

Back to the Classroom
Core Curriculum Support Program



Module 7
Table Talks

Table Talks

Parent Resource





July 2018

Summer Bucket List: Volunteerism

	Words of the Day	Leadership Tip of the Day	Table Talks
Mon 2	Offer To express readiness or the intention to do something for or on behalf of someone	Pick up a new hobby	<p>AND NOW! Back to the Classroom: There is always something we all can do to improve our family and community. Take some time today to decide what kind of solutions you would like to contribute to. Let's all become a part of a solution and not a part of the problem. STAY IN YOUR LANE.</p> <p>PARENT NOTE Talk to your children about this study that reveals four key benefits to volunteering that make a positive impact on our lives: Health: volunteers say that they feel better - physically, mentally and emotionally; Stress: volunteering helps people manage and lower their stress levels; Purpose: volunteers feel a deeper connection to communities and to others; Engagement: volunteers are more informed health care consumers, and more engaged and involved in managing their health.</p>
Tue 3	Volunteer A person who freely offers to take part in an enterprise or undertake a task	Get out of your comfort zone.	<p>AND NOW! Back to the Classroom: An obligation is a responsibility not owned. If everyone owned up to their responsibility, then we would never feel burdened by obligation. Instead we would just take pride in our ability to satisfy our responsibility. Free yourself from obligations by deciding to be responsible on your own will. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Ask your child to make 2 separate lists. One of their responsibilities. Another list of their obligations. Have them explain why they have decided that the things listed as obligations are not their responsibilities instead.</p>
Wed 4	Community A feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals	Stay focused with to-do lists.	<p>AND NOW! Back to the Classroom: Each of us have a different world view. Some people feel they must take care of themselves before they can care for the community. Others focus on caring for community because they realize they will personally benefit from any community improvement. No matter what your current world view, in some way, we should all feel compelled to contribute to the world we live. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Pick a volunteer act of the day for you and your teen! Become CPR certified ∞ deliver loaves bread to a soup kitchen∞ Make and donate "care kits" to homeless ∞ Donate art supplies to kids in a homeless shelter ∞ Babysit children while their parents look for jobs ∞ Become a certified lifeguard and volunteer at a local pool or beach</p>
Th 5	Service The action of helping or doing work for someone	Learn from people who inspire you	<p>AND NOW! Back to the Classroom: When someone is serving you, they are becoming stronger. There is so much strength and many life lessons to be learned by providing service for someone in need. Service to others is a great way to spread the love vibe. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Pick a volunteer act of the day for you and your teen! Organize a drug-free campaign ∞ Start or join a neighborhood watch program ∞ Become a Big Buddy for children at a homeless shelter∞ Plant a fruit bush for a senior citizen∞ Become a tour guide at your local museum</p>
Fri 6	Involve To experience or participate in an activity or situation	Show kindness to people around you.	<p>AND NOW! Back to the Classroom: Many people know how to find problems. We should not be impressed by our ability to find problems. We should be impressed by our ability to solve problems. Knowing there is a problem is just half the battle. Let's become the generation of solutions! STAY IN YOUR LANE.</p> <p>PARENT NOTE: Visit your local library to find out if there are any community events that you and your teen could volunteer to help.</p>



