Parent Leadership Academy

Spring 2019

The Parent Leadership Academy is a collaborative partnership of the Alamo Colleges, San Antonio College, Education Service Center, Region 20 Family Engagement Program, and San Antonio ISD Family Engagement Department, to enhance family engagement in the education of their families. The Parent Leadership Academy is free and open to parents interested in becoming a parent leader and advocate for the family and community.
The purpose of the Parent Leadership Academy is to empower parents to have a leadership role in the education of their families, and become active education advocates in the community. The Parent Leadership Academy will also serve to increase access and knowledge to a college going culture.

CORE VALUES:

- Parent Leadership Sustainability
- Parent Advocacy for Education

OUTCOMES:

- Parents/guardians/caregivers will learn the value of family and community engagement to support increased student learning.
- Parents/guardians/caregivers will develop leadership skills to empower them in the education of their children and families.
- Parents/guardians/caregivers will become a parent support system and connect to other educational and community resources.
- Parents/guardians/caregivers will learn to navigate and partner with the school system to become better advocates for their families (elementary, middle school, high school and higher education).
- Parents/guardians/caregivers will promote a college going culture.
- Parents/guardians/caregivers will apply and build on their new skill set through their involvement in school/community activities, and mentor new parents to promote the Parent Leadership Academy and further impact families.

Parent Leadership Academy Requirements:

- Attend Orientation on Saturday, January 26th 9:00 a.m.—12:00 p.m. at Education Service Center, Region 20 (ESC-20).
- Attend required Mid-Point gathering on Saturday, March 23rd 9:00 a.m.—2:00 p.m. at San Antonio College.
- Attend required closing session on Wednesday, April 24th 9:00 a.m.—2:00 p.m. at ESC-20.
- Attend 6 other required Parent Leadership Courses as per scheduled (see chart).
- Complete 2 elective classes from ESC-20 as per scheduled.
- Create a portfolio that highlights your learning from the Parent Leadership Academy and share your portfolio during the closing session.
- Attend required Graduation Ceremony on Thursday, May 2nd 5:30 p.m.—7:30 p.m. at Education Service Center, Region 20.

To apply for the 2019 Spring Parent Leadership Academy:

2. Email or fax the attached application to kimberly.baumgardner@esc20.net, nfrance@alamo.edu, sgarza16@saisd.net or lcasas1@saisd.net or fax to 210-370-6396.
3. Deadline to apply is Wednesday, January 23rd.

For more information:

Kimberly Baumgardner
kimberly.baumgardner@esc20.net
(210) 370-5431

Lizet Casas
lcasas1@saisd.net
(210) 554-2214

Selene Garza
sgarza16@saisd.net
(210) 554-2217

Nicole France
nfrance@alamo.edu
(210) 486-0934
## Spring 2019 PARENT LEADERSHIP ACADEMY

