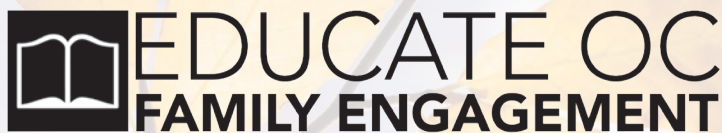


***ONE YEAR ANNIVERSARY!***

*Parent Resource Guide*

**SEPTEMBER 2022, VOL 6**



**Fourth District**

***PTA***<sup>®</sup>

*everychild. one voice.*<sup>®</sup>

**Fall Newsletter, Vol. 6**

Education and Engagement Committee  
Cheri Jones, Fourth District PTA President

A PARENT VOLUNTEER LED EFFORT



# EDUCATE OC FAMILY ENGAGEMENT

SEPTEMBER 2022 - VOLUME 6

Fall 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



## SUICIDE PREVENTION AWARENESS MONTH

September is Suicide Prevention Awareness Month—a time to raise awareness of this stigmatized, and often taboo, topic. We use this month to shift public perception, spread hope and share vital information to people affected by suicide. [CLICK HERE](#)



## STUDENTS MENTAL HEALTH - BACK TO SCHOOL

For parents concerned about how their students are handling the new school year, here are five suggestions mental health experts say can help them monitor their child's mental health. [CLICK HERE](#)



## CHILD ABUSE PREVENTION & RESPONSE

Child sexual abuse happens—more than you think. But, research shows there's something simple and powerful you can do right now that goes a long way to protect your child; talk with them. Check out The Hot Chocolate Talk<sup>®</sup> from the Committee for Children for more information. [CLICK HERE](#)



## KIDS IN THE HOUSE: A PARENTING SUPPORT

Kids in the House gives parents and educators the chance to get answers to their tough questions and get first-hand tips on how to deal with particular challenges ranging from pregnancy to getting into college. [CLICK HERE](#)

# STEAM



## FALL THEMED COLORING PAGES & MORE

FREE DIY Halloween Crafts to make Boo-tiful bats and print some spooky Halloween Coloring Pages and stay creative! [CLICK HERE](#)



## DOES YOUR CHILD HAVE AN UNHEALTHY RELATIONSHIP WITH TECHNOLOGY?

It's quite possible that your fears about your child's screen time are unfounded. Check out this article from the Greater Good Science Center for more information. [CLICK HERE](#)



## TAKE THE HIGH SCHOOL CAREER QUIZ AND DISCOVER POSSIBLE CAREER PATHS

You don't need to have it all figured out today! By learning about your strengths, you can start discovering the best areas for you!

[CLICK HERE](#)



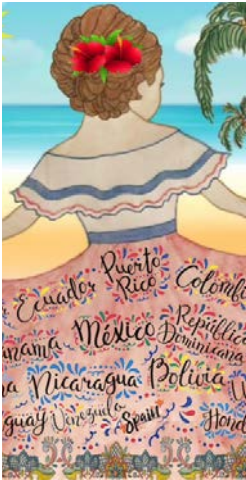
## MATH GAMES: PK-5TH GRADE

Have fun while learning! These games are geared towards Preschool to Fifth Grade students who want to strengthen their math skills.

[CLICK HERE](#)



# CELEBRATIONS



## NATIONAL LATIN & HISPANIC HERITAGE MONTH

September 15th – October 15th

Celebrate and honor the achievements, histories, traditions, and cultural diversity. The national observation began in 1968, and the 2022 theme is: “Unidos: Inclusivity for a Stronger Nation.”

[LEARN MORE - CLICK HERE](#)



## NATIONAL BULLYING PREVENTION MONTH

October

Bullying is an unacceptable, unwanted, aggressive behavior among school-aged children. Wear purple for Spirit Day to support LGBTQ+ youth in a united stand against bullying.

[LEARN MORE - CLICK HERE](#)



## INDIGENOUS PEOPLE'S DAY

October 10th

On this day, observances are held in many countries and communities to celebrate and honor 500+ years of North American Indigenous people's history, culture, resistance, and survival. “Decolonization Day”- “Indigenous, Black and Popular Resistance Day.”