July 2018

Summer Bucket List: Research Colleges, Technical Schools, Continuing Ed

	Words of the Day	Leadership Tip of the Day	Table Talks
Mon 9	Research Gathering of data, information and facts for the advancement of knowledge.	Ask for feedback.	AND NOW! Back to the Classroom: Planning for the future can be fun. Think of it as an equation. Write a list of things you like to do and then research job descriptions and careers that fit your criteria. Make an appointment with your guidance counselor today. Guidance office is always happy to like guide and stuff. STAY IN YOUR LANE. PARENT NOTE: Decide if there is a sport or club you would like to join next school year. These are the kind of activities that look nice on college/Tech School applications. Find out what things you can do to prepare for participation
Tue 10	College An educational institution or establishment	Quit a bad habit.	AND NOW! Back to the Classroom: Whether you are college bound to continue education or wanting to gain an education through work experience, the world needs you. There are so many ways to learn and there is something to be gained by either path. Decide which path is right for you and enjoy the journey. STAY IN YOUR LANE. PARENT NOTE: If your teen met challenges in a subject last year, summer is a good time to seek find a tutor to strengthen skills for the next year. Catch up, brush up and get ahead!
Wed 11	Continuation The action of carrying something on over a period of time or the process of being carried on	Let go of the past.	AND NOW! Back to the Classroom: Think of your future in chapters. The college major, job or career you choose today most likely will not be what you do your entire life. Consider making a list of all the things you would like to do and plan to begin one place and evolve into other areas as time goes on. Plan your future as colorful as you would like. STAY IN YOUR LANE. PARENT NOTE: Feed your brain by reading 30 minutes a day. Google an article or topic that interest you. Make it a point to learn something new every day.
Th 12	Education The process of receiving or giving systematic instruction, especially at a school or university	Commit to your personal growth	AND NOW! Back to the Classroom: Once you decide you already know it all... you stop learning. Be grateful that we were born able to learn. Admitting that we don't know something does not mean we can't learn. However, when we say we know something that we don't, we prevent ourselves from gaining new information. Most people are happy to teach those who don't pretend to know it all. STAY IN YOUR LANE. PARENT NOTE: Be sure to explore many different continuing education options. Let's not rule out less popular routes like horticulture and farming. These careers are less popular but much needed in the face of our countries health problems. Encourage your child to think outside the box when deciding their future.
Fri 13	Future Something that will happen in time to come	Meditate.	AND NOW! Back to the Classroom: Did you know that there are colleges that offer college credit for work experience? Many people go to technical school or begin working right out of high school while others begin college. Neither path is a bad path. As a matter of fact, they are two sides of the same coin. College students usually finish with not a lot of experience in their field while worker gain experience and may lack the formal education. It is good that our society values both types of learners. STAY IN YOUR LANE. PARENT NOTE: Get a printed college catalog with the course requirements, programs etc. Thumb through it together to see which course descriptions spark your child's interest. Maybe get a few catalogs to compare college pricing and programs. Also consider other continuing education options like Real Estate sales, mortgage/loan origination, Insurance sales, travel agent training etc. These option are normally short-term education with great earning potential.



