stronger parent-child relationship that can be especially helpful during adolescence.
- Team sports can help children developing social skills and confidence and often offer scholarships. Activities and sports can be one of the things that keep the teens in school (about 1 out of 4 10th grade students reported that they hate being in school). Be sure that children can choose activities that interest them.



Activities & Sports

- Activities and sports can direct their energy into something productive. Children who are deprived of activities are more likely to get bored and get themselves into trouble during unsupervised hours than children who have regular activities.
- Teens should be able to use regular bus services to travel to activities. [Google Map](#) offers detailed directions for public transportation and bicycle riders.

Sources:

Christine, Jennene. Personal interview. 11 Jun. 2013

Healthy Youth Survey(2012) <http://www.askhys.net/>



Activities & Sports

- Basketball www.wayouthsports.com/
- Soccer www.usyouthsoccer.org/
- Hockey www.usahockey.com/
- Football www.popwarner.com/
- Volleyball www.teamusa.org/USA-Volleyball.aspx
- Baseball/Softball www.littleleague.org/Little_League_Online.htm
- Skyhawks Sport Camps <http://www.skyhawks.com/>
- Boys & Girls Club www.bgcsc.org
- YMCA www.ymca-snoco.org
- 4-H www.4-h.org/default.aspx
- Boy Scouts www.scouting.org/
- Girl Scouts www.girlscouts.org/
- Volunteering
 - [United Way Snohomish County](#)
 - [Idealist](#)



Activities

- YMCA Youth Development Centers ([Mukilteo](#), [Marysville](#))
 - Open for youth 6-18 (no Y membership required)
 - Minority Achievers program for 6th-12th grade.
 - Offer after school activities and ESL classes.
- [Campfire USA Snohomish County](#): Outdoor activities
- [SOS Outreach](#): Outdoor programs
- [Junior Achievement of Washington](#): Free enterprise, business & economics programs
- [Northwest Folk Dancers](#)
- [Mentoring Children of Promise by VOA](#): At-Risk youth mentoring
- [Village Theatre](#): Performance, production, art, theater programs
- [Volunteers for Outdoor Washington](#)
- [Camp Ten Trees for LGBTQ youth](#)
- [GLSEN](#): Activism for gay, lesbian & straight
- [Chamber Music Madness](#)



Activities

- [Davis Place Teen Center](#)
 - Offers after-school meals, drop in activities, babysitting/music/craft/leadership classes, disability job training.
- [Seattle's Child](#)
 - Calendar of events, reviews & special offers through Puget Sound.
 - Event calendar has search options (by location, age, cost, etc.).
- [Libraries](#): Reading programs, movie, craft, music, events.
- [Imagine Children's Museum](#), Everett
- [Y Skate Park](#), Mukilteo
- Check with schools, parks, places of worship, etc. for more options.
- Visit the city and county's Parks & Recreation department website for camps, volunteering, classes, calendar of events, recreation centers, pools, parks, etc.
- Some police departments have youth volunteering programs.



Family Centers & Free Stuff

- Family centers offer youth services, back to school events, holiday giving drives, ESL classes, support groups, classes, emergency assistance, volunteering opportunities and referral.
- [Lutheran Community Services Northwest](#)
- [Sky Valley Resource Center](#) by Volunteer of America (Sultan)
- [Center for Human Services Family Support Centers](#) (North King County)
- [Stanwood Camano Community Resource Center](#)
- Darrington Family Support and Resource Center
1085 Fir Street/360-436-0308
- [Clothes for Kids](#)
- Free Toys at [Christmas House](#)
- Free bicycles at [Sharing Wheels](#) (Everett)
 - Call for hours at 425-252-6952



Internet, Phone & Computer

- Phone assistance
 - \$8/mo. home phone service available for clients of any financial assistance from the DSHS (TANF, Basic Food, SSI, Medical Assistance, etc.).
 - To sign up, call local telephone company with DSHS client ID number.
- Low cost internet and laptop
 - School age children are benefited more from home internet service rather than internet on the phone.
 - High speed internet access:
 - Comcast Internet Essentials
 - Century Link Internet Basics
 - Frontier Communication
 - Discounted laptops and desktops by Interconnection