[LEARN MORE - CLICK HERE](#)



## DIWALI

October 24th

The name is derived from the Sanskrit term dipavali, meaning “row of lights.” The festival celebrates the triumph of light over darkness, knowledge over ignorance, and good over evil.

[LEARN MORE - CLICK HERE](#)

# CELEBRATIONS



## NATIVE AMERICAN HERITAGE MONTH

### NOVEMBER IS NATIONAL NATIVE AMERICAN HERITAGE MONTH - [CLICK HERE](#)

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the rich ancestry and traditions of Native Americans.



## HALLOWEEN

October 31st

Keeping much of the traditional pagan practices, All Hallows' Eve was adopted in 19th-century America through Irish immigrants bringing their traditions across the ocean.



## DIA DE LOS MUERTOS

November 1st & 2nd

Celebrated in Mexico and Central America, this festivity acknowledges death as an integral part of life and involves family and friends gathering to pay respect and honor deceased loved ones.

## [FUN HALLOWEEN ARTS & CRAFTS](#)

## [LEARN MORE - CLICK HERE](#)



## AMERICAN EDUCATION WEEK

November 14th-18th

Promotes collaboration between parents and educators, celebrating public education, and honoring those who ensure every child in the U. S. receives a quality education.



## TRANSGENDER DAY OF REMEMBRANCE

November 20th

For generations, transgender people have suffered various forms of abuse (and death) for challenging the views, notions, and stereotypes around "male" and "female" identities.

## [LEARN MORE - CLICK HERE](#)

## [LEARN MORE - CLICK HERE](#)

# CELEBRATIONS

## THANKSGIVING

November 24th

Annual celebration where families get together to eat. This tradition is rooted in a story told from the perspective of the colonialists who landed near Plymouth Rock in Massachusetts in 1620.

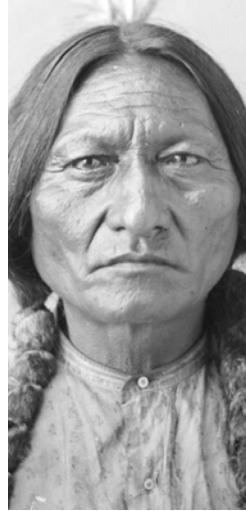


[LEARN MORE - CLICK HERE](#)

## NATIVE AMERICAN HERITAGE DAY

November 25th

The history of America began with Native Americans; today, their communities span the continent and continue to grow and change. Americans of all backgrounds are encouraged to enhance their awareness and appreciation of Native Americans.



[LEARN MORE - CLICK HERE](#)

## WORLD AIDS DAY

December 1st

It is the first-ever health day worldwide. It marks 40 years since the first reports of this disease. #AIDSDAY #HIV



[LEARN MORE - CLICK HERE](#)

## INCLUSIVE SCHOOLS WEEK

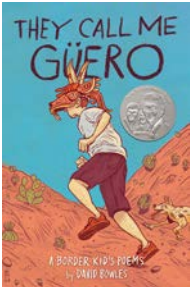
December 5th- 9th

An annual event celebrating the progress schools have made in providing a supportive, quality education to marginalized students. This year, the Inclusive Schools Week's theme is "Unity Within Our Community."



[LEARN MORE - CLICK HERE](#)

# LITERATURE



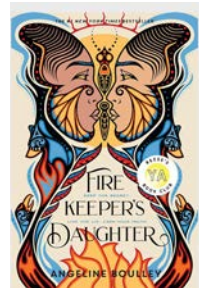
## CHILDREN & YA LATINX BOOKS

Celebrate Latinx and Hispanic Heritage Month by reading a book written by a Hispanic author. This list provides a great starting point! Many of these titles can be found in your local library. [CLICK HERE](#)

## READERS DIGEST: NATIVE AMERICAN VOICES

Native Americans are not a monolith. With more than 500 recognized Indian Nations in the United States, it's important to remember that one Native experience or tradition doesn't always look like the other.

[CLICK HERE](#)



## AUDIOBOOKS: SPOOKY HALLOWEEN STORIES

10 Scary and Not-So-Scary Kids Audiobooks for Halloween. Some titles you can click on to hear the book read to you. We recommend reviewing the stories first before playing for your children. [CLICK HERE](#)

## GET A LIBRARY CARD TODAY!

Did you know you could get an E-Library card online? It gives you access to tons of digital content, including audiobooks, e-books, and more!

