

# GEARUP

## Parent Newsletter

September 2009



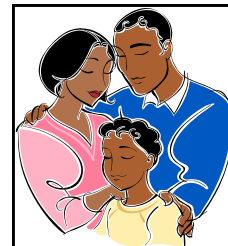
### Guiding 4700 Cincinnati Public School students and their families step-by-step to college

#### “Take Five” on National GEARUP Day!

September 18th has been declared National GEARUP Day! Locally, GEARUP SCORES! is currently working with 6th, 7th, and 8th grade students in 30 CPS schools to increase academic achievement and college awareness. We will work with these same students for the next four years

Every day, and especially on National GEARUP Day, “Take Five” with your student. GEARUP is asking all parents to commit to spending five minutes every day talking to their child about school.

Rather than just asking how their day went, ask specific questions requiring more than “okay” for an answer. Find out who their favorite teacher is; ask about the best or worst thing that happened all day; or ask which class they think will be the toughest for them.



As a GEARUP parent, you are the biggest factor determining your child’s academic success now and in the future. Your involvement and expectations are essential.

Let your child know you expect them to attend college. Talk to them about their hopes and dreams. And most importantly, create an environment at home that helps them succeed. Simple things like making sure they eat breakfast, get enough sleep, and have a quiet place and time to do their homework can make all the difference.

**On average, parents spend less than 9 minutes per day in meaningful conversation with their kids.**

Finally, remember that GEARUP is here to help! Our academic specialists are in the schools working to improve achievement.

Take advantage of the programs and activities provided by our college access and dropout prevention specialists. Stay informed through our newsletter, flyers, and website at [uc.edu/gearup](http://uc.edu/gearup).

#### Did you know?

- Children spend 70% of their waking hours **outside** of school
- The most effective forms of parent involvement engage parents in working with children on learning activities at home
- The best predictor of a student’s academic success is parent expectations of success

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#### Dates to Remember

- 9/25 SES Program Enrollment Deadline**  
UC offers a highly rated SES tutoring program, see page 3 for details.
- 9/26 KnowHow2Go College Rally 10-1 Fountain Square**  
Meet with over 20 college representatives, get lots of college information, enjoy bands, the Wii tent, basketball, live WIZ broadcast, and much more!
- 10/8 Community Conversation 5:30-7:30 Pleasant Ridge Montessori**  
Parents for Public Schools of Greater Cincinnati (PPSGC) and CPS co-host this event giving parents a forum to meet with the Superintendent. PPSGC membership meeting at 5:30-conversation to follow. All CPS parents are welcome!
- GEARUP Parents– please turn in your GEARUP consent forms so your student can take advantage of all of GEARUP’s great services and programs!**

## Breakfast is Brain Food

*Even students in college performed better on tests after a healthy breakfast when compared to those who skipped breakfast*

Parents and school staff have long understood that it's important for students to eat a good breakfast before school. But what effect does breakfast really have?

Research has found that students who eat breakfast do better on tests. Studies also show that students who eat breakfast are more attentive, demonstrate increased class participation, have higher math grades, and improved memory skills.

Students who regularly participate in school breakfast programs have higher attendance rates, less tardiness, and fewer discipline problems.

Studies of elementary age students found that those who had a nutritious breakfast had

fewer behavioral and emotional problems. However, students of all ages benefit from breakfast.

Even college age students performed better on tests after a healthy breakfast when compared to those who skipped it.

For students, breakfast really is the most important meal of the day. If you can't slow down your teen for a sit-down breakfast, make sure they have breakfast bars, fruit, or cheese that can follow them out the door.

It's best to avoid foods high in sugar and highly processed foods like donuts and soda. Dairy products and foods high in protein will give your student energy that will last all morning.

## Successful Students Come from Similar Homes

The good news is, it doesn't matter if you live in a cramped efficiency apartment or the biggest mansion on the block—great students come from all walks of life. What is important are the activities that take place within the home. The homes of high-achieving students share these characteristics.

- 1) **There is a daily family routine.** This includes regular mealtimes, a consistent bedtime, and a quiet place and time for studying and homework.
- 2) **Children of all ages are monitored when not in school.** This includes setting limits on TV, computer, video game, and phone time, and checking up on kids when parents can't be home. Even though older students seem independent, it's important to know where they are, who they are with, and what they are doing.
- 3) **Parents model the values of self-discipline and hard work.** Show your child that hard work will lead to achievement. Set the standard so that they make school a priority, tackle difficult
- homework, and persevere. Praise them for finishing assignments or projects in a timely fashion. Don't be afraid to talk to your child about your own experiences and the steps that led to your accomplishments and failures.
- 4) **Parents set high but fair expectations for achievement.** Help your student set goals by breaking them down into smaller steps. Remind your student of your expectations for them in school. Tell everyone about your child's successes!
- 5) **The school is supported at home.** Reinforce school policies and make sure you ask your child about school activities everyday. If there is a problem, work with school staff to resolve it in a positive manner.
- 6) **Reading, discussions, and curiosity are encouraged at home.** Read a book with your child and discuss it. Ask your child what they think of current events. Find out how they would solve problems in the community or in school. Help them get information about things that are important to them.



**Read what your kids are reading, watch some of their favorite shows and movies, discuss their opinions.**

## Complete an SES Form for your child by Sept. 25th

### What is SES?

The Supplemental Educational Services (SES) program is designed to provide free tutoring services to students who attend eligible schools. All GEARUP schools are eligible for SES with the exception of Mt. Washington, Hoffman-Parham, and Rees E. Price.

