



## FAMILY SUCCESS ALLIANCE

*Strengthening the pipeline of success for children and families in Orange County*

ISSUE 1 - DECEMBER 2015



### Updates & Events

Focus on past and future news, events, and updates

### Resources & Tips

Helpful/practical information

### Spotlight

Highlighting FSA families and partner organizations

## About the Family Success Alliance

We are a group of caring and proactive community members, organizations, and local government agencies working together to ensure children in Orange County, whose families struggle to make ends meet, have the opportunity for a healthy, safe, and productive life.

We are strengthening the pipeline of success for children from cradle-to-college and career.



## Looking back and moving forward

by Meredith Stewart, Program Manager  
Family Success Alliance

The end of the year is a time of celebrations, hope, and reflection for many reasons. It is a time when friends and family come together to celebrate special holidays and traditions. The nights will begin to get shorter as the light starts to come back. During this time, many will be thinking about successes from the last year and hopes and dreams for 2016.



I know I am very thankful for the community members, organizations, and families that have been part of the Family Success Alliance this year. It is hard to believe that our first two zones, Zone 4 and Zone 6, were chosen just one year ago!

Looking back in 2015, we have:

- Connected with more than **200 people and organizations** who live, or work, in Zones 4 and 6 to understand the strengths of the communities and challenges they face
- Piloted a *Kindergarten Readiness Program* with **66 families in 3 schools**
- Added **4 new team members** as part of our *Navigator Program*, who are working hand-in-hand with families from the Kindergarten Readiness Program

Looking forward to 2016, I am excited to continue our work

- Supporting families,
- Deepening partnerships with the all of the wonderful organizations that make up FSA, and
- Strengthening the pipeline from cradle-to-college and career with new and/or expanded programs in the two zones.

I invite you to continue helping us build our pipeline in 2016 by following us on social media, coming to an FSA meeting, or donating to any of the partner organizations along the pipeline.

Thanks for your amazing support over the past year.

Happy Holidays to you and your family from the Family Success Alliance Family.

# Updates & Events

## Mark your calendars

### Chapel Hill-Carrboro City Schools (CHCCS) Pre-K Head Start Registration

**January 4** - Registration for the Chapel Hill-Carrboro City Schools (CHCCS) Pre-K Head Start Program begins. This program serves children in the Chapel Hill-Carrboro City School district who will be 3 or 4 years old by August 31, 2016. The program has 20 Pre-K classes in the CHCCS elementary schools. Head Start and tuition placements are available. Childcare subsidies are also accepted.

The CHCCS Pre-K Head Start program serves children in the district of Chapel Hill-Carrboro School who will turn 3 or 4 years old on or before August 31, 2016. This program has 20 Pre-K classes in primary schools CHCCS. Head Start enrollment quotas are available. Childcare subsidies are also accepted.

Call (919) 918-2153 on, or after, **January 4th** to make an appointment.

### Chapel Hill Public School Foundation Achievers Grant

- For students in the Chapel Hill-Carrboro City Schools
- Funds tutoring, enrichment or summer camp and students who have advanced to state or national competitions
- Requires existence of economic need
- Deadlines are **January 31** and **April 30**
- To apply [click here](#)

### Triangle Community Foundation Scholarships

- A listing of multiple local scholarships available for middle and high school students
- Deadlines vary, starting **January 1**
- To learn more [click here](#)

### Summer Camp Information Nights - Zone 6

Do you want your child to attend summer camp? Do you need help paying for summer camp? Come to one of the Chapel Hill Parks and Recreation Summer Camp Information Nights.

#### Elementary School Camp Fairs

**January 11** from 6:00 - 7:30 PM at Ephesus Elementary School - 1495 Ephesus Church Road, Chapel Hill

**January 13** from 6:00 - 7:30 PM at Chapel Hill Public Library Room B - 100 Library Drive, Chapel Hill

#### Middle School Camp Fair

**January 20** from 6:00 - 7:30 PM at Culbreth Middle School - 225 Culbreth Road, Chapel Hill

### Summer Camp Registration - Zones 4 & 6

Summer will be here before you know it! There are lots of great camps in Orange County. We've listed just a few below. Sign-ups start in **January** and **February** and most have scholarships or other financial assistance.

- The Orange County Sportsplex has a variety of half and full day summer camp options in the areas of sports and fitness as well as leadership. [Click here](#) to see their full listing of camps. Registration is now open.

- Chapel Hill and Carrboro have Spring and Summer activities all over town! Registration for Town of Chapel Hill Winter/Spring activities starts **January 4**. For more information, [click here](#) to visit their website.
- Registration for Town of Carrboro activities starts **January 6** for Carrboro residents and **January 7** for all others. [Click here](#) to view their brochure.
- Orange County Parks and Recreation has over 100 programs each Spring and Summer. [Click here](#) to check-out all of the great options. In-person registration is **February 1-12** and on-line registration starts **February 13**. Need help paying for registration? To learn more, call the Department of Social Services at (919) 245-2800.

### Incredible Years Parent and Toddler Education Group

**January 27** - Parents of toddlers between the ages of 9 and 36 months can join this parent education group to learn more about how to deal with their child's behaviors such as tantrums and limit-testing. This is a free, 12 week group beginning on January 27 and meeting in Hillsborough. Free lunch and child care is provided. To sign up, contact [amorris@kidscope.chool.org](mailto:amorris@kidscope.chool.org).