[CLICK HERE](#)

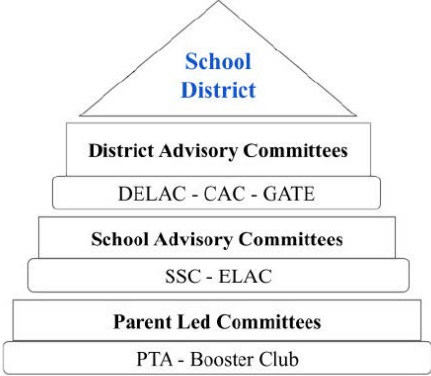




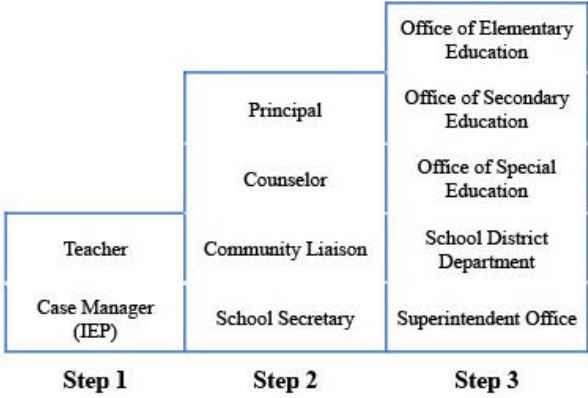


## PARENT ADVISORY OPPORTUNITIES

Parent Engagement is an essential way for parents and school districts/schools to collaborate in supporting all students. Consider volunteering at your school or at an advisory committee. Stay informed, follow official school district and school website, newsletter, social media, Aeries, PTA & other communication channels. Attending board meetings will help you better understand how your district is handling budgets, curriculum and more!



## FOLLOW THESE STEPS FOR EDUCATION-RELATED QUESTIONS OR CONCERNS



Most parent questions/concerns are resolved at the school level by speaking with the teacher and the school principal. If questions/concerns remain, parents can reach out to district departments, school superintendent, and/or members of the board of education.

# SPECIAL EDUCATION



## INTERNATIONAL DAY OF PERSONS WITH DISABILITIES (IDPD), DECEMBER 3RD

This observance aims to promote an understanding of disability issues at every level, raise awareness, and mobilize support for the dignity, rights, and well-being of persons with disabilities. In 2022, the International Day of Persons with Disabilities theme is “Not All Disabilities Are Visible.”

[CLICK HERE](#)



## TIPS FOR CHILDREN WITH SPECIAL NEEDS

Back-to-school time is always a project, and that goes double when you have a child (or children) with special needs.

[CLICK HERE](#)



## HELP YOUR CHILD ADJUST TO NEW ROUTINES

Kids with autism and other special needs can have a tough time getting used to new routines, people and places. And of course, a new school year includes all of the above.

[CLICK HERE](#)



## ASSISTIVE TECHNOLOGY

If your child has a learning disability, he or she may benefit from assistive technology tools that play to their strengths and work around their challenges.

[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](http://211OC.org) website

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.



## HELP ME GROW

Are you challenged by your child's behavior?  
Need support around Developmental Screening?  
Contact Help Me Grow! Help Me Grow OC connects  
families with young children (newborns to 8  
years old) to resources here in Orange County to  
enhance your child's development.

<http://www.helpmegrowoc.org/>

**STAY TUNED FOR OUR WINTER NEWSLETTER**

# Diversity, Equity, and Inclusion Pledge



## INTERNATIONAL PRONOUNS DAY

October 19th

Referring to people by the pronouns they determine for themselves is basic to human dignity. [CLICK HERE](#)



## DEI FOR PARENTS

Are you a parent new to DEI and looking to help your kids understand it better? Here are 3 tips to teach kids to have empathy for others.

[CLICK HERE](#)

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 also cannot be the stand-alone effort of a single committee or group of parents, but is the work of every single PTA leader who decides to support families and children in their community.

[READ MORE HERE](#)

## Fourth District PTA E&E Committee

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**EDUCATE OC**  
**FAMILY ENGAGEMENT**