

PARENT RESOURCE GUIDE

JUNE 2022, VOL. 5

Summer Edition



EDUCATE OC
FAMILY ENGAGEMENT

Fourth District

PTA[®]

everychild.one voice.[®]

Summer Newsletter

Education and Engagement Committee
Cheri Jones, Fourth District PTA President

A PARENT VOLUNTEER LED EFFORT



EDUCATE OC FAMILY ENGAGEMENT

JUNE 2022 - VOLUME 5

Summer 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



SEL...WHAT IS IT AND HOW CAN IT HELP MY CHILD?

SEL or Social Emotional Learning refers to a wide range of skills, attitudes, and behaviors that can affect student (and adult) success in school and life.

[CLICK HERE](#)



FIVE TIPS FOR TALKING WITH KIDS ABOUT WHAT'S GOING ON IN THE WORLD

There is a lot going on in the world right now. Check out Greater Good's tips on how to talk with kids about it all!

[CLICK HERE](#)



WELLNESS APPS DESIGNED FOR PEOPLE OF COLOR

Check out a few recommendations from the American Psychological Association for apps designed with BIPOC (Black, Indigenous, People of Color) folks in mind!

[CLICK HERE](#)



HOW TO PREPARE FOR THE STRESSES OF COLLEGE

Class of 2022... Headed off to college? Check out some tips for dealing with the stress (from Greater Good).

[CLICK HERE](#)

CELEBRATIONS



JULY 4TH: INDEPENDENCE DAY

The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941.

[LEARN MORE](#)



JULY 26TH: AMERICANS WITH DISABILITIES ACT

In 1990, Congress passed the Americans with Disabilities Act or ADA. This civil rights law made it illegal to discriminate against people with disabilities in many areas of their lives.

[LEARN MORE](#)



AUGUST 9TH: INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLE (UNITED NATIONS)

There are over 476 million indigenous peoples living in 90 countries across the world. Indigenous peoples are the holders of a vast diversity of unique cultures, traditions, languages and knowledge systems.

[LEARN MORE](#)



AUGUST 26TH: WOMEN'S EQUALITY DAY

On August 26, 1920, U.S. Secretary of State Bainbridge Colby signed a proclamation at his own house in Washington, D.C. ending a struggle for the vote that started a century earlier.

[LEARN MORE](#)



CELEBRATIONS



SEPTEMBER 11TH: REMEMBERING 9/11

The Twin Towers were the tallest buildings in New York City. On September 11, 2001, the entire complex was destroyed in a terrorist attack that has come to be referred to as "9/11."

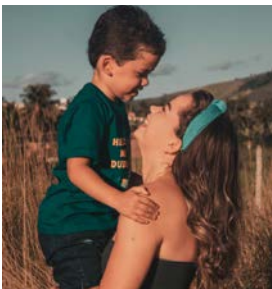
[LEARN MORE](#)



SEPTEMBER 15–OCTOBER 15: NATIONAL HISPANIC HERITAGE MONTH

This month honors the culture and contributions of both Hispanic and Latino Americans. The dates celebrated coincide with Mexico's Independence Day and is a holiday to uplift, highlight, and honor them.

[LEARN MORE](#)



SEPTEMBER 22ND: AUTUMNAL EQUINOX

As summer moves into fall, the autumnal equinox is a time for various religious observances worldwide.

[LEARN MORE](#)



SEPTEMBER 25TH–27TH: ROSH HASHANAH

Celebrated as Jewish New Year as a time for looking forward to a new year with anticipation and reflecting on the past year to improve ourselves for the next.

[LEARN MORE](#)

DIVERSITY, EQUITY & INCLUSION

VISIT CAPTA OR NATIONAL PTA FOR MORE INFO

CAPTA DEI

NATIONAL PTA DEI

WHAT DO THESE TERMS MEAN?



Diversity
is representation
of, and respect for,
people from different
backgrounds and
identities.



Inclusion
is actions, behaviors and
social norms that ensure
all people feel they are
safe, welcomed, and
that they belong.



Equity
provides fairness in
resources, opportunities
and outcomes so that all
communities get what
they need to be engaged
and successful.

The
Center for Family
Engagement

National
PTA



PBS TAKES ON IMPLICIT BIAS

Looking to increase your knowledge, and/or start a great conversation?
Check out the POV series from PBS about Implicit Bias, which is much like
Peanut Butter & Jelly!

[CLICK HERE](#)



BOYS & GIRLS CLUB OF AMERICA ON DEI

What does DEI mean when it comes to raising and supporting kids and teens
in being accepting of people from all backgrounds, cultures and experiences?
Read how Boys & Girls Club of America say kids can benefit from it!

[CLICK HERE](#)



STEAM



2022-2023 PTA REFLECTIONS

2022-2023 Reflections theme is Show Your Voice! Students submit their completed works of art in one or all of the available arts categories: Dance Choreography, Film Production, Literature, Music Composition, Photography, Visual Arts. Check with your school and get started this summer!

