

THE EDUPRESS

MARTIN LUTHER KING JR. CENTER FOR PUBLIC HEALTH SPA 5 & 6
EDUCATION SECTOR MONTHLY NEWSLETTER



National Bullying Prevention Month



WITH SCHOOLS BACK IN SESSION, OCTOBER IS A GREAT TIME TO RAISE AWARENESS ABOUT BULLYING. BULLYING IS UNWANTED, AGGRESSIVE BEHAVIOR AMONG SCHOOL-AGED CHILDREN THAT INVOLVES A REAL OR PERCEIVED POWER IMBALANCE. BULLYING CAN ALSO TAKE PLACE ONLINE. CYBERBULLYING CAN INCLUDE MEAN TEXT MESSAGES OR EMAILS, RUMORS SENT BY EMAILS OR POSTED ON SOCIAL MEDIA, AND EMBARRASSING PICTURES, VIDEOS, WEBSITES, OR FAKE PROFILES.

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- RESOURCES & EVENTS

DOMESTIC VIOLENCE HOTLINE

(800) 978-3600

If you or someone you know needs support, shelter or other services, call for assistance.



#DomesticViolenceAwarenessMonth



IF YOU OR SOMEONE YOU KNOW NEEDS SERVICES OR SUPPORT, CALL LA COUNTY DOMESTIC VIOLENCE HOTLINE

(800) 978-3600*

* THIS HOTLINE IS CONFIDENTIAL AND AVAILABLE 24/7. IT IS AN AUTOMATED LINE WHERE YOU WILL ENTER YOUR PREFERRED LANGUAGE AND ZIP CODE, THEN YOU WILL BE TRANSFERRED TO AN OPERATOR AT AN AGENCY NEAR YOU.

FOR MORE INFORMATION: DPH DOMESTIC VIOLENCE COUNCIL

Take precautions to reduce the spread of flu.



GET YOUR FLU SHOT TODAY! CLICK HERE FOR RESOURCES AND CLINIC LOCATIONS IN LA COUNTY



COUNTY OF LOS ANGELES Public Health

Lisa Soulinthong-Reynoso BSN, RN, PHN
EDU Community Liaison Public Health Nurse
West & South LA
Martin Luther King Jr. Center for Public Health
11833 Wilmington Ave Los Angeles, CA 90059
Email: LSoulinthong2@ph.lacounty.gov



WHAT IS BULLYING?

OCTOBER WAS FIRST DECLARED AS NATIONAL BULLYING PREVENTION MONTH IN 2006. SINCE THEN, OCTOBER HAS BEEN A TIME TO ACKNOWLEDGE THAT BULLYING HAS DEVASTATING EFFECTS ON CHILDREN AND FAMILIES SUCH AS SCHOOL AVOIDANCE, LOSS OF SELF-ESTEEM, INCREASED ANXIETY, AND DEPRESSION. BULLYING CAN OCCUR IN MULTIPLE WAYS. IT CAN BE VERBAL, PHYSICAL, THROUGH SOCIAL EXCLUSION, OR VIA DIGITAL SOURCES LIKE EMAIL, TEXTS, OR SOCIAL MEDIA. UNLIKE MUTUAL TEASING OR FIGHTING, BULLYING OCCURS WHEN ONE PERSON OR A GROUP OF PEOPLE IS PERCEIVED AS BEING MORE POWERFUL THAN ANOTHER AND TAKES ADVANTAGE OF THAT POWER THROUGH REPEATED PHYSICAL ASSAULTS, THREATS OF HARM, INTIMIDATION, OR BY PURPOSEFULLY EXCLUDING A PERSON FROM A VALUED SOCIAL GROUP. BEING BULLIED CAN SEVERELY AFFECT THE PERSON'S SELF-IMAGE, SOCIAL INTERACTIONS, AND SCHOOL PERFORMANCE AND CAN LEAD TO MENTAL HEALTH PROBLEMS SUCH AS DEPRESSION, ANXIETY, AND SUBSTANCE USE, AND EVEN SUICIDAL THOUGHTS AND BEHAVIORS.