### REQUIRED COURSES

<table>
<thead>
<tr>
<th>Date &amp; Time</th>
<th>Course</th>
<th>Course Description</th>
<th>Location</th>
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</table>
| Saturday, January 26th             | Parent Leadership Academy Orientation            | The Parent Leadership Academy Orientation will cover the following:  
* Academy Requirements  
* Attendance & Class Locations  
* Academy Topics  
* Networking & Leadership Building  
* Questions & Answers           | Education Service Center, Region 20 (ESC-20)  
1314 Hines Avenue in the Frederick Maples Conference Center  
Frio/Kendall Rooms (1st Floor)   |
| 9:00 a.m.-12:00 p.m.               |                                                  |                                                                                    |                                                                                                                                           |
|                                    | *Breakfast provided                              |                                                                                    |                                                                                                                                           |
| Thursday, January 31st             | Navigating the School System                     | Becoming the best advocate for your child means learning how to navigate the school system. Parents will be provided information that will help them more effectively support their children’s education. During this course, we will discuss general education system knowledge, effective communication skills, and strategies to successfully partner with educators in order to promote advocacy for children in the education system. | SAISD Pickett Academy Cafeteria  
1931 E. Houston St.                                                                  |
| 6:00 p.m.—8:00 p.m.               |                                                  |                                                                                    |                                                                                                                                           |
|                                    | *Light dinner provided                           |                                                                                    |                                                                                                                                           |
| Friday, February 8th              | Building a College Going Culture at Home         | This course teaches strategies to encourage the value of education, the benefits of continuous learning and student success from Pre-K to college. This course will teach parents about educational and community resources to support learning in the family unit as well as what is needed to start planning for future educational opportunities. | San Antonio College Nursing and Allied Health Center (NAHC) #218 |
| 9:00 a.m.—11:30 a.m.              |                                                  |                                                                                    |                                                                                                                                           |
|                                    | *Lunch Provided                                  |                                                                                    |                                                                                                                                           |
| Tuesday, February 12th            | Strengthening Academic Success Outside of the Classroom | Life happens and sometimes we need a reminder on how to keep things balanced and on track. This course will provide participants with resources and strategies to support the strengthening of student academic skills outside of the classroom setting and help parents reinforce these strategies as well as apply them in their own lives. | SAISD Pickett Academy Cafeteria  
1931 E. Houston St.                                                                  |
| 6:00 p.m.—7:30 p.m.               |                                                  |                                                                                    |                                                                                                                                           |
|                                    | *Light dinner provided                           |                                                                                    |                                                                                                                                           |
| Thursday, March 7th               | COVEY: The 7 Habits of Highly Successful Families | The 7 Habits of Successful Families training offers a much-needed framework for applying universal, self-evident principles that enable family members to communicate their challenges and overcome them successfully together. | Education Service Center, Region 20 (ESC-20)  
1314 Hines Avenue in the Frederick Maples Conference Center  
March- Magnolia Room (2nd Floor)  
April –Zavala Room (1st Floor)                                                 |
<p>| 9:00 a.m.—3:00 p.m.               |                                                  |                                                                                    |                                                                                                                                           |
| OR                                 |                                                  |                                                                                    |                                                                                                                                           |
| Wednesday, April 3rd              |                                                  |                                                                                    |                                                                                                                                           |
| 9:00 a.m.—3:00 p.m.               |                                                  |                                                                                    |                                                                                                                                           |
|                                    | *1 hour lunch break on your own provided         |                                                                                    |                                                                                                                                           |</p>
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, March 23rd</td>
<td>Mid-Point Gathering</td>
<td>San Antonio College Nursing and Allied Health Center (NAHC) #218</td>
</tr>
<tr>
<td>9:00 a.m.—2:00 p.m.</td>
<td>During the mid-point gathering, you will learn about your leadership and communication style, develop a leadership plan, and set goals. The mid-point gathering will also focus on connecting with others.</td>
<td></td>
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<tr>
<td>*Breakfast &amp; Lunch Provided</td>
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<tr>
<td>Tuesday, March 28th</td>
<td>My Role in the Community as a Parent</td>
<td>SAISD Pickett Academy Cafeteria</td>
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<tr>
<td>6:00 p.m.—8:00 p.m.</td>
<td>In this session, parents will learn to connect with community resources. This session will also teach parents skills to advocate for education within their community.</td>
<td>1931 E. Houston St.</td>
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<tr>
<td>*Light dinner provided</td>
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<tr>
<td>Friday, April 5th</td>
<td>San Antonio College Parent Tour</td>
<td>San Antonio College Group meets in Fletcher Building #214</td>
</tr>
<tr>
<td>9:00 a.m.—11:00 a.m.</td>
<td>This is a “walking tour” of the San Antonio College campus. You will have the opportunity to visit the numerous college service centers.</td>
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<tr>
<td>Wednesday, April 24th</td>
<td>Closing Session</td>
<td>Education Service Center, Region 20</td>
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<tr>
<td>9:00 a.m.—2:00 p.m.</td>
<td>The closing session will consist of final evaluations, sharing affirmations and new learning. You will also share your portfolio with the cohort.</td>
<td>Maple Room (2nd Floor)</td>
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<tr>
<td>*Lunch provided</td>
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<tr>
<td>Thursday, May 2nd</td>
<td>Parent Leadership Academy Graduation Ceremony</td>
<td>Education Service Center, Region 20 (ESC-20)</td>
</tr>
<tr>
<td>5:30 p.m.—7:30 p.m.</td>
<td>The Parent Leadership Academy Graduation will celebrate parents’ success &amp; learning!</td>
<td>1314 Hines Avenue in the Frederick Maples Conference Center</td>
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<tr>
<td>*Dinner reception and cake provided</td>
<td></td>
<td>Bexar Auditorium Rooms (1st Floor)</td>
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**ELECTIVE COURSES**

