



PRACTICAL PARENTING PARTNERHIPS
Working Together for Our Children

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NO NAME CALLING

by Janet Shepard, Director

Our names are important to us. They are closely attached to our self-esteem and self-worth. In other words they are a part of healthy social and emotional well being. We think of children and teens twisting names or making up names to tease or bully a peer. A week has been designated to work toward ending name calling in schools. Thanks to a friend I recently found this resource on Facebook: No Name-Calling Week, Jan. 24-28, 2011, “is an annual week of educational and creative activities aimed at ending name-calling, bullying and harassment in K-12 schools. Register for updates at www.nonamecallingweek.org”

This designated week, Children Trust Fund’s Words Hurt awareness campaign, the attention to bullying and more are all efforts aimed at protecting children from hurtful words and name calling. Use of names is important to parents and caregivers as well. There are discussion in both PPP in the Classroom (orange) and PPP for After-school (teal) manuals about the importance of calling parents and caregivers by their names and by using the level of formality that you ask them to use with you. If you invite parents to call you by your first name, it may be acceptable for you to call them by first name. If you expect parents to address you formally, then you MUST address parents in that same formal way.

If you are uncertain how to pronounce a name, ask then practice. If you are uncertain whether the parent and the student have the last name, ask then make a note. Never address a parent by a name or role which might be offensive. Calling parents Mom or Dad may be acceptable if addressing a group, but their given name would be preferred for a one on one conversation.

A training participant shared a story that really emphasizes the importance of names. A caregiver had shared with him that she was not coming back to the school and not to ever bother to ask her to come again. She had been speaking with a teacher about an issue with her child when the teacher addressed her by a role name such as Mama. It was a name that could also be taken as a racist or aging insult. I can only guess that the parent and teacher were from different generations and / or races further compounding the damage. This woman probably isn’t going to speak with anyone else from the school for a very long time if ever. Other teachers will wonder why she won’t accept their calls or respond to their notes. She may be labeled as an uncaring parent because she was not treated with respect by a teacher. Names are a part of healthy relationship building whether we are talking to or about children or adults.

Please check this month’s site news for follow up on Columbia’s upcoming Week of the Emotionally Healthy child as mentioned in last month’s newsletter. Using names is an important way to show respect and respect is one of five key factors for good emotional health.

PPP CENTER UPDATE

by Janet Shepard, Director

Happy New Year! We hope you have the year off to a great start. While indicators point to another challenging year for funding, there do appear to be some bright spots. We are so pleased with the energy and commitment for parent involvement from so many schools so far this school year.

This month we would like to highlight with a tip of the PPP umbrella:

- Kearney School District for including PPP workshops on the agenda for their winter professional development day
- Glasgow Elementary in Riverview Gardens district for becoming a PPP Certified School and for scheduling family nights with PPP leadership
- Cleveland NJROTC Academy, Adams Elementary, Ford Community Education Center and Shaw Visual and Performing Arts Center of St Louis Public Schools for earning PPP Certified School status
- To the 21 educators, Parent School and Community Specialists, parents and community volunteers from St Louis and Riverview Garden Districts who participated in PPP Implementation training in December
- To Greenfield for sending a team to the Springfield regional and for scheduling on-site workshops

The funding survey was mentioned in the last two issues of the newsletter and we announced plans to close it this month. Our number of responses is still small enough that we would like to leave it open one more month. You may complete the short survey at <http://survey.constantcontact.com/survey/a07e34bo279gg9m25b0/start>. We offered four possible opportunities for sustaining PPP. These included membership, increased prices for our services, fund raising in schools with a PPP – school split of the proceeds, and leave things as they are with increased use of services and products. Right now fund raising and increasing use are tied for the lead followed closely by a membership structure. What do you think? Log in and let us know!

PPP has registered with the e-scrip program through Schnuck's. If you shop at Schnuck's and are not already supporting another cause, we hope you will help PPP! Just request an e-scrip card from your local store then go on-line or call the 1-800-9316258 to register your card to support PPP. PPP's number is 500025472. Thanks for your support!



CALENDAR OF EVENTS

Check the [web](#) or [Facebook](#) for the new dates for PPP regional meetings in Macon and Jefferson City. Both were postponed due to the weather forecast.

- January 20, 2011 Regional Professional Development [Kansas City: RPDC](#)
- January 23 -29th School Board Recognition Week
- January 24-28, 2011 [No Name –Calling Week](#)
- January 24 – 28, 2011 Columbia Cares for Kids *Week of the Emotionally Healthy Child*
- February 1, 2011 Home Visit Training Jefferson City MO
- February 17, 2011 Home Visit Training Kansas City MO
- March 3, 2011 Kindergarten Transition Training [SE MO RPDC](#)
- March 4, 2011 Home Visit Training Cape Girardeau MO
- April 19, 2011 Home Visit Training Springfield MO

COLUMBIA CARES FOR KIDS

Trina Almond, Development & Communications Director
Central Missouri Community Action

Columbia's most influential human service agencies and educational entities are pleased to announce a plan for engaging our community to promote the emotional well-being of children and families. We are bringing Dr. Gerald Newmark, P.h.D., author of *How to Raise Emotionally Healthy Children*, to Columbia to bring the information, resources, and training necessary to foster emotional health among our most impressionable population, our children.

