



May 20, 2008

from the office of Superintendent Robert Collins



Left to right: Marguerite Rohmer, Cal-SAFE teacher, Theresa Kemper, Principal Grossmont High School and Melissa Peterson, Director Cal-SAFE Program



Laurie Mikolaycik (left) speaks to parents regarding raising children while Colette Fleming (right), Director Grossmont Adult School, readies 32 gift baskets to be raffled at the 11th Annual Family University



One Week, and Two Very Similar Stories About Parenting

On Thursday, May 1st, I attended the Cal-SAFE Teen Parent Program Dinner at Grossmont High School. The dinner was followed by a variety of workshop sessions that addressed safe, healthy and proactive ways to be a successful parent. The sessions included music and singing with your child, healthy eating, parent-child interaction and how to handle the stress of crying.

Then on Saturday, May 3rd, I visited the Foothills Adult Center where hundreds of parents and children attended the 11th Annual Family University. Again, a day of fun and learning for newborns to 8-year olds. **Both programs addressed a real need in East County: the effective parenting of children. Both programs set the standard – Children Count in Grossmont!**

Cal-SAFE

The Cal-SAFE program is coordinated by Melissa Peterson and has a **main objective to ensure pregnant or parenting teens can complete their high school education, be prepared for college or a career and have the skills to care for their child.** As a result, over 125 girls participate every day in the program at Grossmont High School.

The program includes a **Child Development Center** on the campus which provides day-care for infants and toddlers, while their mothers attend classes. The Center also provides an opportunity to teach teenagers to learn how to properly care for their children. Nutrition, child development, cognitive development and the emotional well-being of each student are primary focal points for the Center's program.

Research in this area is compelling – the number one cause of teenage girls dropping out of school is pregnancy. While over 125 girls are part of the Cal-SAFE program, we know that there are probably the same number of young ladies at home and not involved. These students either don't know about the program or have dropped out. **We want to be sure that no one "drops out."** That cost is too high for everyone.

Finally, the entire Cal-SAFE staff should be recognized for their efforts.

Grossmont Adult School Parent Education Program

The Valhalla High School softball team provided child care services as hundreds of parents and children attended the 11th Annual Family University at the Foothills Adult Center. Presented by the Grossmont Adult School, the Parent Education Program is recognized by the State of California as a Program of Excellence.

The Saturday event offered educational programs. At the same time, a glance at the Spring 2008 Adult School Catalog shows eight pages of programs and classes on parenting. *You and Your Sibling Children, The Art of Baby Bonding for Expecting Parents, Baby and Me, Hands on Art* are only a few of the informative and enriching courses for parents.

The Adult School has other special programs for parents including *A Fun Family Night of Bookmaking* and *Fall in Love with Literature*. The school is also putting into place a Distance Learning opportunity for parents with over 27 parenting topics, many of which are available in Spanish.

Colette Fleming, Director of Adult Education could be seen moving quickly from room to room, activity to activity, making sure everything was in place. Congratulations to Colette and her entire staff for making a difference for parents throughout East County.