You must at least select 2 Elective Courses to complete your Parent Leadership Academy Requirements. All of the elective courses are held at the Education Service Center, Region 20 (1314 Hines Avenue, San Antonio, TX 78208).

You can attend the elective courses face to face or via webinar. You must register for these sessions through ESC-20’s Connect 20 workshop management system at [www.esc20.net](http://www.esc20.net). Click on Connect 20 and follow the steps to create an account and then search for the Session ID# and follow the steps to register.
1. Thursday, January 29, 2019, 9:00 a.m.—12:00 p.m.

**Finding Answers about Special Education Law and Regulations**

This training will provide an exploration of several websites that contain resources regarding the rights and responsibilities of stakeholders in Special Education. These websites contain information regarding eligibility for services, legal references and materials outlining the dispute process when schools and parents cannot reach an agreement in an ARD Committee meeting. This training will familiarize parents with these sites, explore some of the content and demonstrate how to use some of the reference materials provided.

**Session ID:** 52499  
**Webinar ID:** 53183

2. Friday, January 30, 2019, 9:00 a.m.—12:00 p.m.

**Nonviolent Crisis Intervention for Parents & Caregivers: Sharing strategies from your child’s school that you can use at home.**

This training provides parents and caregivers with an overview of the concepts and strategies taught in the Nonviolent Crisis Intervention training program used by schools that can help in the continuity of support and care. This training will provide parents with insights into behavior patterns of their children and an action plan with immediate strategies. Please note that this training will not include physical restraint strategies.

**Session ID:** 53099

3. Tuesday, February 5, 2019, 9:00 a.m.—12:00 p.m.

**Making Math Meaningful: How to Help Your Child “Get It”**

Do you cringe when your child asks for help on their math homework? Do you look at their assignments and think “I never learned math this way?” This training will take a look at the reason for the shift in mathematics instruction, what it means for your child, and how you can best support your child. It is actually easier than you think. You will leave this training with practical, ready to use applications you can use the very same day!

**Session ID:** 52446

4. Wednesday, February 6, 2019, 9:00 a.m.—12:00 p.m.

**Trauma Informed Responses**

This training will discuss how adults can begin to understand the role of trauma, its effects on children and learning. This training will also discuss effects of how and when adults change their methods of interacting and responding to children that have been impacted by trauma that will build, nurture and foster healthy relationships.

**Session ID:** 53101  
**Webinar ID:** 53184
Spring 2019 PARENT LEADERSHIP ACADEMY

5. Wednesday, February 13, 9:30 a.m.—2:30 p.m. (Lunch Provided)

Pathways to Adulthood

*Register at www.txp2p.org

This one-day training will help you prepare for your child with a disability’s life after high school.

Parents will learn how to plan NOW for quality of life in the areas of work, at home, medical services, friendship, and supports, as well as have the opportunity to develop short-term and long-term goals, and the steps to carry them out.

6. Tuesday, February 19, 2019, 9:00 a.m.—12:00 p.m.

ADHD (9:00 a.m.—10:15 a.m.)

