

BRISTOL FAMILY RESOURCE CENTERS



Directors' Thoughts

Sometimes, change comes with a bang- and wow, do those times leave an impact. In our thoughts, our decisions, our memories. Those lightbulb-over-your-head moments when you realize that you see your world- or at least some small piece of it- completely differently than you did yesterday.

But other times, really important changes just sort of sneak up quietly and catch us unaware. The milestone moments, when we're left wondering exactly how and where the time went without us even noticing.

This school year, for the FRCs, it's both. Just last June, we sent out our fearless leader, Linda, with lots of love, support, and all of our best wishes for her well-deserved retirement. Every member of our team across all three schools stepped up into a new position, with new responsibilities, new challenges, and so, so very much to learn. It's already been quite a journey, and there's so much still to come, for all of us. We know we will make lots of mistakes, but we'll also be striving to put our own unique stamp on the amazing programs she has entrusted into our hands.

Here's the part that snuck up on us- in all the uncertainty this past year, getting ready for this transition- we nearly missed that this school year marks a couple of really big milestones for Bristol FRCs! This year, 2021, is the 25th anniversary of our founding, with our first FRC established at South Side School in 1996. And Fall of 2022 will mark a full 10 years since the opening of both the Greene-Hills and West Bristol FRCs!

We hope that you will join us in celebrating our journey this year- both past and present. We hope that many of you will find ways to get involved with our programs and be a part of shaping our future. And most of all, we wish all of you an amazing year, with all of the positive changes that each of you are working towards in your own lives too. We look forward to celebrating them with you!

In Partnership,

Sarah Holmes, FRC Program Director
Sandra Godin, FRC Development Director



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PARENT PARTNERSHIP OPPORTUNITIES

FRC SERVICES ARE AVAILABLE AT NO CHARGE TO FAMILIES RESIDING IN BRISTOL FOR AS LONG AS THEY LIVE AND/OR HAVE A CHILD ATTENDING OUR FRC SCHOOLS. PAT VISITS MAY BEGIN PRENATALLY UP TO AGE 6. ALL OTHER FRC SERVICES MAY BEGIN AS NEEDED, AND CONTINUE THROUGH GRADE 8 FOR WB & GH FAMILIES AND THROUGH GRADE 5 FOR SSS FRC FAMILIES.

What's coming up! How to get involved?

We are resuming in-person Play & Learn groups this year!

Our full calendar of scheduled dates and times is available on our website.

We offer two different groups: Family Fun, for parents and children age birth to 5, and Helping Hands, our playgroup for licensed home day care providers. "Kith and Kin" child care providers (family or close friends caring for a child in their home) are also welcome and can choose to attend either group as space allows. Capacity is limited due to COVID guidelines, so pre-registration is required.

Click [here](#) for our calendar. To register for a P&L group, click [here](#).

UConn People Empowering People community leadership training group returns!

Thanks to grant funding from the Parent Trust Fund, we will be offering a UConn PEP group for parents to connect with each other, and focus on making positive, long-lasting changes in themselves, our schools, and our Bristol community. Parents who have graduated from UConn PEP report that they feel their communication skills improve, they have a better sense of their children's needs at home, and feel better equipped to tackle challenges in a productive and positive way. New UConn PEP participants will have the opportunity to meet UConn PEP alumni and learn about previous projects in our community. For more information on how to join, please call your school's FRC at extension 5.

Raising Readers Together Program for First Grade Students and Parents

Thanks to a generous grant from the Stocker Foundation, the Greene-Hills and West Bristol FRCs will again be offering the Raising Readers Together program for first grade students and parents. The program is offered to families by their teacher's recommendation, and meets twice weekly after school. Parents also are included, by participating in the Raising Readers Parent Club. Parents receive a brand new, free children's book to read to their child each week, while children receive free after school tutoring to help them get more fluent and comfortable with reading on their own.

DID YOU KNOW. . . the FRCs offer personal home visits?

Do you have a child under age 5 and wish to encourage their healthy development? FRC Parent Educators are certified in the nationally-recognized Parents as Teachers (PAT) personal visit program. This program is FREE, and provides valuable resources and support to families of young children. Call your FRC today to learn more about Parents as Teachers.

Thank you to our community partners

We would like to thank the United Way for again sponsoring the Adopt a Child Back-to-School backpack program, as well as Hillside Community Church, who donated an additional 40 backpacks to increase our available supplies for new students.. This year at all three schools combined, over 122 children received a brand new backpack, filled with new school supplies and clothing.

The FRCs will again be offering holiday sponsorships to children in families who are struggling financially this winter. We would like to acknowledge, in advance all of the amazing community members who help us make the holidays brighter every year!

If you are a parent who would like to request holiday assistance, please contact your FRC.

Connect with Staff

West Bristol School:

[Sarah Holmes, FRC Program Director](#)

[Hilary Kalahan, Parent Educator](#)

860-584-7815 ext 5

Greene-Hills School

[Sandra Godin, FRC Development Director](#)

[Natalie Torres, Parent Educator](#)

860-584-7822 ext 5

South Side School

[Gail Zimmermann, FRC Site Coordinator](#)

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Sparkler

Sparkler is an innovative phone app which helps families to Know, Grow, Connect and Play in ways that truly help children to reach their best potential.

To download, just search playsparkler.org/get on the iPhone App Store or Google Play store. The community code for Bristol is 1203, and to connect with your school, just enter GHFRC, SSS or WBFRC when prompted for your Provider code.

Families who download the app and complete an ASQ-3 or ASQ-SE will receive a \$20 gift card! While supplies last.

Parent Partnership Opportunities

All three FRCs encourage parent participation in selecting, administering and evaluating our programs for families. If you would like to get involved, we have three different volunteer parent leadership teams: Call us to learn more.

Title 1 School Parent Advisory Council (PAC)

Parents who join the advisory council have a role in determining how we can improve our school each year. Parents help select and plan family engagement activities, workshop topics and other initiatives that benefit all families and support the academic success of every child.

FRC Advisory Board

Advisory board members meet virtually for each of the three schools, and help evaluate FRC programs and shape decisions about our services each year.

UConn PEP Advisory Committee

Open only to previous PEP graduates, the PEP advisory committee helps recruit, train and support new PEP participants to be ready to actively create positive change in our schools and our community.

