



Young Parent Education Program

August/September 2022

PEP TALK

Welcome to YPEP! ¡Bienvenidos a YPEP!

(Young Parent Education Program)

(Programa de Educación para Padres Jóvenes)

As we transition from LAMP to YPEP, from butterflies to penguins, and from moms, to moms *and* dads, you might be noticing some other changes to our program as well. *A medida que hacemos la transición de LAMP a YPEP, de mariposas a pingüinos, y de mamás a mamás y papás, es posible que también note otros cambios en nuestro programa.*

It starts with our dedication to the safety of our students. YPEP now has a single point-of-entry, meaning one door through which anyone can enter the building. Upon entering, visitors will then be checked in before admittance to the main campus through a second door. *Comienza con nuestra dedicación a la seguridad de nuestros estudiantes. YPEP ahora tiene un solo punto de entrada, es decir, una puerta a través de la cual cualquier persona puede ingresar al edificio. Al ingresar, los visitantes serán registrados antes de ser admitidos al campus principal a través de una segunda puerta.*

Another big change this year that affects the whole county is the new seven-period day. This is a big change that highlights the importance of attendance and the correlation between strong attendance and success in the classroom. *Otro gran cambio de este año que afecta a todo el condado es el nuevo día de siete periodos. Este es un gran cambio que destaca la importancia de la asistencia y la correlación entre una buena asistencia y el éxito en el salón de clases.*

It's success in the classroom that brings us to the next big change around here. Welcome GRAD Academy! New to this school year, we will begin offering a full time credit recovery program on the campus of teen parenting. This is the second site to open since Feb 2021. We look forward to welcoming students from across the district to participate in recovering credits and making a timeLEE graduation. It's GRADtastic! *Es el éxito en el salón de clases lo que nos lleva al próximo gran cambio por aquí. ¡Bienvenido Academia GRAD! Nuevo en este año escolar, comenzaremos a ofrecer un programa de recuperación de créditos de tiempo completo en el campus de crianza de los hijos adolescentes. Este es el segundo sitio que abre desde febrero de 2021. Esperamos dar la bienvenida a los estudiantes de todo el distrito para que participen en la recuperación de créditos y se gradúen en timeLEE. ¡Es GRADtástico!*

"Penguins are living lessons in caring for the earth and its creatures, in all their beauty and vulnerability."

"Los pingüinos son lecciones vivientes sobre el cuidado de la tierra y sus criaturas, en toda su belleza y vulnerabilidad".

- Charles Bergman

Current/Upcoming Events and Reminders:

- ❖ Spirit Week- November 7–11
- ❖ Schoolwide Data Chats-
November 1
- ❖ ACT School Day- November 1

Spirit Week

November 7th –11th

Monday

Disney Day

(Dress like your favorite Disney character!)

(¡Vístete como tu personaje favorito de Disney!)



Tuesday

Twin/Triplet Day

(Dress like your twinsie!)

(Usa el mismo atuendo que una amiga.)



Wednesday

Decades Day

(Dress in the fashion of your favorite decade.)

(Vístete a la moda de tu década favorita).



Thursday

Anything But Your Backpack Day

(Just like it sounds: Bring what you need, but use something other than a backpack to carry it.)

(Tal como suena: traiga lo que necesita, pero use algo que no sea una mochila para llevar).



Friday

School Pride Day

(Wear our school's colors or our mascot, or both!)

(Use los colores de nuestra escuela o nuestra mascota, ¡o ambos!)



Student of the Month Spotlight



PepTalk: Cinthia, what is the best part about being a parent? Cinthia, ¿cuál es la mejor parte de ser madre?

Cinthia: That I have someone to keep me going and I don't feel empty inside because my daughter makes my life happy. Que tengo a alguien que me sostiene y no me siento vacío por dentro porque mi hija me alegra la vida.

PepTalk: What is the biggest challenge about being a parent and a student at the same time? ¿Cuál es el mayor desafío de ser padre y estudiante al mismo tiempo?

Cinthia: That I have to get my baby up early, and sometimes I don't even sleep and I have to come to study. She gets desperate on the bus and cries a lot. Que tengo que levantar temprano a mi bebé, ya veces ni duermo y tengo que venir a estudiar. Se desespera en el autobús y llora mucho.