This training will provide an overview of Attention Deficit Hyperactivity Disorder (ADHD) and how parents can obtain additional assistance for their child in the public school setting. The discussion will also include a definition of the types of ADHD, why diagnosis is important, possible causes, and suggestions for helping the child learn new and appropriate behaviors.

Children's Mental Health Services Overview (10:30 a.m.—12:00 p.m.)

This training introduces mental health services for children, both in the school and community settings. We will identify some of the common categories of mental health disorders and discuss the requirements set forth by IDEA to help students identified as having mental health disorders. We will look at some of the various services available, both through the school to help the child academically, and within the community to help the family receive the comprehensive help and support they need.

Session ID: 52502  Webinar ID: 53185

7. Wednesday, February 20, 2019, 9:00 a.m.—2:30 p.m. (1 Hour Lunch Break Provided)

Autism 101

This training provides parents an overview of specific instructional and visual strategies that directly impact their child’s academic and behavioral success. With a clearer understanding of the characteristics of autism, parents will explore new possibilities to support their child with autism. Parents will have the opportunity to develop materials for implementation with their child.

Session ID: 53102  Webinar ID: 53187

8. Wednesday, February 27, 2019, 9:00 a.m.—12:00 p.m.

Bullying: Tips for Parents

Never before in history have parents had to face so many challenges when raising their children. Bullying is a serious issue and becoming more prevalent in schools today. Learn the characteristics of someone being bullied and how to recognize signs of students who bully. This training will provide participants with early intervention techniques to help prevent bullying, which one day may save your child.

Session ID: 53103  Webinar ID: 53188
9. Thursday, February 28, 2019, 9:00 a.m.—12:00 p.m.

**Parent Information over RtI & Section 504**

In order for parents to have the knowledge, skills and confidence to understand the educational setting and process of Response to Intervention (RtI) and Section 504, parents must have the information to empower them. This training will provide parents and community members with information about the RtI and Section 504 programs. Please join us to learn how both of these services can help qualifying students receive support to help them reach success in their areas of need.

**Session ID:** 53104  **Webinar ID:** 53189

10. Wednesday, March 6, 2019, 9:00 a.m.—12:00 p.m.

**Generation Z and the World of Tomorrow**

It is a whole new world out there and success starts here! Generation Z and our future are building a new and exciting lifestyle for themselves. Navigating this new frontier takes courage, fortitude, persistence, and courage. This fun, energetic and interactive session is designed to update parents about the 21st Century workplace needs of the employer and the future employability needs of their child (ren). Parents will walk away with a better understanding of how they can empower their child (ren) to be the very best they can be and to build the skill sets to “sell” themselves as the best “products” on the market for any and all employers in the world.

**Session ID:** 53105  **Webinar ID:** 53191

11. Wednesday, March 20, 2019, 9:00 a.m.—12:00 p.m.

**Texas Transition 101**

Parents will receive an in-depth look at the Federal and Texas Transition process used in their child’s IEP to help them be successful after graduating from high school. This training will cover the importance of self-determination and involving your child in the transition process.

**Session ID:** 53106  **Webinar ID:** 53193

12. Thursday, March 21, 2019, 9:00 a.m.—12:00 p.m.

**Early Childhood Parent Toolkit**

Join us as we explore the NEW ESC-20 Early Childhood Parent Plus+ Toolkit! Parent Plus + is an engaging set of activities for parents to use in playful learning with their preschool aged children. This training will train PARENTS to become actively involved in learning how to enhance student engagement with playful learning activities in the home setting. The kit includes activities aligned with the Pre-Kindergarten Guideline standards in math, reading, writing, and language development.

**Session ID:** 53107
13. Wednesday, March 27, 2019, 9:00 a.m.—12:00 p.m.

**Standards-Based IEPs**

With increasing accountability for improving the academic achievement of students with disabilities, school-based professionals have become more invested in the development and use of standards-based Individualized Educational Programs (IEPs). In this training, parents will be presented with the process for developing IEPs that are aligned with state standards.