July 2018

Summer Bucket List: Research Careers, Internships & Job Postings

	Words of the Day	Leadership Tip of the Day	Table Talks
Mon 16	Intern A student or trainee who works, sometimes without pay, at a trade or occupation in order to gain work experience	Get a mentor or coach	AND NOW! Back to the Classroom: Learning new skills is often the first step stage of education. Then comes the task of applying what you have learned. Internships is a way many students get to practice what they have learned. If you think you are interested in a field, you may want to volunteer before the education and the internship, just to see if the field is where you want to spend our time. STAY IN YOUR LANE. PARENT NOTE: Discuss your child's ideals for work/education goals. Do they plan to work and go to school? Work and play sports? Do they see themselves going to college in night or day? Would they prefer to work night or day? It's never too early to have them think about the basic framework of their scheduling?
Tue 17	Job A paid position of regular employment	Avoid negative people.	AND NOW! Back to the Classroom: A job normally pays by the hour. So ultimately a job buys your time, which means money is our life-time converted into paper to be traded for things and service. For the rest of your life every penny you spend will represent how you like to spend your time. Begin to think about the things you would like to buy with the life's time. The things we buy say a lot about our values. STAY IN YOUR LANE. PARENT NOTE: Access your child's work qualities ^Will I show up for work on time, everyday? ^ Can I stay until the workday is over? ^ Am I willing to follow company rules even though I may not agree with them? ^ Can I keep a positive attitude when things do not go as planned? ^ How will I deal with the stress that comes with a job? ^ Is the information I will share on the application true and accurate? ^ Do I present a neat appearance and pay attention to personal hygiene?
Wed 18	Career An occupation undertaken for a significant period of a person's life and with opportunities for progress	Cultivate a new good habit.	AND NOW! Back to the Classroom: All careers have potential for greatness. There are million-dollar janitorial service. There are trash companies on the Fortune 500 list and there are doctors who are bankrupt. Careers do not guarantee success. Success has more to do with you and your style of practice. A career doesn't necessarily make you great, but you can be great in almost any chosen career when you do your best. STAY IN YOUR LANE. PARENT NOTE: Access your child's social skills ^Will I try to learn from my mistakes? ^ Do I typically say please and thank you and use good manners? ^ Can I accept correction or criticism and respect other peoples' ideas? ^ Am I accepting and tolerant of others regardless of race, religion or nationality?
Th 19	Resume A brief account of a person's education, qualifications and previous experience	Acknowledge your flaws	AND NOW! Back to the Classroom: A resume is a list of skills you have acquired and experience you have gained. It lets society know what type of things you may be able to do. Our value as citizens is in our ability to be of use. The more useful you become, the stronger your resume. So, don't be afraid to try new things long enough to gain marketable skills and experience. STAY IN YOUR LANE. PARENT NOTE: Access your child's attitude toward team work. ^ Am I a team player, willing to help others and accept help? ^ Can I work to make everyone on the team successful? ^ Will I listen to what others say and be willing to share what I think?
Fri 20	Interview A meeting of people face to face	Identify your blind spots	AND NOW! Back to the Classroom: Interviewing can be hard for people who believe they have nothing to prove. When we submit to an interview, we are showing up to prove we can be relied on and each of us should want to prove that. Look at an interview as an opportunity to show what makes you great! STAY IN YOUR LANE. PARENT NOTE: Access your child's communication skills. ^ Can I understand and fill out a job application and other employment documents (i.e. employee handbook) ^ Do I know the difference between stating facts and stating my opinion? ^ Can I write clearly ^ Do I know English well enough to follow directions and safely do my job? ^ Will I be able to get to work?

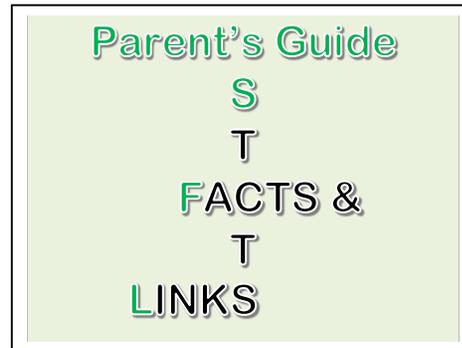


^ Will I ask my supervisor questions if I need help? ^ Can I follow multiple step directions? ^ Am I able to use a computer? simple math problems like add and subtract? ^ Do I have a work support system

July 2018

Summer Bucket List: Research Food & Fitness (Steered Straight Core Nutrition Grocery Picks)

