



Fl♥rida KidCare

We have great news for our families. Miami-Dade County Public Schools is once again providing application assistance to help our children apply for Florida KidCare - a program that offers affordable, high quality health insurance for uninsured children. Many of our students may be eligible for health insurance through Florida KidCare, even if one or both parents are working.

With Florida KidCare coverage, our children will have access to both preventive and emergency care. Benefits include doctor's visits, hearing and vision screenings, dental checkups, immunizations, surgeries, and trips to the emergency room.

Families receive these benefits under one of the program's four components: MediKids, Children's Medical Services Network, Healthy Kids and Medicaid. Here's the best part: the price for a child's healthcare can be as little as a trip to the movies. The majority of families who enroll in Florida KidCare pay a monthly premium of \$14 - \$20, but most pay nothing at all. There is a full-pay option for families with children ages 1 through 18 who do not qualify for subsidized coverage. Eligibility is based on household income and family size; many non-citizens are eligible.

To apply for coverage through the Florida KidCare program, please ask for application assistance from the Florida KidCare Liaison at your child's school. You may also email kidcare@dadeschools.net or call the M-DCPS KidCare hotline at 305 995-1207 to set up individual appointments. Here is to your family's good health!

10 Things To Do During Winter Break



If you're not going out of town this winter break, you're probably looking for ways to make the time fun and exciting at home. Simply keeping kids busy is one way to spend it, but making it meaningful by doing things together as a family will make the holidays more memorable. Here are ten things you can do with your children to get the most out of holiday break.

1) Do Jigsaw Puzzles - These are a lot of fun and are a great way to stimulate the mind. In addition, they provide hours of enjoyment and nice opportunities for conversation.

2) Decorate - No one is as enthusiastic about decorating than kids. Give them specific tasks to help decorate the house or engage in a project together to create homemade decorations for the holidays.

3) Make Gifts - The sweetest gifts we receive are those made by our children. There are many gifts kids can make either with adult supervision or on their own. Encourage them to get creative.

4) Bake - It's no secret that while it's fun to mix ingredients, the best part is eating the treats at the end. Start a baking project with your kids and incorporate math, science and reading into the "mix".

5) Volunteer - This is a great time to teach kids the importance of giving. There are many opportunities to volunteer during the holidays and it will be time you will both value.

6) Plant a Garden - It can be outdoors or in pots inside the house, but a garden will bring the family closer to nature and teach kids responsibility. It's also a fun way to enjoy the cool weather in Miami.

7) Put on a Family Talent Show - Everybody can participate and it can be as elaborate or as simple as you like. Think in terms of jokes, musical instruments, lip synching and dancing. Can you just imagine their smiles?

8) Go on a Scavenger Hunt - You plan it and give them clues to find something they will be excited about.

9) Go to Museums and Parks - Take this time to visit all the places you don't have time to visit during the rest of the year.

10) Make a Scrapbook Together - Take lots of pictures during your winter break and make a scrapbook together. It'll be a memory your family will cherish for a lifetime.

Visit Your Title I Neighborhood Resource Centers

Neighborhood Resource Center - North
7900 N.W. 27th Avenue, Suite F9
(Northside Shopping Centre, 130 South Ct.)

Neighborhood Resource Center - South
5555 S.W. 93rd Avenue, Portable #3
(FDLRS South Site)

Neighborhood Resource Center - Gratiigny
733 East 57th Street
(M-DCPS North Region Center)

The Teenage Years

Your fifteen-year-old is meeting her friends at the movies. You drop her off a block from the theater so that she can walk the rest of the way. Sound familiar? Your teens don't want you around when others are looking, so it's no wonder that family involvement decreases when students enter middle school and continues to decrease through high school. Your child doesn't want you within a mile of the school now that he/she is becoming more independent and vacillating between childhood and adulthood. Both parents and teachers recognize this change and want to nurture this growing independence. But how do you do it and still stay involved with your teen and his/her education?



Support

Even as your teen becomes more and more independent, he/she still needs your support. You can help your teen make wise choices about what classes to take and what extracurricular activities and community service to participate in as this will impact future career plans. Talk with your teen about interests and help your child set goals and develop specific steps to reach goals or modify goals along the way. Monitor your teen's progress in school, and if he/she is struggling, find ways to assist even if it means eliminating an activity. Talk to your child's teacher if necessary. You can make an appointment, call on the phone, or send an email. Encourage your teen to talk to the teacher first, but sometimes parents need to get involved. Teachers are willing to assist so your child is successful. School counselors also are a great help to you and your teen with important school decisions.

Strong Partnerships

Parents and secondary school personnel need to build strong partnerships, and the benefits are worth the effort! Research has shown that when parents are involved at the middle and high school levels, the results are higher student achievement, higher graduation rates, and a higher percentage of students attending college. Staying involved in the school's parent organization and school advisory council is important for parents. School procedures and policies are determined and parent's views make a big difference!

Meeting And Greeting

Parents are sometimes reluctant to meet the teachers and discuss curriculum issues especially if they are

unable to help their children with homework. However, parents can still encourage homework, stress the importance of education, and support the teachers even though they may not be able to help their children complete the assignments.

Family Involvement

Family involvement is essential at the secondary level. Parents and other nurturing adults serve as role models for young people to support their growing independence and also give them the freedom to make decisions and take responsibility for themselves.



Changing View

Both the schools and the parents may have to change their view of family involvement. Parents must stay involved and the school must find ways for parents to be involved that do not hinder their children's growing independence in order to help insure a successful future.



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