What is Title I?

For those of you who are not familiar with Title I, the Forest Hills School District’s ESEA Title I program is a federally funded supplemental educational program that provides financial assistance to improve educational opportunities for students needing assistance in Reading. Title I programs are designed to help children meet the state content in performance standards in Reading, Language Arts, and Mathematics.

The Forest Hills School District’s Title I program offers Reading services to students in Grades K through 3. Three Reading Specialists are funded through the Title I program. Mrs. Hupkovich, Mrs. Jani and Mr. Brilhart provide Title I small group reading instruction at the Forest Hills Elementary School. The instructional services include FROSS (Focus On Student Skills) and Tier III support. The Reading Specialists, along with various members of our support team, continue to receive professional development to best utilize teaching materials and enhance the overall instructional delivery to the students.

In conjunction with our Title I program, this newsletter is published to keep parents informed about the Title I program. Each issue will provide the latest information regarding Title I, and it also will provide usable, practical information to help you help your child become a better student. The Forest Hills School District appreciates your support and wants to continue to build upon the parent/school TEAM approach.

Thank you!

If you have any questions, or would like additional information regarding our Title I Reading program, please contact one of the Title I teachers, or call Mr. Lucas Jacobs, Federal Programs Coordinator at 487-7613 extension 3249.
Students with parents who are involved in their education are more likely to earn higher grades, adapt well to school, and pass their classes. But is there a point when parents can be too involved—specifically, with homework? Consider these scenarios:

- Your child’s big science project is due tomorrow, but her schedule has been so busy lately that she hasn’t had time to finish it herself. You want her to get a good grade, so you end up doing most of the work for her.
- Your daughter’s entry for a school poetry competition seems pretty bad so far. You suggest phrases that sound better. When the awards are announced, your daughter comes home and says, “We won!”
- Your son’s math homework packet is a big part of his grade, but he’s having trouble with a few of the concepts. You wonder if it’s okay to help him with some of the answers?

If parents end up taking over homework tasks—as in the first two examples—involvement can quickly turn into interference. Use these strategies to reasonably support your child as he or she tackles assignments.

**First, create conditions conducive to learning.** Make sure your child has a quiet, well-lit space to do work, away from the TV or other distractions.

**Help your child learn time management.** Set a time each day for doing homework, and block off time on the weekends for working on big projects. Make sure your child has a planner. Create a visual calendar at home to help your child keep track of assignments.

**Be positive.** If your child is losing steam while completing homework, reinforce the importance of school. If your child is frustrated with a project or a tough new concept, be encouraging.

**Guide, don’t do.** Don’t do homework for your child. Instead, help your child understand assignments by discussing concepts. Have your child walk you through the way he or she learned to solve a problem, and try to come up with a hands-on method to practice it.

For instance, if your child is struggling with basic division, gather pennies or paper clips, count the total, and, together, divide them into groups of five, six, or seven.

**Brainstorm together.** Challenge your child to come up with a variety of ideas for projects. If your child is writing a poem, brainstorm ideas he or she could write about rather than telling him or her what to say.

**When your child does homework, you should do work, too.** If she is reading an essay, you can read the newspaper. If he is working on math problems, you can balance your checkbook. This shows your child that the skills he or she is learning are related to adult tasks.

**Stay informed.** Talk with your child’s teacher. If your child is consistently having trouble with a specific topic, let the teacher know.

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**Web Resources**

The National PTA’s Homework Help Web page offers strategies to help parents cut homework stress and maximize learning.


Visit the Department of Education’s homework portal for resources on study skills and helping kids get organized.

[www2.ed.gov/parents/academic/help/homework](http://www2.ed.gov/parents/academic/help/homework)

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Students who are involved in extracurricular activities—from chess club to cheerleading to chorus—tend to have higher self-esteem and stronger connections to school. But an overloaded schedule with too many activities can have the opposite effect, leaving your child—and you!—stressed. Keep these tips in mind for managing your child’s activity load.

Aim for 3 activities. Though every child is different, psychologists often suggest involving a child in no more than three activities at a time: one social activity (like Boys’ Club or a church group); one physical activity (like gymnastics, swimming, or basketball); and one artistic activity, such as an art class or music lessons.

Limit involvement. To avoid burnout, keep involvement in any one activity to just a day or two a week, unless your child absolutely begs for more. Check with them periodically to make sure they are still eager to attend; if not, scale back.

Broaden their horizons. Although following your child’s interests is important, introduce your child to something new, whether it’s a new sport, a musical instrument, or a group like Boy Scouts or Girl Scouts.

The secret to keeping enthusiasm high is to start slowly and gauge your child’s interest before committing beyond the first few sessions.

Be supportive, not critical. No matter what your child is interested in, remember that your job as a parent is to be supportive. The point of activities is to expand your child’s interests and abilities, not to transform him or her into a child prodigy or the next sports superstar.

Schedule downtime. Children need time to ponder, explore, and play—but an overloaded schedule prevents that. Make sure that when the day is over and the homework is done, there’s still time for your child to be a kid.

Change it up. Specializing in one activity—especially a sport—at a very young age can be harmful. Pediatricians discourage the kind of repetitive movements that come from concentrated effort in one sport. Plus, kids who dedicate themselves to a single sport early can burn out later and may regret not trying other sports.

