



CUMBERLAND
COUNTY SCHOOLS

Cumberland Family Academy

Course Catalog
SPRING 2021

INTRODUCTION

Cumberland Family Academy provides FREE workshops and educational events for CCS families. From research, we understand that students achieve more when families are involved in their education. When families have high expectations for children and encourage them to work hard, they support and promote a child's academic, social and emotional well-being. The purpose of the Family Academy program is to provide families with the necessary academic tools to support the success of their child's education and to bring schools, parents/guardians, families, and community organizations together as equal partners.





Cumberland Family Academy's Spring 2021 Schedule

Due to COVID-19, all sessions will be facilitated remotely. A link to attend each family engagement session will be provided to registrants the day before each session. Each session will be recorded and posted to the district's YouTube and Facebook accounts.

Workshop	Date
It's Never Too Early -- Career Awareness 101	1/28/2021
Making 'The Plan': Class Options for Middle and High School	2/4/2021
IEP 101: How the Process Works	2/11/2021
Sorry They (Children) Don't Come With Instructions	2/18/2021
Virtual Learning 2.0: Canvas & Webex Overview	2/25/2021
Aprendizaje virtual 2.0: descripción general de Canvas y Webex	2/25/2021
Get Movin', Let's Zumba!	3/4/2021
Navigating CCS' New Website	3/11/2021
AIG ... All Day, Every Day: Parents Understanding Their Gifted Child	3/18/2021
Parental Support + Math Tips & Resources = Math Success 4 Your Child	3/25/2021
Support 4 Military Families: Getting to Know CCS	4/1/2021
Hands-On, Minds-On Learning @Home for Science Success	4/15/2021
Building & Maintaining Healthy Financial Habits	4/22/2021
You're Not Alone: Parents Supporting Parents Panel Discussion	4/29/2021
Prepping for College: Admissions, Scholarships and More!	5/6/2021
Staying Marketable: Job Search & Résumé Tips	5/13/2021
Serious Business: We're Talking About Your Family's Health	5/20/2021



Overview of Family Engagement Sessions

■ **It's Never Too Early -- Career Awareness 101**

Target Audience: 7th-12th Grade Families

Session Date: January 28, 2021

This session will provide participants the opportunity to discover Cumberland County Schools' dynamic career awareness platform, MajorClarity. Parents who attend can discover best practices for working with their children to discover careers that align with their student's interests and learning styles. Additionally, participants can discover how students can engage with interactive content, including career-based simulations and interviews with industry professionals. This is a great chance to learn how to assist children in making connections about their interests and skills and linking them to a variety of careers that they would enjoy. If you are looking for a place to get started discussing your child's future, this session will provide you with some great tools to begin that journey.

Registration Link: bit.ly/cfacareerawareness

■ **Making 'The Plan': Class Options for Middle and High School**

Target Audience: 6th-11th Grade Families

Session Date: February 4, 2021

Making sure that your middle, and high school students have the necessary classes as they prepare for high school and potentially secondary education can begin as early as 6th grade. Join us in our workshop as we help you to prepare your child's school schedule and class options.

Registration Link: bit.ly/cfaschedules

■ **IEP 101: How the Process Works**

Target Audience: K-12 Families

Session Date: February 11, 2021

Individualized Education Plans (IEP) are a vital part of the learning process for children receiving Exceptional Children's services. Join us to learn more about the IEP process, how the process works, and what the options are.

Registration Link: bit.ly/cfaiepsession

■ Sorry They (Children) Don't Come With Instructions

Target Audience: Pre-K-5th Grade Families

Session Date: February 18, 2021

Children don't come with instructions on how to care for them and develop their growth. Community Based Education in Nurturing Parenting is a series of 10 independent workshops designed to help parents learn the basics of raising healthy, caring children and the importance in making time to nurture themselves. "The Philosophy and Practices of Nurturing Parenting" describes nurturing parenting principles and helps parents realize their ability to impact a child's emotional development by being a nurturing parent! Nurturing Parenting is a proven approach for helping families by promoting empathy, discipline with dignity, self-worth and empowerment.

Registration Link: bit.ly/cfanurturingchildren

■ Virtual Learning 2.0: Canvas & Webex Overview

Target Audience: All Families

Session Date: February 25, 2021

There are key programs necessary for student success whether in the classroom or during virtual learning days. This workshop will provide you with tips and tools to help you make sure your child is able to complete required assignments, check grades, and support your student as they participate in virtual learning lessons. Bring your questions so that you have the opportunity to have them answered.

Registration Link: bit.ly/cfavirtualllearning

■ Aprendizaje virtual 2.0: descripción general de Canvas y Webex

Público objetivo: Todas las Familias

Fecha del taller: 25 de Febrero de 2021

Hay programas claves necesarios para el éxito de los estudiantes, ya sea en el aula y también en los días de aprendizaje virtual. Este taller le brindará consejos y herramientas para ayudarlo a asegurarse de que su hijo pueda completar las tareas requeridas, verificar las calificaciones y apoyar a su estudiante mientras participa en lecciones de aprendizaje virtual. Traiga sus preguntas para que tenga la oportunidad de recibir respuestas.