CDC DEFINES BULLYING AS ANY UNWANTED AGGRESSIVE BEHAVIOR(S) BY ANOTHER YOUTH OR GROUP OF YOUTHS, WHO ARE NOT SIBLINGS OR CURRENT DATING PARTNERS, THAT INVOLVES AN OBSERVED OR PERCEIVED POWER IMBALANCE, AND IS REPEATED MULTIPLE TIMES OR IS HIGHLY LIKELY TO BE REPEATED. BULLYING MAY INFLICT HARM OR DISTRESS ON THE TARGETED YOUTH INCLUDING PHYSICAL, PSYCHOLOGICAL, SOCIAL, OR EDUCATIONAL HARM. COMMON TYPES OF BULLYING INCLUDE:

- PHYSICAL SUCH AS HITTING, KICKING, AND TRIPPING.
- VERBAL INCLUDING NAME-CALLING AND TEASING.
- RELATIONAL OR SOCIAL SUCH AS SPREADING RUMORS AND LEAVING OUT OF THE GROUP.
- DAMAGE TO VICTIM'S PROPERTY.

BULLYING IS PREVENTABLE. THERE ARE MANY FACTORS THAT MAY INCREASE OR DECREASE THE RISK FOR PERPETRATING OR EXPERIENCING BULLYING. TO PREVENT BULLYING, WE MUST UNDERSTAND AND ADDRESS THE FACTORS THAT PUT PEOPLE AT RISK FOR OR PROTECT THEM FROM VIOLENCE. CDC DEVELOPED, YOUTH VIOLENCE PREVENTION RESOURCE FOR ACTION, TO HELP COMMUNITIES TAKE ADVANTAGE OF THE BEST AVAILABLE EVIDENCE TO PREVENT YOUTH VIOLENCE. THIS RESOURCE IS ALSO AVAILABLE IN SPANISH AND CAN BE USED AS A TOOL IN EFFORTS TO IMPACT INDIVIDUAL BEHAVIORS AS WELL AS THE RELATIONSHIP, FAMILY, SCHOOL, COMMUNITY, AND SOCIETAL RISK AND PROTECTIVE FACTORS FOR VIOLENCE. THE APPROACHES IN THIS RESOURCE, PARTICULARLY UNIVERSAL SCHOOL-BASED PROGRAMS THAT STRENGTHEN YOUTHS' SKILLS AND MODIFY THE PHYSICAL AND SOCIAL ENVIRONMENT, HAVE BEEN SHOWN TO REDUCE VIOLENCE AND BULLYING OR KEY RISK FACTORS.

DIFFERENT TYPES OF VIOLENCE ARE CONNECTED AND OFTEN SHARE ROOT CAUSES. BULLYING IS LINKED TO OTHER FORMS OF VIOLENCE THROUGH SHARED RISK AND PROTECTIVE FACTORS. ADDRESSING AND PREVENTING ONE FORM OF VIOLENCE MAY HAVE AN IMPACT ON PREVENTING OTHER FORMS OF VIOLENCE.

TOGETHER WE CAN CREATE A WORLD WITHOUT BULLYING

CELEBRATE DIFFERENCES

KNOW YOUR ACTIONS MATTER

RESPECT EACH OTHER

INCLUDE THOSE WHO ARE LEFT OUT

SHARE KINDNESS

LISTEN WITH PATIENCE

DOMESTIC VIOLENCE AWARENESS MONTH



IN OCTOBER, WE OBSERVE DOMESTIC VIOLENCE AWARENESS MONTH. THIS TIME IS DEDICATED TO RAISING AWARENESS ABOUT DOMESTIC VIOLENCE, HONORING SURVIVORS, AND FOSTERING A SOCIETY WHERE LOVE AND RESPECT TRIUMPH OVER VIOLENCE AND ABUSE.

DOMESTIC VIOLENCE, OFTEN REFERRED TO AS INTIMATE PARTNER VIOLENCE OR DOMESTIC ABUSE, IS A PATTERN OF BEHAVIOR USED BY ONE PERSON IN A RELATIONSHIP TO GAIN POWER AND CONTROL OVER THE OTHER. IT CAN MANIFEST IN VARIOUS FORMS, INCLUDING PHYSICAL, EMOTIONAL, PSYCHOLOGICAL, SEXUAL, AND FINANCIAL ABUSE. DOMESTIC VIOLENCE DOES NOT DISCRIMINATE AND AFFECTS INDIVIDUALS OF ALL BACKGROUNDS, GENDERS, AGES, AND SOCIOECONOMIC STATUSES.

WHAT IS DOMESTIC VIOLENCE?

DOMESTIC VIOLENCE (DV), ALSO CALLED INTIMATE PARTNER VIOLENCE (IPV), IS ABUSE THAT OCCURS IN A CLOSE RELATIONSHIP WITH A CURRENT OR FORMER SPOUSE OR DATING PARTNER.

