



Maine Parent Federation



Maine State PIRC

Parent Information and Resource Center



Maine Parent Federation
Since 1984 . . . because every family matters

Workshop Descriptions

The Parental Information and Resource Center (PIRC) program is a discretionary grant program funded by the US Department of Education, [Office of Innovation and Improvement](#).

P.O. Box 2067, Augusta, Maine 04338-2067
Phone: (207) 623-2144 * 1-800-870-7746 (statewide)
Website: www.mpf.org * Email: parentconnect@mpf.org

Maine State PIRC Who, What, Where

Who We Are

Maine Parent Federation, Inc. (MPF) is a private non-profit organization that provides information, advocacy, education and training to parents and professionals to benefit all children. We promote individual aspirations and community inclusion for people with disabilities. In existence since 1984, MPF is physically located in Augusta, Maine, but assistance is available on a statewide basis.

Through our projects, individuals can receive information about specific disabilities, parenting issues, education, services, support groups and other resources available to assist families and professionals within the home, school and community.

Contact Information

Write: P.O. Box 2067, Augusta, ME 04338-2067

Visit: 12 Shuman Ave, Suite 7, Augusta, ME

Phone: (207) 623-2144

Toll Free in ME 1-800-870-7746

Fax: (207) 623-2148

Email: parentconnect@mpf.org

Website: www.mpf.org

Office Hours: Monday-Friday 8:30-4:30

Scheduling a Workshop

To find out if a workshop is scheduled in a location near you, please contact the MPF office. If you would like to schedule a workshop(s) for your group or organization, we will make every effort to accommodate your request. Because the workshop schedules fill quickly, we recommend that you contact MPF at least 30 days in advance. Please contact us at 1-800-870-7746 (statewide) or (207) 623-2144.

Workshop Fees

There is no cost for our workshops, however honorariums are always welcomed.

Donations

As a grant-funded, statewide non-profit agency providing education, support, advocacy and training on behalf of all families with children as well as the professionals who support families, MPF welcomes donations at whatever level is affordable.

PIRC is pleased to announce its new Parent Leadership Series.

Parent Power

Leading the Way to Success for Students and their Schools.

This series of five workshops helps parents/guardians explore ways to improve children's academic achievement at home; communicate more effectively with educators; know what a student is entitled to under No Child Left Behind; and positively impact the school experience for ALL children. These workshops prepare parents/guardians to lead other families to join together and partner with schools and communities.

The interactive workshops include:

Start at Home – Have you ever wondered why teachers assign homework? Do you want to support your child, but are not sure of the best ways to do this? This workshop offers useful tips to perk up reading and math skills, help children deal with tests more confidently and make the homework experience more productive. It will help you determine your child's learning style (and yours), so you can provide the optimal learning environment at home.

Communicate Effectively: How to Listen so Others will Hear You – Listening so others will hear! In this workshop, parents will become more self-confident about communication skills by learning a powerful technique and find out why active listening is the key to getting what their student's need.

No Child Left Behind: Everything You Wanted to Know but were Afraid to Ask! – This workshop is a “primer” on the *No Child Left Behind* Act (NCLB) and how it is changing education. We'll work together to look at the history of the law, define standards and accountability, and learn how these federal regulations impact schools and students in Maine.

Partner for Improvement – Thirty years of research has found that parent involvement yields major results for students, including improved achievement, better school attendance and more positive behavior. By joining with the school and the community, parents can expect big pay-offs for their children.

Advocacy: How and Where – There is power in numbers! This workshop will help parents establish or join committees, run effective meetings, and determine how to effect change in their school and community. Parent Leaders make a lasting impact!

Maine State PIRC Workshops

No Child Left Behind: Everything You Wanted to Know but were Afraid to Ask!

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Target Audience: Parents, Educators and Professionals

Parent Involvement: Meeting Compliance and Building Meaningful Partnerships

Parent involvement in Title I schools is more than a good idea...it’s required. This workshop is designed to help schools meet the requirements of the law AND create parent involvement programs that work. Using Section 1118 as a framework, we’ll discuss how to build upon current strengths and update parent involvement policies. From federal law to local best practices, this workshop is designed to educate both parents and teachers on the possibilities of parent involvement in Title I schools.

Target Audience: Parents, Educators and Professionals

Parent-Teacher Partnership: Preparing for Conferences

The practice of parent-teacher conferences can be intimidating or filled with unidentified expectations. Once the parent-teacher conference has taken place, parents or guardians may be disappointed in the results, having unanswered questions or concerns with no plan of action going forward. As is true with anything, being prepared ahead of time can make the experience less stressful and more effective for all. This workshop is designed to help parents and guardians make the most of parent-teacher conferences by:

- Identifying questions and concerns they may have about their child’s education.
- Introducing tools useful to effectively communicate those questions & concerns.
- Suggesting ways to gain & share additional insight in their child’s educational experience.
- Creating a format for designing a personal action plan as a partner in their child’s education.

