10252023

***Middle/HighSchoolfamily*** *Engagement* ***month*** 2023

*Activities for Families*

**NO VEMBER**

WEDNESDAY THURSDAY FRIDAY SATURDAY



SUNDAY

MONDAY

TUESDAY

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| [**Celebrating**](https://www.ncmuseumofhistory.org/events-and-programs/festivals/annual-american-indian-heritage-celebration)  ***“We cannot always build the future for our youth, but we can build our youth for the future.”***  – Franklin D. Roosevelt | | | **National Family 1**  **literacy Day**  Getting your preteen or teen to [**read more**](https://www.colorincolorado.org/article/parent-tips-how-get-your-teen-reading). | **2**  Checkout these IEP Resources: [**IEP Checklist:**](https://www.ecac-parentcenter.org/wp-content/uploads/ecac_IEP_NewLayout_04202022_rev-1-2.pdf)Prepare and Participate  [**What to know**](https://www.ecac-parentcenter.org/wp-content/uploads/IEP-overview-parent.pdf)about the IEP and how it’s developed.  [**Requirements**](https://www.ecac-parentcenter.org/wp-content/uploads/Transition-Planning.pdf)for Transition Services. | **3**  Register now for [**Tool Time**](https://us02web.zoom.us/webinar/register/5216959174036/WN_mfnVg2B3QP6Yq_phO-iE1g)[**Tuesday**](https://us02web.zoom.us/webinar/register/5216959174036/WN_mfnVg2B3QP6Yq_phO-iE1g)**.** Topics this month include, “ Talking to your child about the tough stuff” and [**siblings**](https://siblingsupport.org/wp-content/uploads/2019/12/What-Siblings-Would-Like-Parents-and-Service-Providers-to-Know.pdf)sharing and answering questions from their perspective. | **4**  Spend time with your child  reviewing [**YEP - Young**](https://www.ecac-parentcenter.org/wp-content/uploads/YEP-April-2023-1.pdf)[**Exceptional Perspectives**](https://www.ecac-parentcenter.org/wp-content/uploads/YEP-April-2023-1.pdf)and encourage your child to [**subscribe**](https://www.ecac-parentcenter.org/sign-up-for-the-yep-newsletter/)to the newsletter. |
| **Daylight Saving Time Ends! 5**    Share two things that made each of you happy today. | **6**  [**Options to help prepare**](https://www.ecac-parentcenter.org/wp-content/uploads/Lifes-a-Journey-Learn-More-Do-More-Be-More.pdf)  your child for adulthood. | **Election Day 7**    Did you know In NC teens ages 16 and 17 can [**pre-register to vote.**](https://www.ncsbe.gov/registering/who-can-register/preregistering-vote-when-you-are-16-or-17-years-old) | **8**  [**Communicating**](http://www.ecac-parentcenter.org/wp-content/uploads/ECACResourceStepsToSuccess.pdf)with your child’s school. | **9**  Review [**NC’s Graduation**](https://www.ecac-parentcenter.org/wp-content/uploads/NC-High-School-Graduation-Requirements.pdf)[**requirements.**](https://www.ecac-parentcenter.org/wp-content/uploads/NC-High-School-Graduation-Requirements.pdf) | **10**  If your student will  graduate with a certificate or a diploma, explore these possible [**college**](https://www.ecac-parentcenter.org/wp-content/uploads/Whats-Next-College.pdf)[**experiences.**](https://www.ecac-parentcenter.org/wp-content/uploads/Whats-Next-College.pdf) | **Veterans Day 11**  Talk about the sacrifices of those who serve our country. Write a thank you note to a veteran. |
| **12**  Encourage your preteen or teen to explore leadership opportunities such as  [**ECAC’s Youth Advisory team**](https://www.ecac-parentcenter.org/wp-content/uploads/Youth-Advisory-Team-Application-2021-4-1.pdf)  or a [**local youth council**](https://www.doa.nc.gov/divisions/council-women-youth/state-youth-councils/local-councils). | [**World Kindness Day**](https://parents-together.org/50-fun-and-simple-ways-to-celebrate-world-kindness-day-with-your-kids/) **13**  **Caregiver Appreciation** [**Day**](https://www.caregiver.org/resource/taking-care-you-self-care-family-caregivers/)  Tell your preteen or teen what you like and admire about them. | **14**  Learn about the [**Star**](https://www.ecac-parentcenter.org/wp-content/uploads/STAR-Program-9.13.23-1.pdf)[**Program**](https://www.ecac-parentcenter.org/wp-content/uploads/STAR-Program-9.13.23-1.pdf)a virtual training for students (ages 14- 22) with disabilities to help prepare them for life beyond high school. | **America Recycles Day 15**  [**How to support**](https://insidesel.com/2022/05/01/how-to-support-your-teens-social-and-emotional-needs/)your preteen or teens social and emotional needs. | **National Parent 16**  **Involvement Day**  You have a [**story to**](https://www.pacer.org/parent/php/PHP-c121.pdf)[**share**](https://www.pacer.org/parent/php/PHP-c121.pdf)that could make a difference. Look at these [**opportunities**](https://www.ecac-parentcenter.org/wp-content/uploads/Current-Leadership-Opportunities.pdf)to share your story. | **17**  Begin planning for your students transition to [**high school**](https://www.ecac-parentcenter.org/wp-content/uploads/Heading-to-High-School-Choosing-a-Course-of-Study.pdf)or  [**adulthood**](https://www.ecac-parentcenter.org/wp-content/uploads/Secondary-Transition-in-North-Carolina.pdf)**.