DV REFERS TO A RANGE OF BEHAVIORS THAT INCLUDE PHYSICAL, SEXUAL, VERBAL, EMOTIONAL, AND PSYCHOLOGICAL ABUSE. ECONOMIC CONTROL IS ALSO A FORM OF DV, AS IT CAN BE USED AGAINST A CURRENT OR FORMER PARTNER IN AN ATTEMPT EXERCISE POWER AND AUTHORITY [CLICK HERE TO SEE THE DV POWER AND CONTROL WHEEL (PDF)]. THESE BEHAVIORS CAN RESULT IN A DESTRUCTIVE, HARMFUL EFFECT ON INDIVIDUALS, THE FAMILY, AND THE COMMUNITY.

DV IS A PUBLIC HEALTH ISSUE IN CALIFORNIA THAT AFFECTS ALL AGE AND SOCIOECONOMIC GROUPS.

- 1 IN 5 WOMEN AND 1 IN 7 MEN REPORT HAVING EXPERIENCED SEVERE PHYSICAL VIOLENCE FROM AN INTIMATE PARTNER IN THEIR LIFETIME.**
- 1 IN 6 HOMICIDE VICTIMS ARE KILLED BY AN INTIMATE PARTNER.**
- DV CAN RESULT IN INJURY OR DEATH. VICTIMS/SURVIVORS FACE NEGATIVE HEALTH OUTCOMES SUCH AS CONDITIONS AFFECTING HEART, REPRODUCTIVE, NERVOUS SYSTEMS THAT CAN HAVE LONG-TERM EFFECTS.**
- VICTIMS CAN ALSO EXPERIENCE MENTAL HEALTH PROBLEMS SUCH AS DEPRESSION AND POSTTRAUMATIC STRESS DISORDER AND CAN ENGAGE IN RISKY BEHAVIORS SUCH AS SMOKING, BINGE DRINKING, AND SEXUAL RISK BEHAVIORS.**
- THE ESTIMATED DOMESTIC VIOLENCE COST OVER A FEMALE VICTIM'S LIFETIME IS \$103,767 AND \$23,414 FOR A MALE VICTIM.**

DOMESTIC VIOLENCE RESOURCES

 **CALL OR TEXT 911
IN AN EMERGENCY**

HOTLINES

**L.A. County Domestic Violence
Hotline**
1-800-978-3600

L.A. County Child Abuse Hotline
1-800-540-4000

L.A. County Elder Abuse Hotline
1-877-477-3646

SHELTERS

Haven Hills
24-hour hotline: 818-887-6589

Center for the Pacific Asian Family
24-hour hotline: 1-800-339-3940

Jenesse Center
24-hour hotline: 1-800-479-7328

Rainbow Services
24-hour hotline: 310-547-9343

Peace Over Violence
24-hour hotline: 310-281-2822

VICTIMS OF CRIME

The Office of Mike Feuer
Los Angeles City Attorney
www.lacityattorney.org/resources

The Office of Jackie Lacey
Los Angeles County District Attorney
1-800-380-3811
<http://da.lacounty.gov>

The Office of Eric Garcetti
Los Angeles Mayor
<https://corona-virus.la/DVResources>

LEGAL AID

LA County Bar Association
Mon - Fri, 8am-4pm
in-person restraining order support
213-624-3665

Break the Cycle (ages 12-24)
Mon - Fri, 9am-5pm
call or text: 424-209-2532

Community Legal Aid SoCal
Mon - Thurs, 9am-6pm, Fri - 9am-12pm
800-834-5001

Legal Aid Foundation of L.A.
Mon, Wed, Fri - 9am-3pm
DV hotline: 1-800-399-4529 x8097

LGBTQ Center Long Beach
562-433-8595

Neighborhood Legal Services of L.A.
1-800-433-6251

Sojourn
310-264-6644

Asian Americans Advancing Justice
10am - 3pm
Chinese (Mandarin and Cantonese):
1-800-520-2356
Korean: 1-800-867-3640
Thai: 1-800-914-9583
Tagalog: 1-855-300-2552
English: 1-888-349-9695



Mike Feuer
LA City Attorney



Jackie Lacey
LA County District Attorney



City of Los Angeles



Eric Garcetti
LA Mayor



California Grocers
Association

HOW TO COMBAT “THE SUNDAY SCARIES”



