



# COURSE CATALOG

2024 -2025



# WHAT IS FAMILY ACADEMY?

Family Academy is an initiative by Charlotte-Mecklenburg Schools that exemplifies a dedicated effort to strengthen the partnership between families and the education system. Through a collaborative approach involving community agencies, organizations, and CMS departments, Family Academy offers a range of valuable resources and opportunities that support and empower families in playing a more active role in their children's education. By providing complimentary courses, family-oriented events, and activities, the program not only enhances families' skills and knowledge but also fosters a sense of self-assurance among participants. This holistic approach underscores the importance of family engagement in education and demonstrates a commitment to creating a supportive and enriching learning environment for students.

Our purpose is to strengthen engagement in schools and empower families with the necessary tools to support the success of the whole child. Covering a wide array of subjects, workshops range from assisting children in preparing for end-of-grade and end-of-course assessments to getting ready for transitions like Kindergarten, Middle School, and High School, as well as coping with the challenges of adolescence.

**FALL 2024**

# AUGUST

## CURIOSITY QUEST: FAMILY FUN WITH QUESTIONING

Want to keep your children thinking throughout the school year? Join us to learn about how to ask thought provoking questions that get your family talking and your children's minds actively engaged.

**August 10** (In-person)

**9:25 AM | 10:00 AM | 10:35 AM | 11:10 AM**

## FAMILY ROUTINES FOR STUDENT SUCCESS / RUTINAS FAMILIARES PARA EL ÉXITO ESCOLAR

Join our workshop designed to help families build effective routines that support their scholars in completing homework, getting enough rest, and building stamina for school work and testing. In this session, you will learn practical strategies to create and maintain these routines. By the end of the workshop, you will have established a family routine to try and develop a timeline for implementing each step.

Únase a nuestro taller diseñado para ayudar a las familias a crear rutinas efectivas que apoyen a sus estudiantes completar su tareas, el descanso adecuado y la fuerza mental para sus tareas en clase y los exámenes. En esta sesión, aprenderá estrategias prácticas para crear y mantener estas rutinas. Al final del taller, habrá establecido una rutina familiar para probar y desarrollar un plan para implementar cada paso.

**August 10** (In-person)

**9:25 AM | 10:00 AM | 10:35 AM | 11:10 AM**

## HEALTHY PHYSICAL ACTIVITIES

Families will experience the impact and effects of healthy physical activities, gain strategies on relaxation techniques, and explore emotional expression and release through guided physical activities.

**August 10** (In-person)

**9:25 AM | 10:00 AM | 10:35 AM | 11:10 AM**

## MAXIMIZING YOUR CHILD'S SUCCESS

A comprehensive look at the curriculum and how you can support them.

**August 10** (In-person)

**9:25 AM | 10:00 AM | 10:35 AM | 11:10 AM**

## MINDFULNESS

Explore how the practice of mindfulness can benefit families throughout the school year. Learn simple mindfulness techniques to practice at home, such as breathing exercises, keeping a gratitude journal, etc., This session will share strategies to integrate mindfulness in daily family life.

**August 10** (In-person)

**9:25 AM | 10:00 AM | 10:35 AM | 11:10 AM**

## EMBRACING EXCELLENCE: ENGAGE, EMPOWER, ELEVATE



## MONEY MINDFULNESS FOR KIDS

Financial Literacy isn't Rocket Science, it's something every student can and should learn. At Money Mindfulness for kids, students can learn financial literacy in a fun and engaging way taught by high school students as part Youth Finance USA. We know how boring the classroom is, that's why we are committed to teaching topics like saving, spending, budgeting, credit, taxes, earning through interactive activities and presentations. Every student is welcomed at Money Mindfulness and activities will be customized to the age group.