Target Audience: Parents and Guardians



With the exception of the MPF overview, all workshops are up to 2 hours in length. We would be happy to adjust the presentation time to meet your needs.

Maine State PIRC Workshops

Communicate Effectively:

How to Listen so Others will Hear You

In this workshop, parents will become more self-confident about communication skills by learning a powerful technique and find out why active listening is the key to getting what their student's need.

Target Audience: Parents and Guardians

Start at Home

Have you ever wondered why teachers assign homework? Do you want to support your child, but are not sure of the best ways to do this? This workshop offers useful tips to perk up reading and math skills, help children deal with tests more confidently and make the homework experience more productive. It will help you determine your child's learning style (and yours), so you can provide the optimal learning environment at home.

Target Audience: Families of children in grades K – 6.

Communication:

How to Listen so Others will Hear You

Effective communication between school and home is one of the strongest predictors of student success. This workshop offers specific techniques to improve communication between educators and parents. Participants will gain a clearer understanding of the blocks to effective communication and the ways in which communication can be enhanced. Better communication will improve parental trust and enhance positive involvement with the school.

Target Audience: Teachers and Administrators

Managing the Mystery of Mathematics

For many people mathematics can be an intimidating world of unknown rules & formulas, or a strange new language filled with unfamiliar terms. It can even seem like a complicated puzzle that makes you feel like you are missing the necessary pieces. Before we allow ourselves to become overwhelmed, anxious and defeated, we need to take a few moments to try to demystify the mysteries of math! This workshop won't teach anyone how to be a math expert, however it will help remove several misconceptions about math while giving parents helpful hints, tools and strategies to help their child become more successful in their math studies.

Target Audience: This workshop is directed toward parents & families of students who struggle with math, or parents who simply want to provide additional support and encouragement.



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Maine State PIRC Workshops

Parent Involvement:

Bridging the Gap Between Home and School

Did you know that the more time you spend involved in your child's education the more it will boost his/her academic success? This workshop outlines six research-proven ways parents can participate successfully with school. Busy schedules often make time and energy for volunteering difficult, and this effective workshop will leave you with a realistic and doable action plan for getting involved.

Target Audience: Parents

Ready, Set, Read

Rev Up your Reader!

This workshop covers the basic five skills of reading, offers tips and resources for helping your child to read, and provides examples of fun games to play at home all designed to help strengthen reading skills. No matter what reading level, age or grade, this workshop will help children learn to read in the comfort of their own home. Come and have fun with us and get ready to rev up your reader!

Target Audiences: Educators, Professional, and Parents of Children in grade K-5

Beyond the ABC's & 123's:

A Parent's Guide to the Transition Into Kindergarten

Sending your child off to their first day of school is a major milestone for most parents. This transition from pre-school into a larger school setting is full of anxiety, pride, uncertainty and emotions for both the parents and the child! What will kindergarten be like? What does the screening process hold? Is my child ready? This workshop is designed to provide useful tips on what parents and guardians can do at home to make this journey a successful one. We will introduce some activities that parents can work on during the summer before school starts. Being involved in your child's education begins here!

Target Audience: Parents & Guardians of Pre-School Aged Children

Overview of Maine Parent Federation

Would you like to learn more about Maine Parent Federation and the services and supports available to parents and providers? Since it was first formed in 1984, Maine Parent Federation has grown from a single project to multiple projects, and from a single office to a central office with several regional offices. The MPF Overview is a great way to keep up with everything that MPF is doing to support families in Maine and to discover ways that our staff can support you. To find out more about how our services can benefit you or your organization, call to request this presentation.

Target Audience: Parents & Professionals

With the exception of the MPF overview, all workshops are up to 2 hours in length. We would be happy to adjust the presentation time to meet your needs.

Maine State PIRC Activities

The Maine State PIRC has a primary focus of increasing and supporting parental involvement in the education of each and every child. If you would like technical support in planning the following activities please contact your Regional Parent Involvement Coordinator.

First Day of School Initiative - September

Kick off the school year on the right foot! Host an event or activity that invites all parents to be involved in the first day of school. Make your school as welcoming as possible and open up the lines of communication and comfort between parents, teachers, and support staff. This is a great way to introduce new programs at the school and to explain ways that parents can be involved all year long.