Enlace de registro: bit.ly/cfavirtualllearningesp

Overview of Family Engagement Sessions

■ **Get Movin', Let's Zumba!**

Target Audience: Everyone

Session Date: March 4, 2021

Physical activity can improve your health. Join us for a good workout that can be done at home. Get the family together, grab your water, and join us in a workshop that will help everyone get moving!

Registration Link: bit.ly/cfazumba

■ **Navigating CCS' New Website**

Target Audience: Everyone

Session Date: March 11, 2021

Have you visited the new and improved CCS website? Are you unsure of how to find what you need? Looking for information about the 5th largest school district in North Carolina? Do you need help finding necessary contact information, school calendars and what's happening in our district? Join us to see how to find the most frequently searched items as we navigate the CCS website together.

Registration Link: bit.ly/cfaccswebsitetips

■ **AIG ... All Day, Every Day: Parents Understanding Their Gifted Child**

Target Audience: 4th-12th Grade AIG Families

Session Date: March 18, 2021

"Every child is unique. Therefore their education should be also." - Jeannie Fullbright

The CCS AIG Department is excited to host "Understanding Your Gifted Child Grades 4-12". This session will focus on busting myths, exploring truths and broadening your understanding of what it means to be Gifted. Our goal is for parents to gain perspective and the tools needed to help their gifted children succeed socially, emotionally, and academically. Tips and resources will be shared during this one-hour session. Come and share in our vision- AIG: All Day, Every Day!

Registration Link: bit.ly/cfaaig

■ **Parental Support + Math Tips & Resources = Math Success 4 Your Child**

Target Families: Elementary Families

Session Date: March 25, 2021

Elementary math is not your strongest area? Want to be able to provide support to your child. We will guide you through some tips and resources that are available to help whether it is virtual learning or homework time.

Registration Link: bit.ly/cfamathtips

Overview of Family Engagement Sessions

■ **Support 4 Military Families: Getting to Know CCS**

Target Audience: K-12th Grade Military Families

Session Date: April 1, 2021

Our military families are a viable part of our country and our community. As families provide service to the country, we want to continue to provide much-needed support to your child/children. Are you new to Ft. Bragg or recently returning to Ft. Bragg and you want to know more about the services that are available to your child while enrolled in Cumberland County Schools? Join us for our workshop that will specifically focus on supports for our military families.

Registration Link: bit.ly/cfamililitaryfamilies

■ **Hands-On, Minds-On Learning @Home for Science Success**

Target Families: Elementary Families

Session Date: April 15, 2021

When teaching science, teachers provide opportunities for students to engage in “hands-on, minds-on” activities. There are ways to engage your child in these activities as they expand their knowledge of elementary school science. Join us for tips, strategies, and resources that can help your child continue or develop a love for science.

Registration Link: bit.ly/cfasciencesuccess

■ **Building & Maintaining Healthy Financial Habits**

Target Audience: All Families

Session Date: April 22, 2021

Financial literacy is important to equip everyone with the knowledge and skills we need to manage money effectively. Join us for our workshop to help make some practical decisions to build and maintain healthy financial habits.

Registration Link: bit.ly/cffinancialliteracy

■ **You're Not Alone: Parents Supporting Parents Panel Discussion**

Target Audience: All Families

Session Date: April 29, 2021

You are doing the best you can but we are here to help. Learn some strategies from other parents about ways to best support your child/children. You don't have to be in this alone. Join us as we have a parent-led discussion about what works, what doesn't, and how to 'pull it all together.'

Registration Link: bit.ly/cfparentempowerment

■ **Prepping for College: Admissions, Scholarships and More!**

Target Families: Current 10th/11th Grade Families

Session Date: May 6, 2021

Post-secondary education is a major life change for both students and their families that comes with much excitement and nervousness about what to expect. Join us with your questions as we speak with college admissions officers, explore local college programming opportunities, and get information about college scholarships.

Registration Link: bit.ly/cfacollegeprep

■ **Staying Marketable: Job Search & Résumé Tips**

Target Audience: All Families

Session Date: May 13, 2021

Looking to make a career move? A recent college graduate? Wanting to 'brush up' on the latest trends with tips for your job search and résumé? Join us to learn what employers are looking for and how to prepare for the next job fair or job interview.

Registration Link: bit.ly/cfajobskills

■ **Serious Business: We're Talking About Your Family's Health**

Target Families: All Families

Session Date: May 20, 2021

The two leading causes of absenteeism in schools are chronic childhood diseases asthma and diabetes. Learn from a panel of school health/healthcare professionals, how to manage and create the best plan for your child.

Registration Link: bit.ly/cfahealthandwellness