**August 10** (In-person)

**9:25 AM | 10:00 AM | 10:35 AM | 11:10 AM**

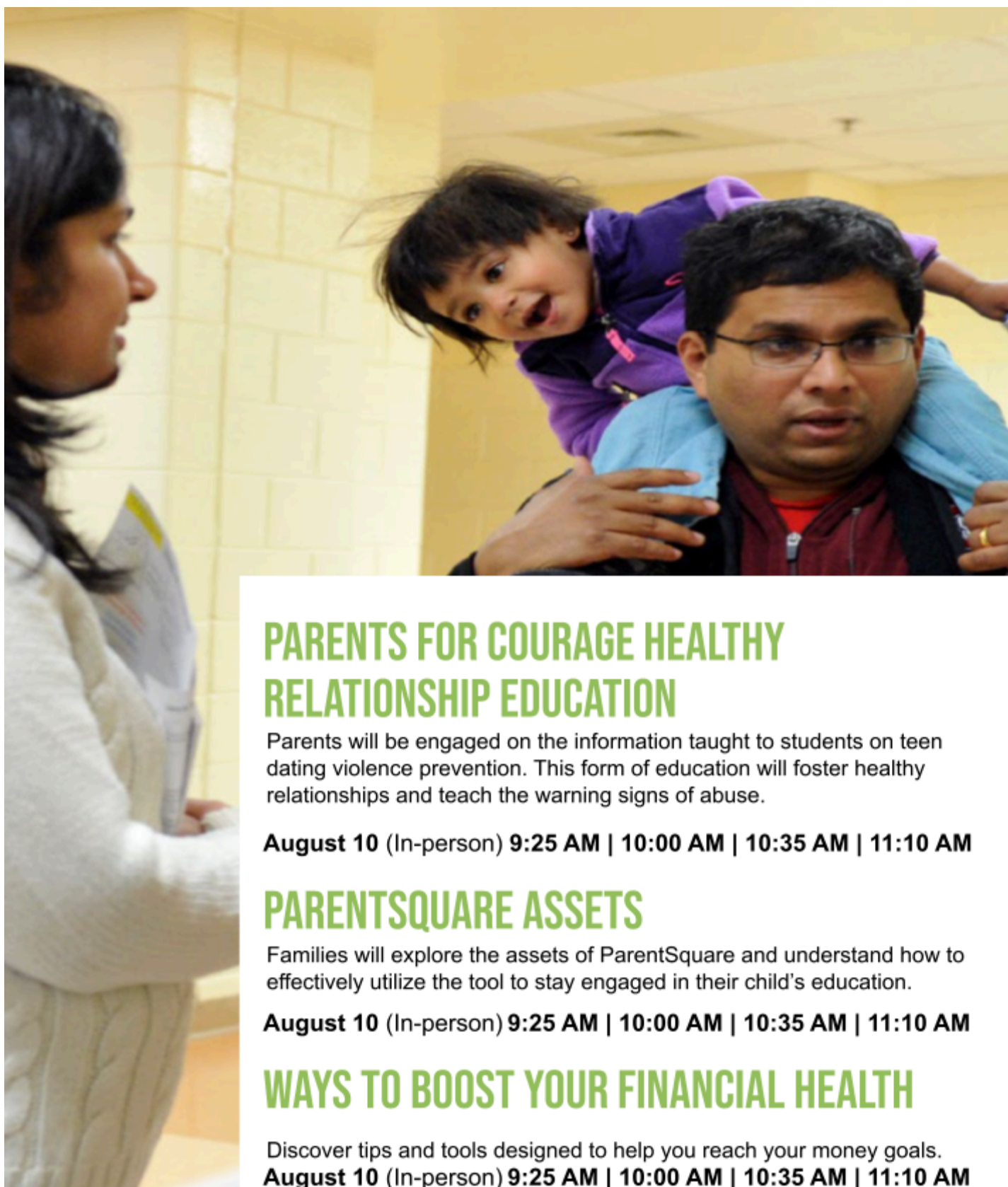
## ORGANIZING FOR SUCCESS

This workshop will help students with organizing themselves and their students

**August 10** (In-person)

**9:25 AM | 10:00 AM | 10:35 AM | 11:10 AM**





## PARENTS FOR COURAGE HEALTHY RELATIONSHIP EDUCATION

Parents will be engaged on the information taught to students on teen dating violence prevention. This form of education will foster healthy relationships and teach the warning signs of abuse.

**August 10 (In-person) 9:25 AM | 10:00 AM | 10:35 AM | 11:10 AM**

## PARENTSQUARE ASSETS

Families will explore the assets of ParentSquare and understand how to effectively utilize the tool to stay engaged in their child's education.

**August 10 (In-person) 9:25 AM | 10:00 AM | 10:35 AM | 11:10 AM**

## WAYS TO BOOST YOUR FINANCIAL HEALTH

Discover tips and tools designed to help you reach your money goals.