DO YOU KNOW THAT OLD, FAMILIAR, YET UNWELCOME FEELING THAT SOMETIMES STARTS TO GROW ON SUNDAY EVENINGS AS THE WEEKEND ENDS? YOUR MOOD BEGINS TO PLUMMET AS ANXIETY CREEPS IN. THIS, MY FRIEND, IS KNOWN AS THE SUNDAY SCARIES (ALSO REFERRED TO AS THE SUNDAY BLUES). IN THE SAME WAY THAT ADULTS CAN EXPERIENCE THIS ANTICIPATORY ANXIETY AND DREAD ABOUT THE UPCOMING WORK WEEK, CHILDREN MAY FEEL THIS WAY ABOUT THE SCHOOL WEEK AHEAD.

WHILE THESE FEELINGS TEND TO SUBSIDE AS THE WEEK PROGRESSES, THEY CAN RETURN, ALMOST LIKE CLOCKWORK, EVERY SUNDAY. FOR CHILDREN, THIS MAY SHOW UP AS ANGER, DEFIANCE, EMOTIONAL OUTBURSTS, NEGATIVITY, AVOIDANCE, RESTLESSNESS, DIFFICULT SLEEPING, OR AN UPSET STOMACH, JUST TO NAME A FEW.

THEIR BIG FEELINGS OF WORRY, FEAR, OR ANXIETY CAN BE ESPECIALLY HEIGHTENED WHEN RETURNING FROM LONGER BREAKS. FROM THE UNKNOWN ABOUT THE WEEK AHEAD AND THE THOUGHT OF BEING APART FROM YOU TO DIFFICULT PEERS AND BULLYING, THERE CAN BE MANY REASONS WHY YOUR CHILD MAY BE FEELING THIS APPREHENSION.

TURN TO THE NEXT PAGE TO LEARN MORE ABOUT HOW TO HELP YOUR CHILD COPE FOR THE NEW WEEK.

HERE'S HOW YOU CAN HELP A CHILD COPE WITH THE SUNDAY SCARIES:

1. ACKNOWLEDGE THEIR BIG FEELINGS. EMOTIONALLY ATTUNING TO AND VALIDATING OUR LITTLE PEOPLE'S FEELINGS IS KEY. AT FIRST, IT IS IMPORTANT JUST TO BE CURIOUS AND AVOID JUMPING RIGHT INTO PROBLEM-SOLVING. WE WANT TO LISTEN TO UNDERSTAND WHAT IS WORRYING THEM TRULY. WE CAN ACKNOWLEDGE THEIR BIG FEELINGS, LET THEM KNOW THAT IT IS OK TO FEEL THIS WAY AND REASSURE THEM THAT THEY WILL GET THROUGH IT.

2. STAY MINDFUL OF YOUR EMOTIONAL REACTIONS. AS SUPPORTERS, IT IS IMPORTANT FOR US TO BE MINDFUL OF OUR OWN MOODS AND EMOTIONAL RESPONSES. IF WE APPROACH SUNDAYS WITH A SENSE OF DREAD OR ANXIETY WEEK AFTER WEEK, OUR CHILDREN MAY BEGIN TO PICK UP ON THESE FEELINGS. BEING AWARE OF YOUR EMOTIONAL RESPONSES MEANS RECOGNIZING AND ACKNOWLEDGING YOUR FEELINGS OF STRESS, WORRY, OR UNEASE WHILE DEMONSTRATING CONSTRUCTIVE WAYS TO MANAGE THESE BIG EMOTIONS.

3. ENCOURAGE EMOTIONAL EXPRESSION. OFTEN, OUR FEELINGS, THOUGHTS, AND EMOTIONS ARE TIED UP IN A BUNDLE OF KNOTS. CHILDREN, LIKE ADULTS, NEED HEALTHY OUTLETS. WE NEED ACTIVITIES AND STRATEGIES THAT HELP US GENTLY PULL THE THREADS AND UNTANGLE THE FEARS AND WORRIES.