** | **18**  A [**time capsule**](https://www.thecoophomeschool.com/blog/time-capsule)is a picture of one moment in time. Make a [**time**](https://www.imom.com/wp-content/uploads/2017/12/time-capsule.pdf)[**capsule**](https://www.imom.com/wp-content/uploads/2017/12/time-capsule.pdf)as a family. |
| **19**  How to [**protect your child**](https://eastersealsdfvr.wordpress.com/2021/08/09/keeping-children-with-disabilities-safe-in-a-digital-world/)[**with disabilities**](https://eastersealsdfvr.wordpress.com/2021/08/09/keeping-children-with-disabilities-safe-in-a-digital-world/)in a digital world. | **20**  If your child has health care needs check out the [**NC F2F**](https://www.ecac-parentcenter.org/wp-content/uploads/F2F-one-pager-1.pdf)[**Health Information Center**](https://www.ecac-parentcenter.org/wp-content/uploads/F2F-one-pager-1.pdf)and other [**resources**.](https://www.ecac-parentcenter.org/special-healthcare-needs/) Need help organizing help health care information, try the [**“Care**](https://www.ecac-parentcenter.org/wp-content/uploads/CareNotebook-English-Completely-Fillable.pdf)[**Notebook”**](https://www.ecac-parentcenter.org/wp-content/uploads/CareNotebook-English-Completely-Fillable.pdf). | **National TV Day 21**  **National Gingerbread** [**Cookie Day**](https://nationaltoday.com/national-gingerbread-cookie-day/#%3A~%3Atext%3DU.S.%26text%3DWe%20celebrate%20National%20Gingerbread%20Cookie%2Cis%20not%20too%20far%20away)  [**How to make**](https://childmind.org/article/benefits-watching-tv-tween-teen/)the most of watching TV with your preteen/teen. | **22**  Team up with your  student to create a [**vision**](https://www.ecac-parentcenter.org/wp-content/uploads/Vision-Statement-Worksheet-Action-Step-2.pdf)[**statement**](https://www.ecac-parentcenter.org/wp-content/uploads/Vision-Statement-Worksheet-Action-Step-2.pdf)for their future. | **Thanksgiving Day 23** | **24**  Ask your preteen or  teen what makes a good friend and talk about [**friendships and**](https://www.commonsense.org/education/videos/teen-voices-friendships-and-boundaries)[**boundaries**](https://www.commonsense.org/education/videos/teen-voices-friendships-and-boundaries)on social media. | **25**  Have a movie marathon  of your tween/teen favorite movies.  Pop the popcorn. |
| **NatioNal caKe Day 26**  [**Bake**](https://www.getcracking.ca/recipes/article/national-cake-day)a cake together for National Cake Day. | **27**  A [**guide**](https://www.ecac-parentcenter.org/wp-content/uploads/The-Roadmap-to-Meaningful-Employment-and-Independent-Living.pdf)to meaningful employment and independent living. | **28**  [**Parenting a preteen**](https://www.verywellfamily.com/what-is-a-tween-3288580)in the middle school years.  [**When**](https://www.understood.org/podcasts/in-it/child-social-life-parent-involvment)to worry and when to let go. | **29**  Help your preteen or teen interact [**safely online**](https://www.commonsense.org/system/files/pdf/2020-03/friendships-boundaries-workshop-take-home-resources.pdf)and responsibly [**post, comment**](https://www.commonsense.org/system/files/pdf/2022-08/who-are-you-on-social-media-workshop-take-home-resources.pdf)[**and upload.**](https://www.commonsense.org/system/files/pdf/2022-08/who-are-you-on-social-media-workshop-take-home-resources.pdf) | **30**  Tips to connect with your [**middle schooler**](https://localanchor.com/how-to-connect-with-your-middle-schooler)or your [**high schooler**](https://repository.escholarship.umassmed.edu/bitstream/handle/20.500.14038/51255/3%20Tips%20to%20Improve%20Communication%20with%20Your%20Youth%20%26%20Young%20Adults%202022.11.28.pdf?sequence=5&isAllowed=y). | *Scan for more information >* | |

907 Barra Row, Suite 103 | Davidson, NC 28036

**Parent Info Line: 1-800-962-6817**



Empowering Families Improving Lives

[**www.ecac-parentcenter.org**](http://www.ecac-parentcenter.org/)

[**ecac@ecacmail.org**](mailto:ecac@ecacmail.org)