Homework & Academic Help

- Many bright yet underachieving students have weak organization and time management skills. Losing homework, not turning in homework, taking too much time to get started, not preparing for tests are some of the common problems.
- Homework time should be same time of day and in the same place regardless of whether child states they have no homework. If they say "no homework" than the study time becomes free reading time (still at the child's set study area).
- Develop a notebook system: For example, use one for homework assignments and another for completed assignments This system improves chances that the homework gets turned in on time. Or, use a slim binder where the child keeps all assignments throughout the day and remove the homework from the binder and put them away in the correct folders when finished. This way, homework is less likely to get lost.



Homework & Academic Help

- Some of the best need-based grants have application deadlines as early as 8th grade ([College Bound Scholarship Program](#)).
- Most schools now offer the information online about what homework from each teacher has been assigned, when it is due, and to track the child's progress in their class.
- Find out what distracts the child (TV on the background, music, etc.) and remove the distraction. If it's a TV, set up the study area where there is no TV. Also find out what helps the child stay focused longer (using a sitting ball instead of a chair to allow physical movement, white noises, etc.).
- Parents should show interest in homework by taking time to review and comment. It will be more important to the child to do well, if they know that the parents take pride in their work.



Online Resources & Tutors

- Homework resources
 - <http://www.mathnerds.com/>
 - <http://mathforum.org/dr.math/>
 - <http://www.freemathhelp.com/forum/forum.php>
 - <http://www.ixl.com/>
- Online tutoring & lecture videos
 - <http://www.khanacademy.org>
 - <http://www.videomathteacher.com/index.html>
 - <http://www.learntobe.org/>
 - <http://www.forwardtutoring.org/index.php>
- Online tutors at Public Libraries
 - **Sno-Isle Libraries**: 1pm-10pm, 7 days a week. Submit questions anytime.
 - **King County Libraries**: 2pm-Midnight. 7 days a week. Submit questions anytime.



Homework & Academic Help

- [Page Ahead](#)
 - Literacy program for low income children age up to 12.
- [Gear Up](#) (Everett School District)
 - Provides tutoring, mentoring, college & career counseling, college visits, family activities, financial aid awareness, and more for middle school and high school students.
- Parents can request homework help materials from the teachers to teach their own children.
- [Recommended websites for homework resources](#)
- Free tutoring at [Casino Road Kids Ministries](#) (Everett)
 - For student ages 5-12

Sources: S. Kruger, SOAR Study Skills
Christine, Jennene. Personal interview. 11 Jun. 2013





Thinking algebraically about inequalities

Inequalities Using Multiplication and Division

One-step inequality with multiplication and division example

Constructing and solving one-step inequality

One step inequalities

Inequalities Using Multiplication and Division

Inequalities Using Multiplication and Division

Practice this concept

$$\begin{aligned} -0.5x &\leq 7.5 & 1 < 2 \\ (-2) \cdot -0.5x &\geq 7.5(-2) & -17 > -2 \\ x &\geq -15 \end{aligned}$$


$[-15, \infty)$

Parenting Challenges



Parenting Books & Classes

- There are many great parenting books by age group that can prepare you for the challenge of the child's upcoming developmental stage.
- Parents can also benefit greatly by reading books on specific topics they are struggling with. Many of these books are research based and written by psychologists and educators. Some of the most popular topics includes:
 - Helping the underperforming students: study skills/organization/time management
 - Understanding & bringing out the best of spirited/strong-willed/difficult child
 - How to communicate/connect with your child/teen
 - How to help your child/teen with depression/anxiety
 - Bullying: how parents and teachers can help kids, cyber bullying
 - Raising boys: understanding boys, boys and school system, video games, depression/irritability/anger/violence, failure to launch



