

PARENT RESOURCE GUIDE

MARCH 2022, VOL. 4

Spring Edition



**EDUCATE OC
FAMILY ENGAGEMENT**

Fourth District

PTA[®]

everychild.one voice.[®]

Spring Newsletter

Education and Engagement Committee
Cheri Jones, Fourth District PTA President

A PARENT VOLUNTEER LED EFFORT



EASTER SUNDAY: APRIL 17th

Despite its significance as a Christian holy day, many of the traditions and symbols that play a key role in Easter observances actually have roots in pagan celebrations, particularly the pagan goddess Eostre, and in the Jewish holiday of Passover. [LEARN MORE](#)



EDUCATE OC FAMILY ENGAGEMENT

MARCH 2022 - VOLUME 4

Spring Newsletter

Education and Engagement Committee

The resources being shared are for your information and consideration. Fourth District PTA does not endorse, warrant, or recommend any of these programs. The distribution or display of this newsletter is provided as a community service and parents are responsible for determining if the suggested programs are appropriate for their child. The parents who work on this newsletter are PTA volunteers in different school districts throughout Orange County, CA.



MENTAL HEALTH



HOW TO DEEPEN YOUR RELATIONSHIPS WITH CHILDREN

Relationships can influence children’s success and well-being in life. Here are five elements that children need in healthy relationships with adults.

[CLICK HERE TO LEARN MORE](#)



HOW TO HELP TEEN GIRLS COPE WITH STRESS

New research helps explain how stressful events make teens vulnerable to anxiety and depression—and points to ways to help them cope better.

[CLICK HERE TO LEARN MORE](#)



HOW FOUR DEEP BREATHS CAN HELP KIDS CALM DOWN

A new study shows that a one-minute breathing video helps reduce stress in kids’ bodies.

[CLICK HERE TO LEARN MORE](#)



5 IMPORTANT WAYS PARENTS CAN SUPPORT LGBTQ TEENS

Lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) youth face the same challenges that all teens grapple with during this time of life—and they also must cope with an additional set of challenges.

[CLICK HERE TO LEARN MORE](#)



MENTAL HEALTH MONTH: MAY

It has been observed since 1949. The theme for 2022 is Back to Basics and was chosen to provide foundational knowledge about mental health and information about what people can do if their mental health is a cause for concern.

[CLICK HERE TO LEARN MORE](#)

CELEBRATIONS



MULTIPLE SCLEROSIS AWARENESS WEEK: MARCH 13th – 19th

It was established to raise public awareness of the central nervous system's autoimmune disease. Approximately 2.5 million people worldwide have multiple sclerosis.

[LEARN MORE](#)



HOLI: MARCH 18th

It is also known as the Festival of Colors, Festival of Love, and the celebration of spring. This festival celebrates the life and signifies the victory of good over evil. Participants frolic in parks or other open areas, chasing and covering each other with dry-colored powder and water.

[LEARN MORE](#)



LAYLAT AL BARA'AT: MARCH 18th – 19th

They are also known as Laylat Al Baraah, Barat, Shab-e-Bara, or Night of Forgiveness. It is an Islamic holiday during which practitioners of the faith seek forgiveness for sins. It is a tradition to visit the graves of their loved ones and pray for the peace of their souls. It is regarded as one of the most sacred nights on the Islamic calendar. [LEARN MORE](#)



TRANSGENDER DAY OF VISIBILITY: MARCH 31st

An international day to raise awareness about the struggles transgender people and their identities endure and recognize those who helped fight for rights for transgender people.

[LEARN MORE](#)



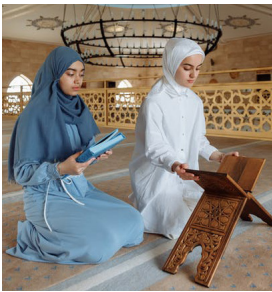
CELEBRATIONS



WORLD AUTISM AWARENESS DAY: APRIL 2nd

This day recognizes and spreads awareness for the rights of people with autism. The condition typically starts during childhood and continues into adulthood. There is no better way to celebrate this day than by becoming aware of the characteristics of people with this condition and how we can do better to increase our understanding and promote kindness.

[LEARN MORE](#)



RAMADAN BEGINS: APRIL 2nd

Observed by Muslims worldwide, it is a month of fasting, prayer, reflection, and community. It is said during this month, the holy book, the Qur'an, was revealed to the Prophet Muhammad.

[LEARN MORE](#)



PASSOVER: APRIL 15th – APRIL 23rd

Also called Pesach, it is an eight-day Jewish holiday in commemoration of the emancipation of the Israelites from slavery in ancient Egypt.

[LEARN MORE](#)



EARTH DAY: APRIL 22nd

For the past 50 years, Earth Day has been celebrated by billions of people around the globe to join together in promoting awareness for the health of our environment. With serious concerns about our changing environment being studied and addressed today by prominent scientists, politicians, and young climate change activists alike. [LEARN MORE](#)



CELEBRATIONS



ASIAN AMERICAN, NATIVE HAWAIIAN, AND PACIFIC ISLANDER HERITAGE MONTH: MAY

Asian American, Native Hawaiian, and Pacific Islander Heritage Month is observed annually in May to celebrate the contributions that generations of AANHPIs have made to American history, society, and culture. The theme for 2022 is Advancing Leaders Through Collaboration.