Parent Group Activity - October

The Governor of Maine has declared October as “Parent Involvement Month”. Urge your PTO’s and PTA’s, to help bridge the gap between home and school. The Maine State PIRC encourages you to make the most of this special month by organizing an event to further increase parent involvement at your school. The event must take place in October and must involve parents in the planning as well. Be creative and encourage parents to get involved in their children’s education!

100th Day of School Celebration - February

Join the Maine State PIRC in celebrating this special occasion. Schedule an event involving parents on the 100th day and receive a 100th day banner for your school. The banners are approximately 3’ x 6’ in size and say “100 Parents on the 100th Day of School 100% Behind Our School.” Examples of successful past events include: food drives for local pantries where each class tries to collect 100 can goods, parents and students pledge to read 100 minutes at home, and 100 parents on the 100th day to sign the banner and pledge to volunteer in the school. These activities involve parents in their child’s education during this “unofficial” halfway point of the school year.

Literacy Treasure Hunt - March

March is national *Literacy Month* and what better way to celebrate literacy than with an exciting treasure hunt filled with reading lessons? The Pirate activity is fun-filled, educational, and comprehensive. It is action pack for families. Educators can begin the planning for the activities weeks before the big event. The software, which we provide, gives step-by-step instructions on how to plan and carry out an exciting and educational family literacy event. Parents and children go on a scavenger hunt to look for the pirate treasure through a series of reading lessons hidden around the school. All grade levels can participate in the hunt. The material allows educators to pick and choose which activities they want and gives instructions for each lesson, right down to the refreshments! This is a great way to involve parents in an educational activity at the school.

Maine State PIRC Activities

Family Fun Event: Amazing Art Show

Do your students like to show off their artwork? If so, the Amazing Art Show is a great way to showcase their work and bring the parents to school at the same time! Suggestions for activities, games, and themes are included in the tutorial that we provide. The software includes example activity planning sheets, notices and reminders to parents, a parent survey, and a summary for all the highlights of the night. Work with the PIRC staff and create a fun evening of art and family fun. This activity may also coordinate well with one of the many workshops provided by the PIRC.

Family Fun Event: Picnic for Parents

Who doesn't love a picnic? In this activity, parents are invited to attend a picnic at the school that is centered on academics! This outdoor activity would be ideal for a nice spring day to showcase projects the students have been working on. Suggestions for activities, games, and themes are included in the tutorial. Including examples of activity planning sheets, notices and reminders to parents, a parent survey, and a summary for all of the highlights of the event.

Family Fun Event: BINGO for Books

Reading can be fun! Play BINGO to win books and other great prizes. This activity can be adapted to anytime of the school year. Schools can purchase books, supplies, stickers, flash cards, pencils and other useful items to use as prizes. Parents can play alongside their children and staff members while having a great evening out. Suggestions for activities, games, and themes are included in the tutorial. Includes examples of activity planning sheets, notices and reminders to parents, a parent survey, and a summary for all of the highlights of the night.

Family Fun Event: Pizza Pizzazz

Pizza and academics are a great combination! Put reading and math skills to use in this hands-on family fun event! Suggestions for activities, games, and themes are included in the tutorial. The software includes examples of activity planning sheets, notices and reminders to parents, a parent survey, and a summary for all the highlights of the night. Participants will leave the workshop with learning games to play at home.

Make and Take Literacy Games

Everyone likes games - especially kids. Come make some games that will be fun to play and also help improve your child's reading and writing skills. Two games will focus on improving word recognition for students in kindergarten through third grade and the third game will help students in third through fifth grades write stories. This workshop can be done with parents alone or with parents and children together. Participants will leave the workshop with games to play at home.

Make and Take Mathematic Games

Everyone likes games - especially kids. Come make some games that will be fun to play and also help improve math skills. Games focus on addition, subtraction, multiplication and division. They will help kids learn math facts in an enjoyable way. This workshop is appropriate for parents of students in first through fifth grades and can be done with parents alone or parents with their children. Participants will leave the workshop with games to play at home.

Maine State PIRC

The Maine State PIRC offers free assistance to schools and parents as they work toward building family involvement in education. We can help with all aspects of involving families, from planning a one-time parent night to developing your district's long term parent involvement plan.

The Maine State PIRC covers the entire state of Maine through Regional Parent Involvement Coordinators. Our coordinators cover specific counties to ensure the state will gain the maximum benefits that the Maine State PIRC has to offer. For more information or to schedule an activity or workshop in your area, please contact the Regional Parent Involvement Coordinator in your county.