Mon	Words of the Day	Leadership Tip of the Day	Table Talks
23	<p>Food Any nutritious substance that people or animals eat or drink in order to maintain life and growth</p>	Write a letter to your future self.	<p>AND NOW! Back to the Classroom: Food is fuel for the body, brain and spirit. The better food selection, the stronger your body, the better your mood and the clearer you will be able to think. What you have for breakfast could actually determine the type of mood you will have for the day. STAY IN YOUR LANE. PARENT NOTE: Research Steered Straight Core Nutrition Picks <u>Meats</u> Fish, Chicken, Turkey, Cornish Hen, Eggs</p>
24	<p>Fitness The condition of being physically fit and healthy</p>	Learn a new language	<p>AND NOW! Back to the Classroom: Confidence often comes from our abilities. Our ability often depends on our fitness. Poor diet and poor fitness makes many people unable to perform on satisfactory levels of health. This can be a handicap. So, let's keep moving and stay fit so we won't handicap our lives! STAY IN YOUR LANE. PARENT NOTE: Research Steered Straight Core Nutrition Picks <u>Fruits & Vegetables</u> Cherry or Grape Tomatoes, Apples, Raisins, Prunes, Strawberry Preserve, Grapefruit, Lemons, Baby Carrots, Canned Spinach, Collard Greens, Celery, Garlic, Cucumbers, Frozen Kale,</p>
25	<p>Outdoors In or into the open air; outside a building or shelter</p>	Read a book everyday	<p>AND NOW! Back to the Classroom: Did you know that your body makes Vitamin D by sitting in the sun. This is just one of the ways the great outdoors provides our body with good health. Warm sunlight is the reason sports teams in warmer states often perform better than athletes in colder states and people who retire in Florida may have better health than those in colder climates. So, get out and enjoy all the benefits of outdoor living. STAY IN YOUR LANE. PARENT NOTE: Research Steered Straight Core Nutrition <u>Nuts & Beans</u> Almonds, Walnuts, Peanut Butter, White Beans, Kidney Beans</p>
26	<p>Exercise Activity requiring physical effort, carried out specially to sustain or improve health and fitness</p>	Wake up early	<p>AND NOW! Back to the Classroom: Walking at a comfortable pace promotes fat burning. Running can promote heart health. There are benefits to all ranges of exercise. Create an exercise regimen for yourself today and stick to it. The best kind of exercise is regular exercise. STAY IN YOUR LANE. PARENT NOTE: Research Steered Straight Core Nutrition Items Listed <u>Grains</u> Rice, Potatoes, Oat Meal, Grits, Whole Grain Cereal, Whole Wheat Bread</p>
27	<p>Vitamins A natural substance that is usually found in foods and that helps your body to be healthy</p>	Have a weekly exercise routine.	<p>AND NOW! Back to the Classroom: WE should pick our meals competitively by asking ourselves, "Which meal can I have that will give me the most vitamins?" When playing video games, we always play for the most points. Let's decide to mindfully add vitamins and minerals to our diet! STAY IN YOUR LANE. PARENT NOTE: Research Steered Straight Core Nutrition Items Listed <u>Dairy & Supplements</u> Almond Milk, Provolone Cheese, Fruit Yogurt Multivitamins, Supplement Shakes, Omega 3-6-9 Fish Oil, Curry, Green Tea Bags, Water</p>



July

Safe-Summer Bucket List

It's a parent's summertime nightmare. While you're at work all day, your tween or teen is at home. Alone. With nothing to do. So what does she do? She turns your house into party central.

- Discuss with your teen some safe and fun things they may want to do this summer.
- Discuss with your teen consequences for not abiding by the rules, and stick to it.

How to kick off your search for summer plans:

- Check with the school counseling office. Most counseling offices have a bulletin board of job postings and internship opportunities for middle and high school students.
- Use your network. Friends, neighbors, and work colleagues can be a rich source of summer job ideas.
- Search online parents' websites. Many towns and cities now have parenting websites that offer plenty of summer possibilities. Parents Connect: Omaha, for example, offers listings for camps in the Omaha area, and San Francisco's SFKids.org, features an entire section on youth employment.
- Follow your child's interests. Have an aspiring vet? Check in for opportunities at your local SPCA. Your soccer enthusiast will likely make a great coach at a pee-wee soccer camp. A bookworm might be happier working at the local library or bookstore, and an aspiring actor could find a role in summer stock.

For more information: <http://www.greatschools.org/gk/articles/youth-summer-camp-teen-tween/>

Teen Safety and Parties

As a parent, you know the importance of your teen's social life and that parties are a way to socialize and relax. But an unsupervised or poorly planned party can result in unwanted or even tragic consequences. However, parental responsibility is the key to a fun and safe party.

- Discuss with your teen about safety at parties.
- Discuss with your teen why parental chaperoning is important.

Communication and honesty are important to keep your teen safe. Teens whose parents talk with them regularly about drugs and alcohol are 42% less likely to use substances than those whose parents don't. Tell your teens that you expect them not to use alcohol or other drugs at parties.

Parent networking is the best prevention tool to combat underage drinking. Get to know your teen's friends and their parents. If your teen is planning on going to a party, call the parents to ensure that they will be home and that they will not allow drugs or alcohol. If this is not possible, don't let your teen go.

Parents are legally responsible for anything that happens to a minor who has been served alcohol or other drugs in their home. If anyone brings alcohol or other drugs to your home, be prepared to contact their parents. And if someone comes to your home already intoxicated, make sure that they get home safely.