Parenting Books & Classes

- Behavioral challenges: explosive child, school discipline, misconceptions, learning disability, how to collaborate with school to set up intervention plan
- Extreme challenges, experience of difference within the family, acceptance, support (severe disabilities, LGBT children, children committing crimes)
- Understanding self: why you parent the way you do & how to change, healing
- Step parenting/divorce
- Body book for boys/girls by age groups
- Use keyword search to find books at Sno-Isle libraries or online bookstores.
- [Puget Sound Adlerian Society](#) parenting class and workshops list
- [Compass Health Parenting Classes](#)
 - Behavioral issues and management, parenting and life skills



Parenting Classes

- [College of Hope](#)
 - An adult-education program focuses on life skills in family life, economic well being, health & wellness, housing expertise.
 - Provide transportation to and from class, a meal, childcare, and children's program.
- Parenting Classes at Lutheran Community Services Family Centers
 - [For The Kids' Sake](#) parenting seminar (Lynnwood): Help parents understand how children are affected by separation and parental conflict. Sliding scale fees.
 - [Family Support Center](#): Offers child development activities, parent-and-child activities, community events, parenting classes, counseling, referral, support groups, etc. Various locations.
- [Project SAFE](#) parenting classes at Cocoon House
 - Teen homeless prevention program. Strengthens families through improved parental functioning & family management skills of parents with teens at high risk of homelessness.
 - English and Spanish



Parenting Classes

- Children's Domestic Violence Program at YWCA
 - For children and non-abusive parents to minimize the effects of domestic violence.
 - Services are free and provided in clients' homes.
 - Children living in Snohomish County, aged 3-18 years.
- Family Preservation Services
 - Services are delivered in the client's home or community.
 - Reinforcing the strengths of the family to prevent the out-of-home placement of a child and the earlier return home of a child from out-of-home care.
- Parent Trust for Washington Children
 - Offers classes on stress management, ages/stages, families in recovery.
 - Online database of classes, support groups, events.
 - Call the Family Help Line (800-932-4673/206-233-0139).



Truancy

- A student is considered to be truant if he or she has any unexcused absences, or a number of unexcused tardies.
- State Law on Truancy (Becca Bill)
 - The Becca Bill is a Washington State law regarding truancy and the truancy petition process that a school must follow regarding repeated absences by a student.
 - The school is obligated to inform the caregiver in writing regarding absences and the school shall schedule a conference with the caregiver and take steps to reduce absences (e.g. providing more individualized instruction to catch up in school, providing vocational courses, adjusting or changing the student's schedule, etc.).
 - After seven unexcused absences in a month, or ten unexcused absences in an academic year, the school district may file truancy petitions with the juvenile court.



Truancy

- If the student is not in compliance with a court order resulting from a tuition petition, the school is required to file a contempt motion.
- The court may order attendance at current school, alternative school, another public school, a skill center, drop-out prevention program, a private school or education center, referral to a Community Truancy Board, or completion of a drug assessment test.
- If the court rules that a student or parent violated the court order the court may order a student to report to county detention, impose alternatives to detention, or order parents to perform community service or pay a fine of up to \$25 per day for each unexcused absence.



Facts about Bullying

- According to the 2012 the Healthy Youth Survey, 30% of 6th graders were bullied in the past 30 days, For 10th graders, 25% were bullied, 12% were bullied online and 10% carried a weapon at school in the past 30 days.
- 8% missed school during the past 30 days because they felt they would be unsafe at school or on their way to and from school.
- Stopbullying.gov
- [Spanish Language Resources](#)
- Lesbian, Gay, Bisexual, Transgender
 - [Safe Schools Hotline](#): 877-723-3723
 - [The Trevor Lifeline](#): 866-488-7386
 - [WA Gay, Lesbian, Straight Education Network](#): 206-330-2099 / 877-220-4213



Dealing with Bullying

- Many children choose not to talk about it because they are afraid that the parents will be disappointed, over-react, or take away internet privileges.
- If parent suspect bullying but the child is reluctant to open up, find opportunities to bring up the issue in a more roundabout way.
- It is estimated that 1 out of 4 elementary school bullies will have a criminal record by the time they are 30.
- It is important to advise kids not to respond to bullying by fighting or bullying back. It can quickly escalate into violence, trouble, and someone getting injured. Instead, it's best to walk away from the situation, hang out with others, and tell an adult.
- If a student attends a persistently dangerous school or is a victim of a violent criminal offense while on school grounds, the student must be allowed to attend a safe school within the same school district. Contact the [OSPI Safety Center](#) at 360-725-6044.