THESE RELEASES CAN TAKE MANY FORMS. IT MAY TAKE SOME EXPERIMENTING TO FIND WHAT WORKS FOR YOUR CHILD. **HERE ARE SOME EXAMPLES:**

- BREATHE (DEEP BREATHING, BOX BREATHING, BIRTHDAY CANDLE BREATHING)
- HAVE THEM GENTLY PLACE A HAND OVER THE PART OF THEIR BODY HOLDING THE EMOTION AND SEND IT SOME CALM.
- ENGAGE IN POSITIVE SELF-TALK (E.G., "I BREATHE IN CALM AND BREATHE OUT WORRY" OR "THIS FEELING OF WORRY IS NOT THE BOSS OF ME. I AM THE BOSS OF ME.")
- JOURNAL ABOUT IT
- GO FOR A WALK
- TALK IT OUT
- DRAW IT OUT
- DANCE IT OUT



WE CAN WORK TO TEACH THEM HOW TO PAIR A NEEDED EMOTIONAL EXPRESSION WITH AN ACTIVITY THAT PROMOTES A SHIFT AND EASES SOME OF THE ANTICIPATORY ANXIETY ABOUT THE WEEK AHEAD.

4. CREATE A SUNDAY ROUTINE. STRUCTURE AND ROUTINE PROVIDE A SENSE OF PREDICTABILITY THAT CAN HELP LESSEN THE ANXIETY AND DREAD ABOUT AN UPCOMING SCHOOL WEEK. SUNDAYS ARE GREAT OPPORTUNITIES FOR FAMILIES TO HAVE SOME INTENTIONAL TIME FOR CONNECTION AND RELAXATION. INCORPORATING CALMING AND RESTORATIVE ACTIVITIES, SUCH AS WALKS, FAMILY MEALS, OR GAMES, CAN HELP PREPARE THE HEART, MIND, AND BODY FOR THE START OF A NEW WEEK. MAINTAINING A CONSISTENT BEDTIME AND NIGHTTIME RITUAL IS ALSO HELPFUL.

YOU CAN EVEN TRY ALLOWING YOUR CHILD SOME AUTONOMY AND CONTROL BY CO-CREATING WHAT THESE DAYS COULD LOOK LIKE. REMEMBER THAT THIS WILL LOOK DIFFERENT FOR EVERY FAMILY SYSTEM.

5. FIND SOMETHING TO LOOK FORWARD TO. WHEN WE ARE EXPERIENCING FEELINGS OF ANXIETY, THE NEGATIVES AND "WHAT IF'S" CAN SEEM HUGE. YET WHEN WE ALLOW FEAR OR ANTICIPATORY ANXIETY TO PREVAIL, WE DEplete OUR CAPACITY TO FUNCTION AND PERFORM AT AN OPTIMAL LEVEL. TO COMBAT THESE FEELINGS, TRY LETTING YOUR LITTLE ONE LOOK AHEAD AT THE CALENDAR AND HELP THEM SEE WHAT TO EXPECT FROM THEIR DAYS THAT WEEK. THIS CAN HELP ELIMINATE THE UNKNOWN THAT MAY BE GENERATING ANXIETY.

HAVING SOMETHING TO LOOK FORWARD TO AND BE EXCITED ABOUT CAN ALSO HELP ALLEVIATE THE SUNDAY SCARIES. IS IT THEIR WEDNESDAY EVENING SOCCER PRACTICE? SEEING A FRIEND AT SCHOOL? READING THEIR FAVORITE BOOK AT NIGHTTIME? A FRIDAY NIGHT MOVIE NIGHT?

CHILDREN NEED TO BELIEVE THAT THINGS CAN IMPROVE. WHEN WE ARE HOPE-FILLED, WE HAVE GREATER POWER TO NAVIGATE CHALLENGING TIMES.

FOR MORE INFORMATION: [ADVERSE CHILDHOOD EXPERIENCES-SUNDAY SCARIES THE SUNDAY BLUES: A GUIDE TO HELP YOU UNDERSTAND AND OVERCOME THEM](#)

SHOWING UP FOR R.E.A.L.

INCREASING ENGAGEMENT



CREATING A CULTURE OF ATTENDANCE AND ENGAGEMENT CAN BE ACCOMPLISHED WHEN SCHOOLS AND COMMUNITY PARTNERS ESTABLISH AN ENVIRONMENT THAT PROMOTES A SENSE OF SAFETY AND BELONGING. PRIORITIZING RESPECT AND CREATING A SPACE WHERE STUDENTS FEEL CONNECTED TO ADULTS IN THE BUILDING AND THE SCHOOL CULTURE ARE JUST A FEW WAYS SCHOOLS CAN CREATE POSITIVE ENGAGEMENT. RESEARCH SHOWS THAT WHEN STUDENTS FEEL CONNECTED TO AND SUPPORTED BY THEIR TEACHERS, THEY ARE MORE MOTIVATED TO ATTEND AND HAVE BETTER ACADEMIC OUTCOMES.