PepTalk: How do you stay motivated to do well in school? ¿Cómo te mantienes motivada para hacerlo bien en la escuela?

Cinthia: I just want to graduate and that's it. Solo quiero graduarme y ya.

PepTalk: Tell us about your favorite class. Cuéntanos sobre tu clase favorita.

Cinthia: I like science because it is fun and every day I learn new things. Me gusta la ciencia porque es divertida y cada día aprendo cosas nuevas.

PepTalk: Finally, where do you see yourself 5-10 years from now? Finalmente, ¿dónde te ves dentro de 5 a 10 años?

Cinthia: I hope I would be doing well in certain things and that one day I will achieve everything I dream of. Espero que me vaya bien en ciertas cosas y que algún día logre todo lo que sueño.



Student Birthdays- August and September
Cumpleaños de Estudiantes- Agosto y Septiembre



Jocy Fernandez- August 17th
Jazmine Stewart- August 18th
Hesly Herrarte-Zetino- September 4th
Davisha Brown- September 11th
Cinthia Marquez- September 11th
Daniela Guzman- September 27th
Yesenia Juan-Cruz- September 30th



Who's had a baby since we left for summer break?
¿Quién ha tenido un bebé desde que nos fuimos de vacaciones de verano?

Jada Dixon
Baby Girl- Ivory Brown
DOB -06/11/2022
Weight-5lbs 2oz

Yesenia Pelaez
Baby Boy-Zeo Triana Pelaez
DOB- 07/09/22
Weight- 6lbs, 8oz

Alicia Jesus
Baby Boy- Javier Ramirez
DOB- 06/11/2022
Weight- 6lbs 15oz

Marie Junis
Baby Boy- Curtavion Junis Moore
DOB- 08/05/2022
Weight- 7lbs 15oz

Precious Sapp
Baby boy- Prince Sapp
DOB- 08/19/2022
Weight- 6lbs, 13oz

Marcelina Gonzalez-Francisco
Baby Boy- Bryan Daniel Lopez-Gonzalez
DOB-07/21/22
Weight- 6lbs, 15 oz



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Nurse's Notes



It is important to always talk with your health care provider/midwife for information regarding your specific needs. The following are general guidelines for expectant mothers and breastfeeding mothers: Es importante hablar siempre con su proveedor de atención médica/partera para obtener información sobre sus necesidades específicas. Las siguientes son pautas generales para futuras madres y madres lactantes:

Half your plate should be made up of fruits and vegetables. You should consume a total of 3-3 ½ cups of vegetables every day and a total of 2 cups of fruit every day. It's always best to make your fruit portions come directly from fresh fruit instead of fruit juice. La mitad de su plato debe estar compuesto por frutas y verduras. Debe consumir un total de 3-3 ½ tazas de vegetales todos los días y un total de 2 tazas de frutas todos los días. Siempre es mejor hacer que sus porciones de fruta provengan directamente de fruta fresca en lugar de jugo de fruta.

You should also try to eat a total of 7-9oz of grains daily, such as 1 cup of dry cereal. Try to make at least half of your grains whole grain options. También debe tratar de comer un total de 7 a 9 onzas de granos al día, como 1 taza de cereal seco. Trate de que al menos la mitad de sus granos sean opciones integrales.

A total of 3 cups of dairy daily should be your goal, and if possible, switch to fat free or low-fat milk. Su objetivo debe ser un total de 3 tazas de productos lácteos al día y, si es posible, cambie a leche sin grasa o baja en grasa.

It's also important to eat a total of 6-6 ½ ounces of protein daily. Some protein options are : lean meat, eggs, cooked beans, peanut butter or nuts/seeds. También es importante comer un total de 6-6 ½ onzas de proteína al día. Algunas opciones de proteínas son: carne magra, huevos, frijoles cocidos, mantequilla de maní o nueces/semillas.

If using oils to cook, try to make smart choices such as low-fat, light or zero trans-fat oils. Si usa aceites para cocinar, intente tomar decisiones inteligentes, como aceites bajos en grasas, livianos o sin grasas trans.

Make choices that are low in "extras", such as added sugars. Avoid sugary drinks, desserts, and fried foods. Elija opciones bajas en "extras", como azúcares añadidos. Evita las bebidas azucaradas, los postres y las frituras.