Parents should have received an application for SES and a list of approved providers in the mail. The list can be daunting and parents need to fill out the application completely or it will be returned by CPS. Once the application is completed, CPS will place your student in an SES program based on need.

### UC Offers SES Services

At GEARUP, we work closely with UC's SES program. UC's tutoring program received the highest possible rating from CPS last year, scoring 57 out of a possible 57. The tutoring is individualized for each student so they receive personalized instruction for the highest academic gains. UC also has many resources to assist students with IEPs, 504 plans, or Limited English Proficiency.

UC's program is non-profit and will work with the parents to accommodate the family's schedule when arranging tutoring for their children. UC provides tutoring services and lunches on vacation days when school is out and even on Saturdays!

### Filling out the SES Form

If you did not receive an SES Enrollment Application in the mail, you can get one from the GEARUP staff member at your child's school. (GEARUP staff members and their locations are listed on the last page of this newsletter.)

If you'd like to choose UC SES as your first choice, you can return the form to a GEARUP staff member at the school and they will get it to CPS. You also must designate a second and third choice. GEARUP staff can assist you with this.

When choosing a provider, remember that some are for profit and some are non-profit. Feel free to contact them and ask about their program's rating and effectiveness. Ask about the qualifications of their tutors and how they individualize services. A quality program like UC's will have no problem answering your questions— remember, you are your child's best and most important advocate!

The SES registration deadline is September 25th. If you're choosing UC SES, please return forms to your GEARUP staff; if not, you must return your form to CPS. If you have questions, feel free to contact any GEARUP staff member. You can also contact Rayma Waters at UC at 556-0104 or email her at [rayma.waters@uc.edu](mailto:rayma.waters@uc.edu).



*UC offers a highly rated SES tutoring program. They even provide services on Saturdays and school vacation days!*

## We're always looking for Parent Champions!

GEARUP needs your help to support, motivate, and inspire all GEARUP parents to be involved in their child's education.

We are currently looking for parent volunteers from each grade (6th, 7th, and 8th) from each GEARUP school to serve as Parent Champions.

Parent Champions will help at GEARUP sponsored events like college nights and informational meetings, as well as school-sponsored events like open house to help spread the word about the importance of college access and the services that GEARUP provides.



While all students in GEARUP schools receive in-school services, we need to remind parents to complete and turn in their GEARUP consent forms so that their child can participate in all GEARUP activities.

If your child attended this year's free GEARUP summer camps, then you've experienced first-hand some of the benefits of being a GEARUP family. Share your enthusiasm— be a GEARUP Parent Champion!

To volunteer, contact the GEARUP Parent Involvement Specialist at 751-5437.



Home-school communication is **essential** to the success of your GEARUP student. Please contact your GEARUP staff with questions, comments, or concerns.

## GEARUP Staff Contact Information

### ACADEMIC SPECIALISTS

AMIS & Bond Hill	Brian Brady
AWL & Hoffman-Parham	Theresa Glaser
Carson & Quebec Heights	Audra Fields
Chase & Mt. Airy	Leslie Lyles
Cheviot & Westwood	Susan McKinney
Douglass & Hays-Porter	Robert Thompson
Hartwell & Roselawn-Condon	Terri Lauderback
Oyler & Hays-Porter	Ty Whitaker
Midway & Saylor Park	Julie Frazee
Mt. Washington & Riverview East	Kwaeli Robinson
John P. Parker & South Avondale	Kareem Moncree-Moffett
Pleasant Hill & Winton Hills	Barb Kerdloff
Rees E. Price & Roberts	Aziza Turner
Rockdale & Douglass	Marshall Hopkins
Roll Hill & Ethel Taylor	James Macht
Rothenberg & Taft	Gary Lumpkin

### COLLEGE ACCESS AND DROPOUT PREVENTION SPECIALISTS

AMIS—Bond Hill—Hartwell—Roselawn Condon—Pleasant Hill—Winton Hills	
College Access Specialist	Sonya Davis
Dropout Prevention Specialist	Darla Paul-Dixon
AWL—Hoffman Parham—Mt. Washington—Riverview East—South Avondale—Parker	
College Access Specialist	Erik Thomas
Dropout Prevention Specialist	Sharon Brown
Chase—Ethel Taylor—Mt. Airy—Rees E. Price—Roll Hill—Roberts	
College Access Specialist	Javin Tucker and T.J. Bates
Dropout Prevention Specialist	Mariella Richardson
Douglas—Hays Porter—Oyler—Rockdale—Rothenberg—Taft	
College Access Specialist	Sharon Turner
Dropout Prevention Specialist	Gwen Meniffee
Cheviot—Westwood—Midway—Saylor Park—Carson—Quebec Heights	
College Access Specialist	Tiana Rollinson
Dropout Prevention Specialist	Kelly Pflum and Lowrie Turner

### PARENT INVOLVEMENT SPECIALIST

All Schools- Kathleen Bates

513-751-5437

[kbates@ppsgc.org](mailto:kbates@ppsgc.org)

### GEARUP PARTNERS

*University of Cincinnati*  
*Cincinnati Public Schools*  
*Cincinnati Youth Collaborative*  
*Parents for Public Schools of Greater Cincinnati*  
*Cincinnati State Community and Technical College*

### Community Partners

*The Cincinnati Enquirer*  
*Cincinnati Reds*  
*Cincinnati Bengals*