STUDENTS SUCCEED WHEN FAMILIES AND EDUCATORS WORK TOGETHER AS EQUAL PARTNERS.

SCHOOLS CAN RECOGNIZE FAMILIES AS ESSENTIAL PARTNERS THROUGH EQUITABLE RELATIONSHIPS THAT SUPPORT STUDENT LEARNING IN SCHOOL AND AT HOME. THIS INVOLVES BUILDING TRUST, LEARNING HOW TO LEVERAGE THE STRENGTHS AND ASSETS OF A STUDENT AND FAMILY, AND HELPING THEM OVERCOME CHALLENGES TO GETTING TO SCHOOL. BUILDING STRONG RELATIONSHIPS ARE HELPFUL FOR ALL FAMILIES, BUT THEY ARE ESSENTIAL FOR WORKING WITH CHILDREN AND FAMILY MEMBERS WHO HAVE EXPERIENCED ANY FORM OF TRAUMA.

ROUTINES: DAILY ATTENDANCE ROUTINES, CREATED AT HOME OR IN SCHOOL, CAN REDUCE STRESS FOR STUDENTS AND FAMILIES AND CREATE A SENSE OF SAFETY AND SECURITY, ESPECIALLY AFTER CHAOTIC TRANSITIONS.

ENGAGEMENT: BEING IN SCHOOL HELPS STUDENTS TO GET TO KNOW PEERS, TEACHERS AND SCHOOL STAFF, AND TO CREATE TRUSTING RELATIONSHIPS THAT MOTIVATE STUDENTS TO PARTICIPATE IN LEARNING.



ANY PARENT OR GUARDIAN OF A STUDENT AT A TK-12 CAMPUS WITHIN LA COUNTY BOUNDARIES, EXCLUDING SCHOOLS IN PASADENA OR LONG BEACH, WHO IS 18 YEARS OR OLDER, IS WELCOME TO APPLY. NEW AND RETURNING PALS ARE WELCOME!

PALS WILL...

LEARN HOW TO SUPPORT STUDENT HEALTH AND SUCCESS AT SCHOOL

SHARE RESOURCES AND INFORMATION WITH THEIR SCHOOL COMMUNITY AND DEVELOP PROGRAMS IN PARTNERSHIP WITH THEIR SCHOOL

GET PAID FOR THE WORK THEY DO AT SCHOOLS WITH A \$550 GIFT CARD!

PROGRAM REQUIREMENTS:

SCHOOL SUPPORT AND APPROVAL FROM THE SCHOOL ADMINISTRATOR

20 HOUR TIME COMMITMENT

PALS IS AVAILABLE FOR ENGLISH AND SPANISH SPEAKERS. SEE LINKS BELOW FOR DETAILED PROGRAM REQUIREMENTS.

ENGLISH

SPANISH

TO APPLY, VISIT THE PALS APPLICATION LINK.

FOR MORE INFORMATION: ATTENDANCE WORKS—SHOWING UP MATTERS FOR REAL, DPH EDUCATION SECTOR UNIT

Paid Parent Leadership Opportunity!

Parents and guardians of LA County K-12 students are invited to become a Parent Ambassador Leader (PAL)!

PALs will...

- **LEARN** how to support student health and success at school
- **SHARE** resources, present information learned, plan and coordinate activities that support PALs core topics
- **GET PAID** for the work they do at schools with a \$550 gift card!



Program Requirements

- School support and approval from the school administrator
- 20-hour time commitment

How do interested PALs apply?

- Complete the online application located here <https://bit.ly/3xdx15y>

For additional information or assistance regarding the PALs program, please contact:

TK12Ambassador@ph.lacounty.gov



OCTOBER SCHOLARSHIP OPPORTUNITIES



HOW TO APPLY: SUBMIT A 250-WORD PERSONAL STATEMENT ANSWERING ONE OF THREE QUESTIONS RELATED TO EDUCATIONAL GOALS AND HARD WORK.

ELIGIBILITY: OPEN TO 10TH-12TH GRADERS, COLLEGE STUDENTS, AND NON-TRADITIONAL STUDENTS ATTENDING OR PLANNING TO ENTER AN ACCREDITED U.S. COLLEGE OR UNIVERSITY

AMOUNT: \$1,000

DEADLINE: OCTOBER 17, 2024

WEBSITE: [HTTPS://WWW.JUMPSTART-SCHOLARSHIP.NET/](https://www.jumpstart-scholarship.net/)

financial goals Scholarship

**Win a \$2,000
Scholarship!**

HOW TO APPLY: WRITE AN ESSAY IN 500 WORDS OR LESS DESCRIBING WHETHER FINANCIAL WEALTH DIRECTLY LEADS TO A FULFILLING LIFE OR IF OTHER FACTORS PLAY A MORE CRUCIAL ROLE, AND IF YOU THINK MONEY CAN BUY HAPPINESS.