Help your teen feel responsible for this as well.

Making a Teen Safety Party Plan

Partying is fun for people of all ages. Teenagers in particular like to party. This may include clubbing, attending a concert or festival, having a party at home or going to a party at a friend's house. If you follow a few simple suggestions, it will help you stay safe while you're having a good time.

- Discuss with your teen how to make a safety plan.
- Discuss with your teen to never be afraid to call home and ask for help
- Remember that you don't have to use drugs or alcohol or other drugs to have fun.
- Eat well before you leave home. A full stomach slows absorption of alcohol.
- Drink in moderation. Don't let others top up your drinks and go for low alcohol options wherever possible.
- The best way to avoid drug-related problems is not to use at all. If you do, make sure you know what you're taking and find out how to reduce the risks of overdose or injury. Never mix drugs with alcohol or other drugs.
- Trust your own judgment. Don't let peer pressure sway you into doing anything you don't want to do. It's okay to say no.
- Keep your wits about you and stay close to friends you trust.
- Take condoms with you if you think you might end up having sex – and use them.
- Don't get into a car with a driver who has been drinking.
- Remember that your judgment may be impaired if you've been drinking or taking drugs – don't take risks you may regret, such as diving into water if you don't know how deep it is or fooling around near swimming pools.
- Leave for somewhere safe if you feel unsafe at a venue or party.

For more information: <https://www.betterhealth.vic.gov.au/health/healthyliving/partying-safely-tips-for-teenagers/>

Driving Risks

The relationship between age and driving behavior has interested highway safety researchers and administrators for many years. **The greatest risk of traffic crashes is among teenage drivers and the leading cause of death for teenagers across the U.S.** For both

men and women, drivers aged 16 to 19 years of age have the highest average annual crash and traffic violation rates of any other age group.

- Discuss with your teen the necessity of staying safe during the holiday
- Discuss with your teen the dangers of being on the roadway during the holiday

Teenage Driver Crash Risk Factors: The traffic accident rates for 16 to 19-year-old drivers are higher than those for any other age group. Following is a list of their primary risk factors.

Poor Hazard Detection: The ability to detect hazards in the driving environment depends upon perceptual and information-gathering skills and involves properly identifying stimuli as potential threats.

It takes time for young novice drivers to acquire this ability.

Low Risk Perception: Risk perception involves subjectively assessing the degree of threat posed by a hazard and one's ability to deal with the threat. Young novice drivers tend to underestimate the crash risk in hazardous situations and overestimate their ability to avoid the threats they identify.

Risk Taking: Teenagers tend to take more risks while driving partly due to their overconfidence in their driving abilities. Young novice drivers are more likely to engage in risky behaviors like speeding, tail-gating, running red lights, violating traffic signs and signals, making illegal turns, passing dangerously, and failure to yield to pedestrians.

Not Wearing Seat Belts: Teenagers tend to wear safety belts less often than older drivers. Why? Lack of skill Novice teenage drivers have not yet completely mastered basic vehicle handling skills and safe-driving knowledge they need to drive safely.

Alcohol and Drugs: Driving under the influence of alcohol and/or drugs is a common cause of serious crashes, especially fatal ones, involving teenage drivers. Teenagers who drink and drive are at much greater risk of serious crashes than are older drivers with equal concentrations of alcohol in their blood.

Carrying Passengers: For teenagers, the risk of being in a crash increases when they transport passengers, the fatality risk of drivers aged 16-17 years is 3.6 times higher when they are driving with passengers than when they are driving alone, and the relative risk of a fatal crash increases as the number of passengers increases. Passengers who are age peers may distract the teen drivers and encourage them to take more risks, especially for young males riding with young male drivers.

Night Driving: The per mile crash rate for teenage drivers is 3 times higher after 9:00 pm. This is because the task of driving at night is more difficult; they have less experience driving at night than during the day; they are more sleep deprived, and/or because teenage recreational driving, which often involves alcohol, is more likely to occur at night.

<http://www.unitedhealthgroup.com/SR>