Watch for signs of stress. The stress of trying to keep up with too many planned activities can take a physical toll on your child. Watch for signs of stress, including stomachaches and headaches, difficulty paying attention, a drop-off in interest in activities he or she used to enjoy, and increased “clinginess” with a parent or other close adult (e.g., teacher, babysitter). If you notice any of these signs, chances are your child needs to cut back on activities and de-stress.

Decompress at home. Make sure there’s room in your schedule for family time. Children need to have meals with their parents, hear bedtime stories, share chores, and play games. Extra-curricular activities can help children learn and grow, but remember that what your child needs first and foremost is to feel special and loved.
The Title I State Parent Resource center at Midwestern Intermediate Unit IV maintains a collection of parent materials that can provide concise information on topics that impact children.

Parents are welcome to request a single copy of up to ten free booklets that might help them discuss important issues with their children. Parents can obtain an order form on the State Parent Resource Center (SPAC) website, www.spac.k12.pa.us. Click on the PA Resource Center. In addition, the Title I Parent Resource Center Order Form is attached to this Title I Connection newsletter.

Parental Involvement Meeting Notification
Title I – Part A – Homeless Education – ESL

Title I requires the Forest Hills School District to develop and distribute to parents a written parent involvement policy that establishes the District’s expectations for parent involvement for Title I – Part A, Homeless Education, and English as a Second Language (ESL). Specifically, schools must hold a yearly meeting, at a convenient time, to which all parents of participating children must be invited and encouraged to attend. At this meeting, the District will provide you with information about the school district’s programs, a description and explanation of the curriculum in use at the school, the kinds of tests the school district uses to measure student learning, and the proficiency levels students are expected to meet. Administrators will also review the District’s parental concern/complaint procedure at this meeting.

Due to COVID-19 implications, this year’s meeting will be held virtually on December 16, 2020 at 10:00 a.m. All individuals that are interested in participating in the meeting MUST REGISTER for the Zoom meeting. Please follow the directions below for your participation in the meeting.

You are invited to a Zoom meeting.
When: December 16, 2020 10:00 AM Eastern Time (US and Canada)
Register in advance for this meeting:
https://zoom.us/meeting/register/tJ0sdu6vrD0tEtGKxmkUnVc_kEGjoduygvZz

After registering, you will receive a confirmation email containing information about joining the meeting.

We look forward to your participation at this meeting.
Title I Parent Resource Center
Order Form

As a Title I Parent, you may request a single copy of one or more (up to 10 titles) of the following booklets from the Resource Center completely free of charge. Please complete this form and check up to ten (10) items you would like shipped to you. Return the form to Midwestern Intermediate Unit IV, 453 Maple Street, Grove City, PA 16127.

Date: December 16, 2020
School District: Forest Hills School District

Name of Title I Parent (please print)

Parent’s Mailing Address (please print)

I, [Signature], Director of Education, verify this request is from a Title I Parent in our school district.

Check up to ten (10) titles from the following booklets.

A. CAREER AWARENESS
   1. Planning your Career?
   2. Starting College
   3. Writing a Resume That Opens Doors

B. PERSONAL DEVELOPMENT
   1. Time for Everything
   2. Leadership Skills
   3. Making Responsible Choices
   4. Self-Esteem
   5. How to Develop your Decision Making Skills
   7. A Positive Attitude, A Positive You!

C. PARENT/SCHOOL INVOLVEMENT
   1. Tips for Parent Teacher Conference (bilingual)
   2. Attendance
   3. 11 Tips For Your Child’s Online Safety
   4. The ABC’s of Discipline at Home
   5. Getting Involved In Your Child’s Education (bilingual)

D. MENTAL HEALTH
   1. Suicide Among Young People
   2. 10 Ways To Help Your Child Beat Depression
   3. Anxiety Disorders
   4. What’s Up with Beating Test Anxiety

E. CHILD SAFETY
   1. Bicycle Safety
   2. About Child Safety
   3. Let’s learn First Aid
   4. Let’s Learn More About School Bus Safety

F. TITLE I
   1. Learn about Schoolwide Title I Programs
   2. Every Student Succeeds Act
   3. Title I - Your Child and You
   4. Common Core State Standards - Academic Success

G. HELPING YOUR CHILD LEARN
   1. About Your Child’s Learning Style
   2. Study skills
   3. Your Child & Standardized Tests - Grades 3-5
   4. You, Your Child, and Math
   5. 14 Ways Parents Can Read with Children
   6. Help Child w/ Homework Parent Handbook
   9. What Is This Thing Called Dyslexia?
   10. Education Programs IEP

H. FAMILY COMMUNICATIONS
   1. Improving Your Communication Skills
   2. Resolving Family Conflict
   3. How To Resolve Conflict
   4. What Every Family Should Know About Getting Along At Home
   5. About Bullying
   6. What’s Up with Cyber Bullying?
   7. Boosting Summer Learning
   8. Parent and Stress

I. MIDDLE SCHOOL
   1. Middle School - Moving On Up
   2. Standardized Tests in Middle School

J. SUBSTANCE ABUSE
   1. Marijuana, Other Drugs And Driving (bilingual)
   2. On Living Drug-Free
   3. Alcohol and Others Drugs - Keeping Tabs On Talking With Your Child
   4. Vaping: Keeping Tabs on the Hype and Health Risks

Updated: 9/2019