ELIGIBILITY: OPEN TO U.S. RESIDENTS 18 OR OLDER WHO ARE PLANNING TO ENROLL OR CURRENTLY ENROLLED IN A COLLEGE

DEGREE PROGRAM

AMOUNT: \$2,000

DEADLINE: OCTOBER 31, 2024

WEBSITE: [HTTPS://WWW.IFBUSASCHOLARSHIP.COM/](https://www.ifbusascholarship.com/)

FOR MORE SCHOLARSHIP OPPORTUNITIES: [TOP 86 SCHOLARSHIPS IN OCTOBER 2024](#)

2024 GIRLS EMPOWERMENT CONFERENCE

SATURDAY, OCTOBER 5, 2024



EAST LOS ANGELES COLLEGE

1301 AVENIDA CESAR CHAVEZ, MONTEREY PARK, CA 91754

8:30 AM - 3:30 PM



GIRLS EMPOWERMENT CONFERENCE

REGISTER AT: [HTTPS://BIT.LY/4EBGR6E](https://bit.ly/4EBGR6E)

FREE EVENT



REGISTER HERE



Hilda L. Solis

LOS ANGELES COUNTY BOARD OF SUPERVISOR

Holly J. Mitchell

LOS ANGELES COUNTY BOARD OF SUPERVISOR

Lindsey Horvath

LOS ANGELES COUNTY BOARD OF SUPERVISOR

Janice Hahn

LOS ANGELES COUNTY BOARD OF SUPERVISOR

Kathryn Barger

LOS ANGELES COUNTY BOARD OF SUPERVISOR

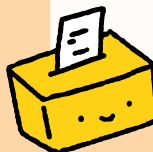
ARE YOU REGISTERED TO VOTE?

The deadline to register to vote in California for the upcoming November 5, 2024, General Election is Monday, October 21.

VISIT [LAVOTE.GOV](https://lavote.gov)



MAKE A PLAN TO REGISTER TO VOTE! TUESDAY, SEPTEMBER 17, WAS NATIONAL VOTER REGISTRATION DAY. THIS OBSERVANCE KICKS-OFF THE IMPORTANT TIMELINE UNTIL THE UPCOMING ELECTION. PLAN TO VOTE EARLY THIS FALL AS THE DEADLINE TO REGISTER TO VOTE IN CALIFORNIA FOR THE NOVEMBER 5, 2024, GENERAL ELECTION IS MONDAY, OCTOBER 21. VISIT HOME - MAKE A PLAN TO VOTE (LAVOTE.GOV) TO RECEIVE ELECTION UPDATES AND BECOME A REGISTERED VOTER.



dpss.lacounty.gov





COUNTY OF LOS ANGELES DEPARTMENT OF
**Parks &
 Recreation**

**REGISTER
 NOW!**



FALL CLASSES

FOR ALL AGES!

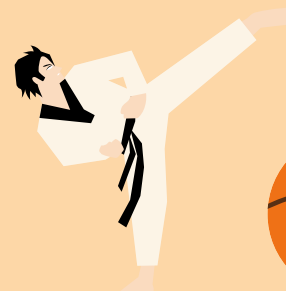
- ARTS & CULTURE
- COMPUTERS & TECHNOLOGY
- EXERCISE & FITNESS
- HEALTH & WELLNESS
- MARTIAL ARTS
- PERFORMING ARTS,
 MUSIC & DANCE
- SPORTS
- SPECIAL INTERESTS

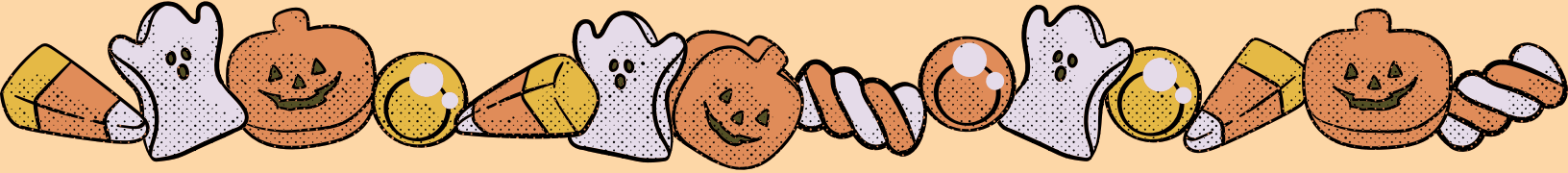


Explore your talents this Fall! Whether you're taking up a new hobby, discovering a skill or being more active, LA County Parks has a class for everyone!