[LEARN MORE](#)



JEWISH AMERICAN HERITAGE MONTH: MAY

It is a national month of recognition of the history of Jewish contributions to American culture, acknowledging the diverse achievement of the Jewish community in the United States. Depending on religious definitions and varying population data, the United States has the second-largest Jewish community in the world, after Israel. [LEARN MORE](#)



WORLD DAY FOR CULTURAL DIVERSITY FOR DIALOGUE AND DEVELOPMENT: MAY 21st

In 2001, UNESCO adopted the Universal Declaration on Cultural Diversity. The day provides us with an opportunity to deepen our understanding of the values of cultural diversity as three-quarters of the world's major conflicts have a cultural dimension. Bridging the gap between cultures is urgent and necessary for peace, stability, and development. [LEARN MORE](#)



MEMORIAL DAY: MAY 30th

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military.

[LEARN MORE](#)

CELEBRATIONS



CARIBBEAN AMERICAN HERITAGE MONTH: JUNE

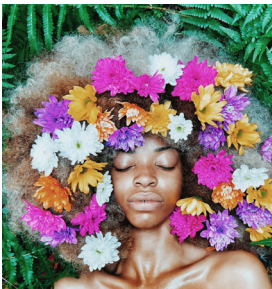
A month aimed to recognize the contributions of all Caribbean immigrants and their descendants living in the United States, who have contributed to American society's well-being since its founding.

[LEARN MORE](#)



LGBTQIA+ PRIDE MONTH: JUNE

A month that is worldwide dedicated to appreciating the contributions and significance of the LGBTQ+ community and celebrates diversity, civil liberties, and rights for all. PRIDE DAY IS JUNE 28th! Pride month is also an opportunity to peacefully protest and raise political awareness of the community's current issues. [LEARN MORE](#)



JUNETEENTH: JUNE 19th

Juneteenth National Independence Day is the newest US federal holiday, but it is also the oldest nationally celebrated commemoration of the ending of slavery in the United States. On June 19, 1865, Major General Gordon Granger of the Union Army arrived at the city of Galveston, Texas and publicly read : 'The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States, all slaves are free.' [LEARN MORE](#)



WORLD REFUGEE DAY: JUNE 20th

An international day to bring awareness that each day thousands of families are forced to flee their home countries and leave everything behind to escape conflict or persecution. The day was first established on June 20th, 2001, recognizing the 50th anniversary of the 1951 Convention Relating to the Status of Refugees. [LEARN MORE](#)



STEAM



5 WAYS TO UNLEASH STUDENT CREATIVITY AND REDUCE FEAR OF FAILURE

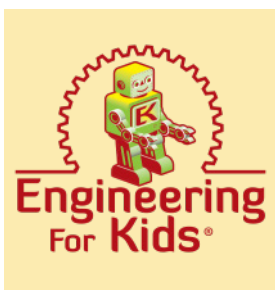
Fear stifles creativity. By making space for the exchange of high-quality, low-stakes feedback, you can encourage the right kind of risk-taking. Just in time for Arts Education Month (March). [CLICK HERE](#)



CODING FOR KIDS: PARENTS GUIDE

Coding for kids — or computer programming for kids — is rapidly growing in popularity.

[CLICK HERE](#)



HARVARD ED: ENGINEERING FOR KIDS

Engineering program categories are split into three levels according to grade level: 1. Junior Engineers (Pre-K to 2nd grade), 2. Apprentice Engineers (3rd to 5th Grade), and 3. Master Engineers (6th to 8th Grade).

[CLICK HERE](#)



MATH + TEENS + PRACTICE =

A WINNING COMPETITION! Competitive mathletes emphasize the joy in solving problems. Science News for Students talks math for teens!

[CLICK HERE](#)

Fourth District

PTA[®]

everychild.one voice.®

PRESENTS-
ESPORTS PARENT PANEL
**ESPORTS SCHOLARSHIPS
FACT OR FICTION**

Wednesday, April 27th,
7pm to 8pm PST

SPEAKERS:



Ruben Benitez
Esports Head Coach
Newberry College



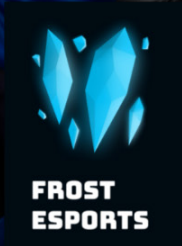
Sunny Yen
Esports Engagement
Coordinator
UCLA



Neil Bui
Esports Coach
Westcliff University



CalPoly - SLO
Collegiate Esports
Player



**FROST
ESPORTS**
Royal Bay
Secondary School
HS Esports Player

**MODERATED
BY:**

Katherine Amoukhteh
Founder & CEO



EMAIL FOR LINK:
katherine@esportscap.gg





California State **PTA**[®] *everychild. onevoice.*

HAPPY ARTS IN EDUCATION MONTH!

Did you know that students who are in schools with fully funded and implemented arts programs are five times less likely to drop out of school, four times more likely to be recognized for academic achievement, four times more likely to receive a bachelors degree and three times more likely to receive attendance recognition.