Dealing with Bullying

- Process for Dealing with Bullying
 - The building principal or a designee will conduct the initial investigation.
 - If the parent disagrees with the investigation findings, the parent can appeal the school district compliance officer.
 - If the parent is still unhappy, than the appeal would go to the district superintendent.
 - The superintendent is required to conduct an investigation. If the issue is still not resolved, the parent can file a complaint with a school board member.
 - If the parent feels that the issues have not been adequately addressed, he or she may contact their Educational Service District Superintendent, [Office of Education Ombudsman](#), or an advocate.

Source: www.treehouseforkids.org



Health & Mental Health

- [Snohomish Health District](#)
 - Communicable diseases, community health, environmental health
- [Information and tips on managing children's asthma](#)
- Home Hospital Instruction
 - Tutoring service for students who are temporarily unable to attend school because of a disability or illness. Contact the Office of Superintendent of Public Instruction.
- [Mental health facts sheet for children](#) (anxiety, bipolar disorder, depression, etc.)
- Depression: According to 2012 the Healthy Youth Survey, 31% of 10th graders are depressed and 8% attempted suicide. 28% said they do not have any adult that they can turn to for help when they feel sad or hopeless.



Mental Health & Gang Activities

- For 6th graders, 4% attempted killing themselves, and 18% had no adult who they can turn to for help when they feel sad or hopeless.
- Self Harm/Suicide
 - [Youth Suicide Prevention Program](#): 800-273-8255
 - [Reach Out \(National Helpline\)](#): 800-448-3000
 - [The Trevor Lifeline](#): 866-488-7386
 - [Suicide prevention information](#)
- According to the Healthy Youth Survey, 5% of 10th graders have been a member of a gang.
- [Gang awareness and responses](#)
- Call local police department 9-1-1



Dating & Safety

- Dating abuse and domestic violence
 - National Domestic Violence Hotline: 800-799-7233
 - Love is Respect (National Teen Dating Abuse Helpline): 866-331-9474
 - Rape, Abuse, Incest National Network: 800-656-4673
 - Washington State Coalition Against Dating Violence (Hotline): 800-562-6052
- Pregnancy/Sex/STD's
 - Lifecall(pregnancy): 800-662-2678
 - Planned Parenthood NW: 800-230-7526
- If youths need help and want to talk about something, but not sure who to call, call Teen Link at 866-833-6546 or email teenlink@crisisclinic.org.



Tobacco, Alcohol & Other Substances

- Tobacco
 - 9 out of 10 tobacco users start before they are 18 years old.
 - Smoking causes cancer, emphysema, and heart disease. It can shorten the life by 10 years or more.
 - [WA State Tobacco Quitline](http://www.wa.gov/health/tobacco): 877-270-7867
- Alcohol
 - Underage drinking increases risk-taking and sensation-seeking behavior and is involved in 38% of deaths in motor vehicle crashes and 32% of homicides for people under age 21.
 - Underage drinking plays a significant role in unwanted, unintended, and unprotected sexual activities, contracting sexually transmitted diseases, and unplanned pregnancy.
 - Alcohol Drug Teen Help Line: 206-722-4222/877-345-8336
 - [Let's Draw the Line](#)
 - [Start Talking Now](#)
 - [Teen Driver Safety](#)

Source: [http://www.cdc.gov/ Healthy Youth Survey\(2012\)](http://www.cdc.gov/HealthyYouthSurvey(2012))



Tobacco, Alcohol & Other Substances

- Marijuana
 - 28% of 10th graders tried marijuana.
 - Marijuana affects coordination, memory, judgment, and perception and lead to problems learning.
 - Heavy users from age 13 to 38 shown a significant drop in IQ, even if they quit. Poor judgment can lead to risky behaviors such as getting in a car with someone who's been drinking.
 - About 9% of people who use marijuana become dependent on it. The number increases to about 17% among those who start using it at a young age.
- Other Substances
 - 9% tried inhalants, 5% tried heroin, 5% tried methamphetamines, 6% cocaine, 4% steroids. 5% drove a car while drunk during the past 30 days.
 - [Drug Abuse Information](#)