[CLICK HERE](#)



CRAYOLA® SUMMER FUN ACTIVITIES

Fun coloring pages and DIY Summer crafts from Crayola®.

[CLICK HERE](#)



11 ELECTRONIC PROJECTS YOUR KIDS SHOULD TACKLE THIS SUMMER

Are you looking for something fun to do with the kids this summer? If so, these projects are worth looking at.

[CLICK HERE](#)



PBS MATH GAMES

Learn about math and play games with your favorite characters like Odd Squad, Curious George, Peg + Cat, and Dinosaur Train!

[CLICK HERE](#)



2022-23 68th Annual Science & Engineering Fair

Summer Outreach Opportunities STEM in Action

How to Pick a Science/Engineering Project Topic

One hour workshop designed to help students (Grades 6 – 12) get a head start on developing a science or engineering project.

Students will learn strategies to identify areas of science, technology, engineering, or mathematics/software that they find exciting and want to learn more about.

Students will learn how to construct a search to develop background information on their topic and see examples of resources that are available to them.

Next Opportunity:

Saturday, July 16, 2022, 4 – 5 pm

Location: Zoom

Cost: Free

[REGISTER HERE](#)



Free Summer Ask a Scientist / Engineer Program Designed for students (Grades 6-12)

OCSEF brings back this very successful program for students to meet with scientists and engineers on Zoom and get answers to questions about their science/engineering/ math/software projects. ***NO COST TO YOU!***

- With prior science/engineering project experience who want to get a head start on their project and have specific questions about refining their topic, experimental design, conducting tests or observations, setting up data tables, and analyzing data.
- Who attended the workshop on “How to Pick a Science/ Engineering Project Topic” and have follow-up questions on selecting a question to investigate.

July 23, 2022

August 6, 2022

August 20, 2022

September 10, 2022

All programs on Zoom.
Saturday afternoon from 4 to 5 pm.

[REGISTER HERE](#)



LITERATURE

LGBTQ+ BOOKS FOR PARENTS AND CHILDREN

We should all read window books (see into the life of someone different) AND mirror books (see ourselves in the story)! Check out Family Equality's Book Nook, a comprehensive list of the best LGBTQ+ books for the whole family!

[CLICK HERE](#)



BOOKS TO READ FOR HISPANIC HERITAGE MONTH

One way to commemorate this month in your own household is to immerse yourself and your children in the cultures through the written word. Be sure you are uplifting voices and writers of LatinX and Hispanic heritage.

[CLICK HERE](#)



FEEL GOOD SUMMER BOOKS FOR ALL

Feel-good, nature-drenched, easy-breezy tales are at the top of everyone's reading list, so here are a few to enjoy this summer!

[CLICK HERE](#)



READ ON THE GO THIS SUMMER

Will you be on a plane or headed on a road trip? Take advantage of OC Library E-book and Audiobooks this summer.

[CLICK HERE](#)





SPECIAL EDUCATION

SUMMER SOCIAL AND RECREATION RESOURCE



If you're looking for something to do this summer, and you have a child with special needs, check out Regional Center's Social and Recreation Resource Guidebook!

[CLICK HERE](#)



LITTLE BEE SPEECH: RESOURCES

Find resources from Little Bee Speech to help track speech sound development, phonological processes, articulation therapy log and so much more.

[CLICK HERE](#)



ADAPTING FOR AUTISM: CLASSROOM PRACTICES

Adapting for Autism has tips from classroom practices to help SPED students by showcasing how activity file folders can help.

[CLICK HERE](#)



SPECIAL NEEDS BOOK REVIEW

Special Needs Book Review, reviews books aimed at helping parents of special needs children. Parents can find advice and strategies from experts to help them raise their own children with special needs.

[CLICK HERE](#)



**SECOND
HARVEST
FOOD
BANK**
ORANGE COUNTY

MEMBER OF
**FEEDING
AMERICA**

SECOND HARVEST FOOD BANK

<https://ocfoodhelp.org/>

Keep it local

OC

RESOURCES

For food assistance locations and free CalFresh application help:

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

Go to the 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**

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 OC residents, available 24 hours a day, 7 days a week. <https://www.namioc.org/oc-warmline>

SUMMER MEALS FOR STUDENTS

Starting July 1, 2022, all children in California are eligible to receive a free breakfast and lunch regardless of their individual eligibility. For more information about Summer Meal Programs, visit the California Department of Education (CDE) Summer Meal Programs website: [CLICK HERE](#)



SUMMER MOVIES IN ORANGE COUNTY 2022

Watch movies on the beach, in open air, or in a park, watch them anywhere!
(From Sandy Toes & Popsicles)

[CLICK HERE](#)

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](#)

Fourth District PTA Education and Engagement Committee

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