CLASSES BEGIN SEPTEMBER 4

Find a class at parks.lacounty.gov/fallclasses





COUNTY OF LOS ANGELES DEPARTMENT OF
**Parks &
Recreation**

TRICK OR TREAT VILLAGE



22 - 31 OCTOBER

**COSTUME CONTESTS +
CANDY + ARTS & CRAFTS +
GIVEAWAYS + RAFFLES +
GAMES + PERFORMANCES
SNACKS + AND MORE.**

PARKS.LACOUNTY.GOV/HALLOWEEN

Hilda L. Solis

LOS ANGELES COUNTY BOARD OF SUPERVISORS

Holly J. Mitchell

LOS ANGELES COUNTY BOARD OF SUPERVISORS

Lindsey Horvath

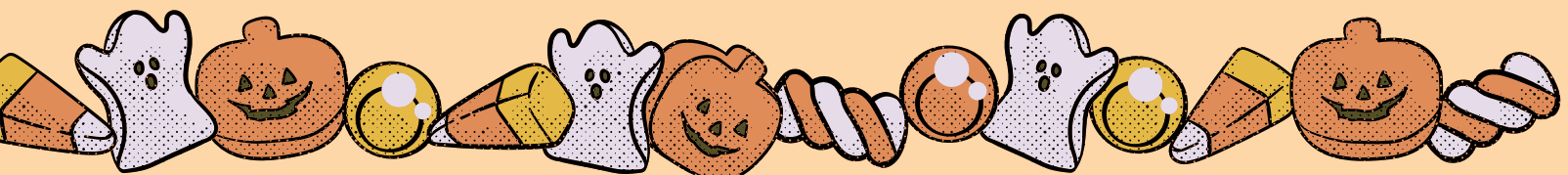
LOS ANGELES COUNTY BOARD OF SUPERVISORS

Janice Hahn

LOS ANGELES COUNTY BOARD OF SUPERVISORS

Kathryn Barger

LOS ANGELES COUNTY BOARD OF SUPERVISORS



West Angeles Community Development Corporation, Consolidated Board
of Realtists, & UCLA Pilipinos for Community Health Present

FALL *into* WELLNESS

COMMUNITY HEALTH FAIR

FREE HEALTHCARE SERVICES AND HEALTH EDUCATION

FREE FOOD!

SATURDAY OCTOBER 26, 2024
10:00AM - 2:00PM

**CONSOLIDATED BOARD OF
REALTISTS**

3725 DON FELIPE DR
LOS ANGELES, CA 90008

PLEASE **RSVP** AT
WESTANGELESCDC.ORG
OR Call **(323) 751-3440 ext. 123**

FUNDED BY THE COMMUNITY ACTIVITIES COMMITTEE OF THE
PROGRAM ACTIVITIES BOARD



HOSTED BY PCH, WACDC, & CBR



UCLA



SAVE THE DATE

XANTOLO, DIA DE LOS MUERTOS



November 1st

5PM - 8PM

November 2nd

4PM - 8PM

PROGRESS PARK PLAZA
15500 DOWNEY AVE.
PARAMOUNT, CA. 90723



Acitivities

- OFFRENDAS
- BALLET FOLKLORICO
- ART BOOTHS
- ARTISAN VENDORS
- XANTOLO DANZA
- LIVE MARIACHI MUSIC



SPONSORED BY:





PIPELINE 
programs

LET'S MOVE!

Saturday, November 2nd 2024 | 10 AM – 1 PM

Get ready for a day of community, making memories, and enjoying a wide range of fun-filled activities at Let's Move! A Free community health and wellness event on the campus of Charles R. Drew University of Medicine and Science!



RSVP Required for Attendance, Scan QR Code to RSVP!



RSVP Deadline October 13th.



Medical Simulations



Free Health Screening



Workshops & Resource Fair



Activities, Games, & More!

Lunch will be provided!

For any questions or concerns, please contact us at Pipeline@cdrewu.edu