In addition to the academic achievements, the arts help students with social emotional learning, allows students to voice their opinions and feelings, gives them a sense of bonding and community and the list goes on. Sadly 88% of California public schools are breaking the law and not offering arts education as mandated in California.

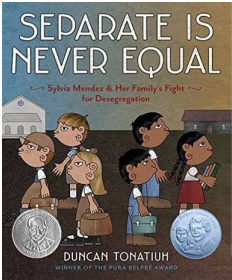
What can you do? Join PTA and download the PARENTS' GUIDE TO VISUAL AND PERFORMING ARTS, join [CREATECA.ORG](https://createca.org) and get additional information.

ARTS EDUCATION

VAPA GUIDE INFO



LITERATURE



MELENDEZ DAY: APRIL 14th

In honor of Sylvia Mendez and the case that made Brown v Board of Education a success, learn about Mendez et al v Westminster by reading SEPARATE IS NEVER EQUAL about school desegregation starting in Westminster, CA. [CLICK HERE](#)



THE 2022 NEWBERY MEDAL, CALDECOTT MEDAL, AND CORETTA SCOTT KING AWARD WINNERS

The prestigious Newbery, Caldecott, and Coretta Scott King Book Awards have long served as a guide to those seeking some of the best original and creative content published for young readers. These prize winners are the books that shape childhoods, give new perspectives to budding readers, and start a lifelong love of stories and the written word. [CLICK HERE](#)



LGBTQIA+ BOOKS FOR KIDS

Aren't familiar with the history of the LGBTQIA+ community? No problem! Here are 15 books to learn along with your children to educate yourself and your family about the history and how to honor all families.

[CLICK HERE](#)



10 PLACES TO FIND FREE BOOKS

Having lots of books at home can encourage your child to read more. Choosing new books can be a fun adventure. Swapping out old ones can freshen up the supply and help keep your child interested in reading.

[CLICK HERE](#)



SPECIAL EDUCATION



FOUR TIPS FOR PARENTING A TEEN WITH ADHD

Approach your teenager's ADHD with clarity and compassion—for them, but also for yourself. [CLICK HERE](#)



SUPERIOR COURT OF CALIFORNIA; COUNTY OF ORANGE SELF-HELP CENTER

Planning to seek a conservatorship for a soon-to-be adult with developmental disabilities, but don't have the money for a lawyer? Well, why not learn and do it yourself! With determination, time, and a little bit of patience, you can file and complete a conservatorship yourself. Visit the Superior Court of Orange County's self-help website for instructions and forms. [CLICK HERE](#)



ADULT TRANSITION BASICS

State Council on Developmental Disabilities Orange County. [CLICK HERE](#)

CONCEPTOS BÁSICOS DE TRANSICIÓN PARA ADULTOS

Consejo Estatal de Discapacidades del Desarrollo del Condado de Orange.
[PRESIONE PARA EL ENLACE](#)



REMOTE WORKSHOPS

Workshops are offered for those who prefer receiving general information about the legal process and want to be assisted in an on-line group setting. Workshops are presented by Self-Help attorneys or paralegals under the supervision of an attorney. Presenters cannot provide legal advice.

[CLICK HERE](#)



**SECOND
HARVEST
FOOD
BANK**
ORANGE COUNTY

MEMBER OF
**FEEDING
AMERICA**

keep it local

OC
RESOURCES

SECOND HARVEST FOOD BANK

<https://www.feedoc.org/get-help/>

For food assistance locations and free CalFresh application help:

Call: 2-1-1 -> Text: 898-211

Go to the [211OC.org](https://www.211oc.org)

2-1-1 of Orange County will pick up the phone 24 hours a day,
7 days a week and can assist callers in multiple languages.

 [findhelp.org](https://www.findhelp.org)

ENTER YOUR ZIP CODE FOR RESOURCES HERE



National Alliance on Mental Illness

NAMI Orange County
714-544-8488

THE OC WARMLINE

Toll Free: (877)-910-9276 or Call/Text: (714) 991-6412

The OC WarmLine is a free and confidential telephone service providing emotional support and resources to Orange County residents, available 24 hours a day, 7 days a week.

<https://www.namio.org/oc-warmline>

LOOK FOR OUR SUMMER NEWSLETTER IN JUNE!

Diversity, Equity, and Inclusion Pledge

Do you know about the National PTA's Commitment to Diversity, Equity and Inclusion? Our mission: Every Child – One Voice, **REQUIRES** that Diversity, Equity, and Inclusion be central in our PTA work and part of our day-to-day decisions and actions. It is the work of every single PTA leader who decides to support families and children in their community.

[READ MORE HERE](#)



7 WAYS TO FIGHT BIAS

Foster diversity and inclusion and build a better world by putting your beliefs into practice. [CLICK HERE](#)

TRAINING IN BYSTANDER INTERVENTION

There are several **FREE** trainings offered in several languages that you can share with your PTA, school community or friends to keep the conversation going to disrupt harassment in your community. [CLICK HERE](#)

Fourth District PTA Education and Engagement Committee

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