Talk with your provider about vitamins/mineral supplements. It is recommended that expectant mothers take a prenatal vitamin daily during pregnancy. Prenatal vitamins are very important especially early in pregnancy as they aid in the baby's development. Lastly, make sure to drink enough water and other fluids to keep hydrated. Hable con su proveedor acerca de los suplementos de vitaminas/minerales. Se recomienda que las futuras madres tomen una vitamina prenatal diariamente durante el embarazo. Las vitaminas prenatales son muy importantes, especialmente al principio del embarazo, ya que ayudan en el desarrollo del bebé. Por último, asegúrese de beber suficiente agua y otros líquidos para mantenerse hidratado.

Exercise is vital. Be sure to always consult your provider about different types of exercise that you are able to do. Exercise can be very relaxing and at the same time help you feel good. Thirty minutes of exercise is recommended at least three times a week. Most importantly, remember to keep hydrated before, during, and after exercise. El ejercicio es vital. Asegúrese de consultar siempre a su proveedor sobre los diferentes tipos de ejercicio que puede hacer. El ejercicio puede ser muy relajante y al mismo tiempo ayudarlo a sentirse bien. Se recomiendan treinta minutos de ejercicio al menos tres veces por semana. Lo más importante, recuerda mantenerte hidratado antes, durante y después del ejercicio.

5 ways to deal with FRUSTRATIONS as a PARENT

by Big Life Journal

- 1 ACCEPT YOUR CHILD AS THEY ARE**

 - See and know them for who they are rather than who we expect them to be.
 - Tell them from the start that **you will love them...**and repeat it all the time.
 - Be awake to who they are; feeling seen is an essential part of feeling loved.
 - A great way to connect with your child is via their love language, you can **make them feel seen and appreciated.**

- 2 ALLOW YOUR EMOTIONS**

 - All feelings are okay!
 - When a strong feeling arises, observe it. **Pause and take a breath.**
 - When frustration arises, use the helpful practice **S.T.O.P.**

- S**- Stop what you are doing
 - T**- Take a few deep breaths
 - O**- Observe your thoughts and feelings as they are
 - P**- Proceed with whatever you were doing before

- 3 KNOW THE "90-SECOND RULE"**

 - When we resist a feeling, we inadvertently remain stuck in the same feeling.
 - When we accept the feeling, **it's gone in under 2 minutes!**
 - In the critical 90 seconds of an emotion, be sure to communicate your strong feelings to your child and how you plan to cope with them. **"Mommy is feeling very tired and grumpy right now."**

- 4 PARENT FROM A PLACE OF GRATITUDE**

 - Practicing gratitude improves mental and physical health, increases empathy, and improves sleep. **It even changes the brain!**
 - Each time you're about to say, "I have to" to, replace it with **"I get to."**
 - "I have to take my daughter to ballet" versus "I get to take my daughter to ballet".
 - "I have to put him to bed" versus "I get to put him to bed."

- 5 APPLY GROWTH MINDSET TO YOUR PARENTING**

 - **No one is born knowing how to parent.** When frustration overtakes you, use it as an opportunity to grow from the experience, and decide what you'd do differently next time.
 - When it all seems too difficult, remember the feeling of things being hard is the **feeling of your brain growing.**



☆The Self-Love Languages

Physical Touch	Things that make your body feel good and focus on your physical wellbeing.	Massages Spa Days Soft Blankets Moving Your Body Skin Care
Acts of Service	Doing things for yourself that make life easier and more structured.	Therapy Cleaning Delegating Organizing Scheduling Planners
Receiving Gifts	Buying gifts for yourself & spending money on things that bring you joy.	Going Out Vacations Craft Supplies Makeup Clothes Investing in Yourself
Words of Affirmation	Giving yourself pep talks & encouraging words by being your biggest cheerleader.	Positive Self-Talk Daily Affirmations Journaling Self-Improvement
Quality Time	Spending time alone, time with your hobbies, and doing what you love.	Meditation Hobbies Reading Art Taking yourself on dates

"Have the wisdom to know the right thing to do, the integrity to do it, the character to stand up to those who don't, and the courage to stop those who won't."