### Family Success Alliance Advisory Council Meeting

**February 15, 2016** - Family Success Alliance Advisory Council meeting from 1:00-3:00 PM at the Orange County Library in Hillsborough.

## Resources & Tips

### Reading Tip for Parents of Young Children



#### Labels of Love

Word recognition and vocabulary are important parts of reading. On a rainy day, get some paper and tape and start labeling everything in your house from furniture to decorations. Reading these labels repeatedly will help to build your child's mental bank. If your family speaks multiple languages, create the labels in each language.

Source: [Scholastic.com](http://Scholastic.com)

### Healthy Cooking on a Budget

#### **Beefy Macaroni and Cheese**

Makes: 4 servings

Total Cost: Approximately \$4.17

Cost per Serving: \$1.04

#### **Ingredients:**

- 3/4 pound ground beef
- 1 1/2 cups water
- 1 cup macaroni
- 15 ounces diced tomatoes, canned, undrained (1 can)
- 1/2 cup Eating Smart Seasoning Mix (see below)



- 1/2 cup shredded cheese

**Directions:**

1. Brown ground beef in a large skillet, drain the fat.
2. Add water, macaroni, tomatoes, and seasoning mix, stir.
3. Bring to a boil, reduce heat to low and simmer, covered for 15-20 minutes or until macaroni is tender.
4. Remove from heat and add 1/2 cup grated cheese.
5. Taste, then add a small amount of salt if needed.
6. Refrigerate leftovers.

**Eating Smart Seasoning Mix**

Makes: 40 servings

Total Cost: \$4.04

Cost per Serving: \$0.10

**Ingredients:**

- 1 1/4 teaspoons black pepper
- 1 Tablespoon garlic powder
- 2 Tablespoons dried parsley flakes
- 3/4 cup dried, minced onion
- 2 cups dried milk, non-fat

**Directions:**

1. Combine all ingredients.
2. Store in airtight container.
3. Use in recipes as indicated.

Source: [United States Department of Agriculture](#)

## Family Spotlight

**Family members:**

Parents - Martha Benitez and Miguel Peralta

Kids - Luis Angel 8 years old

Yuliana 6 years old

Emily 2 years old

**Dreams for my children:**

My dream for Luis is to be successful in school, Yuliana to learn all the letters and numbers and to read, and for Emily, I dream for her to go to daycare so my husband and I can go to work in peace.

**Goals we are working on as a family:**

The goal we are working on as a family is to finish repairing and remodeling our house so we can move in.

**Fun fact:**

For fun, I teach kids how to dance traditional Mexican folk dances. Even my daughter is involved. They dance in school festivals and events at Catholic churches. I do this because I want them to learn about our culture and have fun at the same time. My daughter Yuliana participates in the Kinder Readiness program through the Family Success Alliance and her school.





## Partner Organization Spotlight

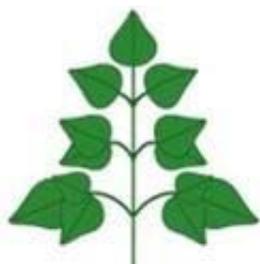


About KidSCOPE: KidSCOPE's specialized staff provides social-emotional health services and support for young children including:

- Child Care Consultation
- Outreach Services to improve the caregiver-child relationship
- Assuring Better Health and Development (ABCD)
- Incredible Years Parent Education
- Inclusive Child Care Centers

KidSCOPE is a division of Chapel Hill Training-Outreach Project, Inc., whose mission is to develop and demonstrate programs and strategies that will enhance the lives of children and families.

[Click here](#) to learn more about KidSCOPE.



*El Futuro*

About El Futuro: Since 2004, El Futuro has been providing quality mental health care to the Latino community. When individuals and families visit El Futuro, they will experience an environment sensitive to Latino culture and find services to address their unique needs.

Services include:

- Mental health evaluations

- Individual, family, and group therapy
- Psychiatric treatment
- DWI assessment and treatment (including ADETS)
- Parenting classes, social skills classes, and DBT Skill Classes
- Substance abuse evaluation and treatment
- Trauma treatment (all ages)

**[Click here](#)** to learn more about El Futuro.

## Ways To Get Involved

- **Volunteer with one of our partner organization or with the schools**
- **Make a tax deductible donation via the Orange County [Community Giving Fund](#), look for and select the Family Success Alliance fund**
- **Be part of our online community on [Facebook](#) and [Twitter](#)**

## Contacts:

### **Program Coordinator:**

Meredith McMonigle - (919) 245-2071 or [mmcmonigle@orangecountync.gov](mailto:mmcmonigle@orangecountync.gov)

### **Zone 4 Navigators**

Angela Clapp - or [anclapp@orangecountync.gov](mailto:anclapp@orangecountync.gov)

Alizarina Rojas - (919) 695-5982 or [arojas@orangecountync.gov](mailto:arojas@orangecountync.gov)

### **Zone 6 Navigators**

Mariella Hernandez - (919) 695-6969 or [mhernandez@orangecountync.gov](mailto:mhernandez@orangecountync.gov)

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