Regional Parent Involvement Coordinator

Contact List

Region	Coordinator	Telephone	Email
Statewide	Angela Burgess, Director Maine State PIRC	207-623-2144	aburgess@mpf.org
Somerset, Oxford, Franklin, Androscoggin	Kim McLaughlin Regional Parent Involvement Coordinator	207-441-7741	kmclaughlin@mpf.org
Kennebec, Lincoln, Sagadahoc	Lynn Braff, M.Ed. Regional Parent Involvement Coordinator	207-620-6041	lbraff@mpf.org
Aroostook, Hancock, Washington, Waldo, Knox	Jessica Libby Regional Parent Involvement Coordinator	207-598-8401	jlibby@mpf.org
Penobscot, Piscataquis	Staff assigned upon request	1-800-870-7746	parentconnect@mpf.org
Cumberland, York	Julie Pomerleau Regional Parent Involvement Coordinator	207- 361-7013	jpomerleau@mpf.org

Maine State PIRC Publications

Publications	QTY
A Child Becomes a Reader: Birth –Preschool	
A Child Becomes a Reader: Kindergarten-Grade 3	
Barbara Bush’s Family Reading Tips	
Choosing a School for Your Child	
Dad’s Playbook: Coaching Kids to Read	
Early Warning Timely Response: A Guide to Safe Schools	
FERPA: Parent’s Guide to the Family Educational Rights & Privacy Act: Rights Regarding Children’s Education Records	
FERPA: Balancing Student Privacy & School Safety: A Guide to the Family Education Rights & Privacy for <u>Colleges and Universities</u>	
FERPA: Balancing Student Privacy & School Safety: A Guide to the Family Education Rights & Privacy for <u>Elementary and Secondary Schools</u>	
NCLB: A New Name For An Old Law	
NCLB: A Parent Guide	
Parent & Community Involvement: A Model Approach	
Put Reading First: A Parent Guide Pre K-3	
Put Reading First: Kindergarten-3	
Preventing Bullying: A Manual For Schools & Communities	
Tips for Helping Students Recovering From Traumatic Events	
Shining Stars: Toddlers Get Ready To Read (Temporarily Unavailable)	
Shining Stars: Preschoolers Get Ready To Read (Temporarily Unavailable)	
Shining Stars: Kindergartners Learn To Read (Temporarily Unavailable)	
Shining Stars: First Graders Learn To Read (Temporarily Unavailable)	
State and National Resource List	

Maine State PIRC Publications

Fact Sheets	QTY
#1 NCLB and School Accountability in Maine	
#2 School Choice in Maine	
#3 Supplemental Educational Services In Maine	
#4 Helping Your Child Prepare For Tests	
#5 Tips for Teachers on Communicating With Parents	
#6 Understanding Report Cards	
#7 The Summer Slide	
#8 Parent Involvement Policies and Compacts	
#9 Getting Involved in Your Child's Education	
#10 Staying Back: Does it Hurt or Help?	
Summer Home Learning Recipes: K-2	
Summer Home Learning Recipes: 4-5	
Summer Home Learning Recipes: 6-8	
Summer Home Learning Recipes: 9-12	
A Strategy For Reading Textbooks	
Help Your Child Study Successfully	
Taking Notes In Class	
The DETER Strategy For Taking Tests	
Your Preferred Learning Style	
Managing Your Study Time	
100 Ways For Parents To Be Involved In Their Child's Education	

Pamphlet: PTA Parent Guide	QTY	Pamphlet: PTA Parent Guide	QTY
A Successful Kindergarten Transition		Hey Mom, I Want To Be An Engineer	
Choosing Supplemental Education Service Providers		Raising Ready Readers and Keeping Them That Way	
Helping Your Child Do Well in School		Preparing Your Child For School	
Helping Your Child Learn to Read		Raising Scientifically Literate Children	
Helping Your Child With Today's Math		Testing At Your Child's School	
Helping Your Teen Get the Most Out of H.S.			

Maine State PIRC Publications

Bookmarks	QTY
10 Ways Parents Can Be Involved With Their Child's Education	
10 Ways Teachers & Schools Can Improve Parent Involvement	
Communicating With Your Child's School	
Partnering With Your Child's School	
Supporting Your Child's Learning	
Net Cetera: The best way to protect your kids online	
College Pamphlets: Quantity of 10	
Know How 2 Go: The Four Steps to College	
I'm Going To Make My Family Proud: This Way To College	
Do You Need Money For College	
Save Your Money, Save Your Identity	
College Booklets: Quantity of 10	
Your Federal Students Loans: Learn The Basics & Manage Your Debt	
Funding Education Beyond High School: A Guide To Federal Student Aid	

Contact Name:		
School Name:		
District:		
Mailing Address:		
City:	State:	Zip:
Phone:	E-Mail:	
Date Needed:		

To request resources listed on the last three pages,
 detach and mail to:
 Maine State PIRC
 PO Box 2067
 Augusta, ME 04338-2067