



ISSUE NO. 2
NOVEMBER 2021

THE PARENT CENTER

A Bi-Monthly Publication

Welcome!

The Parent Center focuses on creating a welcoming environment for all of our parents! Keppel's Parent Center was created with the purpose of increasing parent and family involvement at our schools, establishing effective communication between home and school, and improving community outreach and training opportunities for parents and families. Parent involvement is linked to student academic success! We believe this will have a positive impact on students' academic performance and their well-being.

We hope that you will enjoy our bi-monthly newsletter that will provide you with updated information on classes, activities, and resources that will support our families at all levels.

Remember, the Parent Center is here to support all your family engagement needs. Please let us know how we can assist. Let's continue to work together to have an extraordinary year in these not-so-ordinary times.

Purpose of the newsletter

Inform all parents, families, and staff

Give motivation

Highlight accomplishment

Provide support
& Empower!!!



Día de los Muertos Workshop

El Dia de los Muertos or Day of the Dead is a cultural holiday celebrated on November 1st and 2nd of every year. It is NOT Mexican Halloween. Mrs. Flores, Community Liaison, shared the history of Dia de los Muertos and traditions with parents who attended The Parent Center workshop on Monday, October 25th. The objective of the workshop was that parents take the newly learned information and share it with their children at home. Several art activities were shared including how to make papel picado or banners. Paper patterns and masking tape were used in making these colorful decorations to hang around the altars and the home. Parents were also given a recipe for making sugar skulls and pan de muerto or bread for the dead. Those in attendance were taught a quick and simple way to make cempasuchil or marigolds with tissue paper. Finally, the meaning and components of an ofrenda or altar were discussed. Parents received a Dia de los Muertos tote bag with all the supplies needed to make their own papel picado, paper cempasuchil, and calavera or colorful skull masks. The tote bags also included a coloring book with intricate calavera skulls patterns, colored pencils, crayons, and markers. A bilingual story titled "The Day of the Dead/El Dia de los Muertos" by Bob Barner was read. A copy of the book was included in the tote bag as well.



The annual migration of North America's monarch butterfly is a unique and amazing phenomenon. The monarch is the only butterfly known to make a two-way migration as birds do. Unlike other butterflies that can overwinter as larvae, pupae, or even as adults in some species, monarchs cannot survive the cold winters of northern climates. Using environmental cues, the monarchs know when it is time to travel south for the winter. Monarchs use a combination of air currents and thermals to travel long distances. Some fly as far as 3,000 miles to reach their winter home! How many monarch can you see within this newsletter?



United Mental Health Promoters

The Parent Center partnered with the Los Angeles County Department of Mental Health to bring Keppel District families a series of mental health workshops in both English and Spanish. The first workshop in the series was The Effects of the Pandemic on the Emotional Wellbeing of the Community on Wednesday, October 27th via Zoom. Maria Guzman, DMH Facilitator, opened up the workshop informing the participant of that there is no shame in seeking help. The negative stigma behind mental is still powerful due to lack of education, however, these workshops are to educate our community. Unfortunately, there were only two parents who participated in the Spanish workshop and none in the English workshop. Hopefully you are able to attend the upcoming workshops. There needs to be an interest shown in order for these very informative sessions to continue. Hopefully, there is more participation in the upcoming dates.

The next virtual workshop is on November 10th titled The Return of Children to School During COVID-19: The Challenges, How to Prepare our Children, and How to Support Them.

Here is a list of dates, times, and titles in the United Mental Health Promoters Workshop Series:

12/1/21 - 10:00 am in Spanish, 1:00 pm in English
Mental Health and Stigma Post COVID-19

12/8/21 - 10:00 am in Spanish, 1:00 pm in English
Symptoms and Treatment of Depression: Post COVID-19

12/15/21 - 10:00 am in Spanish, 1:00 pm in English
Impact of COVID-19 on Anxiety Disorders with Adults

All workshops can be accessed via Zoom at:
<https://us02web.zoom.us/j/6463820194>

Coming Soon...

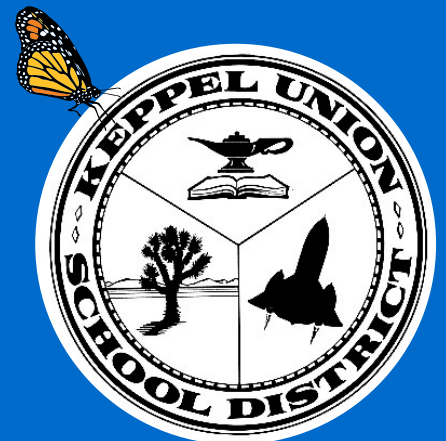
Great things are happening at The Parent Center! On Wednesday, November 17th between 10:00 am and 12:00 pm, there will be a food box distribution of non-perishable food items and school supplies. This will be a first come first serve event as supplies are limited. No line up before 9:30 am. Items will be handed out drive through style in front of Keppel Academy.

9330 E. Avenue U
Littlerock, CA 93543



Special Features

The Parent Center now has a Facebook page! Like it to stay informed with the most up to date information. You can find it at @keppelparentcenter



Did you know that The Parent Center is also on the Keppelunion.org website? You can access it by clicking on the Parent Resources tab located at the top of the Keppel website



Resources are available for families inside The Parent Center. Please call before coming.