Sources: <http://teens.drugabuse.gov/> <http://kidshealth.org/>



Warning Signs of Substance Abuse

- Bloodshot eyes, pupils larger or smaller than usual. Dilated pupils in bright lights or contracted pupils in the dark.
- Changes in appetite or sleep patterns. Sudden weight change.
- Deterioration of physical appearance, personal grooming habits.
- Unusual smells on breath, body, or clothing.
- Tremors, slurred speech, or impaired coordination.
- Drop in attendance and performance at school.
- Unexplained need for money or financial problems. May borrow or steal to get it.
- Sudden change in friends, favorite hangouts, and hobbies.
- Frequently getting into trouble (fights, accidents, illegal activities).
- Unexplained change in personality or attitude.
- Periods of unusual hyperactivity, agitation, or giddiness.
- Lack of motivation; appears lethargic or “spaced out”.
- Appears fearful, anxious, or paranoid, with no reason.

Source: Help Guide <http://www.helpguide.org/>



Warning Signs of Commonly Abused Drugs

- Marijuana: Glassy, red eyes; loud talking, inappropriate laughter followed by sleepiness; loss of interest, motivation; weight gain or loss.
- Depressants (including Xanax, Valium, GHB): Contracted pupils; drunk-like; difficulty concentration; clumsiness; poor judgment; slurred speech; sleepiness.
- Stimulants (including amphetamines, cocaine, crystal meth); Dilated pupils; hyperactivity; euphoria; irritability; anxiety; excessive talking followed by depression or excessive sleeping at odd times; may go long periods of time without eating or sleeping; weight loss; dry mouth and nose.
- Inhalants (glues, aerosols, vapors): Watery eyes; impaired vision, memory and thought; secretions from the nose or rashes around the nose and mouth; headaches and nausea; appearance of intoxication; drowsiness; poor muscle control; changes in appetite; anxiety; irritability; lots of cans/aerosols in the trash.



Warning Signs of Commonly Abused Drugs

- Hallucinogens (LSD, PCP): Dilated pupils; bizarre and irrational behavior including paranoia, aggression, hallucinations; mood swings; detachment from people; absorption with self or other objects, slurred speech; confusion.
- Heroin (morphine, methadone, Codeine cough syrup): Contracted pupils ('pin-pointed' eyes); no response of pupils to light; needle marks; sleeping at unusual times; sweating; vomiting; coughing, sniffing; twitching; loss of appetite.
- Drugs/Alcohol National Institute of Health Drug/Alcohol 24 hour Help Line: 800-563-1249

Source: www.helpguide.org



Summary & Feedback

Thank you for completing the Introduction to K-12 Education module, Part I. Here is a summary of what we learned:

- Natural Leaders
- Home school resources & Alternative Learning Experience
- Gifted & Highly Capable Programs
- Special Education & Section 504
- McKinney-Vento Act
- Working Connection Child Care & Subsidy to pay family, friend or neighbor caregivers
- Phone, internet, computer Assistance
- Free homework resources
- Parenting challenges & parenting education
- Truancy, bullying, mental health & substance abuse

We welcome your feedback and will regularly update the contents of this presentation. Please let us know if any of the referral on this presentation did not work or if you have any comments.

Our email address is karenmatson@housinghope.org.



Useful Websites & Agencies

- Snohomish County School Districts
http://www.l.co.snohomish.wa.us/County_Information/school_districts.htm
- Office of Superintendent of Public Instruction
<http://www-test.ospi.k12.wa.us/>
- Northwest Educational Service District 189
<http://www.nwesi.org/>
- Washington Homeschool Organization
<http://www.washhomeschool.org/>
- Office of the Education Ombudsman
<http://www.governor.wa.gov/oeo/>
- Washington Information Network 211
Talk to a referral specialist who can help you finding nonprofit resources. Call 2-1-1 or visit www.win211.org
- Online learning
<http://digitallearning.k12.wa.us/>