Ten la sabiduría para saber qué hacer, la integridad para hacerlo, el carácter para hacer frente a los que no lo hacen y el coraje para detener a los que no lo hacen".

-- Mark Goulston

**SEE SOMETHING. SAY SOMETHING.
DO SOMETHING.**



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Se Lejislati Florid la ki te kreye e finanse FortifyFL an 2018 kòm yon aspè nan Ak Sekirite Lekòl Segondè Marjory Stoneman Douglas.



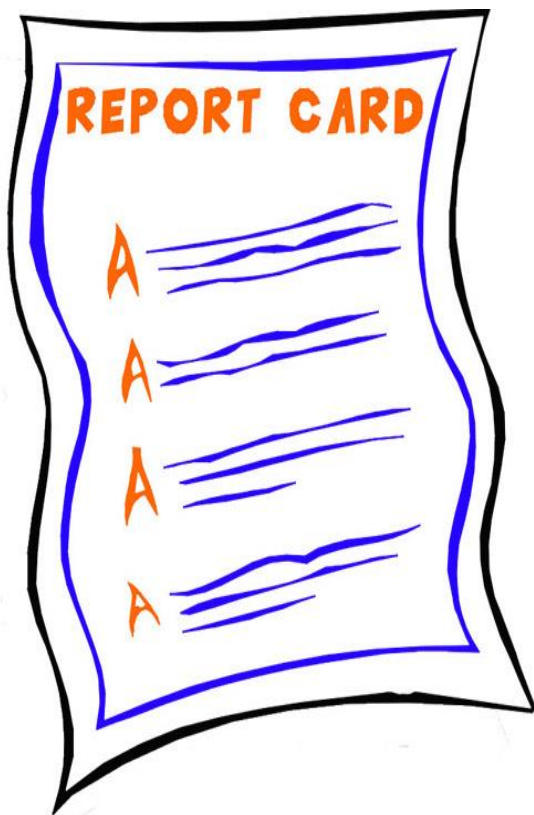
Did You Know?

Hey Students, Parents and Guardians!
If you are interested in how Title I works for your education, and if you are interested in seeing our Parent and Family Engagement Plan, just visit our website at lamp.leeschools.net.

¡Hola estudiantes, padres y tutores! Si está interesado en cómo funciona el Título I para su educación, y si está interesado en ver nuestro Plan de participación de padres y familias, simplemente visite nuestro sitio web en lamp.leeschools.net.



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Parents and students,

The Every Student Succeeds Act (ESSA), requires that each district publish a 'report card' of every school. If you are interested in knowing our school's data and 'report card', you can access the "Know Your Schools" Portal on the home page of our website, lamp.leeschools.net.

Padres y estudiantes,

La Ley Every Student Succeeds Act (ESSA), requiere que cada distrito publique una "boleta de calificaciones" de cada escuela. Si está interesado en conocer los datos de nuestra escuela y la "boleta de calificaciones", puede acceder al Portal "Conozca sus escuelas" en la página de inicio de nuestro sitio web, lamp.leeschools.net.

Student Shout-Outs

Congratulations to the following students for being accepted into the STEM @ Work Program! ¡Felicitaciones a los siguientes estudiantes por ser aceptados en el programa STEM @ Work!

Danielle Rodríguez
Ravyn Smolen
Paola Del Valle
Tyler Rose
Ruth Valdez-Bueso
Davisha Brown

Melliara Ferreira
Jacqueline Hernandez-Viera
Hannah Hunt
Sofia Jackson-García
Lesly Amesquita

Baby Photo Contest:

Email photos of your little one to DanielSta@leeschools.net. We will run the pictures in our next issue and vote on the cutest. They're all cute, so get creative with your photography skills!



Riddle Me This...

Remove the outside, cook the inside, eat the outside, throw away the inside. What is it? Retire el exterior, cocine el interior, coma el exterior, tire el interior. ¿Qué es?

Light as a feather, there is nothing in it; the strongest man can't hold it for much more than a minute. What is it? Ligeró como una pluma, no hay nada en él; el hombre más fuerte no puede sostenerlo por mucho más de un minuto. ¿Qué es?

Take off my skin, I won't cry, but you will. What am I? Quítame la piel, yo no lloraré, pero tú sí. ¿Qué soy yo?