**August 10 (In-person) 9:25 AM | 10:00 AM | 10:35 AM | 11:10 AM**

# SEPTEMBER

## K-5 ACADEMIC LEARNING UPDATES: OVERVIEW

Join us for an engaging family session where we will provide an overview of Module 2 at each grade level. Parents will have the opportunity to review and inquire about the module overview letters for module 2. Additionally, we will showcase module overview videos for [Grade 2](#) and [Grade 4](#), offering valuable insights into the upcoming curriculum. QR codes will be distributed for easy access to module information for other grade levels. This session aims to foster collaboration and understanding between home and school for the academic success of every student.

**September 19** (Virtual)

**12:00 PM**

## CHOOSING FOR THE FUTURE / SELECCIONAR PARA EL FUTURO

Join us for a workshop designed to guide families through the school selection process, helping you find the best match for your child's desires and your family's needs. Offered in Spanish, this session will empower you with the knowledge to navigate the district's website for school choice, the state website for school report cards, and the district's resources for student career identification. By the end of the workshop, you will confidently access these essential tools to make informed decisions about your child's education, including the right school for your student.

Únase a nosotros en un taller diseñado para guiar a las familias en el proceso de selección escolar, ayudándoles a encontrar la mejor opción para los deseos de su hijo y las necesidades de su familia. Ofrecido en español, esta sesión le proporcionará el conocimiento para navegar por el sitio web del distrito para la elección de escuelas, el sitio web estatal para los informes escolares y los recursos del distrito para la identificación de carreras estudiantiles. Al final del taller, podrá acceder con confianza a estas herramientas esenciales para tomar decisiones informadas sobre la educación de su hijo, incluyendo la mejora escuela para su estudiante.

**September 19** (Virtual)

**6:00 PM**

## UNPACKING THE DIBELS HOME CONNECT LETTER FOR K-3

Participants will leave with an overview of the DIBELS assessment. Participants will gain understanding in the DIBELS Home Connect Letter and how to support student learning needs. In addition, participants will leave with recommended resources on how to support their student's learning needs at home.

**September 19** (Virtual)

**6:00 PM**

# OCTOBER

## TRIPLE P - POSITIVE PARENTING PROGRAM

The Triple P - Positive Parenting Program is a multi-level system designed to provide parents with the skills and strategies to raise confident, healthy children and build stronger family relationships. This workshop offers practical advice and effective techniques for managing common parenting challenges, promoting positive behavior and preventing issues before they arise. Through interactive discussions and activities, parents will gain confidence in their parenting abilities and learn how to create a supportive and nurturing environment for their children.

**October 1**

**McClintock Middle School | 1925 Rama Road**

**6:00 PM**

## DISCOVER UNLEASH SOAR: CMS CTE OPPORTUNITIES

In this session, CTE Curriculum Coordinators will share middle and high school course offerings for the 2024-25 school year along with work-based learning opportunities for secondary students in Charlotte Mecklenburg School

**October 8**

**McClintock Middle School | 1925 Rama Road**

**6:00 PM**





# ENGAGE IN SCHOOL IMPROVEMENT PLANNING TEAMS: DATA ANALYSIS

## 101

Participants will understand the School Improvement process cycles. Participants will gain understanding of the School Improvement Planning platform. In addition, they will gain understanding of the data schools use as part of the School Improvement Planning Process.

**October 17**

**Belmont Center | 700 Parkwood Avenue**

**6:00 PM**

## K-5 ACADEMIC LEARNING UPDATES: MODULE 2 OVERVIEW

**Module 2 Overview:** Join us for an engaging family session where we will provide an overview of Module 2 at each grade level. Parents will have the opportunity to review and inquire about the unit overview letters for module 2. Additionally, we will showcase module overview videos for [Grade 2](#) and [Grade 4](#), offering valuable insights into the upcoming curriculum. QR codes will be distributed for easy access to module information for other grade levels. This session aims to foster collaboration and understanding between home and school for the academic success of every student.



**October 17 (Virtual)**

**12:00 PM**

## INCREASE YOUR INCOME, IMPROVE YOUR FINANCIAL WELLNESS / GENERA INGRESOS Y MEJORA TU BIENESTAR FINANCIERO

Join our workshop to help you identify a profitable hobby or small business idea. Participants will identify low-lift projects or tasks that can generate income. Additionally, we will guide you to local resources for developing job and entrepreneurship skills and managing money effectively.