Dr. Newmark is an expert in promoting the emotional health of children and will educate our community on strengthening emotional health by meeting five critical needs of children: Respect, Importance, Acceptance, Inclusion, and Security. This framework will provide us with the stepping stones necessary to implement very practical strategies for nurturing emotional stability in our homes, child care centers, schools, and neighborhoods.

We will be kicking off a campaign with a series of events January 24-28th entitled the "Week of the Emotionally Healthy Child". This week will involve seminars for parents, training for child care providers, press conferences, book signings, and meetings open to the general public.

Emotional health provides the foundation for success at school and in life. One of the most serious and under-recognized problems facing our nation is the failure to meet the emotional needs of our children. These needs may be neglected at home and at school. This neglect jeopardizes the future of the children and our society. To address this issue, Dr. Gerald Newmark wrote a best selling book entitled *How To Raise Emotionally Healthy Children*. It was written to raise public consciousness of emotional health and to provide a practical resource to enable parents, teachers and childcare providers to do something about it.

Emotional health affects multiple aspects of our community. Emotionally healthy children equate to productive, healthy, and engaged citizens. This is reflected through consistent work attendance, reduced poverty, increased altruistic and civic-minded behavior, and ultimately an increased level of self-reliance and self-discipline. These characteristics benefit all of us, as they support our society's emotional and economic stability.

For more information check columbiacares@groups.facebook.com. Columbia school personnel may check with community planning team members Belinda Masters from PAT or Becky Beckner with Early Childhood Special Education.

KINDERGARTEN TRANSITION

by Janet Shepard, Director

The dramatic change in kindergarten for today's students from the kindergarten experienced by their parents and grandparents is one of the important reasons for having a kindergarten transition plan. The plan serves as a guide for when, what and how to share information with the families of next year's kindergarten class. It is helpful to families to know well in advance what will be expected of their kindergartner.

During Kindergarten Transition training we typically spend a lot of time discussing developmentally practices, appropriate learning environments for young children, and ways to share information with families. Recently while sorting and rereading resources an article from the August 2007 *INSTRUCTOR* caught my attention. The article, [What Happened to Kindergarten?](#) is still available on-line. Kindergarten transition team members may find it useful for the practical suggestions for integrating play with learning, for understanding the rationale of kindergarten being more difficult, and a reminder of the cautions with an academically rigorous kindergarten classroom. Most importantly, it can be a great place to start for planning discussions meetings and handouts for new kindergarten parents.

A great blog written by a teacher I follow on [Twitter](#) popped up on the [EDUTOPIA post](#) on Facebook this week and I thought you might like reading it just for the joy of reading about how children can guide their own learning when given the opportunity. It serves as a great reminder that learners of all ages do have ideas for how they want to learn.

The Southeast Regional Professional Development Center is sponsoring Kindergarten Transition training on March 3 in Cape Girardeau. If interested, please register directly with the RPDC through [My Learning Plan](#). We welcome other co-hosts around the state or will schedule the training in your area for five or more participants.

HOME VISIT TRAINING

by Janet Shepard, Director

Personal safety is usually at the top of the list of concerns for those new to home visiting. It is a topic we devote some time to in training. You will find a chapter in the training manual on safety. We talk about both physical and psychological safety for everyone involved including the visitor and the family.

We also encourage those who still have concerns about safety to contact local law enforcement officials for training or tips and to shadow more experienced home visitors in your community. A new on-line resource is now available for self or group study.

Oklahoma home visitors have joined together to create a safety manual and [on-line training](#). There is also a pdf file entitled Home Visitor Safety which I have printed out and added to the safety chapter of my home visit manual. You may wish to do the same.






Remember we have home visiting training scheduled in Jefferson City, Kansas City, Cape Girardeau and Springfield in upcoming weeks. We are also happy to provide the training in your community for ten or more people.

SCHOOL HEALTH

by Shelly Lock, Program Development Coordinator

How can your school promote ultimate health for staff and students? The start of a new year is often a time when we focus on becoming healthier. What can your school do to help facilitate that goal? Does your school implement policies and practices that reflect a high priority on healthy outcomes for children and schools and support a culture of health and wellness for employees? School health has to be a coordinated effort as the Missouri Coordinated School Health Coalition models. The following components must be part of the school's efforts for connecting physical, emotional, and social health with education: health education, physical education, health services, nutrition services, counseling and psychological services, healthy school environment, health promotion for staff, and family/community involvement. (Visit www.healthykidsmo.org for more information.) Have you reviewed your school's wellness policy recently? The federally mandated policy also addressed various components of school wellness. (Visit www.msbanet.org for more information.) The start of 2011 is a great time to assess what you are doing and what you can do to enhance overall health!