**Session ID:** 53108  
**Webinar ID:** 53195

14. Thursday, March 28, 2019, 9:00 a.m.—3:00 p.m. (1 Hour Lunch Break Provided)

**Love and Logic Early Childhood Parenting Made FUN!**

Would you like to put an end to temper tantrums, whining, potty training and mealtime battles... and have a great time doing it? Discover how parenting toddlers can be a joy with Love and Logic’s easy to implement techniques.

**This training is specifically geared toward families with children ages birth through age six.**

**Session ID:** 53109

15. Saturday, April 6, 2019, 9:00 a.m.—11:00 a.m.

**Financial Planning for Children with Disabilities**

This training will cover financial planning information that is specific to the special needs community. During this training, planning pieces that are often overlooked such as Special Needs Trusts, ABLE Accounts, and Public Benefit Protection strategies will be discussed. The financial planning process will be explained in a language everyone can understand, creating awareness, and inspiring parents to take action.

**Session ID:** 53113

16. Tuesday, April 9, 2019, 9:00 a.m.—12:00 p.m.

**Talking Back: Supporting Your Non-Verbal/Low-Verbal Child**

This training will focus on techniques and supports that can be utilized when assisting your child in communicating. Parents will be shown how to allow their child not only the opportunity to get their wants and needs met, but to provide them the language to engage in conversations about all aspects of their daily lives.

**Session ID:** 52498  
**Webinar ID:** 53197
17. Thursday, April 11, 9:00 a.m.—12:00 p.m.

Families Talking Together

Families Talking Together (FTT) is a parent-based program focusing on improving parent-child communication and is effective in delaying sexual initiation and preventing risky sexual behavior among middle-school-aged youth (10-14 yrs.). This training will offer tips and group discussions on getting the conversation started, monitoring/supervision, and helping enhance your child's refusal skills. This interactive training is offered by Healthy Futures of Texas.

Session ID: 53117

18. Wednesday, April 17, 2019, 9:00 a.m.—12:00 p.m.

Dyslexia: What is it, and How Can I Help My Child?

Learn what dyslexia is and how to support your child if he/she has dyslexia. We will explore the common risk factors for dyslexia as well as common misperceptions or myths about dyslexia. Participants will learn strategies to help support their student if he/she is at-risk for or identified with dyslexia. While some of the strategies will target beginning literacy skills, this is appropriate for parents with students of all ages.

Session ID: 53118  Webinar ID: 53198

19. Tuesday, April 23, 2019, 9:00 a.m.—12:00 p.m.

College Knowledge for Parents

Facilitated by the UTSA Institute for P-20 Initiatives, "College Knowledge for Parents" provides parents with essential information regarding promoting a college going culture, college financial aid, scholarships, as well as college admissions information. Learn more about your critical role as a parent in helping your child reach their academic dreams.

Session ID: 52440  Webinar ID: 53200

20. Wednesday, April 24, 2019, 9:00 a.m.—12:00 p.m.

Connecting the Math in School to the Math at Home (Grades 3-5)

Building students' confidence in critical thinking of questioning in grades 3-5 is crucial to capture their mathematical success. Participants will engage in instructional strategies that develop their understanding of questions and learn ways to assist parents in making connections that can help them with their child(ren) at home.

Session ID: 53119  Webinar ID: 53201
Spring 2019 PARENT LEADERSHIP ACADEMY

You can also submit the application electronically at
*Applications due by Wednesday, January 23rd*

Parent Leadership Academy Application

Name: __________________________________________________________

Email Address: _____________________________________________________

Cell Phone Number: __________________________

Place of Employment: _______________________________________________

Job Title: __________________________________________________________

Name of your children’s school.

   Elementary School: _______________________________Grade: ______

   Middle School: ______________________________________Grade: ______

   High School: ____________________________________Grade: _________

School District: _____________________________________________________

Why do you want to participate in the Parent Leadership Academy?

Will you be able to complete the required courses? _____Yes    _____No

Do you need Spanish interpretation?    _____Yes   _____No