Únase a nuestro taller para ayudarle a convertir su pasatiempo en algo rentable o en un pequeño negocio. Los participantes identificarán proyectos o tareas de bajo esfuerzo que puedan generar ingresos. Además, les orientaremos hacia recursos locales para desarrollar habilidades laborales y empresariales y manejar su vida financiera de manera efectiva.

**October 22**

**McClintock Middle School | 1925 Rama Road**

**6:00 PM**



## DISCIPLINA POSITIVA (SPANISH SESSION)

Discover effective, empathetic strategies for guiding your child's behavior with our Positive Discipline course. Designed for parents of school-age children, this course offers practical tools and techniques to foster respect, responsibility, and self-discipline in a supportive and loving environment. Learn how to build strong parent-child relationships, address behavioral challenges constructively, and create a positive atmosphere at home that supports your child's growth and development.

Descubre estrategias efectivas y empáticas para guiar el comportamiento de tu hijo con nuestro curso de Disciplina Positiva. Diseñado para padres de niños en edad escolar, este curso ofrece herramientas prácticas y técnicas para fomentar el respeto, la responsabilidad y la autodisciplina en un entorno de apoyo y amor. Aprende a construir relaciones sólidas con tu hijo, abordar los desafíos conductuales de manera constructiva y crear un ambiente positivo en casa que apoye el crecimiento y desarrollo de tu hijo.

**October 24**

**6030 Albemarle Road**

**10:30 AM**

# NOVEMBER

## UNDERSTANDING MTSS AND MY ROLE AS A PARENT WITHIN THE FRAMEWORK

Participants will learn about the Multi-Tiered System of Support (MTSS) Framework and how their child is supported within the framework. Parents will also learn about what resources are available for at home support of their child(ren) and learn how to advocate for their child..

**November 5 (Virtual)**

**12:00 PM**

## BUDGETING DURING A CRISIS

While every individual situation is different, our goal is to provide families with crisis-budgeting best practices, ideas on creative income streams, and information about resources available to help families.

**November 12**

**McClintock Middle School | 1925 Rama Road**

**6:00 PM**

## NAVIGATING SECTION 504

The session will focus on what is Section 504 and how it provides support and protection for student with disabilities and impairments. We will review how a student becomes eligible for the program and what can be implemented to support needs of the student.

**November 14 (Virtual)**

**12:00 PM**

## ENDLESS POSSIBILITIES: EXPLORING EDUCATION

Learn more about navigating educational options within CMS. Families will learn more about school choice options and discover the wide range of resources and opportunities available for students and families.

**November 20 (Virtual)**

**12:00 PM**



# DECEMBER

## PARENTS FOR COURAGE: HEALTHY RELATIONSHIP EDUCATION

Parents for Courage: Healthy Relationship Education: Parents will be engaged on the information taught to students on teen dating violence prevention. This form of education will foster healthy relationships and teach the warning signs of abuse.

**December 3**

**McClintock Middle School | 1925 Rama Road**

**6:00 PM**

## DISCOVERING DIGITAL CITIZENSHIP WITH CMS

This course will introduce families to the essentials of digital citizenship, covering topics like online safety, privacy, digital footprints, and respectful communication. Learn how to help students navigate the digital world responsibly and safely while fostering positive online behaviors.

**December 5 (Virtual)**

**12:00 PM**

## UNDERSTANDING THE TESTS YOUR STUDENTS TAKE

We will discuss the purpose, terminology, and focal points of standardized assessments. We will unpack what the assessments measure and how staff supports scholars. We will discuss score reports and how parents can advocate for their children before and after these assessments are given.

Aprendiendo Sobre los Exámenes Que Sus Estudiantes Presenta

Hablaremos sobre el propósito, terminología, y puntos, importantes de las evaluaciones estandarizadas.

Analizaremos lo que miden estas evaluaciones y como el personal educativo apoya a los estudiantes. Discutiremos los reportes y como los padres pueden abogar por sus estudiantes antes y después de se tomen los exámenes.

**December 10**

**McClintock Middle School | 1925 Rama Road**

**6:00 PM**

## RECOLORING THE HOLIDAY BLUES

As we approach the holidays, students, staff, and families will experience a wide range of emotions. The holidays are both exciting and anxiety provoking. Are you adjusting to a new holiday normal? Are you working to balance finances in this season? Are you just trying to figure it all out? Join us as we unpack these concerns and other strategies to add a splash of color to a time that can feel a bit blue.

**December 11 (Virtual)**

**12:00 PM**