PPP Sale

ITEM	WAS	NOW	QUANTITY	TOTAL
 Red umbrella Compact 15 inches Red with yellow letters	8.00	4.00		
 What Does That Mean? PPP Guide to School Terms	2.00	1.00 Cris (10 books) \$75.00		
 Promoting Math & Science in Everyday Life DVD	5.00	2.50		
 Black & green tote	N/A	2.00		
 PPP Folders (white with red umbrella's)	N/A	1.00 per doz.		

Act Now! Quantities are limited

Name: _____ School: _____

Shipping Address: _____

Phone: _____

Purchase order # _____ *If paying by PO please note the invoice will include the actual postage amount.*

Check # _____ *Please call for shipping charge before submitting your check*

Credit Card Mastercard Visa Discover

Credit card # _____ Expiration Date: _____
Shipping costs will be added to the total before submitting to your credit card company

Mail or fax completed form with payment information to:

- ❖ Do you have a committee focused on reviewing school health practices annually?
- ❖ What does the team look at?
- ❖ What progress is the school making to enhance student and staff health?
- ❖ What is being done to educate children on nutrition?
- ❖ How much time, daily, do children get an opportunity for physical activity?
- ❖ What improvements can be done to the school nutrition program?
- ❖ Does the school health education curriculum stress the development of healthy habits in children?
- ❖ How does the school educate youth about the dangers of tobacco, alcohol, and illegal drugs?
- ❖ Are children educated about diabetes, asthma, cancer, heart disease, and other diseases and conditions?
- ❖ Does the school have an accurate procedure for tracking food allergies to prevent reactions?
- ❖ What programs and activities are offered to motivate families to focus on overall health?
- ❖ Is health a part of your comprehensive school improvement plan?
- ❖ Does your school recognize and focus on the impact physical and mental health of both staff and students have on school achievement?



PPP offers support to schools in promoting overall health. PPP can provide family nights focusing on health and fitness and the benefits they have on academic performance. Visit our website for a look at workshops offered or contact us to custom plan a session for staff or families.

SAVE THE DATE!

Children's Trust Fund Conference
April 13-15, 2011

Practical Parenting Partnerships was created in 1992 by the Missouri Department of Elementary and Secondary Education with support from the Danforth Foundation.

PPP is sustained by a fee structure, contracts and grants with major funding from the U. S. Department of Education Parent Information and Resource Center (PIRC).

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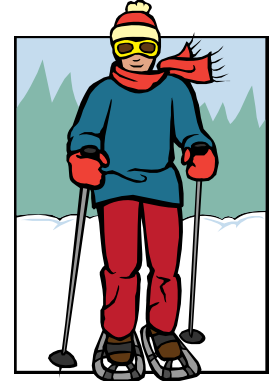
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A NEW YEAR, A NEW HEALTHIER YOU

By Shelly Lock, Program Development Coordinator

As we kick off 2011, many of us are focusing on resolutions regarding good health. As adults, maintaining a healthy weight and getting plenty of physical exercise tends to be a greater challenge than it was when we were younger. However, some of the challenges we face are bad habits that have carried over from our youth. As we strive to be healthier in the new year, let's bring our children on board with us. The more we can educate our children about living a healthy lifestyle and help them to form good habits at a young age, the better off they will be now as well as in their adult lives. One of the best methods for us to impose healthy practices on our children is to model them ourselves. So, let's team up and work on being healthy as a family!



Eat healthy! You and your children can research healthy recipes. Look online (visit Missouri Action for Healthy Kids at www.actionforhealthykids.org for healthy kids recipes and snack ideas), search through cookbooks, and create your own variations of favorite recipes. Often, applesauce or yogurt can be a substitute for oil or butter. Powdered milk can sometimes be a substitute for a portion of the sugar in baking. Explore with your recipes. Shop together for the ingredients needed. Read labels in the grocery store to compare and find the healthiest options. When children help prepare foods, they are more excited to eat them. When healthy foods are quickly available and prepared, we are all more likely to grab them instead of a less healthy alternative. Journal your food intake to help keep you keep on track with a balanced diet.



Get moving! Make a plan as a family to get physical exercise daily. Try to plan for at least several times a week when this exercise can be done as a family. Let each member of the family take a turn suggesting a new and exciting physical activity. Don't be afraid to try new things. Your family may take a walk together, ride bikes, play in the park, jump rope, make an obstacle course in the backyard, join an area YMCA or gym, sign up for a bowling league or basketball team, or put on music and dance. Keep track of the amount of energy (calories) taken in each day compared with the amount of calories burned to lose or maintain your proper weight. Remember, muscle weighs more than fat so as you gain muscle tone, the number on the scale may not drop as you expect. Journal your exercise to monitor your progress.

Get a good night's sleep! We know that our bodies function better when they are well rested. Just as children need a good night's sleep to perform their best in school, adults need a good night's sleep to be at their best for their day of work. The body will burn more calories and function better in physical activity if it is well rested. Did you know that your body even burns calories when you sleep? As a family, establish a nighttime routine and bedtime schedule, then, follow it. Journal your sleep to track your best sleep practices.

It is definitely easier and more fun to focus on health together as a family. Now is the time to establish healthy habits with your children. Happy, healthy 2011!

