



# Children's Hospital Neighborhood Partnerships

*Building Bridges Between Boston Communities & Children's Hospital*

## FAMILY NEWS

September 2005

### **Family Tips: Take time to start the school year right!**

#### **Time for sleep!**

First grade or 12<sup>th</sup> grade, children and youth need plenty of sleep. Younger children benefit from a bedtime. For the whole family: turn off the TV early and read before bed. Get up earlier in the morning – allow plenty of time for groggy kids to get ready for school.

#### **Time for homework!**

Make a regular space and time for kids to study. It can be a desk or at the kitchen table. Teach other kids and family members not to bother the child during study time. This could be quiet time for all family members.

#### **Time to get to know your child's school!**

Introduce yourself to your child's teacher(s) and other school staff. Find out about important dates at the school, like Open House, and mark your calendar.

#### **Time to eat healthy and exercise!**

Make sure your child eats a good breakfast either at home or at school. Exercising can also help kids concentrate in school. Encourage kids to join a team, or go out together for a fast walk around the neighborhood.

#### **Time to talk!**

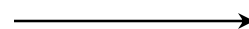
Talk with your child about school – every day. Ask about assignments and about friends. Show that you think school is important. Give them an agenda book so that they can keep track of homework and other projects.



### ***What is "CHNP"?***

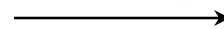
- Children's Hospital Neighborhood Partnerships (CHNP) is a community-based program of Children's Hospital Boston's Department of Psychiatry.
- CHNP provides mental health prevention and intervention services to children and youth in Boston area neighborhoods and schools. CHNP staff include psychologists, social workers, psychiatrists, educators, and graduate students in these areas.
- CHNP's goal is to promote children's social, emotional and behavioral health, so that they can function successfully in school and in their community.

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### **Join CHNP's Parent Advisory Board**

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To get involved, or for more information, contact:

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## ***What is CHNP?***

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In our school partnerships, Children's Hospital Neighborhood Partnership staff work with school staff, children and families to identify and support students' strengths, in order to help all children achieve to the best of their abilities. CHNP's school-based services include:

- Short-term individual counseling
- Pair and group counseling
- Diagnostic assessments
- Classroom prevention curricula
- Referral to community resources
- Support for parents (consultation, workshops)
- Support and training for school staff

### ***CHNP School Partnerships 05-06***

Boston Arts Academy  
Boston Latin School  
Charles Sumner Elementary School  
English High School  
Fenway High School  
John Marshall Elementary School  
Lee Academy Pilot School  
Manville School  
Maurice Tobin School  
Patrick Lyndon Pilot School  
Richard Murphy School  
Sarah Greenwood School  
South Boston Educational Complex  
(Excel, Monument & Odyssey High Schools)

## ***Join CHNP's Parent Advisory Board!***

We need ideas and opinions from all kinds of parents and caregivers – whether your child is in kindergarten or high school – to help us to strengthen our services and to support all students in Boston's schools.

The CHNP staff needs Boston families to educate us about community needs and concerns that you have about your own children's development.



Parents from the Lyndon, Sumner, Greenwood Schools and the Boston Arts Academy have already begun to work with us to develop the mission of the CHNP Parent Advisory Board. Eventually we would like to work with families from every CHNP school.

**Come share experiences and learn from fellow parents!**

To learn more call:

Larisa Méndez-Peñate: 617-355-2755

The **goals** of the Parent Advisory Board are to:

- **Educate** other families about the CHNP and the programs that it offers in the schools, and about issues facing kids in Boston schools.
- **Advocate** for families by providing information and resources to enable parents to more effectively promote their children's healthy social-emotional development.
- **Support** families by building communities within and across schools.

Parent Advisors may attend meetings facilitated by CHNP staff (food and treats provided!), act as "Ambassadors" in their children's schools, and help to plan education workshops and support groups at their schools. We understand how busy families are and welcome participation as you are able.